



# 2009

NanoJapan: Summer Nanotechnology Research Internships for Undergraduates



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 NanoJapan Program was developed to address this need by attracting young undergraduates to the emerging areas of electrical engineering and the physical sciences, especially the study of nanotechnology. By involving and training students in cutting-edge research projects in nanoscale science and engineering this program aims to increase the numbers of US students who choose to pursue graduate study in this field while also cultivating a generation of globally aware engineers and scientists. Generously supported by a Partnership for International Research and Education grant from the National Science Foundation (NSF-PIRE) this program is administered through the Electrical and Computer Engineering Department of Rice University.



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# 4 / Welcome Statement

Welcome to NanoJapan 2009! This program will give students a broad overview of the field of nanotechnology and the Japanese language and culture through:

- **ORIENTATION PROGRAM:** A three-week orientation program held in Tokyo, Japan focusing on intensive Japanese-language study; a course on Japanese culture and society and an introductory course on Nanotechnology and Nanotechnology Research
- **INTERNATIONAL RESEARCH PROGRAM:** A research internship in the field of nanotechnology at prestigious Japanese institutions.
- **NANOTECH SYMPOSIUM:** A two-day end-of-program symposium will be held at Rice University where students will present research posters on their NanoJapan research projects at the Rice Quantum Institute Summer Research Colloquium.

In this global marketplace, technical graduates must be prepared for work in a culturally diverse environment where they will encounter foreign engineers and scientists who define and solve problems differently. Some of the skills that you may acquire or strengthen over the course of the summer closely mirror the ABET Programs Outcomes Criteria for Accreditation and include:

- An ability to apply knowledge of mathematics, science, and engineering in a global context;
- An ability to design and conduct experiments, as well as to analyze and interpret data in a global context;
- An ability to design a system, component, or process to meet desired needs within realistic constraints such as economic, environmental, social, political, ethical, health and safety, manufacturability, and sustainability within a global context;
- An ability to function on multidisciplinary and international research teams;
- An ability to identify, formulate, and solve engineering problems in a global context;
- An understanding of professional and ethical responsibility in a global context;
- An ability to communicate effectively in an international research environment;
- The broad education necessary to understand the impact of engineering solutions in a global, economic, environmental, and societal context;
- A recognition of the need for, and an ability to engage in life-long learning;
- A knowledge of contemporary issues, particularly as they relate to Japan and the US;
- An ability to use the techniques, skills, and modern engineering tools necessary for engineering practice in a global context.

## BE ON TIME!

In Japan it is considered extremely rude to be late to a meeting or an event. Keep in mind that if you oversleep or are just five minutes late for a scheduled event this will make all of your fellow participants late and reflects poorly on the NanoJapan program. You should always be on time for all classes, lectures, special events, and other activities during all phases of the NanoJapan program. If you must be late seek prior approval from Prof. Packard.



# Program Administrators / 5



Prof. Junichiro Kono, Associate Professor, Departments of Electrical & Computer Engineering and Physics & Astronomy, Rice University  
PIRE Principal Investigator  
Dates in Japan: May 31 - June 14, 2009 & July 6 - 17, 2009



Prof. Christopher Stanton, Professor, Department of Physics, University of Florida  
PIRE Co-PI  
Dates in Japan: May 17 - 22, 2009



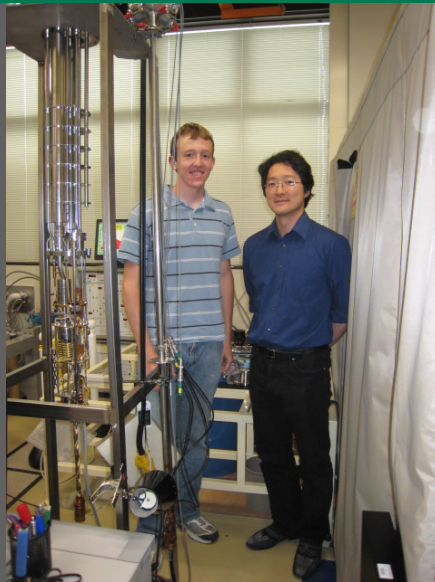
Dr. Cheryl Matherly, Associate Dean for Global Education, University of Tulsa  
PIRE Co-PI  
Dates in Japan: Mid-July for Mid-Program Meeting



Sarah Phillips, Engineering International Programs Administrator, Rice University  
PIRE Co-PI  
Dates in Japan: May 17 - June 29, 2009



Prof. Keiko Packard, NanoJapan Program Representative in Japan  
Dates in Japan: May 17 - August 5, 2009



## EMAIL ETIQUETTE

When you are emailing those you do not know very well, type with the highest level of formality and courtesy until the other side gives you an indication you can relax and communicate in a less formal tone. You will never go wrong by offering the highest level of formality when addressing and communicating via email. Always use proper spelling, punctuation, and grammar and respond within 24 hours of receiving the email. Use the polite forms of address Last Name-sensei for your professor or Last Name-san for all others.

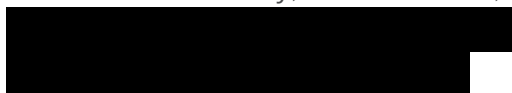
# 6 / 2009 Participants



Ms. Layla Booshehri, Rice University, PhD Candidate, Applied Physics  
2009 NSF EAPSI Fellow, 2009 JSPS Fellow  
Tohoku University, Prof. Yusa,



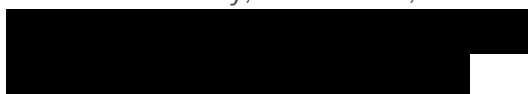
Ms. Precious Cantu, Louisiana State University, Electrical Engineering/Physics  
Tohoku University, Prof. Iwasa, "Search for Superconductivity with Nanodevices"



Mr. Shomesh Chaudhuri, Harvard University, Biomedical Engineering/Economics  
Osaka University, Prof. Kawata, "Two-Photon Laser Fabrication of Micro/Nano  
3D Structures"



Mr. Michael Chien, University of Pennsylvania, Physics  
Keio University, Prof. Itoh, "Silicon Atom Manipulation Technology"



Mr. Sang Hee (Steven) Cho, Rice University, Electrical & Computer Engineering  
Tokyo Institute of Technology, Prof. Munekata, "Study of Magnetic Anisotropy of  
Ferromagnetic Semiconductor GaMnAs"



Ms. Laura Cooper, University of Pennsylvania, Chemical & Biomolecular  
Engineering  
Shinshu University, Prof. Endo, "Characterization of Double-Walled Carbon  
Nanotubes"



Mr. Barney Cruz, Rice University, Chemical Engineering (Materials Science Focus)  
Osaka University, Prof. Tonouchi, "Terahertz Spectroscopy of Aligned Carbon  
Nanotubes"



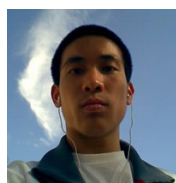
# 2009 Participants / 7



Mr. Andrew Gomella, George Washington University, Physics, Japanese & Music  
Tohoku University, Prof. Nojiri, "Magnetization and Electron Paramagnetic  
Resonance in Rare Earth Based Molecular Magnets"



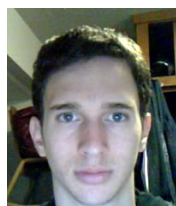
Ms. Michelle Jin, Rice University, Electrical & Computer Engineering  
Kyoto University, Prof. Tanaka, "Terahertz Spectroscopy of Semiconductor  
Quantum Dots"



Mr. Stephen Jong, Rice University, Electrical & Computer Engineering  
Tohoku University, Prof. Yusa, "Optical Spectroscopy of Carbon Nanotubes at  
Ultralow Temperatures"



Ms. Georgia Lagoudas, Rice University, Bioengineering  
University of Tokyo, Prof. Maruyama, "Chirality Separation and Optical  
Characterization of Single-Walled Carbon Nanotubes"



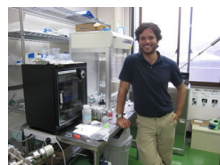
Mr. William Love, Virginia Polytechnic Institute & State University, Physics,  
Astronomy, & Mathematics  
Hokkaido University, Prof. Yamamoto, "Half-Metallic Heusler Alloy Based Magnetic  
Tunnel Junctions"



Ms. Claire McTaggart, University at Buffalo, State University of New York,  
Electrical Engineering & Japanese  
Hokkaido University, Prof. Sueoka, "Growth, Fabrication, and Characterization of  
Carbon Nanotube Based Devices"



# 8 / 2009 Participants



Mr. Christopher O'Connell, University of Rhode Island, Mechanical Engineering & Physics, NanoJapan 2008 Alumnus  
Chiba University, Prof. Ochiai, "Fabrication and Characterization of Carbon Nanodevices"



Mr. Paul Russell, Clarkson University, Electrical Engineering & Physics  
Osaka Institute of Technology, Prof. Sasa, "Microwave-Assisted ZnO Nanorod Growth for Biosensing Devices"



Ms. Erin Sanehira, University of Rochester, Electrical & Computer Engineering and Psychology  
Hokkaido University, Prof. Fukui, "Growth of Semiconductor Nanowires for Solar Cells"



Mr. Hsin-Zon (Hsin-Jung) Tsai, Texas A&M University, Physics & Economics  
University of Tokyo, Prof. Tarucha, "Electronic Transport Phenomena in Nanostructures for Quantum Information Processing"



## Calling the US From Japan

When placing a call from your Japanese Cell Phone to the US dial the 0033 value prefix so that you are only charged JPY 487.50 per minute rather than JPY 731.25 per minute. First dial the Value Call prefix and the international dialing code for the US (0030.010.1) followed by the area code and number.

For example, to call the NanoJapan Office Dial: 0030.010.1 (713) 348-6362

## Calling your Japanese Mobile Number from the US

The caller dials 011 followed by the Japanese country code (81) and then your phone number. The caller will drop the "0" from your phone number as this is only used when calling domestically within Japan.

For example, to call Prof. Packard's from the US Dial: 011.81.90.7699.0699

USE THE LONG PLANE RIDE TO PROGRAM IMPORTANT NUMBERS INTO YOUR JAPANESE CELL PHONE. YOU SHOULD PROGRAM IN ALL NJ PARTICIPANTS, ADMINISTRATORS, AND ALL ER NUMBERS IN JAPAN. BE SURE TO INCLUDE THE APPLICABLE INTERNATIONAL DIALING CODES FOR US NUMBERS.

# ARRIVAL IN HOUSTON / 9

## Thursday, May 14, 2009 - Early Arrivals

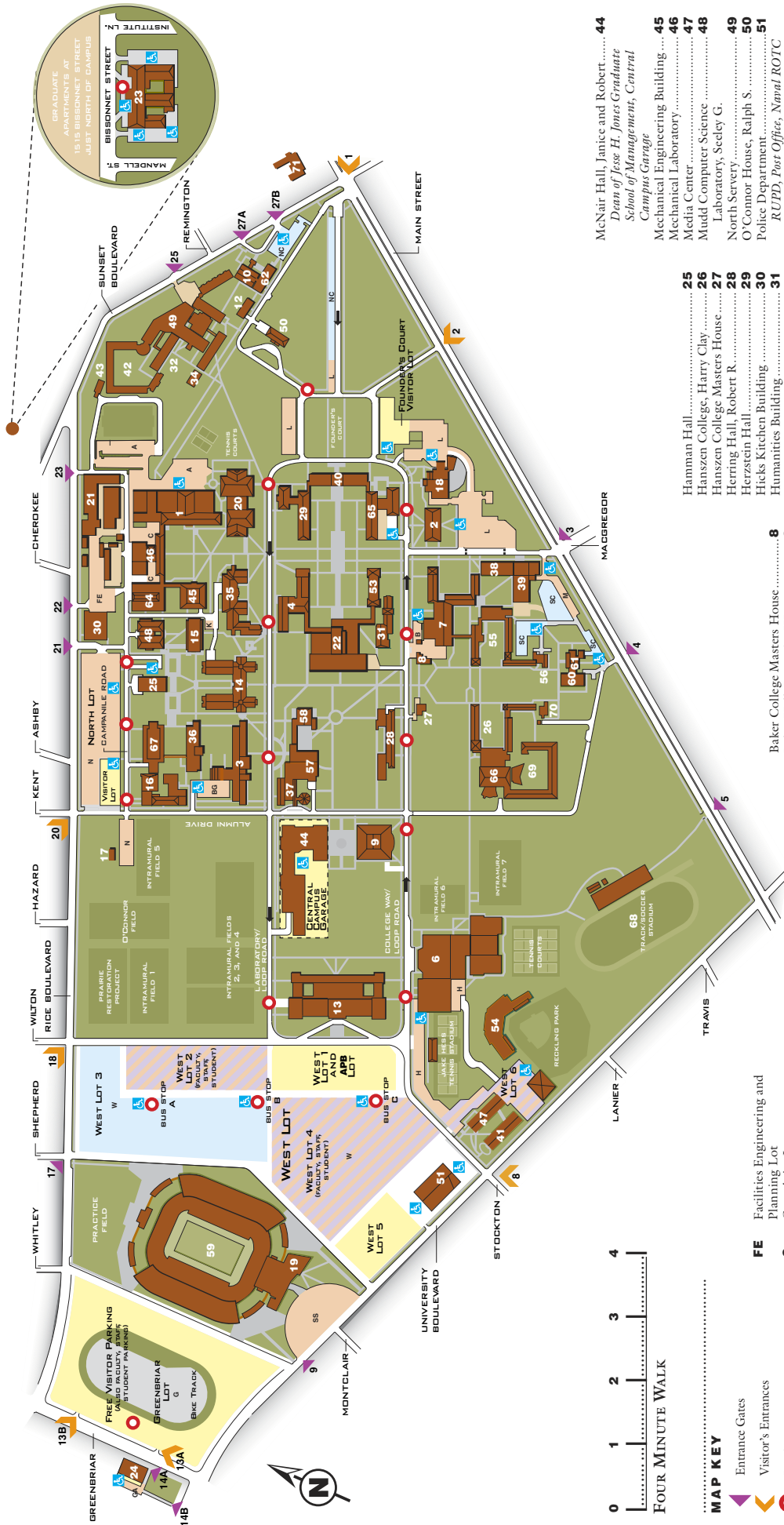
Afternoon/Evening	<p><b>Early Arrivals - Flight Information</b></p> <ul style="list-style-type: none"> <li>William Love - UA #0981 at 10:42 AM (IAH)</li> <li>Claire McTaggart - NW #1418 arriving at 5:48 PM (IAH)</li> <li>Michelle Jin - CO #160 at 5:46 PM</li> <li>Erin Sanehira - IAH: US Air #274 at 1:52 PM</li> <li>Chris O'Connell - CO #311 at 8:30 PM</li> <li>We recommend using Super Shuttle for transportation from the airport to the hotel or, if you arrive at the same time as other students, you may want to share a taxi.</li> <li>Book your Super Shuttle ticket online at <a href="http://www.supershuttle.com/">http://www.supershuttle.com/</a></li> </ul> <p><b>Early Arrivals - Hotel Information</b></p> <p>The following students have requested that a reservation be made on their behalf at the Crowne Plaza River Oaks Hotel located at 2712 Southwest Freeway, Houston, TX, 77098. The hotel phone number is (713) 523-8448. You will need to pay for this night individually and should be charged the Rice University rate of \$89 + tax.</p> <ul style="list-style-type: none"> <li>William Love - Confirmation #1613453</li> <li>Claire McTaggart - Confirmation #1613454</li> <li>Michelle Jin &amp; Erin Sanehira - Confirmation #1613452</li> <li>Cheryl Matherly - Confirmation #1614897</li> <li>The hotel provides a complimentary shuttle to Rice University. Speak with the front desk to make arrangements for Friday morning.</li> </ul>
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## Friday - May 15, 2009 - Flight Arrival & Transportation to Rice

Morning	<p><b>Domestic Flights/Travel to Houston</b></p> <p>Upon arrival in Houston proceed to the Baggage Claim to collect your luggage and Ground Transportation.</p> <ul style="list-style-type: none"> <li>Plan to wear your university T-shirt today as we will take a group picture and want to show off the wide array of universities that NanoJapan students hail from!</li> </ul>
Bush Intercontinental Airport (IAH)	Houston Hobby Airport (HOU)
<ul style="list-style-type: none"> <li>Paul Russell - CO #1677 at 8:01 AM</li> <li>Laura Cooper - CO #627 at 9:39 AM</li> <li>Andrew Gomella - CO #1777 at 10:17 AM</li> <li>Michael Chien - NW #3483 at 11:00 AM</li> </ul>	<ul style="list-style-type: none"> <li>Shomesh Chaudhuri - #294 at 11:13 AM</li> </ul>
By 10:45 AM	<p><b>Travel to Rice University - Abercrombie Lab - 6100 Main St., Houston, TX 77005</b></p> <p>All participants must arrange for transportation to Rice University for the Pre-Departure Orientation. Please plan to arrive by 10:45 AM though students may begin arriving as early as 8:00 AM that morning.</p> <ul style="list-style-type: none"> <li>We recommend using Super Shuttle for transportation from the airport to the hotel or, if you arrive at the same time as other students, you may want to share a taxi.</li> <li>Book your Super Shuttle ticket online at <a href="http://www.supershuttle.com/">http://www.supershuttle.com/</a></li> <li>Abercrombie Engineering Lab is building 1 on the Rice University Campus map. Ask your driver to use Entrance 23 off of Rice Blvd. and follow the curve around. Abercrombie will be the first building on the driver's left. Look for the NanoJapan signs to direct you to the central lobby.</li> <li>Continental breakfast will be provided from 8:00 - 10:30 AM in the Central Lobby and you will be able to store your luggage in a secure, locked office during the day.</li> <li>If you are lost or your flight is delayed call Sarah Phillips at (713) 348-6362 or Joan Recht at (713) 348-6313.</li> </ul>

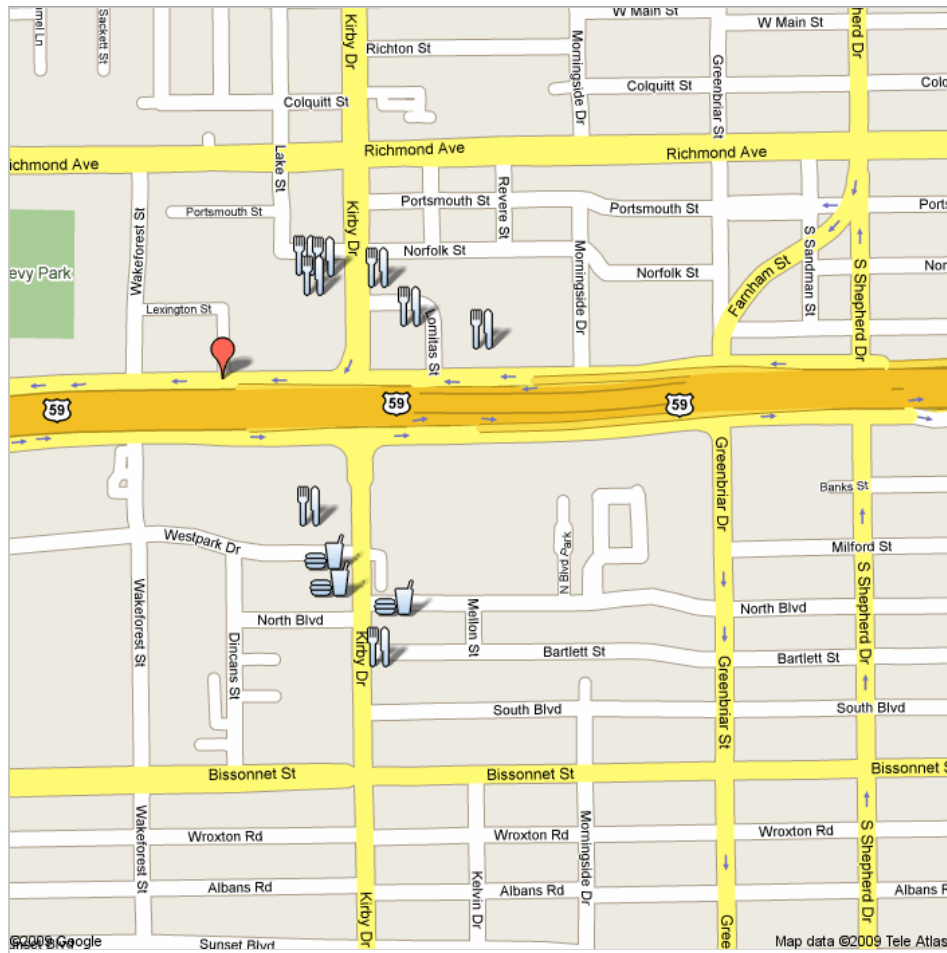
# 10 / PRE-DEPARTURE ORIENTATION

Friday, May 15, 2009 - Pre-Departure Orientation	
11:00 - 11:45 AM	<b>Orientation Begins - Duncan Hall - Room 1042 - Building 20 on Campus Map</b> <ul style="list-style-type: none"> <li>Welcome &amp; Introductions, Dr. Cheryl Matherly, University of Tulsa</li> <li>Overview of Agenda</li> <li>Icebreaker Activity</li> </ul>
11:45 - 12:00 PM	<b>Overview of NanoJapan Program Schedule, Sarah Phillips, Rice University</b>
12:00 - 12:15 PM	<b>Break</b>
12:15 - 1:00 PM	<b>Working Lunch - Research Overview &amp; Expectations in the Lab, Prof. Junichiro Kono, Rice University</b> <ul style="list-style-type: none"> <li>What is the PIRE?</li> <li>Research Design of NanoJapan Program</li> <li>Introduction to a Research Lab</li> <li>Introduction to the Unique Aspects of a Japanese Research Lab</li> </ul>
1:00 - 1:30 PM	<b>NanoJapan Alumni Panel</b> <ul style="list-style-type: none"> <li>Introduction &amp; Overview of Research Institution &amp; Project</li> <li>Open Q&amp;A Session</li> </ul>
1:30 - 1:45 PM	<b>Break</b>
1:45 - 2:00 PM	<b>NanoJapan Assignments While Abroad, Use of OwlSpace, &amp; RQI Posters</b>
2:00 - 3:45 PM	<b>NanoJapan Health &amp; Safety Abroad Orientation, Sarah Phillips, Rice University</b>
3:45 - 4:00 PM	<b>Break</b>
4:00 - 5:00 PM	<b>Cultural Adjustment &amp; Living Abroad, Dr. Cheryl Matherly, University of Tulsa</b> <ul style="list-style-type: none"> <li>Learning Style Profile</li> <li>Barnga Card Game</li> </ul>
5:00 - 5:15 PM	Wrap-up and Q&A
5:00 - 6:00 PM	<b>Dinner</b>
6:15 PM & 6:45 PM	<b>Shuttle Pick-up for Transportation to Hotel</b> The NanoJapan Program will provide hotel lodging at the Crowne Plaza River Oaks Hotel located at 2712 Southwest Freeway, Houston, TX, 77098 the night of Friday, May 15, 2009. The hotel phone number is (713) 523-8448. Rice University will only pay for the hotel lodging & applicable taxes; all incidental expenses (telephone, movies, room services, mini-bar, etc.) must be paid individually.  Reservations have been made at the Crowne Plaza for the following students: <ul style="list-style-type: none"> <li>Shomesh Chaudhuri - Confirmation #1613457</li> <li>Michael Chien - Confirmation #1613467</li> <li>Laura Cooper - Confirmation #1613456</li> <li>Andrew Gomella - Confirmation #1613465</li> <li>Michelle Jin &amp; Erin Sanehira - Confirmation #1613452</li> <li>Georgia Lagoudas - Confirmation #1613455</li> <li>William Love - Confirmation #1613453</li> <li>Claire McTaggart - Confirmation #1613454</li> <li>Christopher O'Connell - Confirmation #1613459</li> <li>Paul Russell - Confirmation #1613464</li> <li>Hsin Tsai - Confirmation #1613458</li> </ul> If your name is not listed above you have indicated you do not need a hotel the night of May 15.



<b>MAP KEY</b>	<b>MAP KEY</b>
Entrance Gates	Entrance Gates
Visitor's Entrances	Visitor's Entrances
Bus Stops	Bus Stops
One-way Road	One-way Road
<b>PARKING KEY</b>	<b>PARKING KEY</b>
Faculty/Staff Parking	Faculty/Staff Parking
Resident Student Parking	Resident Student Parking
Commuter Parking	Commuter Parking
Visitor Parking (One free lot-G)	Visitor Parking (One free lot-G)
Accessible Parking	Accessible Parking
<b>PARKING RATES:</b>	<b>PARKING RATES:</b>
West of Entrance 18: \$1.00 each	West of Entrance 18: \$1.00 each
40 minutes, \$9.00 daily maximum	40 minutes, \$9.00 daily maximum
East of Entrance 18: \$1.00 each	East of Entrance 18: \$1.00 each
20 minutes, \$9.00 daily maximum	20 minutes, \$9.00 daily maximum
<b>PAYMENT METHODS:</b>	<b>PAYMENT METHODS:</b>
Central Campus Garage: cash or credit card	Central Campus Garage: cash or credit card
Founder's Court, North, and West	Founder's Court, North, and West
Lots Visitor Section: credit card	Lots Visitor Section: credit card
<b>ALPHABETICAL LISTING OF BUILDINGS</b>	<b>ALPHABETICAL LISTING OF BUILDINGS</b>
Abercrombie Engineering.....1	Abercrombie Engineering.....1
Laboratory	Laboratory
Admission Office: See Lovett Hall	Admission Office: See Lovett Hall
Allen Center for Business Activities.....2	Allen Center for Business Activities.....2
President, Provost, Registrar, Cashier, Controller, Human Resources, Vice President for Finance and Administration, Vice President for Public Affairs, Vice President for Resource Development	President, Provost, Registrar, Cashier, Controller, Human Resources, Vice President for Finance and Administration, Vice President for Public Affairs, Vice President for Resource Development
Anderson Biological Laboratories.....3	Anderson Biological Laboratories.....3
M.D.	M.D.
Anderson Hall, M.D.....4	Anderson Hall, M.D.....4
Dean of Architecture	Dean of Architecture
Autry Court.....5	Autry Court.....5
Baker College, James A.....6	Baker College, James A.....6
Baker College Masters House.....8	Baker College Masters House.....8
Baker Hall, James A., III.....9	Baker Hall, James A., III.....9
Dean of Social Sciences, Director of Baker Institute for Public Policy	Dean of Social Sciences, Director of Baker Institute for Public Policy
Brown College, Margaret Root.....10	Brown College, Margaret Root.....10
Brown College Masters House.....12	Brown College Masters House.....12
Brown Hall, Alice Pratt.....13	Brown Hall, Alice Pratt.....13
Dean of Shepherd School of Music	Dean of Shepherd School of Music
Brown Hall for Mathematical Sciences, Herman.....15	Brown Hall for Mathematical Sciences, Herman.....15
Butcher Hall, Dell.....16	Butcher Hall, Dell.....16
Campus Observatory.....17	Campus Observatory.....17
Cohen House, Robert and Agnes.....18	Cohen House, Robert and Agnes.....18
Faculty Club	Faculty Club
Cox Fitness Center.....19	Cox Fitness Center.....19
Duncan Hall, Anne and Charles.....20	Duncan Hall, Anne and Charles.....20
Dean of George R. Brown School of Engineering	Dean of George R. Brown School of Engineering
Facilities Engineering and Planning Building.....21	Facilities Engineering and Planning Building.....21
Fanning Library.....22	Fanning Library.....22
Graduate Apartments.....23	Graduate Apartments.....23
Greenbriar Building.....24	Greenbriar Building.....24
Hamman Hall.....25	Hamman Hall.....25
Hansen College, Harry Clay.....26	Hansen College, Harry Clay.....26
Hansen College Masters House.....27	Hansen College Masters House.....27
Herring Hall, Robert R.....28	Herring Hall, Robert R.....28
Herzstein Hall.....29	Herzstein Hall.....29
Hicks Kitchen Building.....30	Hicks Kitchen Building.....30
Humanities Building.....31	Humanities Building.....31
Dean of Humanities	Dean of Humanities
Jones College, Mary Gibbs.....32	Jones College, Mary Gibbs.....32
Jones College Masters House.....34	Jones College Masters House.....34
Keck Hall, Howard.....35	Keck Hall, Howard.....35
Dean of Weiss College of Natural Sciences	Dean of Weiss College of Natural Sciences
Keith-Weiss Geological Laboratories.....36	Keith-Weiss Geological Laboratories.....36
Ley Student Center.....37	Ley Student Center.....37
Lovett College, Edgar Odell.....38	Lovett College, Edgar Odell.....38
Lovett College Masters House.....39	Lovett College Masters House.....39
Lovett Hall.....40	Lovett Hall.....40
Admission Office, Dean of Undergraduates, Vice President for Enrollment, Vice President for Investments and Treasurers, Welcome Center	Admission Office, Dean of Undergraduates, Vice President for Enrollment, Vice President for Investments and Treasurers, Welcome Center
Martel Center for Continuing Studies, Speros P.....41	Martel Center for Continuing Studies, Speros P.....41
Dean of School of Continuing Studies	Dean of School of Continuing Studies
Martel College, Marian and.....42	Martel College, Marian and.....42
Speros P.....43	Speros P.....43
Martel College Masters House.....43	Martel College Masters House.....43
McNair Hall, Janice and Robert.....44	McNair Hall, Janice and Robert.....44
Dean of Jesse H. Jones Graduate School of Management, Central Campus Garage	Dean of Jesse H. Jones Graduate School of Management, Central Campus Garage
Mechanical Engineering Building.....45	Mechanical Engineering Building.....45
Mechanical Laboratory.....46	Mechanical Laboratory.....46
Media Center.....47	Media Center.....47
Mudd Computer Science.....48	Mudd Computer Science.....48
Laboratory, Sealey G.	Laboratory, Sealey G.
North Servery.....49	North Servery.....49
O'Connor House, Ralph S.....50	O'Connor House, Ralph S.....50
Police Department.....51	Police Department.....51
RUPD, Post Office, Naval ROTC	RUPD, Post Office, Naval ROTC
Rayzor Hall.....53	Rayzor Hall.....53
Reckling Park at Cameron Field.....54	Reckling Park at Cameron Field.....54
Rice College, Will.....55	Rice College, Will.....55
Rice College Masters House.....56	Rice College Masters House.....56
Rice Memorial Center.....57	Rice Memorial Center.....57
Alumni Office, Bookstore	Alumni Office, Bookstore
Rice Memorial Chapel.....58	Rice Memorial Chapel.....58
Rice Stadium.....59	Rice Stadium.....59
"R" Room	"R" Room
Richardson College, Sid W.....60	Richardson College, Sid W.....60
Richardson College Masters House.....61	Richardson College Masters House.....61
House	House
Rich Health and Wellness Center, Morton L.....62	Rich Health and Wellness Center, Morton L.....62
Ryon Engineering Laboratory.....64	Ryon Engineering Laboratory.....64
Sewall Hall.....65	Sewall Hall.....65
South Servery.....66	South Servery.....66
Space Science and Technology Building.....67	Space Science and Technology Building.....67
Track and Soccer Stadium.....68	Track and Soccer Stadium.....68
Wiess College, Harry C.....69	Wiess College, Harry C.....69
Wiess College Masters House.....70	Wiess College Masters House.....70
Wiess President's House.....71	Wiess President's House.....71

# 12 / Crowne Plaza River Oaks Map



## Crowne Plaza River Oaks Hotel

2712 Southwest Freeway  
Houston, TX 77098  
(713) 523-8448  
<http://www.crowneplaza.com/houriveroaks>

### On Same Street Easy Walking

**Miyako - Japanese**  
3910 Kirby Dr # 100A  
Houston, TX 77098  
(713) 520-9797  
[miyakosushibar.com](http://miyakosushibar.com)

**Cafe Red Onion - Latin Fusion**  
3910 Kirby Dr # 120  
Houston, TX 77098  
(713) 807-1122  
[caferedonion.com](http://caferedonion.com)

**Indian - Vegetarian Friendly**  
3910 Kirby Dr # 130  
Houston, TX 77098  
(713) 521-2617  
[madraspavilion.us](http://madraspavilion.us)

### Must Cross Kirby Dr. Beware of Traffic

**Mai Thai**  
3819 Kirby Dr  
Houston, TX 77098  
(713) 522-6707  
[maithaihouston.com](http://maithaihouston.com)

**Cafe Japon**  
3915 Kirby Dr  
Houston, TX 77098  
(713) 529-1668  
[cafejaponrestaurant.com](http://cafejaponrestaurant.com)

**Lupe Tortilla**  
2414 Southwest Fwy  
Houston, TX 77098  
(713) 429-0192  
[lupetortilla.com](http://lupetortilla.com)

### On Other Side of Freeway Same Side of Kirby Dr.

**Houston's - American**  
4848 Kirby Dr  
Houston, TX 77098  
(713) 529-2385

**Goode Co. Hamburgers & Taqueria**  
4902 Kirby Dr  
Houston, TX 77098  
(713) 520-9153  
[goodecompany.com](http://goodecompany.com)

**McDonald's**  
4920 Kirby Dr  
Houston, TX 77098  
(713) 527-8907

### On Other Side of Freeway Must Cross Kirby Dr.

**Goode Co. BBQ**  
5109 Kirby Dr  
Houston, TX 77098  
(713) 522-2530

**Wendy's**  
5003 Kirby Dr  
Houston, TX 77098  
(713) 524-4420

# TRAVEL TO JAPAN / 13

Saturday, May 16, 2009 - Travel to Japan	
By 7:30 AM	<b>Hotel Check-Out</b> <ul style="list-style-type: none"> <li>All students staying at the Crowne Plaza Hotel must check-out of their room and settle any incidental expenses (telephone, movies, room services, mini-bar, etc.) with the front desk.</li> <li>Breakfast is not included but there is a restaurant on-site if you would like to eat prior to departure for the airport, or you can plan to eat at the airport after check-in for your international flight.</li> </ul>
By 7:50 AM	<b>Rice University Shuttle to Bush Intercontinental Airport - Continental - Terminal E</b> <ul style="list-style-type: none"> <li>The Rice University shuttle will pick up all students staying at the hotel for transportation to the airport. All students and bags should be on the shuttle by 7:50 AM for a prompt and on-time departure.</li> <li>Shuttle Driver Name: Sandra Lopez. Cell Phone: (832) 630-3033</li> <li>Students not staying at the hotel can opt to join the shuttle to the airport but must arrange their own transportation to the Crowne Plaza Hotel and must arrive by 7:30 AM. The shuttle will depart promptly at 7:50 and will not wait for you.</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>Students not staying at the hotel can have their family/friends drive them directly to the Bush Intercontinental Airport (IAH). You must arrive at least two hours prior to departure for international flight check-in at the Continental ticket counter in Terminal E.</li> </ul>
10:50 AM	<b>Continental Flight #7 Departs for Tokyo (Narita)</b> <ul style="list-style-type: none"> <li>Be sure to provide your Continental One Pass number to the agent upon check-in to ensure your frequent flier miles are properly credited to your account.</li> <li>For Continental's Baggage Policy for International Flights see <a href="http://www.continental.com/web/en-US/content/travel/baggage/default.aspx">http://www.continental.com/web/en-US/content/travel/baggage/default.aspx</a></li> <li>Be sure you are familiar with the TSA's 3-1-1 Rule for Air Travel. See <a href="http://www.tsa.gov/311/">http://www.tsa.gov/311/</a></li> <li>Be sure you have the following important documents in your carry-on bag: Passport, ATM/Credit Cards, Traveler's Checks, Cash, Health Insurance Cards, RX Medication in Original RX Bottle, Glasses/Contacts, Camera, Laptop, Japanese Cell Phone &amp; Charger, Change of Clothes &amp; Undergarments, Toiletries for One Night</li> </ul>
Lose One Day as you Cross International Date Line	
Sunday, May 17, 2009 - Arrival in Tokyo	
2:20 PM	<b>Continental Flight #7 Arrives in Tokyo (Narita)</b> <ul style="list-style-type: none"> <li>Due to the H1N1 flu there will be an on-flight health screening upon landing in Narita. We encourage you to use the rest room before we land and remain patient as it could take an hour or more to screen all passengers.</li> <li>After de-planing we will proceed to the immigration counter. Stay together in your assigned group during this time as Narita will be using thermal imaging cameras to again check that no one has a fever. Notify Sarah if you are pulled aside.</li> <li>Collect all baggage and wait for the group to be complete before going through customs into the arrival hall. Prof. Keiko Packard will meet us and will be holding a NanoJapan sign.</li> </ul>
2:45 - 3:15 PM	<b>Exchange/Withdraw Money and Ship Baggage to Sanuki Club</b> <ul style="list-style-type: none"> <li>You will first need to exchange money into Japanese Yen or withdraw money in Yen from an international ATM. Once this is done proceed to the Takuhaibin counter at the end of the hall that has a sign with a black cat holding a kitten.</li> <li>Prof. Packard will assist us with shipping our large luggage to the hotel and all students must do this as it will not be possible to travel on the trains and metro with these large bags. For more information see page 29.</li> <li>Estimated cost is JPY 2,500 - 3,500/bag depending on size and weight.</li> </ul>

# 14 / ARRIVAL IN JAPAN

3:30 PM	<b>Purchase Narita Express Tickets to Tokyo Station</b> <ul style="list-style-type: none"> <li>We will now proceed to the JR East Travel Service Center to purchase our Narita Express tickets.</li> <li>Each student will need to purchase a Suica &amp; N'EX Card. This ticket will give you an Ordinary Class Narita Express Ticket from the terminal to Tokyo Station and a JPY 2,000 SUICA card that can be used for travel on the Tokyo Metro. These will both be necessary for travel to the Sanuki Club. This special ticket is only available to foreign passport holders and can only be purchased at Narita Airport.</li> <li>The cost for these will be JPY 3,500 and our estimated departure time from the airport will be about 5:15 PM - depending on how long the health screening takes.</li> </ul>	
About 5:15 PM	<b>Narita Express Train Departs for Tokyo Station</b> <ul style="list-style-type: none"> <li>Immediately after everyone has purchased their ticket we will proceed through the ticket gates to our train and car.</li> <li>DO NOT LOSE YOUR TICKET. YOU WILL NEED THIS TO ENTER THE STATION, IT WILL BE CHECKED ON THE TRAIN, AND YOU WILL NEED IT TO EXIT THE STATION.</li> <li>The Narita Express will take approximately one-hour to arrive at Tokyo Station and there are bathrooms on the train. There is also a snack cart that comes around in each train car.</li> </ul>	
About 6:15 PM	<b>Arrival at Tokyo Station</b> <ul style="list-style-type: none"> <li>It is very important that we stay together as a group when going through Tokyo Station. This is the largest and busiest station in Tokyo and a major transit point. Do not get lost from the group and if you do call Sarah or Prof. Packard with your Japanese cell phone.</li> <li>When exiting the Narita Express you will need to show your ticket. Keep this with you in a safe place until we have exited the ticket gate.</li> <li>At Tokyo Station we will transfer to the JR Chuo Line going towards Yotsuya Station.</li> <li>At Yotsuya Station we will transfer to the Tokyo Metro Namboku Line and ride this four stops to Azabu-juban station.</li> <li>Exit the station at exit number 2 and walk about 5 minutes to Sanuki Club.</li> </ul>	
Around 6:45 PM	<b>Hotel Check-in at Sanuki Club</b> <ul style="list-style-type: none"> <li>You will be given the key to your room and will have time to take your bags up and freshen up. See the Sanuki Club Overview on Page 40.</li> </ul>	
	<b>Student Room Numbers</b>	
	<ul style="list-style-type: none"> <li>Layla Booshehri - Room 709</li> <li>Precious Cantu - Room 811</li> <li>Shomesh Chaudhuri - Room 808</li> <li>Michael Chien - Room 807</li> <li>Steven Cho - Room 910</li> <li>Laura Cooper - Room 707</li> <li>Barney Cruz - Room 810</li> <li>Andrew Gomella - Room 907</li> <li>Michelle Jin - Room 708</li> </ul>	<ul style="list-style-type: none"> <li>Stephen Jong - Room 909</li> <li>Georgia Lagoudas - Room 711</li> <li>William Love - Room 908</li> <li>Claire McTaggart - Room 710</li> <li>Christopher O'Connell - Room 809</li> <li>Paul Russell - Room 806</li> <li>Erin Sanehira - Room 706</li> <li>Hsin Tsai - Room 911</li> </ul>
Evening	<b>Free - Have Dinner on Your Own OR Informal Sanuki Club Area Walking Tour</b> <ul style="list-style-type: none"> <li>Meet in Lobby at about 7:15 or 7:30. Led by Sarah and Chris O'Connell.</li> </ul>	

# ORIENTATION SCHEDULE / 15

<b>Monday, May 18, 2009</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b> <ul style="list-style-type: none"> <li>• Restaurant on Second Floor</li> <li>• You will have your choice of Western, Udon Noodle, or Japanese Style and will need to pick up your breakfast ticket at the front desk.</li> </ul>
	<b>Japanese Language Classes</b>
8:30 - 8:50 AM	<b>Walk to AJALT Language School Classes at Kikai Shinko Kaikan</b> <ul style="list-style-type: none"> <li>• We will be met in the lobby by Prof. Packard and/or her assistant who will walk you to the language school.</li> <li>• Remember to bring your language textbook, workbook, notebook/paper, and pen/pencil. You will not need to bring your laptop with you.</li> <li>• You may wear casual attire with comfortable walking shoes but should still look presentable out of respect for your language teachers. No torn/dirty clothing.</li> </ul>
9:00 - 12:00 AM	<b>Japanese Language Classes</b> <ul style="list-style-type: none"> <li>• Beginner Class 1</li> <li>• Beginner Class 2</li> <li>• Beginner Class 3</li> <li>• Intermediate/Advanced Class 4</li> </ul>
12:00 - 12:30 PM	<b>On-Site Orientation - Kikai Shinko Kaikan Classroom</b>
12:30 - 3:00 PM	<b>Japanese Culture &amp; Society Seminar</b> <b>Tokyo Tower</b> <ul style="list-style-type: none"> <li>• Lunch on the second floor of Tokyo Tower</li> <li>• Tokyo City View from Top of Tokyo Tower</li> <li>• Walk back to Sanuki Club through Park</li> </ul>
Evening	<b>Free - Dinner on your Own</b> <ul style="list-style-type: none"> <li>• Your large luggage will have arrived at the hotel during the day. You may need to show your Takuhaibin receipt to the front desk to collect your luggage and take up to your room.</li> </ul>
<b>Tuesday, May 19, 2009</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b>
	<b>Japanese Language Classes</b>
8:30 - 8:50 AM	<b>Walk to AJALT Language School Classes at Kikai Shinko Kaikan</b> <ul style="list-style-type: none"> <li>• We will be met in the lobby by Prof. Packard and/or her assistant who will walk you to the language school. Please memorize the route as this is the last day that someone will lead you.</li> </ul>
9:00 - 12:00 PM	<b>Japanese Language Classes - Same as Before</b>
12:00 - 1:00 PM	<b>Lunch On Your Own</b>

# 16 / ORIENTATION SCHEDULE

2:00 - 4:30 PM	Japanese Culture & Society Seminar, Sanuki Club, Conference Room
	Topic: Japan's Economy & Politics, Mr. Ogata
	<ul style="list-style-type: none"> <li>Bring notebook and pen/pencil to class.</li> </ul>
5:00 - 6:30 PM	<b>Free - Dinner on your Own</b>
6:30 - 8:30 PM	Evening Discussions with Japanese Students - Sanuki Club Conference Room
	Topic: Educational Gap Created by the Financial Gap
	<b>Evening Discussion with Japanese Students</b> <ul style="list-style-type: none"> <li>These evening events are an opportunity for you to meet Japanese college students and discuss topical issues relevant to Japan and the US</li> <li>We encourage you to exchange meishi with the students you will meet tonight as many of these students may be interested in forming friendships with you.</li> </ul>
<b>Wednesday, May 20, 2009</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b>
9:00 - 12:00 PM	Japanese Language Classes
	<b>AJALT Language School Classes at Kikai Shinko Kaikan</b>
12:00 - 12:45	<b>Free - Lunch on Your Own - Change Clothes if Necessary</b>
2:00 - 5:00 PM	Introduction to Nanotechnology Seminar - Prof. Christopher Stanton, University of Florida
	Topic: Theoretical Background
	<ul style="list-style-type: none"> <li>Class will be held in the Sanuki Club Conference Room</li> <li>Bring notebook and pen/pencil to class.</li> </ul>
5:00 PM	<b>Evening Free - Dinner on your Own</b>
<b>Thursday, May 21, 2009</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b>
9:00 - 12:00 PM	Japanese Language Classes
	<b>AJALT Language School Classes at Kikai Shinko Kaikan</b>
12:00 - 1:00 PM	<b>Free - Lunch on Your Own</b>
2:00 - 5:00 PM	Introduction to Nanotechnology Seminar - Prof. Christopher Stanton, University of Florida
	Topic: Theoretical Background
	<ul style="list-style-type: none"> <li>Class will be held in the Sanuki Club Conference Room</li> <li>Bring notebook and pen/pencil to class.</li> </ul>
Evening	<b>Free - Dinner on Your Own</b>

# ORIENTATION SCHEDULE / 17

<b>Friday, May 22, 2009</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b>
9:00 - 12:00 PM	<b>Japanese Language Classes</b>
	<b>AJALT Language School Classes at Kikai Shinko Kaikan</b>
Afternoon	<b>Free - Enjoy Sight-seeing in Tokyo!</b> <ul style="list-style-type: none"> <li>This may be a good afternoon or evening to make plans with some of the Japanese students from the evening discussions.</li> <li>Tokyo City Guide: <a href="http://www.japan-guide.com/e/e2164.html">http://www.japan-guide.com/e/e2164.html</a></li> </ul>
Evening	<b>Free - Dinner on Your Own</b>
<b>Saturday, May 23, 2009</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b>
9:30 AM	<b>Meet in Lobby for Transportation via Tokyo Metro</b> <ul style="list-style-type: none"> <li>Bring SUICA card, cash, camera, and extra batteries</li> <li>Wear comfortable walking shoes and bring an umbrella</li> </ul>
10:30 - 12:30 PM	<b>Japanese Culture &amp; Society Event</b>
	<b>Edo - Tokyo Museum</b> <ul style="list-style-type: none"> <li>For more information see <a href="http://www.japan-guide.com/e/e3054_history.html">http://www.japan-guide.com/e/e3054_history.html</a></li> </ul>
12:30 - 1:30 PM	<b>Lunch on Your Own at the Museum</b> <ul style="list-style-type: none"> <li>There are a number of restaurants in the museum with the food options being mostly Japanese-Western</li> <li>Estimated Lunch cost JPY 1,000 - 1,500</li> </ul>
1:45 PM	<b>Meet Prof. Packard at Designated Spot to Walk to Sumo Tournament</b>
2:10 - 5:30 PM	<b>Japanese Culture &amp; Society Event</b>
	<b>Nihon Sumo Kyokai Grand Tournament</b> <ul style="list-style-type: none"> <li>Admission Included though you will need money for snacks/souvenirs</li> <li>We have invited students and researchers from our Tokyo-area labs to join us for this event. Seating will be mixed with the NanoJapan student from that lab sitting with those lab group members in attendance.</li> </ul>
5:45 PM	<b>Return to Hotel via Tokyo Metro</b>
Evening	<b>Free - Dinner on Your Own</b>

# 18 / ORIENTATION SCHEDULE

<b>Sunday, May 24, 2009</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b>
8:30 AM	<b>Japanese Culture &amp; Society Event</b> <b>Optional Day Trip to Kamakura with Japanese Students</b> <ul style="list-style-type: none"> <li>Wear casual clothes with comfortable walking shoes and remember to bring your umbrella. You must remove your shoes to enter temples so wear or bring a pair of socks to slip on if you do not want to go barefoot.</li> <li>Walk to Tamachi Station and take 9:24 train on the JR Yamanote Line to Shinagawa. From Shinagawa take the 9:32 AM train on the JR Tokaido line to Kita-Kamakura arriving at 10:19. You will purchase a Kamakura/Enoshima Excursion Ticket to use this day. See page 50 for more details.</li> <li>We will be met at the station by Tanaka-san, a University of Tokyo student who lives in Kamakura. He will serve as our guide for the day.</li> <li>Itinerary includes: Enkaku-ji Temple (JPY 300); Lunch (JPY 1,000- 1,500); Kotokuin Big Buddha (JPY 220); Tsuruoka-Hachimangu Shrine (JPY 100); End with Stroll on Komachi St.</li> <li>Depart Kamakura at 4:13 PM for Shinagawa. At Shinagawa transfer to the JR Yamanote line to Tamachi Station. Walk to Sanuki Club hotel.</li> </ul>
Evening	<b>Free - Dinner on your Own</b>
<b>Monday, May 25, 2009</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b>
9:00 - 12:00 PM	<b>Japanese Language Classes</b> <b>AJALT Language School Classes at Kikai Shinko Kaikan</b>
12:00 - 1:00 PM	<b>Lunch on Your Own</b>
2:00 - 5:00 PM	<b>Japanese Culture &amp; Society Seminar, Sanuki Club, Conference Room</b> <b>Introduction to Japan's Culture &amp; Society, Prof. Keiko Packard</b> <ul style="list-style-type: none"> <li>Class will be held at the Sanuki Club Hotel</li> </ul>
Evening	<b>Free - Dinner on your Own</b>
<b>Tuesday, May 26, 2009</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b>
9:00 - 12:00 PM	<b>Japanese Language Classes</b> <b>AJALT Language School Classes at Kikai Shinko Kaikan</b>
12:00 - 1:00 PM	<b>Lunch on Your Own</b>
2:00 - 5:00 PM	<b>Introduction to Nanotechnology Seminar, Layla Booshehri, Rice University</b> <b>Topic: Experimental Techniques</b> <ul style="list-style-type: none"> <li>Class will be held in the Sanuki Club Conference Room</li> <li>Bring notebook and pen/pencil to class.</li> </ul>
Evening	<b>Free - Dinner on your Own</b>

# ORIENTATION SCHEDULE / 19

Wednesday, May 27, 2009	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b> <ul style="list-style-type: none"> <li>Wear professional/business casual attire as we will go straight to the Elionix visit after language classes today. No jeans, T-shirts, sneakers, or torn/dirty clothing.</li> </ul>
9:00 - 12:00 PM	Japanese Language Classes
	AJALT Language School Classes at Kikai Shinko Kaikan
12:00 - 12:45 PM	Free - Lunch on Your Own
12:45 PM	<b>Meet in Front of Kikai Shinko Kaikan Building</b> <ul style="list-style-type: none"> <li>Bring your SUICA card to pay for your metro/train travel individually</li> </ul>
	Introduction to Nanotechnology Seminar
	Elionix Company Site Visit & Tour
	<ul style="list-style-type: none"> <li>12:45 - 1:00: Walk to Metro Station</li> <li>1:07 - 1:19: Metro to Shinjuku Station</li> <li>1:30 - 2:04: Express Kaiji to Hachioji Station (JR Line)</li> <li>2:04 - 2:30: Walk from station to Elionix</li> <li>2:30 - 3:30: Elionix Introduction &amp; Overview</li> <li>3:30 - 4:30: Elionix Tour</li> <li>4:30 - 5:00: Group Photo &amp; Farewells</li> </ul>
5:00 - 6:30 PM	Travel Back to Sanuki Club via JR Lines/Tokyo Metro
Evening	Free - Dinner on your Own
Thursday, May 28, 2009	
7:30 - 8:30 AM	Breakfast at Sanuki Club Hotel
9:00 - 12:00 PM	Japanese Language Classes
	AJALT Language School Classes at Kikai Shinko Kaikan
12:00 - 1:00 PM	Lunch on Your Own
1:00 - 4:00 PM	Introduction to Nanotechnology Seminar, Layla Booshehri, Rice University
	<b>Guest Speaker: Prof. Saito, Tohoku University ~ <a href="http://flex.phys.tohoku.ac.jp/">http://flex.phys.tohoku.ac.jp/</a></b> <ul style="list-style-type: none"> <li>Class will be held in the Sanuki Club Conference Room</li> <li>Bring notebook and pen/pencil to class.</li> </ul>
5:00 - 6:00 PM	Free - Dinner on your Own
6:30 - 8:30 PM	Evening Discussions with Japanese Students - Sanuki Club Conference Room
	<b>Topic: Food or Carbon-free Energy &amp; Response to H1N1</b> <ul style="list-style-type: none"> <li>These evening events are an opportunity for you to meet Japanese college students and discuss topical issues relevant to Japan and the US</li> <li>We encourage you to exchange meishi with the students you will meet tonight as many of these students may be interested in forming friendships with you.</li> </ul>

# 20 / ORIENTATION SCHEDULE

<b>Friday, May 29, 2009</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b>
9:00 AM	<b>Meet in Lobby to Walk to US Embassy - Do not be late!</b>
10:15 - 10:45 AM	<b>Japanese Culture &amp; Society Event</b>
	<b>US Embassy Visit with James P. Zumwalt, Charge d’Affaires</b> <ul style="list-style-type: none"> <li>Meet in lobby to walk to the Embassy.</li> <li>Please wear professional/business casual attire for this visit and <b>remember to bring your passport</b> with you. You will need this to gain admission to the embassy.</li> <li>Due to security regulations you cannot bring a camera, laptop, cell phone or other electronic device into the Embassy. Please leave these at the hotel and do not bring a large bag or backpack.</li> </ul>
11:00 - 1:45 PM	<b>Lunch on Your Own</b>
2:00 - 5:00 PM	<b>Japanese Language Classes</b>
	<b>AJALT Language School Classes at Kikai Shinko Kaikan</b>
Evening	<b>Free - Dinner on your Own</b>
<b>Saturday, May 30, 2009</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b>
Day	<b>Overnight Trip to Nikko - Hotel, Dinner, Breakfast &amp; Transportation Included</b>
	<b>Nikko Travel Guide: <a href="http://www.japan-guide.com/e/e3800.html">http://www.japan-guide.com/e/e3800.html</a></b>
	<ul style="list-style-type: none"> <li>Chartered bus will depart hotel at 9:00 AM</li> <li>Nikko Toshogu Shrine &amp; Other Sight-Seeing Spots</li> <li>Lodging Provided at a Traditional Japanese Ryokan with Onsen</li> <li>You will stay in Tatami Mat rooms and Sleep on Onsen</li> <li>Bus transportation, hotel lodging, and dinner included in price.</li> <li>Only bring a small overnight bag with a change of clothes and basic toiletries. The bus is not very large and cannot accommodate large luggage.</li> </ul>
<b>Sunday, May 31, 2009</b>	
Morning	<b>Breakfast at Nikko Hotel</b>
Day	<b>Full Day Sight-Seeing in Nikko</b> <ul style="list-style-type: none"> <li>Hike around Lake Chuzenji &amp; Kegon Waterfall</li> <li>Lunch Not Included - Estimated Cost JPY 2,000 + drink</li> </ul>
Evening	<b>Return to Tokyo via Bus</b>
<b>Monday, June 1, 2009</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b>
9:00 - 12:00 PM	<b>Japanese Language Classes</b>
	<b>AJALT Language School Classes at Kikai Shinko Kaikan</b>
12:00 - 12:45 PM	<b>Lunch on Your Own</b>

# ORIENTATION SCHEDULE / 21

1:30 PM	<b>Meet in Sanuki Club Lobby - Bring Suica Card</b>
2:00 - 4:00 PM	<b>Japanese Culture &amp; Society Event</b> <b>Cultural Sight-Seeing Tour of Asakusa</b> <ul style="list-style-type: none"> <li>Visit Senso-ji, Kaminarimon (Kaminari Gate), Nakamise Shopping Street, and explore the Kappabashi Kitchenware District.</li> <li>Asakusa Travel Guide: <a href="http://www.japan-guide.com/e/e3004.html">http://www.japan-guide.com/e/e3004.html</a></li> </ul>
Evening	<b>Free - Dinner on your Own</b>
<b>Tuesday, June 2, 2009</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b>
9:00 - 12:00 PM	<b>Japanese Language Classes</b> <b>AJALT Language School Classes at Kikai Shinko Kaikan</b>
12:00 - 1:00 PM	<b>Lunch on Your Own</b>
2:00 - 5:00 PM	<b>Introduction to Nanotechnology Seminar, Prof. Junichiro Kono, Rice University</b> <b>Guest Speaker: Prof. Kohei Itoh, Keio University</b> <ul style="list-style-type: none"> <li>Class will be held in the Sanuki Club Conference Room</li> <li>Bring notebook and pen/pencil to class.</li> </ul>
5:00 - 6:00 PM	<b>Free - Dinner on your Own</b>
6:30 - 8:30 PM	<b>Evening Discussions with Japanese Students - Sanuki Club Conference Room</b> <b>Topic: Economic Issues in Japan and the World with Mr. Ogata</b> <ul style="list-style-type: none"> <li>These evening events are an opportunity for you to meet Japanese college students and discuss topical issues relevant to Japan and the US</li> <li>We encourage you to exchange meishi with the students you will meet tonight as many of these students may be interested in forming friendships with you.</li> </ul>
<b>Wednesday, June 3, 2009</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b>
9:00 - 12:00 PM	<b>Japanese Language Classes</b> <b>AJALT Language School Classes at Kikai Shinko Kaikan</b>
12:00 - 12:45 PM	<b>Lunch on Your Own</b>
1:00 PM	<b>Meet in front of Kamiyacho Crossing to take Subway to Onarimon</b>
1:30 - 5:00 PM	<b>Minato-ku Volunteer &amp; Cultural Activity</b> <ul style="list-style-type: none"> <li>1:30 - 2:00: Introduction &amp; Overview</li> <li>2:00 - 3:00: Taishogoto Performance &amp; Instrument Overview</li> <li>3:00 - 3:30: Tea Break with People in the Home</li> <li>3:30 - 4:00: Volunteer Activity</li> <li>4:00 - 5:00: Kendo Introduction &amp; Practice</li> <li>Please wear loose and comfortable clothing for the Kendo Practice.</li> </ul>
Evening	<b>Free - Dinner on your Own</b>

# 22 / ORIENTATION SCHEDULE

Thursday, June 4, 2009	
7:30 - 8:30 AM	Breakfast at Sanuki Club Hotel
9:00 - 12:00 PM	Japanese Language Classes
	AJALT Language School Classes at Kikai Shinko Kaikan
12:00 - 12:45 PM	Lunch on Your Own
1:00 PM	Meet at Kamiyacho crossing near by AJALT to take a subway to 'Kokusai-tenjijo' via Ebisu.
2:00 - 5:00 PM	Introduction to Nanotechnology Seminar - Company Visit
	Panasonic Center: <a href="http://www.panasonic.net/center/tokyo/">http://www.panasonic.net/center/tokyo/</a>
	<ul style="list-style-type: none"> <li>• Introduction &amp; Overview</li> <li>• Q&amp;A</li> <li>• Center Tour</li> <li>• Free time to explore center - including the Nintendo Floor!</li> </ul>
Evening	Free - Dinner on your Own
Friday, June 5, 2009	
7:30 - 8:30 AM	Breakfast at Sanuki Club Hotel
9:00 - 12:00 PM	Japanese Language Classes
	AJALT Language School Classes at Kikai Shinko Kaikan
2:00 - 5:00 PM	Introduction to Nanotechnology Seminar, Prof. Junichiro Kono, Rice University
	Guest Speaker: Prof. Hiro MuneKata, Tokyo Institute of Technology
	<ul style="list-style-type: none"> <li>• Class will be held in the Sanuki Club Conference Room</li> <li>• Bring notebook and pen/pencil to class.</li> </ul>
6:00 - 7:30 PM	<b>Closing Dinner - Sanuki Club Hotel Patio Garden</b> <ul style="list-style-type: none"> <li>• Professional/Business Casual Attire</li> <li>• Language Teachers, Orientation Speakers, and some of the Japanese students may also attend.</li> <li>• Set Dinner &amp; One Non-Alcoholic Drink per Person will be Provided.</li> <li>• No Alcohol may purchased or consumed by NanoJapan students during the official closing dinner</li> </ul>
8:00 - ???	<b>Optional After Party &amp; Outing to Karaoke Club</b> <ul style="list-style-type: none"> <li>• Traditionally the NanoJapan students go out as a group for karaoke at one of the nearby Karaoke Clubs in the Ropongi Hills area. This is optional and you would pay all associated costs individually. You may invite your Japanese friends, language teachers, and others to join you if you would like for this optional event.</li> <li>• Location: Ra Ra Cha, Azabu-juban 4-6-8, just before 'ni no hashi' left side of the street</li> <li>• Telephone: 03-3451-8200</li> <li>• Two Rooms are Reserved - D room for 8-15people 7,350yen/hour (this room has only two hours for you) or E room for 15-25people 12,600yen/hour. The price is just for the room charge. You do not need to order drinks, but you cannot bring any drink and food into the room.</li> </ul>
Saturday, June 6, 2009	
Morning	Breakfast at Sanuki Club Hotel
Day/Evening	Free - Enjoy Your Final Day in Tokyo!

# MID-PROGRAM MEETING / 23

<b>Sunday, June 7, 2009</b>	
Morning/Day	<b>Check-out of Sanuki Club Hotel &amp; Travel to Research Internship Sites</b> <ul style="list-style-type: none"> <li>• Must check-out of rooms by 11:00 AM unless you are staying an extra night</li> <li>• We strongly encourage you to use the baggage delivery service to ship your large luggage directly to your dormitory/apartment or research lab at your host institution.</li> <li>• Just provide the name, address, and telephone number of where you would like your baggage shipped to the front desk and they will prepare the necessary paperwork and tell you how much it will cost.</li> <li>• Your bags will typically be delivered within 1 - 2 days depending on where you are shipping them</li> </ul>
<b>Monday, June 8 - Thursday July 9, 2009</b>	
<b>Research Internships at Host University/Laboratory</b>	
<b>Friday, July 10, 2009</b>	
Morning	<b>Travel to Kyoto</b> <b>Kyoto Travel Guide:</b> <a href="http://www.japan-guide.com/e/e2158.html">http://www.japan-guide.com/e/e2158.html</a> <b>Kyoto City Tourism:</b> <a href="http://kaiwai.city.kyoto.jp/raku/modules/english/index.php">http://kaiwai.city.kyoto.jp/raku/modules/english/index.php</a> <ul style="list-style-type: none"> <li>• You must make your own travel arrangements to/from Kyoto and there are a number of different options available including the Japan Rail Pass/Shinkansen, Buses, Regular Trains, or air for students in Hokkaido.</li> <li>• Speak with your research group members to determine what will be the most cost-effective and best travel option for you.</li> </ul>
2:00 PM	<b>Hotel/Ryokan Check-in</b> <ul style="list-style-type: none"> <li>• <b>Kyoto Ryokan Gion Shinmonso</b> -- Hanamikohji shinmonmae higashiyama-ku, Kyoto Japan 605-0082 TEL:+81-75-561-8011, FAX:+81-75-561-8178</li> <li>• <b>Website:</b> <a href="http://www.shinmonso.com/english/index.html">http://www.shinmonso.com/english/index.html</a></li> <li>• You may begin check-in at the hotel starting at 2:00 PM. If you arrive earlier than this you can store your luggage at the Ryokan or use the Baggage Lockers in Kyoto Station.</li> <li>• Shared tatami mat room provided by NanoJapan for Friday &amp; Saturday night.</li> <li>• After checking in you may sight-see on your own in Kyoto.</li> </ul>
4:30 PM	<b>Return to Hotel to Change - Meet in Lobby</b>
5:30 - 7:30	<b>Casual Group Dinner at Shabu Shabu Restaurant, JPY 2,000 per person</b>
8:00 PM	<b>Gion Corner: Kyoto Traditional Musical Theater</b>
9:30 - 10:00 PM	<b>Walk Around Gion District and Back to Hotel</b>
<b>Saturday, July 11, 2009</b>	
8:20 AM	<b>Breakfast at Kyoto Ryokan/Hotel</b>
9:00 - 11:00 AM	<b>NanoJapan Mid-Program Meeting, Dr. Cheryl Matherly &amp; Prof. Kono</b> <ul style="list-style-type: none"> <li>• Be prepared to discuss your experience in Japan thus far and any concerns or questions you may have.</li> <li>• Be prepared to discuss any concerns or issues you may be experiencing in the lab or with your research project.</li> </ul>
Afternoon/Evening	<b>Free Sight-seeing in Kyoto</b> <ul style="list-style-type: none"> <li>• You will be provided with recommended walking tours and may want to plan out your day with your fellow NanoJapan students</li> </ul>

# 24 / RETURN TO TOKYO

<b>Sunday, July 12, 2009</b>	
8:20 AM	<b>Breakfast at Kyoto Ryokan/Hotel</b>
By 10:00 AM	<b>Check-out of Hotel</b> <ul style="list-style-type: none"> <li>Baggage can be stored at the hotel if you plan to sight-see in Kyoto more today. However, it will likely be faster and easier for you to use the Baggage Storage Lockers at Kyoto Station for your luggage as this is likely where you will be departing from.</li> </ul>
Day	<b>Free Sight-seeing in Kyoto and Return to Research Host Laboratories</b>
<b>Monday, July 13 - Monday, August 3, 2009</b>	
<b>Research Internships at Host University/Laboratory</b>	
<b>Tuesday, August 4, 2009</b>	
Morning	<b>Check-out of Housing &amp; Travel to Tokyo</b> <ul style="list-style-type: none"> <li>Housing has been requested at your research internship site through the night of August 3. Most students will check-out of their housing the morning of August 4 and then travel to Tokyo.</li> <li>If you would like to spend your last weekend traveling in Japan - or plan a group hike of Fuji with your fellow NJ students - you will likely need to check-out of your housing earlier.</li> <li>You may only depart early if you receive prior approval from your research host and Prof. Kono. Many students use the Mid-Program Meeting to coordinate their plans for their last weekend in Japan and then speak with Prof. Kono and their research host/mentor about this upon their return to the lab in July.</li> <li>If you do need to check-out of your housing earlier please speak with your lab secretary who should be able to coordinate these arrangements with your dormitory/apartment. If you are staying at a guesthouse you would speak with the staff there directly.</li> <li>All NanoJapan students must arrange for their own travel from their research host institution back to Tokyo, Japan. We strongly encourage you to take advantage of the Takuhaibin service to have your baggage shipped ahead directly to Narita Airport. One of your lab group members should be able to assist you with finding the nearest Takuhaibin service counter and determining how far in advance you will need to send your baggage - typically 1 to 2 days depending on where you are in Japan.</li> <li>When you fill out your baggage delivery form you will need to indicate your departing flight information including date, time, flight number and airline. You will be departing from Terminal 1: North Wing.</li> </ul>
Noon	<b>Return to Tokyo &amp; Check-in at Sanuki Club Hotel</b> <ul style="list-style-type: none"> <li>All students must be back in Tokyo by this time. Store luggage at Sanuki Club.</li> <li>A reservation has been made on your behalf for a single room with shared bathroom at the Sanuki Club hotel. You will pay for this night's lodging individually and if you do not want to stay at the hotel Tuesday night you must inform NanoJapan by July 15 so that we can cancel this reservation. The cost is JPY 5850 for one night.</li> <li>Students in the Tokyo-area can speak with their lab secretary and/or housing/dormitory manager to extend their stay through the night of August 4 if they prefer.</li> </ul>
1:00 - 3:00 PM	<b>Japanese Oral Proficiency Interview - AJALT Language School</b> <ul style="list-style-type: none"> <li>All NanoJapan participants are required to take the Japanese Oral Proficiency Interview to assess your current spoken language ability. Bring a photo ID with you.</li> <li>All students must arrive at the AJALT language school by 1:00. Your assessment will take about 30 minutes and while you wait for your test to begin you can practice your Japanese with instructors.</li> </ul>
Evening	<b>Free - Enjoy your Last Night in Tokyo!</b>

Wednesday, August 5, 2009	
By 11:00 AM	<b>Check-out of Sanuki Club Hotel</b> <ul style="list-style-type: none"> <li>If you are staying at the Sanuki Club you will need to check-out of the hotel by 11:00 AM.</li> <li>You will be responsible for paying your room and breakfast charges individually and the estimated cost for one night's lodging is about \$50.</li> </ul>
By 1:30 PM	<b>Travel to Tokyo Narita Airport</b> <ul style="list-style-type: none"> <li>From the Azabu-juban Station you should take the metro to Tokyo Station where you can buy a Narita Express (N'EX) ticket. Estimated cost of a NE'X ticket is JPY 3,000.</li> <li>Plan to arrive at Narita Airport by 1:30 so that you have time to collect your baggage from the Takuhaibin counter and check-in for your international flight.</li> <li>After collecting your baggage proceed directly to the Continental Airlines counter to check-in for your international flight. You must check-in at least two hours prior to departure.</li> <li>Contact Continental directly for any special meal or seating requests or speak with the ticket agent upon check-in</li> <li>Be sure to carefully review Continental's Baggage restrictions. If you are overweight you will be charged overweight fees and these can get quite expensive – be prepared and pack accordingly.</li> <li>Continental Carry-on Baggage Information: <a href="http://www.continental.com/web/en-US/content/travel/baggage/carry-on.aspx">http://www.continental.com/web/en-US/content/travel/baggage/carry-on.aspx</a></li> <li>Continental Checked Baggage Information: <a href="http://www.continental.com/web/en-US/content/travel/baggage/check.aspx">http://www.continental.com/web/en-US/content/travel/baggage/check.aspx</a></li> <li>Narita Airport Guide: <a href="http://www.japan-guide.com/e/e2027.html">http://www.japan-guide.com/e/e2027.html</a></li> <li>Narita Airport Official Website: <a href="http://www.narita-airport.jp/en/">http://www.narita-airport.jp/en/</a></li> <li>Customs Guide for Departing Passengers (Terminal 1): <a href="http://www.narita-airport.jp/en/guide/step/t1_dep/index.html">http://www.narita-airport.jp/en/guide/step/t1_dep/index.html</a></li> </ul>
3:55 PM	<b>Continental Flight #6 Departs Narita for Houston</b> <ul style="list-style-type: none"> <li>Gain one day as you cross the international date line</li> </ul>
1:55 PM	<b>Continental Flight #6 Arrives at Bush Intercontinental Airport</b> <ul style="list-style-type: none"> <li>Collect your baggage and clear customs as a group.</li> <li>US Customs &amp; Border Protection - Know Before you Go: <a href="http://www.cbp.gov/xp/cgov/travel/vacation/kbyg/">http://www.cbp.gov/xp/cgov/travel/vacation/kbyg/</a></li> </ul>
3:00 PM	<b>Rice University Shuttle to Hotel</b> <ul style="list-style-type: none"> <li>Shuttle will pick you up in the Passenger Pick-up Area of Terminal E</li> <li>Driver Name &amp; Phone Will Be sent to you Prior to Departure</li> <li>If you are not staying at the hotel your parents/friends may pick you up at the airport</li> </ul>
4:00 PM	<b>Hotel Check-in at the Crowne Plaza River Oaks Hotel</b> <p>The NanoJapan Program will provide hotel lodging at the Crowne Plaza River Oaks Hotel located at 2712 Southwest Freeway, Houston, TX, 77098, the nights of August 5 &amp; 6, 2009. The hotel phone number is (713) 523-8448. Rice University will only pay for the hotel lodging &amp; applicable taxes; all incidental expenses (telephone, movies, room services, mini-bar, etc.) must be paid individually.</p> <ul style="list-style-type: none"> <li>You will be provided with your confirmation number and roommate assignments prior to returning to the US.</li> <li>Students who are not staying at the hotel can have their friends or family pick them up directly at the airport and must make their own travel arrangements to/from Rice University for the Re-Entry Program and RQI Symposium.</li> <li>Evening Free - Have Dinner on Your Own at Hotel or nearby Restaurant</li> </ul>

# 26 / RE-ENTRY PROGRAM

Thursday, August 6, 2009	
Morning	<b>Breakfast is Not Included but you May Eat on Your Own at the Hotel Restaurant or there will be a Continental Breakfast Provided at Rice University</b>
9:00 AM	<b>First Hotel Shuttle to Abercrombie Lab, Rice University</b> <ul style="list-style-type: none"> <li>Shuttle will need to use Entrance 23 off of Rice Blvd. Abercrombie Lab is the first long, low building on the driver's left after the curve. Look for the NanoJapan signs.</li> <li>Proceed to the central lobby for continental breakfast.</li> <li>Bring a notebook, pen/pencil, and your Orange Travel Envelope with Receipts Included. You may also want to bring a light sweater/jacket in case the room is cold and your laptop if you would like to check e-mail.</li> </ul>
9:30 AM	<b>Second Hotel Shuttle to Abercrombie Lab, Rice University</b>
10:15 - 11:45 AM	<b>NanoJapan Debriefing - Room to be Announced</b> Come prepared to discuss your overall experience on the NanoJapan Program. Some key things we may consider include: <ul style="list-style-type: none"> <li>What were the best aspects of the program? What aspects of the program would you like to see improved?</li> <li>Has the program influenced your desire to conduct further research or graduate study in the field of nanotechnology?</li> <li>Has the program influenced your desire to work or study again in Japan or any other nation?</li> <li>What recommendations/tips would you give to NanoJapan 2010 participants?</li> </ul>
11:45 - 12:00 PM	<b>Break</b>
12:00 - 1:00 PM	<b>Working Lunch "Utilizing your International Experience" – Dr. Cheryl Matherly</b>
1:00 - 2:00 PM	<b>The Re-Entry Process &amp; Reverse Culture Shock - Dr. Cheryl Matherly &amp; Sarah Phillips</b> <ul style="list-style-type: none"> <li>IDI Post-Assessment: You will be given a login &amp; password for your IDI Post-Assessment and you will be required to complete this online prior to departure on Friday.</li> </ul>
2:00 - 2:15 PM	<b>Break</b>
2:15 - 2:30 PM	<b>NanoJapan Research Overview - Prof. Junichiro Kono</b>
2:30 - 5:00 PM	<b>RQI Poster Presentation Practice Session</b> <ul style="list-style-type: none"> <li>Each student will have 5 minutes to give a practice presentation of their poster using PPT.</li> <li>Review the Cain Project's Tip for Presenting your Poster at: <a href="http://www.owl.net.rice.edu/~cainproj/presenting.html">http://www.owl.net.rice.edu/~cainproj/presenting.html</a></li> <li>You will also receive your printed posters. Remember posters CANNOT be reprinted so be sure you carefully proofread both your power-point and PDF versions prior to submission to be sure that all figures, charts, graphs, and other information show up properly in the PDF version.</li> </ul>
5:00 - 6:00 PM	<b>Dinner: Provided by the NanoJapan Program</b>
	<ul style="list-style-type: none"> <li>During this time you will also need to set up your poster in Duncan Hall. Poster boards will already be setup on easels. You will need to attach your poster using thumbtacks or pushpins only! Your poster must be set up before you leave Rice tonight!</li> </ul>
6:00 PM	<b>First Hotel Shuttle Pick-up at Abercrombie Lab</b>
6:30 PM	<b>Second Hotel Shuttle Pick-up at Abercrombie Lab</b>

# RQI SYMPOSIUM / 27

**Friday, August 7, 2009**

By 7:15 AM	<b>Check-Out of Hotel</b> <ul style="list-style-type: none"> <li>You are responsible for paying any incidental expenses charged to your room. Rice University will only pay for lodging &amp; taxes.</li> <li>Bring all of your luggage with you as you will be able to leave it in a locked office during the day.</li> <li>Attire should be professional/business casual today as you will be presenting your poster.</li> </ul>								
7:30 AM	<b>Rice University Shuttle Pick-Up</b> <ul style="list-style-type: none"> <li>A Rice University Shuttle will pick you up at the hotel and bring you to Abercrombie Lab where you can drop off/store your luggage</li> <li>A continental breakfast will be provided by NanoJapan in the lobby of Abercrombie Lab</li> </ul>								
8:00 - 11:50	<b>Rice Quantum Institute Research Symposium Sessions</b> <ul style="list-style-type: none"> <li>The exact RQI symposium schedule will be provided to you at a later date.</li> <li>You are expected to attend the research talk/s that are of greatest interest to you and relevance to your summer research or future research plans</li> </ul>								
12:00 - 1:00 PM	<b>Rice Quantum Institute Research Poster Fair &amp; Boxed Lunch</b> <ul style="list-style-type: none"> <li>All undergraduate students will present their research posters during this poster session. Be prepared to discuss your project and poster to a general audience and be aware that prizes will be awarded for the best poster presentations.</li> <li>You can invite your family/friends to attend the lunch poster presentation held in the McMurtry Auditorium of Duncan Hall but they cannot attend the afternoon research presentation as these are only for registered RQI attendees.</li> <li>You will be provided with a boxed lunch and drink</li> <li>When the poster session is over you must take down your poster and can either leave this with the NanoJapan office or take this home with you. Rubber bands will be provided or the NanoJapan program will have poster tubes available for purchase.</li> </ul>								
1:00 - 5:00 PM	<b>Rice Quantum Institute Research Symposium Sessions or Airport Departure</b>								
5:00 - 6:00 PM	<b>RQI BBQ - Free for All Participants</b> <ul style="list-style-type: none"> <li>As part of the RQI, all participants are invited to attend the free BBQ held at the end of the day. This is catered by Goode Co. BBQ and tables will be set up just outside of Duncan Hall. Guest tickets may be purchased for \$10 each if you have family/friends who would also like to attend.</li> </ul>								
Afternoon/Evening	<b>Domestic Flight Back Home</b> <ul style="list-style-type: none"> <li>You may schedule your return flight for anytime after 2:00 PM and must arrange your own travel to the airport. We recommend Super Shuttle or sharing a cab with a student who is departing at around the same time as you.</li> </ul>								
<table> <tr> <th>Bush Intercontinental Airport (IAH)</th><th>Houston Hobby Airport (HOU)</th></tr> <tr> <td> <ul style="list-style-type: none"> <li>Laura Cooper - Frontier Airlines #811 at 3:35 PM</li> <li>Claire McTaggart - NW #3408 at 4:03 PM</li> <li>Michael Chien - NW #3502 at 4:03 PM</li> <li>Andrew Gomella - CO #1676 at 4:50 PM</li> <li>Andrew Gomella - CO #1676 at 4:50 PM</li> </ul> </td><td></td></tr> <tr> <th>August 8 - Bush Intercontinental Airport (IAH)</th><th>August 8 - Houston Hobby Airport (HOU)</th></tr> <tr> <td> <ul style="list-style-type: none"> <li>Erin Sanehira - US Air #280 at 9:00 AM</li> </ul> </td><td></td></tr> </table>		Bush Intercontinental Airport (IAH)	Houston Hobby Airport (HOU)	<ul style="list-style-type: none"> <li>Laura Cooper - Frontier Airlines #811 at 3:35 PM</li> <li>Claire McTaggart - NW #3408 at 4:03 PM</li> <li>Michael Chien - NW #3502 at 4:03 PM</li> <li>Andrew Gomella - CO #1676 at 4:50 PM</li> <li>Andrew Gomella - CO #1676 at 4:50 PM</li> </ul>		August 8 - Bush Intercontinental Airport (IAH)	August 8 - Houston Hobby Airport (HOU)	<ul style="list-style-type: none"> <li>Erin Sanehira - US Air #280 at 9:00 AM</li> </ul>	
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## Narita Express (NE'X) & Suica

Website: <http://www.jreast.co.jp/e/suica-nex/>

Narita Express called "N'EX" provides rapid, frequent, and comfortable service to passengers traveling between Narita International Airport and Tokyo Metropolitan areas. It takes just 53 minutes to travel between Tokyo Station and Narita Airport.

Suica is a JR EAST prepaid IC card that allows you to ride trains without purchasing a ticket every time. This rechargeable card can be used for travel on most railways, subways, and buses in Greater Tokyo. It can also be used in Sendai, Niigata, Nagoya, Shizuoka, Kansai, Okayama, and Hiroshima areas.

Foreign passport holders may purchase a NE'X and Suica card together at a discounted rate at the JR East Travel Service Center at Narita Airport.

## Takuhaibin (Baggage Delivery Service)

Website: <http://www.japan-guide.com/e/e2278.html>

Takuhaibin is a convenient service for sending parcels, luggage and various other types of goods from door to door nationwide. Delivery is usually on the next day, and costs are moderate. Goods can be dropped off at most of the countless convenience stores found across Japan, a variety of other stores that display a takuhaibin sign, airports and takuhaibin service centers. Some stores, such as souvenir shops, can arrange purchased goods to be directly sent to a designated recipient.

Tourists with a lot of luggage can consider takuhaibin as a means to send their luggage from the airport to a hotel or between hotels, in order to avoid hauling heavy luggage onto crowded trains and up and down stairways. You can also use this service to ship your luggage from the Sanuki Club to your research host housing or laboratory. Delivery is usually on the next day, although for short distances same day deliveries may be possible. On the other hand, sending parcels to/from distant locations, such as Hokkaido or Okinawa, can take two days. The cost of using takuhaibin depends on the type, size and weight of the package and the destination.

## Association for Japanese-Language Teaching (AJALT)

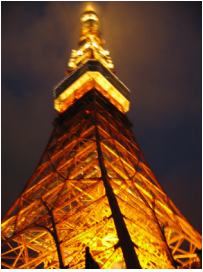
Website: <http://www.ajalt.org/e/class/class.html>

Online Japanese Language Resources: <http://www.ajalt.org/e/online/online.html>

Originally founded in 1970, AJALT is one of the oldest Japanese language teaching institutions in Japan. It was recognized by the Ministry of Education in 1977. AJALT is involved in a wide range of language-related projects. These include teaching Japanese to refugees and to technical trainees from Asia, training language instructors for ODA programs overseas, promoting the exchange of ideas about Japanese language teaching through an annual symposium and magazine, and developing language teaching materials.

AJALT will provide the language classes for the NanoJapan Orientation Program in Tokyo starting in 2009. Small-group classes will be arranged by language level and interest and beginning students will use the Japanese for Busy People 1 Book and Workbook. This should be purchased prior to departure abroad. Students who have previously taken Japanese will be given an in-depth language assessment upon arrival in Japan and will then be able to purchase the appropriate language textbooks.

In preparation for these classes AJALT has asked that all students begin to study or review Kana prior to departure. This alphabet can easily be memorized using the Kana worksheets and online self-study materials found in the Assignments and Wiki sections of OwlSpace.



## Tokyo Tower

Website: <http://www.japan-guide.com/e/e3009.html>

With 333 meters, Tokyo Tower is 13 meters taller than its model, the Eiffel Tower of Paris, and the world's tallest self-supporting steel tower. It was completed in the year 1958 as a symbol for Japan's rebirth as a major economic power, and serves as a television and radio broadcast antenna and tourist attraction. Visitors can ascend to the main observatory at 150 meters and the special observatory at 250 meters to get a bird's eye view of Tokyo. Under good weather conditions, Mount Fuji can be seen in the distance. An aquarium, wax museum and several more attractions can be found on the ground floors of the tower. Separate entrance fees apply.

## Japanese Culture & Society - "Introduction to Japan's Economy & Politics"

Mr. Ogata

Shijuro Ogata is a former deputy governor for international relations of the Bank of Japan. He was educated at the Faculty of Law, University of Tokyo, and the Fletcher School of Law & Diplomacy. From 1986-91, he was deputy governor of the Japan Development Bank. He is the author of International Financial Integration: The Policy Challenges (with Richard N. Cooper and Horst Schulmann, The Trilateral Commission, 1989) and several books and articles. He has also been the deputy Japanese (now Pacific Asia) chairman of The Trilateral Commission since 1993.



## Evening Discussions with Japanese Students

Tuesday, May 19, 2009 - Topic: Educational System in US & Japan

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 KIPP Discussion Forum that is sponsored in part by the US Embassy and arranged by Prof. Keiko Packard. This program provides an opportunity for Japanese college students to discuss a wide range of global issues in English and Japanese. Participants include undergraduate and graduate students and most are studying medicine or science. All participants speak English at the advanced level.

The topics for each night's event were chosen from a list of recommended topics submitted by the Japanese students. The topic of tonight's discussion will be the Educational System in the US & Japan, specifically the Educational Gap Created by the Financial Gap. We encourage NanoJapan students to review the Education articles in the NanoJapan Reader for background information and context for tonight's discussion topic. Be prepared to discuss your own educational experiences in the US or other countries where you may have gone to school and to ask questions about the Japanese student's educational experiences.



## Edo Tokyo Museum

Website: <http://www.edo-tokyo-museum.or.jp/english/index.html>

The Edo-Tokyo Museum was founded on March 28, 1993, as the place, where visitors come to learn more about Tokyo's history and culture, and which also serves as a projection onto the city and the living of the future. In the Permanent Exhibition area, there can be found original and replicated exhibits, as well as large-scale models, faithful representations of their originals, which have been reproduced after painstaking investigations and research.

Upon crossing a replica of the "Nihonbashi" Bridge, one enters the Edo-Tokyo Museum permanent exhibit from 1590, when Tokugawa Ieyasu first built Edo, (renamed Tokyo at Meiji Era); the Edo-Tokyo area has enjoyed a long 400 years history. The permanent exhibit at the Edo-Tokyo Museum showcases politics, culture, and an insight into the lifestyle of the people from its birth to present day Tokyo.



## Nihon Sumo Kyokai Grand Tournament

Official Website: <http://www.sumo.or.jp/eng/>

Sumo is a Japanese style of wrestling and Japan's national sport. It originated in ancient times as a performance to entertain the Shinto gods. Many rituals with religious background are still followed today. The basic rules of sumo are simple: the wrestler who either first touches the floor with something else than his sole or leaves the ring before his opponent, loses. The fights themselves usually last only a few seconds and in rare cases up to one minute or longer.



## Optional Day Tour to Kamakura

Kamakura Travel Guide: <http://www.japan-guide.com/e/e2166.html>

Kamakura is a coastal town in Kanagawa prefecture, less than one hour south of Tokyo. Meet Sarah in the lobby and travel by train to Kamakura. You will pay all costs individually. Upon arrival in Kamakura we will be met at the station by Japanese students who will serve as our volunteer tour guides. Kamakura became the political center of Japan, when Minamoto Yoritomo chose the city as the seat of his new military government in 1192. The Kamakura government continued to rule Japan for over a century, first under the Minamoto shogun and then under the Hojo regents. After the decline of the Kamakura government in the 14th century and the establishment of its successor, the Muromachi or Ashikaga government in Kyoto, Kamakura remained the political center of Eastern Japan for some time before losing its position to other cities. Today, Kamakura is a very popular tourist destination. Sometimes called the Kyoto of Eastern Japan, Kamakura offers numerous temples, shrines and other historical monuments. In addition, Kamakura's sand beaches attract large crowds during the summer months.

**Engaku-ji Temple:** Engakuji is the main temple of the Engakuji school within the Rikai sect of Zen Buddhism. It is the number two of Kamakura's five great Zen temples. Engakuji was founded by Hojo Tokimune in the year 1282, one year after the second invasion attempt by the Mongols was reverted. One purpose of the new temple was to pay respect to the fallen Japanese and Mongolian soldiers. The Shariden, a shrine where a tooth of Buddha is enshrined, is located on the temple grounds, but it is not accessible to visitors during most of the year. The building has been designated a national treasure. Another national treasure to be found at Engakuji is the temple's large bell (ogane). It stands on a hill next to a teahouse where visitors can enjoy a cup of tea or sake in a calm and beautiful environment.

**Kotokuin (Big Buddha):** The Great Buddha of Kamakura (Kamakura Daibutsu) is a bronze statue of Amida Buddha, which stands on the grounds of Kotokuin Temple. At a height of 13.35 meters, it is the second largest bronze Buddha statue in Japan (the largest is located in the Todaiji Temple in Nara). The statue was cast in 1252 and originally located inside a large temple hall. However, the temple buildings were washed away by a tsunami tidal wave in the end of the 15th century, and since then the Buddha stands in the open air.

**Tsurugaoka Hachimangu Shrine:** Tsurugaoka Hachimangu is Kamakura's most important shrine. It was founded by Minamoto Yoriyoshi in 1063, and enlarged and moved to its current site in 1180 by Minamoto Yoritomo, the founder and first shogun of the Kamakura government. The shrine is dedicated to Hachiman, the patron god of the Minamoto family and of the samurai in general. The deified spirits of the ancient Emperor Ojin who has been identified with Hachiman, Empress Jingu and Emperor Chuai are enshrined in the main buildings of the Tsurugaoka Hachimangu Shrine

**Komachi-dori Street:** Komachi-dori Street is a shopping street full of fashionable coffee shops, long-established restaurants, and shops where you can buy 'natto' (fermented soybeans), ham, traditional Kamakura carvings, and other local products. Don't forget to go around to the back of the street - you will be greeted by more shops and places for food and drink. There are more than 200 shops altogether, and a merry and lively atmosphere will always welcome you.

## Visiting Temples

When entering temple buildings, you may be required to take off your shoes. Leave your shoes on the shelves at the entrance or take them with you in plastic bags provided at some temples. Wear nice socks. Photography is usually permitted on the temple grounds. It is forbidden indoors at some temples. Watch for signs.

Behave calmly and respectfully. Show your respect by making a short prayer in front of the sacred object. Do so by throwing a coin into the offering box, followed by a short prayer. At some temples, visitors burn incense (osenko) in large incense burners. Purchase a bundle, light them, let them burn for a few seconds and then extinguish the flame by waving your hand rather than by blowing it out. Finally, put the incense into the incense burner and fan some smoke towards yourself as the smoke is believed to have healing power. For example, fan some smoke towards your shoulder if you have an injured shoulder.

## Visiting Shrines

Behave calmly and respectfully. You are not supposed to visit a shrine if you are sick, have an open wound or are mourning because these are considered causes of impurity. At the purification fountain near the shrine's entrance, take one of the ladles provided, fill it with fresh water and rinse both hands. Then transfer some water into your cupped hand, rinse your mouth and spit the water beside the fountain. You are not supposed to transfer the water directly from the ladle into your mouth or swallow the water. You will notice that quite a few visitors skip the mouth rinsing part or the purification ritual altogether. At the offering hall, throw a coin into the offering box, bow deeply twice, clap your hands twice, bow deeply once more and pray for a few seconds. If there is some type of gong, use it before praying in order to get the kami's attention. Photography is usually permitted at shrines. Watch for signs.



## Japanese Culture & Society - "Introduction to Japanese Culture & Society"

Prof. Keiko Packard

# 34 / EVENT OVERVIEWS



## Evening Discussions with Japanese Students

Tuesday, May 26, 2009 OR Thursday, May 28, 2009 - Topic: The Biofuels vs. Food Debate

The topic of tonight's discussion will be the Biofuels vs. Food Debate and your discussions will likely touch on a wide range of environmental issues facing Japan, the US, and the world as a whole. We encourage you to read the Environmental articles in the NanoJapan Reader and also be prepared to discuss any environmental issues that are of particular interest to you with the students tonight.



## STS Elionix

Website: <http://www.sts-elionix.com/>

STS-Elionix is a combination of SEMTech Solutions, Inc. and Elionix, in which SEMTech Solutions have agreed to sell Elionix highly regarded, world class, sub 10 nanometer performance Electron Beam Lithography Instruments, Elionix unique Surface Roughness Measurement and 3-D Imaging Systems, and a new line of Nano-indenters for surface hardness measurement applications. Elionix is a leading provider of Electron Beam Lithography instruments in Asia and is now entering the US market for the first time.

## US Embassy Visit

Friday, May 29, 2009

This visit was arranged with the assistance of the National Science Foundation's Tokyo office. During our visit we will meet with James P. Zumwalt, Charge d'Affaires. On January 15, 2009, following the departure of former Ambassador, Jim Zumwalt assumed duties as Charge d'Affaires ad interim in U.S. Embassy Tokyo, pending the arrival of a new Ambassador. From July 2008 until then, he had served as the Embassy's Deputy Chief of Mission. Previously, he was Director of the Office of Japanese Affairs in the Department of State, Washington, D.C. (2006-2008). We will be introduced to Mr. Zumwalt and there should be time for a brief Q&A session.



## Nikko Overnight Trip with Ryokan Stay

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

Nikko is a small city at the entrance to Nikko National Park. It is most famous for the Toshogu, Japan's most lavishly decorated shrine complex and mausoleum of Tokugawa Ieyasu, the founder of the Tokugawa shogunate. Nikko has been a center of Shinto and Buddhist mountain worship for many centuries, and Nikko National Park continues to offer scenic, mountainous landscapes, lakes, waterfalls, hot springs, wild monkeys and hiking trails. Nikko and the area around Lake Chuzenji, in particular, are well known for their beautiful autumn foliage (koyo). The best times to view the leaves depends on the elevation and year: For Yumoto and Lake Chuzenji it is usually mid-October and for central Nikko early to mid-November.

### Toshogu Shrine

The Toshogu is the mausoleum of Tokugawa Ieyasu, founder of the Tokugawa shogunate, which ruled Japan for over 250 years until 1868. The shrine is dedicated to the spirits of Ieyasu and two other of Japan's most influential historical personalities, Toyotomi Hideyoshi and Minamoto Yoritomo. The lavishly decorated shrine complex consists of more than a dozen Shinto and Buddhist buildings set in a beautiful forest. Initially a relatively simple mausoleum, Toshogu was enlarged into the spectacular complex seen today by Ieyasu's grandson Iemitsu during the first half of the 17th century. Countless wood carvings and large amounts of gold leaf were used to decorate the buildings in a way not seen elsewhere in Japan, where simplicity has been traditionally stressed in shrine architecture. Unless you intend to visit only the Toshogu, it is recommended to purchase a combination ticket, which also includes admission to the Rinnoji, Taiyubinbyo and Futarasan Shrine. However, combination ticket holders need to pay an additional fee for viewing the nemuri neko carving and Ieyasu's tomb.

### Lake Chuzenji & Kegon Waterfall

Lake Chuzenji (Chuzenjiko) is a beautiful lake with forested shores at the foot of the sacred volcano Mount Nantai in Okunikko ("Inner Nikko"). The lake was formed by lava flows of the now extinct volcano several thousand years ago. It is part of Nikko National Park. Access to Lake Chuzenji and the inner regions of the national park is via the "Irohazaka Winding Road". The road ascends more than 400 meters in altitude and is named "Iroha", because the original road consisted of 48 needlepoint curves, the same number as there are letters in the Japanese syllabary, formerly known as "iroha". There are separate roads for uphill and downhill traffic. A nice panoramic view of the Kegon Falls and Lake Chuzenji can be enjoyed from the Akechidaira Plateau, which is accessible via a ropeway or on foot. To take the ropeway, get off at the Akechidaira bus stop, one stop before Chuzenji Onsen (served only by buses heading in direction of Chuzenji Onsen).

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## Ryokan in Japan

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

Ryokan are Japanese style inns. They come in all sizes and are found across Japan. A stay at a ryokan is highly recommended to all visitors to Japan, as it offers the opportunity to experience a traditional Japanese atmosphere. Guests stay in Japanese style rooms with tatami floor and a low table. Shoes are usually removed at the ryokan's main entrance, where slippers will be kept ready. You are supposed to remove even your slippers before stepping onto tatami mats. Dinner and breakfast are included in the overnight stay, except at some no-frills establishments. Some ryokan serve meals in the guest room, while others serve them in separate dining areas. Both meals are in Japanese style and often feature regional and seasonal specialties. A yukata (Japanese robe) is provided to be worn during your stay. The yukata can be used for walking around the ryokan and as pajamas. In many onsen resorts, it is also okay to take a walk outside of the ryokan in your yukata but the yukata should be left in your room when you check-out.



## Onsen - Japanese Hot Spring

Website: <http://www.japan-guide.com/e/e2292.html>

How to Take a Bath? [http://www.japan-guide.com/e/e2292\\_how.html](http://www.japan-guide.com/e/e2292_how.html)

How to Enjoy Hot Springs? [http://www.japan-guide.com/e/e2292\\_ryokan.html](http://www.japan-guide.com/e/e2292_ryokan.html)

Natural hot springs (onsen) are numerous and highly popular across Japan. Every region of the country has its share of hot springs and resort towns, which come with them.

There are many types of hot springs, distinguished by the minerals dissolved in the water. Different minerals provide different health benefits, and all hot springs are supposed to have a relaxing effect on your body and mind.

Hot spring baths come in many varieties, indoors and outdoors, gender separated and mixed, developed and undeveloped. Many hot spring baths belong to a ryokan, while others are public bath houses. An overnight stay at a hot spring ryokan is a highly recommended experience to any visitor of Japan.



## Asakusa Walking Tour

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

Asakusa is the center of Tokyo's shitamachi, lit. "low city", one of Tokyo's few districts, which have preserved a certain atmosphere of the old Tokyo.

Asakusa's main attraction is Sensoji, a very popular Buddhist temple, built in the 7th century. The temple is approached via the Nakamise, a shopping street that has been providing temple visitors with a variety of traditional, local snacks and tourist souvenirs for centuries. For many centuries, Asakusa used to be Tokyo's leading entertainment district. During the Edo Period, when the district was still located outside the city limits, Asakusa was the site of kabuki theaters and a large red light district. In the late 1800s and early 1900s, modern types of entertainment, including movies, set foot in Asakusa. Large parts of Asakusa were destroyed in the air raids of World War Two. While the area around the rebuilt Sensoji has regained its former popularity after the war, the same cannot be said for Asakusa's entertainment district.



## Evening Discussions with Japanese Students

Tuesday, June 2, 2009 - Topic: Economic Issues in Japan and the World

The topic for tonight's discussion will be Economic Issues in Japan and the World. This is a very timely topic and the Japanese students will likely be interested in learning more about how the current global recession is impacting US college students and how you view this issue. For background and context please read the Economic Issues articles in the NanoJapan Reader.

## Minato-ku Volunteer Outing & Cultural Activity

Minato Ward is one of the 23 special wards of Tokyo, Japan and is where the Azabu-juban neighborhood is located. As of 1 March 2008, it had an official population of 217,335 and a density of 10,865 persons per km<sup>2</sup>. The total area is 20.34 km<sup>2</sup>. Minato hosts 49 embassies. It is also home to various companies, including Honda, Mitsubishi Heavy Industries, Ltd. and Mitsubishi Motors Corporation, NEC, Sony, and Toshiba.

This afternoon we will be participating in a volunteer activity at the Fukushi (welfare) Plaza Sakuragawa in Shimbashi near the Tokyo Tower. Students will learn more about the volunteer and elder care activities of this ward and have an opportunity to watch a Taishogoto performance and practice Kendo. They will also complete a volunteer activity at the home. Plan to wear comfortable, loose clothing that you do not mind getting a little dirty. You should still look nice and wear appropriate attire - no torn, dirty, or revealing clothing.

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## Taishogoto

The Japanese Taishogoto (autoharp) is based on the nichigenkin, a type of two-stringed koto, and is named taishgoto after the Taisho period (1912–26), when it was invented. This instrument continues to appeal to amateurs in Japan, as well as in Hawaii, Argentina, and India.



## Kendo

Website: <http://en.wikipedia.org/wiki/Kendo>

Kendo is Japanese fencing. It means “the way of the sword”. Swords used to be a main weapon in Japanese warfare for many centuries. They continued to be the symbol of the samurai into the 19th century. The participants in modern kendo are well protected and use bamboo swords. As in all the Japanese martial arts, the training of one’s mind is essential also in kendo. The Kendo instructor has asked that you watch the Star War’s movies, if you have not already seen them, to get a better idea of what Kendo is like.



## Company Visit - Panasonic Center

Website: <http://www.panasonic.net/center/tokyo/>

Panasonic Center Tokyo is a Corporate Global Communications Hub for Panasonic. With the business visions of contributing to the “Realization of a Ubiquitous Network Society” and “Coexistence with the Global Environment” through cutting edge technologies, the Center serves as a vehicle for communications, receiving opinions and requests directly from customers while presenting the ideal model of Panasonic with actual products and services. Starting with a firm customer commitment, we will create new value as we reach out to more people. Panasonic Center Tokyo will continue to evolve together with its customers.

Floors and Displays include:

- Ubiquitous Digital Network Ideas
- Ecology Ideas
- Universal Design Ideas
- Eco Ideas House
- RiSuPia
- Nintendo Game Front



## NanoJapan Closing Dinner & Optional Karaoke Party

Website: <http://140.116.176.21/www/english/index.html>

Each year our Orientation Program concludes with a closing dinner at the Sanuki Club on their patio. Typically we invite the language teachers, seminar speakers, and some of the Japanese students to attend. This dinner is a nice way to draw your time in Tokyo to a close and thank all of those who have helped you adjust to life in Japan over the past few weeks. We ask that you use this time to give thank you notes or small gifts of appreciation to those who have been important to you over this time - in particular your language teacher/s, on-site director and assistants, hotel staff, and others whom you have become close to.

A set dinner menu and one non-alcoholic drink per guest will be provided. Due to Rice University's Alcohol policy no alcoholic beverages can be provided to or consumed by NanoJapan students during the closing party from 6:30 - 7:30 PM.

The patio will remain open after the party concludes and guests can stay and order additional drinks or beverages but must pay for these individually. Alcoholic beverages may be ordered during this time but we remind all NanoJapan participants that they must abide by the laws in Japan where the legal drinking age is 20. If you are not yet 20 you should not be drinking as to do so would be a violation of the Participation Agreement you signed stating that you would abide by all laws of your host country.



## Karaoke in Japan

It has become a tradition for NanoJapan students to go out after the party for Karaoke. This is optional and all costs would be paid for by each student. This is a very fun way to close out your stay in Tokyo and a great outing to invite the Japanese friends that you have met during the evening discussions to come to. There are a wide range of Karaoke Clubs nearby in the Ropongi area and you should ask your Japanese friends for recommendations.

Modern karaoke shops consist of several private rooms (karaoke boxes) that are each equipped with a karaoke player, screens, and microphones. One can also order drinks and food in most karaoke boxes. Such rooms are available in various sizes: from rooms for only two persons up to large party rooms.

# 40 / Sanuki Club Overview

## Sanuki Club Hotel

Address (English): 11-9 Mita 3-chome, Minato-ku, Tokyo 108-0073 Japan

Phone: 03-3445 - 5551

Website: [http://www.sanuki-club.com/English/top\\_english.htm](http://www.sanuki-club.com/English/top_english.htm)

During the three-week orientation program in Tokyo all NanoJapan participants will stay at the Sanuki Club hotel in the Azabu-juban neighborhood of Tokyo. The NanoJapan program will cover all hotel room costs and breakfast will also be provided during the three-week orientation period. Students will be responsible for any phone or other incidental room charges they may incur.

A reservation at the Sanuki Club has also been made on your behalf for the night of August 4, 2009. You will need to return to Tokyo that morning for your Japanese OPI Assessment at AJALT at 1:00 PM. The NanoJapan program has made this reservation on your behalf to ensure that all students have lodging in Tokyo. You will pay for your room and breakfast the morning of August 5 individually using your NanoJapan stipend. If you DO NOT want to stay at the Sanuki Club that night you must notify NanoJapan by July 31, 2009 so that we can cancel the reservation on your behalf for a cost of JPY 5,850 for one night.



While staying at the Sanuki Club students will have a private room but will use shared bathroom facilities, similar to a university dormitory. Rooms at the Sanuki Club are quite small but are furnished with a single-bed, television, desk and small closet. Guests will also be provided with a Yukata (Japanese-style robe), towel and slippers. All guest rooms and hallways are non-smoking.

In case of any difficulties with the hotel or other issues that may arise please speak with Prof. Keiko Packard. Prof. Chris Stanton and Sarah Phillips will also stay at the hotel during their time in Tokyo and Layla Booshehri will serve as the NanoJapan Resident Advisor at the hotel for the duration of the orientation program. If you should become ill during the night or require immediate assistance you may reach them by asking the front desk to dial their room or by calling their Japanese cell phones. They will then work with you to contact the necessary emergency personnel and/or Prof. Keiko Packard if they are not able to address your issue/problem directly.

The Sanuki Club is a working hotel and there will be other guests. All NanoJapan students are asked to be respectful of hotel staff and guests and abide by the following rules. This is the fourth year that the NanoJapan program will stay at this hotel and we greatly value the relationship our program has developed with the hotel staff and operators. We would encourage you to write a thank-you note to the hotel staff or give them a small gift or written thank-you card at the Orientation Closing Dinner. You may also want to bring a small gift from your research host site, such as a box of regional treats or candy, when you return to the hotel on August 4. This small token of thanks will be much appreciated.

## Sanuki Club Hotel Rules

### Access & Hours

- You will be given a room key to use for your door. When you leave the hotel you must give this key to the front desk. When you return simply tell the front desk attendant your room number and they will give you the key.
- There is no curfew at the hotel; you may leave and return at any time. However, the lobby and patio closes at 11:00 PM and all NanoJapan students should return to their rooms at that time. The lobby will re-open at 7:00 AM.
- Occasionally the Sanuki Club may hold a special event, concert, or other activity in the lobby. During these times the lobby will be closed to NanoJapan students. The hotel will provide you with a note letting you know of any upcoming event that requires them to close the lobby.
- Guests are not allowed in your room. If you have guests meet you at the hotel, you must meet with them in 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. This service is provided as a courtesy to guests and they have asked that our students abide by the following restrictions due to their limited bandwidth.
- Under no circumstances can you use video-enabled chat/telephone programs or webcams on the Sanuki Club wireless internet. You must go to a nearby internet cafe if you wish to use these programs.
- Under no circumstances can you play MMO games on the Sanuki Club wireless internet. You must go to a nearby internet cafe if you wish to use these programs.
- No more than three NanoJapan students at any one time should use Skype or other telephone programs to speak with their family/friends. If there are already three students in the lobby using Skype you must wait until one gets off the phone or go to a nearby internet cafe to use this program.
- Whenever possible please limit your use of Sanuki Club wireless internet to e-mail, text-based chat, and web-browsing. Your observance of these restrictions will help ensure that the wireless internet remains working and available for all NanoJapan students and other hotel guests.

### Bathrooms/Showers and Yukata

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

### Vending & Food

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

# 42 / Sanuki Club Map

Tokyo Sanuki Club

[http://www.sanuki-club.com/English/top\\_english](http://www.sanuki-club.com/English/top_english)

[HOME](#)  
[STAY](#)  
[RESTAURANT](#)  
[INQUIRY](#)  
[MAP](#)  
[SANUKI EMBASSY](#)

### MAP

by Subway 2nd exit.

**AKIRA HASEGAWA**  
長谷川 章

絵・彫 桐谷 純子  
Junko Kiritani

Syouji Ikehara  
童画家 池原 昭治

花樹 海

Click here to see the Arts in Tokyo Sanuki Club.  
Please enjoy an elegance world from the artist.

It is a hotel in Takamatsu-shi, Kagawa.

Get ADOBE FLASH PLAYER

To view this page the Flash plug-in is required. Click right to download.→

11-9, Mita 3-chome, Minato-ku, Tokyo 108-0073 Japan Tel :03-3455-5551 Fax:03-3451-4060 E-mail : [tokyo@sanuki-club.com](mailto:tokyo@sanuki-club.com)



Outside of Sanuki Club Hotel



Entrance Gate to Sanuki Club



# Konbini & Vegetarian Dining / 43

## Eating at the Konbini - 7-11 and Sunkus in Walking Distance

One thing you notice about living in Japan, besides seeing McDonalds, KFC and Starbucks outlets, is the even greater number of convenience stores known as “konbini.” Literally, you’ll see one on every street corner run by Lawson, FamilyMart, Daily Yamazaki, Daily Store, ampm, MiniStop, Sunkus, Community Store, Circle K, Coco, SaveOn, HotSpar, SeicoMart, MMK, RIC and the largest chain of all, 7-11. There’s an estimated 50,000 stores in Japan, growing at about 1,000 new outlets a year though there has been intense competition and some consolidation among top players. Most konbini are open 24 hours a day, 7 days a week and are very clean and well lit. The majority of people in large cities and towns live within easy access of at least one konbini. They sell the usual snack foods, magazines, etc., but where the konbini differ from their Western counterparts is that they also provide photocopying/fax services, sale of movie tickets, utility bill paying services, ATM machines and have become pick up points for goods ordered online over the Internet and the Takuhaibin delivery service. It has been said that since Japanese households are so small, the konbini acts as a home dweller’s “virtual” fridge, kitchen and storeroom. For pictures and a description of the wide array of food options available at Konbini’s we recommend reviewing the Konbini Life blog online at <http://www.konbini-life.com/>.

## Vegetarian Options

Tokyo is a great gastronomic center, but it can be a bit daunting for vegetarians. Most Japanese recipes use fish stock, and it’s almost unheard of to ask chefs to tweak their recipes. If you do find a flexible eatery, your choice might still arrive with ham, bacon, or chicken, because in Japanese, none of these words fall semantically under the term “meat.” There are a handful of restaurants in Tokyo (such as Sasa-no-yuki) that specialize in shojin ryori. This traditional zen vegetarian food emphasizes natural flavors and fresh ingredients without using heavy spices or rich sauces. The variety and visual beauty of a full-course shojin ryori meal offers new dining dimensions to the vegetarian gourmet. Goma-dofu, or sesame-flavored bean curd, for example, is a tasty treat, as is nasu-dengaku, grilled eggplant covered with a sweet miso sauce. The number of veggie-friendly oases is growing, but another safe bet is one of the city’s numerous Italian and Indian joints.

Below are some restaurants in the Azabu-juban neighborhood where you should be able to order vegetarian fare.

- \$-\$\$ Eat More Greens - 2-2-5 Azabu-Juban, Minato-ku - Recommend by NJ 2008 Participant Ethan Schaler
- \$\$\$\$ Itomasa (Azabu Juban) - 3-4-7, Azabu Juban, Minato-ku - Japanese Buddhist Vegan Reservation Recommended
- \$-\$\$ Homework’s - 1F Vesta Bldg. 1-5-8 Azabu-juban, Minato-ku - American style sandwiches

You may also find the following websites helpful:

- Tokyo Vegetarian Guide: <http://www.vegietokyo.com/>
- Metropolis: Vegging Out in Tokyo <http://metropolis.co.jp/tokyofeaturestoriesarchive299/293/tokyofeaturestoriesinc.htm>
- Happy Cow: Vegetarian Restaurants & Stores: <http://www.happycow.net/asia/japan/tokyo/>



7-11's Have Int'l ATMs



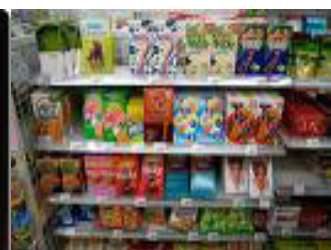
Konbini Drinks



Prepared Food



Bento Box from Konbini or Grocery Store



Konbini Treats/Snacks

# 44 / Cheap Dining in Tokyo

Tokyo Essentials Dining Guide: Eating Out - Under 1,000 JPY

Website: <http://www.tokyoessentials.com/eats.html>

The life of a Tokyo commuter often involves eating mid journey, so contrary to popular belief, Tokyo has many cheap restaurants. Located in and around stations, watch out for noodle, ramen and “curry-rice” shops. Before going in you may need to buy a ticket corresponding to the dish you want from the vending machine outside. Once inside, you then exchange this for your food.

Another cheap option is the revolving sushi bar. The plates on the conveyor belt are color coded according to price (the cheapest is usually about 120 yen) - just help yourself. Sushi bars can be found in most districts. In Shinjuku there's one on the side street next to Studio Alta.

Yoshinoya and Tenya also offer inexpensive Japanese food. Yoshinoya specializes in gyudon (a bowl of rice topped with beef). Tenya is a chain of cheap tempura (fish and vegetables covered in a light batter) restaurants. The restaurant name is displayed in Japanese only, but the blue and yellow sign is easy to recognize.

For fast food, McDonald's is by far the best value. The other international names, if not offering scaled down portions, tend to be more expensive. Of the Japanese restaurants, Mos Burger and First Kitchen are probably the best.

The coffee shop chains Pronto and Doutor are also good, cheap alternatives. The Italian-Japanese food in Pronto is reasonably priced and in Doutor, you'll find sandwiches too. Finally, convenience stores such as Lawsons, Seven Eleven and Family Mart sell ready-made meals which can be heated up on the premises. You can also find a variety of prepared food and meals at supermarkets which are often found in the basement of large department stores.

## Eating Out - 1,000 JPY to Still Affordable

Tokyo's Hard Rock Café is in Roppongi but otherwise department stores and shopping malls (usually on the top floors) have plenty of restaurants in this price range. Communicating your order shouldn't be a problem - the dishes are usually displayed outside in plastic form (take the waiter outside and point).

At lunchtime watch out for bargain deals. Indian restaurants offering “eat-as-much-as-you-can” buffets for only 1000 yen are a particularly good value. The Raj Mahal chain is popular. In Shinjuku there's a branch on the east side of the station close to Mitsukoshi and Wendy's fast food.

## Eating Out - Almost Unaffordable to Virtually Inaccessible

Even if you can afford it, unless accompanied by a Japanese person who can guide you through the formalities and interpret the menu, you may find that most top-notch Japanese restaurants are out of bounds. However if you want to brave it, the restaurants in Roppongi are probably the most accessible. For sushi and sashimi try Fukuzushi (3402 4116). For teppanyaki and shabu-shabbu go to Seryna (03 3403 6211).



Japanese Curry Rice



Typical Ramen Shop



Food Ticket Machine



Revolving Sushi Bar



Yoshinoya

## International ATMs at 7-11

The easiest way to obtain money in Tokyo is by withdrawing funds from your US bank account via an international ATM. There is a 7-11 within walking distance of the hotel that is open 24 hours where you can easily withdraw money. You can also find an international ATM in the Post Office which is also within walking distance of the Sanuki Club. 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 Tokyo you will have time to exchange money or withdraw JPY from an international ATM. If you need to exchange USD into JPY later during the orientation 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 to refill your Suica or Passmo card, 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, 9:00am to 3:00 PM and most are closed on Saturday and Sunday. If you need to exchange traveler's checks you will likely have to visit a bank during regular operating hours Monday through Friday. There are very few international banks in Japan - almost all are domestic bank branches; however listed below are a few of the major international banks and the website where you can find their nearest branch.

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

## Receiving Money in Japan

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



Set Indian Meal

Set Japanese Meal

Japanese Coins

Japanese Currency

Post Office Logo

# 46 / Helpful Subway Directions

## From Azabu-Juban to Tokyo Station

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 station

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.

# Directions to/from Tokyo / 47

## From Narita Airport to Azabu-juban Station

1. After collecting your baggage & clearing customs go to the JR East Travel Service Center to purchase your Narita Express Ticket. Proceed to your designated platform and train car for the approximately 1 hour trip to Tokyo Station. Keep your ticket with you as you will need this to exit the station.
2. At Tokyo Station transfer to the JR Chuo Line going towards Yotsuya Station.
3. At Yotsuya Station transfer to the Tokyo Metro Namboku (Teal) Line and ride this four stops to Azabujuban.
4. Use Exit #2 and turn right down the small side street by the Sunku convenience store. Follow this street around and you will see the Sanuki Club on your left.

## From Azabu-juban to Haneda Airport (Domestic Flights to/from Hokkaido)

1. Take the Oedo (Fuschia) Line two stops to Daimon Station.
2. At Daimon Station exit the Tokyo Metro station and look for the signs or ask for directions to the Tokyo Monorail which should be no more than a five minute walk from the exit of Daimon Station.
3. Once at the Tokyo Monorail station purchase a ticket to Haneda Airport and board as instructed.

## From Azabujuban to Chiba

1. Take the Namboku (Teal) line going towards Tamineke-sanno and ride this five stops to Ichigaya Station.
2. At Ichigaya Station transfer to the Shinjuku (Lt. Green) Line and ride this five stops to the Bakuro-Yokohama Station.
3. Exit the station and walk 2 minutes to the JR Bakurocho Station.
4. Board the JR Sobu Line for the 37 minute trip to Chiba.

## From Azabujuban to Kyoto or Osaka Via Shinkansen

1. Reserve/Purchase your Shinkansen Ticket at least 2 days in advance at any major JR Station such as Tokyo, Shibuya, or Shinjuku.
2. Ride the Oedo (Fuschia) Line two stops to Daimon Station.
3. At Daimon Station transfer to the Asakusa (Coral/Pink) Line and ride two stops to the Sengakuji Station.
4. At Sengakuji Station transfer to the Keikyu Ltd.Express and ride one stop to Shinagawa Station.
5. To Kyoto: At Shinagawa board the Hikari Shinkanse for the approximately 155 minute trip to Kyoto Station.
6. To Osaka: At Shingawa board the Hikari Shinkansen for the approximately 170 minute trip to Shin-Osaka Station. Transfer to the JR Kyoto Line for the approximately 4 minute ride to Osaka Station.

## From Azabujuban to Nagano or Sendai Via Shinkansen

1. You can make online Shinkansen Reservations on the JR East Lines for travel from Tokyo and Ueno Stations in Tokyo and stations in northeast Honshu including Nagano, Niigata, Sendai, Yamagata, Morioka and Akita. Online reservations should be made at least 2 days in advance at <http://jreast-shinkansen-reservation.eki-net.com/pc/english/common/menu/menu.aspx>
2. From Azabu-juban travel to Tokyo Station.
3. To Nagano: From Tokyo Station board the Asama Shinkansen for the hour and a half trip to Nagano.
4. To Sendai: From Tokyo Station board the Yambiko Shinkansen for two hour trip to Sendai.

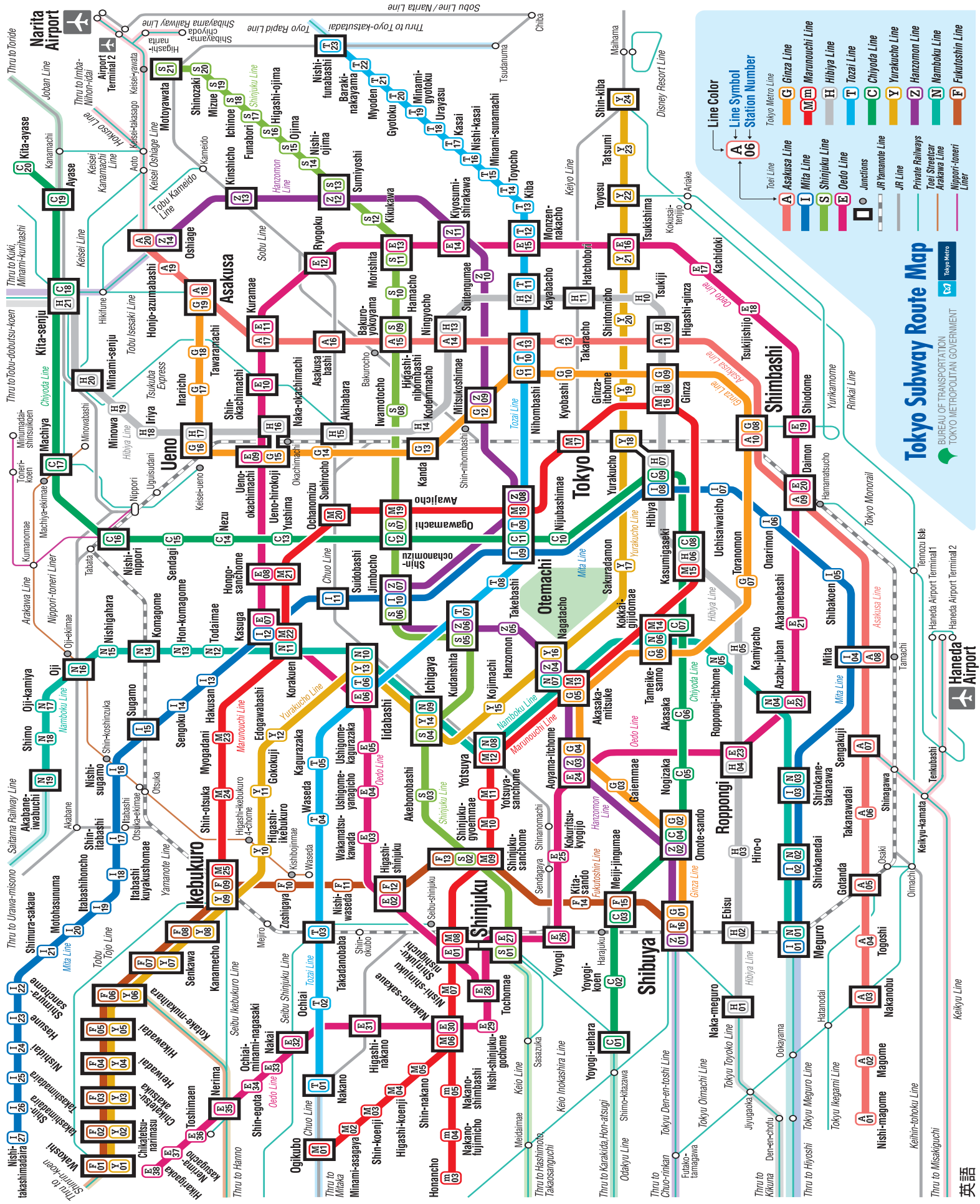
## Highway or Overnight Buses to/from Tokyo

1. Japan has an extensive highway bus system and this is a very economical way to travel to/from Tokyo if you have the time to spare. Buses depart during the day and at night and an overnight bus can be take the place of a hotel room for that night as they are equipped with comfortable reclining seats.
2. For information on the major routes to/from Tokyo, timetables, and costs see [http://www.japan-guide.com/e/e2366\\_tokyo.html](http://www.japan-guide.com/e/e2366_tokyo.html)

# 48 / Tokyo JR Lines Map



# Tokyo Subway Map / 49



## Special Offers

JR EAST PASS

Seat Reservation online

Suica & N'EX

## Special Tickets

Tokyo Metropolitan District Pass (Tokunai Pass)

Tokyo Round Tour Ticket

(Tokyo Furi Kippu)

**Kamakura/Enoshima**

**Excursion Ticket**

JR/Tobu Nikko/Kinugawa

Excursion Ticket

Holiday Pass (Holidei Pass)

Saturday/Sunday Ticket

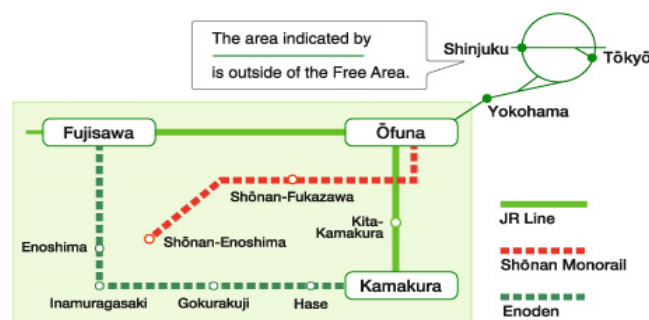
(Do-Nichi Kippu)

Seishun 18 (Seishun ju-hachi kippu)

Rail Package by JR East

JR East Hotel Group

## Kamakura/Enoshima Excursion Ticket



### Prices

<b>Valid period</b>	2 days
<b>Price</b>	Adult 1,970 yen (from any station on the Yamanote Line)
	Child 1,000 yen

- This ticket offers unlimited travel within the Kamakura/Enoshima Free Area (shown above) for two whole days on JR local and rapid trains' non-reserved seats in ordinary cars, the Enoden line, and on the Shonan Monorail.
- Non-reserved seats in ordinary cars on local and rapid trains can be used once to get to and from the Free Area.
- This ticket can be purchased at a Ticket Office (Midori-no-madoguchi) or Travel Service Center (View Plaza) at major JR EAST stations within the Tokyo metropolitan area (some exceptions apply). Note that this ticket cannot be purchased within the Free Area.

### ( Note )

- Price varies when you start the ticket from a station outside of the Yamanote Line. Contact JR East InfoLine for details.

\* For smooth purchase, please bring the printed copy of this web page and show it at the ticket counter.

## Seishun 18(Seishun ju-hachi kippu)

Japan Guide Website: <http://www.japan-guide.com/e/e2362.htm>

JR Website: <http://www.jreast.co.jp/e/pass/seishun18.html>

The Seishun Juhachi Kippu, meaning something like "Youthful 18 Ticket", is a seasonally available railway ticket, which gives you five days of unlimited, nationwide travel on local and rapid JR (Japan Railways) trains for only 11,500 Yen, or 2,300 Yen per day! Bring a printed copy of the JR website with you to help purchase your ticket and consult the Japan Guide website for timetables that will help you in planning your trip.

Period	Valid	On Sale
Spring	March 1 - April 10	February 20 - March 30
Summer	July 20 - September 20	July 1 - August 31
Winter	December 10 - January 20	December 1 - January 10

## Eligibility

Despite its name, the Seishun 18 Kippu can be used by people of any age. It is available to foreign tourists as well as Japanese nationals and foreign residents of Japan. However, there is no child fare.

Where is it sold?

The Seishun 18 Kippu can be bought at most JR stations across Japan. Consult the table above for the dates during which the ticket is on sale.

## What does the ticket look like?

The ticket is one small card with five fields to be stamped on each day it is being used.



Can it be shared?

The Seishun 18 Kippu is a non-personal, transferable ticket, meaning that it can be used either by one person on five days or be shared by up to five different people. When sharing one ticket as a group, you always need to travel together, and each person uses up one of the ticket's five days of validity. Some examples on how the ticket can be used are listed below:

- 1 person uses it on 5 days
- (it can be a different person each day)
- 2 people share it on 2 days, and 1 person uses it on 1 day
- 2 people share it on 1 day, and 1 person uses it on 3 days
- 3 people share it on 1 day, and 2 people share it on 1 day
- 5 people share it on 1 day, etc.



## How to use it?

You cannot use automatic gates with the Seishun 18 Kippu. Instead, you have to pass through the manned gates and show the ticket to the station staff. At the beginning of each day's usage, the station staff will stamp one of the five fields with a stamp showing the current date. If you travel in a group, one field will be stamped for each member in your group.

When is it valid?

The ticket is valid on five days during the period of validity (see table above). The five days do not need to be consecutive days. One day is defined as from midnight to midnight, except in the Tokyo and Osaka areas where the ticket is valid until the last train. In all other areas, when you are on board of a train at midnight, the ticket is valid up to the first station reached after midnight.

## Which trains can be used?

The ticket is valid only on local trains (futsudensha/kakuekiteisha) and rapid trains (kaisoku), operated by the Japan Railways (JR). It cannot be used on express (kyuko), limited express (tokkyu) and bullet trains (shinkansen).

## Travel Tips and Timetable Examples

Traveling by local trains is naturally much slower than by shinkansen or limited express. From Tokyo, for example, it takes roughly nine hours and typically one to four transfers of trains to reach Kyoto. (With the shinkansen it takes less than three hours, but the ticket costs more than five times as much.) On major lines, such as the Tokaido Line and the Sanyo Line, local train service is so frequent that you could actually “survive” without preparing a prior itinerary, but on many other lines, local service is infrequent and connections inconvenient. Therefore, it is highly recommended to create an itinerary in advance by studying the timetables.

# 52 / Using your Japan Rail Pass

## Purchasing your Japan Rail Pass

Kintetsu Travel: <http://www.kintetsu.com/jrpass/index.php>

The Japan Rail Pass is a special ticket that is available only to travelers visiting Japan from foreign countries for sight-seeing. To be eligible to purchase a Japan Rail Pass you must be a foreign tourist visiting Japan from abroad for sight-seeing, under the entry status of "Temporary Visitor" status or a Japanese national with permanent residency status in another country or be married to a non-Japanese national and living in another country. You must purchase an EXCHANGE ORDER from an authorized sales office or agent such as Kintetsu before you depart to Japan. The EXCHANGE ORDER must have your name as it appears exactly on your passport (including all first, middle, maiden and last names.) After you arrive in Japan, you will need to go to an applicable JR station that has a Japan Rail Pass exchange office and turn in the EXCHANGE ORDER to receive your JAPAN RAIL PASS. Please note that it may take approximately 5 business days (excluding all US National holidays) to process and ship your order. You can have your exchange order shipped to Rice University and we can then mail it to your Japanese address if you did not purchase it in time to receive prior to departure.

Type of Pass	Details
Regular Japan Rail Pass - All of Japan	The JAPAN RAIL PASS are available in two types of classes: Green (First Class) and Ordinary (Tourist Class). The JAPAN RAIL PASS is available in either 7, 14 or 21 day increments (starting on the first day of use, not necessarily the day of exchange.) Not valid for any seats, reserved or unreserved, on "NOZOMI" trains on the Tokaido and San'yo Shinkansen lines
JR East - Tokyo, Yokohama, Narita, Nagano, Nigata, Fukushima, Sendai, Morioka, Akita	There are two types of JR East Pass: Green (First Class) and Ordinary (Tourist Class). Each of these types is available as a 5-Day, 10-day and Flexible 4-day pass and now for a limited time offer Flexible 3-day pass.
JR West - Kansai, Nara, Osaka, Uji, Kyoto, Kobe, Himeji, Okayama, Hiroshima, Kokura, Hakata	There are two types of JR West Pass: JR West Sanyo (available as a 4-day or 8-day pass) and JR West Kansai (available as a 1-day or for any 2, 3, or 4 consecutive days).
JR Hokkaido Pass - Wakkanai, Sapporo, Asahikawa, Hakodate, Noboribetsu, Kushiro	There are two types of JR Hokkaido Pass: Green (First Class) and Ordinary (Tourist Class). Three or 5 consecutive day passes or a flexible 4-day pass are available.
JR Kyushu Pass - Kokura, Hakata, Nagasaki, Kumamoto, Miyazaki, Aso, Oita, Kagoshima	JR Kyushu Pass is available in Ordinary Class (Tourist Class) only. It is available as a 3-day or a 5-day pass.

## How to turn in an EXCHANGE ORDER to receive a JAPAN RAIL PASS

You can not use an EXCHANGE ORDER when you travel on JR lines. You must turn in you EXCHANGE ORDER and obtain your JAPAN RAIL PASS at one of the Japan Rail Pass Exchange Offices. Your EXCHANGE ORDER must be turned in for a JAPAN RAIL PASS within three months of the issuing date which is stamped on the back. At the time of the exchange you will be asked to fill out a short application form and to present your passport with the "Temporary Visitor" stamp that you received upon entry into Japan. You must show your passport and this stamp to process the Rail Pass Exchange order. Without your passport, the pass exchange will not be made. (A photocopy of your passport is not acceptable.) The type of PASS described on the EXCHANGE ORDER can not be changed.

## How to make reservation

After exchanging your Exchange Order for your Japan Rail Pass you can make seat reservations without additional charges; seat availability can not be guaranteed otherwise. To make a reservation, apply at any TRAVEL SERVICE CENTER (View Plaza) or a reservation office (Midori-no-madoguchi) at a JR East station. There, show your pass, and obtain your reserved-seat ticket before boarding. For JR East Passes or Shinkansen Tickets you can make seat reservations online at <http://jreast-shinkansen-reservation.eki-net.com/pc/english/common/menu/menu.aspx>.

# Train Etiquette in Japan / 53

Japanese Train Systems: The American's Guide

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

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

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

## Train Etiquette

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

# 54 / Gifts and Greetings in Japan

## Japanese Etiquette

Website: <http://www.japan-guide.com/e/e622.html>

### Bowing and Handshakes in Japan

A bow ranges from a small nod of the head to a long, 90 degree bend at the waist. If the greeting takes place on tatami floor, people get on their knees in order to bow. When bowing to someone of higher social status, a deeper, longer bow indicates respect. Conversely, a small head nod is casual and informal. However, most Japanese do not expect foreigners to know proper bowing rules and so a nod of the head is usually sufficient. When dealing with non-Japanese people, many Japanese will shake hands. Since many non-Japanese are familiar with the custom of bowing, this often leads to a combined bow and handshake which can be quite complicated to execute. Bows may be combined with handshakes or performed before or after shaking hands. Generally when bowing in close proximity, as necessitated when combining bowing and shaking hands, people turn slightly to one side (usually the left) to avoid bumping heads.

### Giving Gifts

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 bring 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. Gifts are given and received with both hands and should be nicely wrapped. Do not be surprised if the recipient puts the gift aside to open later. Some people you may want to consider giving gifts to include:

- a) Research Advisor: Speak with your NJ 2008 Mentor about what would be a good individual gift. This should be something brought from the US and shouldn't be more than about \$25.
- b) Research Secretary: Your lab secretary should be given an individual gift to thank her for all of the assistance she provided us with arrangements for your internship and housing. A small box of candy or small souvenir from your university or hometown would be appropriate in the \$5 - \$10 range.
- c) Research Lab: Most students have found that a nice box of candy or other food treats from the US makes an excellent group gift that can be shared with all lab members in the \$10 - \$15 range.
- d) Others: You may also want to bring a number of smaller gifts such as pens/pencils, postcards, pins, small boxes of candy, or other similar small souvenir items from your university, home state/town, or the US to give to people such as your language teachers, the Sanuki Club staff, your dormitory or apartment manager during the internship period, and the Japanese friends you may meet over the course of the summer.
- e) Thank-you Notes: A nice, hand-written thank-you note can take the place of or be a nice addition to a gift. We recommend you bring a box of thank-you notes with you to write a special note of thanks to people such as Prof. Packard, your language teachers, seminar or guest speakers, the Sanuki Club staff, and others during the orientation period who were of great help or assistance to you. Thank-you notes should also be given to your research advisor, research mentor, lab group, lab secretary, and housing/dormitory manager prior to leaving your research lab at the end of the summer.
- f) Visiting a Japanese Home: It is considered an honor to be invited to one's home in Japan. Many Japanese regard their homes to be too humble to entertain guests. If you are invited to someone's home you should bring a gift to present at the end of the visit that should be nicely wrapped. If you don't have anything from the US to give your host then plan to purchase a nice gift box from the gift kiosks that you will find at all train stations.
- g) Gifts to Avoid: The number four is considered inauspicious because it is pronounced the same as the word for death (shi). Therefore, one should not make presents that consist of four pieces. Avoid the color white as this is the color of mourning; green tea and combs are also associated with funerals.

# Non-Verbal Communication / 55

## Observe First

Cultural norms regarding kinesics vary considerably between countries; if you are not familiar with the local body language you might be misunderstood, and sometimes misinterpret the local nonverbal signals. For this reason a good rule of thumb is to always carefully observe the behavior and body language of those around you. This is particularly helpful if you can observe someone who is similar to you. For example, in the research lab observe how a Japanese student or first year graduate student interacts with more senior students in the group, the lab secretary, and their professor/s. These observations can help you better understand the un-spoken cultural norms regarding personal interactions in Japan. However, as a foreigner people in Japan will not expect you to act Japanese. Just as you are here to learn about Japan, people in your research lab are also likely looking forward to learning more about you and what American students are like. Being observant and respectful of other cultural norms and customs does not mean turning away from your own culture or personality; rather it may just help give you a better appreciation for and interaction with Japanese society and culture.

## Sitting and Standing

- When speaking with someone, do not leave hands in pockets.
- Do not stand with legs crossed over the other.
- Do not lean against a wall or door.
- Do not sit with the ankle over the knee. Rather, sit with legs crossed at the ankles or knees.
- Do not stick legs out in front on one either on tatami or in a chair.
- Do not sit in a way that shows the soles of your shoes as this is disrespectful and considered rude.
- Sit on the edge of a chair or sofa to show respect. Leaning back shows familiarity.
- When sitting on tatami, first start out sitting on your legs and then shift into a less formal position. Women may tuck their legs to one side, but typically only men sit cross-legged.
- In a meeting seating will typically be arranged by seniority. As a guest wait to be told where to sit and it is best to stand until your superior asks you to sit or sits down themselves. The most senior member of the group will typically stand up at the end of the meeting to indicate it has concluded.

## Distance and Touching

- Personal space is very important in Japan due to densely populated cities and small homes. People in Japan will always maintain a sense of personal space, even on crowded trains, and you should try to be aware of and respect this. This is one reason that cell phone conversations or loud talking is to be avoided on trains as it invades the personal space of those around you.
- Touching is also taboo in Japan. The American pat on the back or arm around the shoulder is to be avoided.
- Bowing is still a common greeting in Japan, however, the handshake is becoming more popular, particularly among those who work with international guests and clients and among young people.

## Emotions and Communication

- When is a smile not a smile? People in Japan may smile to communicate various emotions: anger, embarrassment, sadness, and disappointment as well as to indicate happiness. Interpretation depends on context. To avoid confusion try to maintain an impassive face when speaking or being spoken to, especially when interacting with elders or superiors.
- Frowning when someone is speaking to you is considered a sign of disagreement and anger.
- Direct and prolonged eye contact may be considered rude in Japan. Try to look slightly below someone's eyes and do not be offended if the person you are speaking to looks down or does not look at you directly.
- Silence is golden in Japan and is often used as a negotiating strategy. Do not be tempted to jump in and fill the silence. Give the person you are talking to time to respond and remember that it may take longer for the person to respond if you are speaking in English and this is not their native language.

# 56 / Etiquette in Japan

## Inside the House

When entering a Japanese house, outdoor shoes are always replaced by slippers at the doorway (genkan). Slippers are provided by the host and you will also find slippers in your hotel room at the Sanuki Club which should be worn when walk to/from the bathroom, shower room, or bath in the basement. You may also be expected to remove your outdoor shoes when entering your research lab or dormitory during the internship period and there will typically shoe boxes provided where you can store your inside slippers/shoes. When entering a room with tatami floor, slippers are removed as well. Tatami should only be stepped on with socks or in bare feet. Finally, there are special toilet slippers for exclusive usage inside the washroom/toilet room. The usual house slippers are left outside the door while using the washroom/toilet room. .

## Taking a Bath

In Japan the main purpose of taking a bath, besides cleaning your body, is relaxation at the end of the day. The typical Japanese bathroom consists of two rooms, an entrance room where you undress and which is equipped with a sink, and the actual bathroom which is equipped with a shower and a deep bath tub. The toilet is almost always located in an entirely separate room. When bathing Japanese style, you are supposed to first rinse your body outside the bath tub with a washbowl. Afterwards, you enter the tub, which is used for soaking only. The bath water tends to be relatively hot for Western bathing standards. After soaking, leave the tub and clean your body with soap. Make sure that no soap gets into the bathing water. Once you finished cleaning and have rinsed all the soap off your body, enter the bath tub once more for a final soaking. After leaving the tub, the water is usually left for the next member of the house. It is to keep the bath water clean for all members of the house that washing and rinsing is done outside of the actual bathtub. Modern bath tubs can be programmed to be automatically filled with water of a given temperature at a given time, or to heat up the water to a preferred temperature.

## Table Manners

Itadakimasu and Gochisosama: In Japan, you say "itadakimasu" ("I gratefully receive") before eating, and "gochisosama (deshita)" ("Thank you for the meal") after finishing the meal.

Individual versus shared dishes: It is not uncommon in private households and in certain restaurants (e.g. izakaya) to share several dishes of food at the table rather than serving each person an individual dish. When eating from shared dishes, move some food from the shared plates onto your own with the opposite end of your chopsticks or with serving chopsticks that may be provided for that purpose.

Drinks: When drinking beverages, it is customary to serve each other, rather than pouring your own beverage. Periodically check your friends' cups and refill their drinks if their cups are getting empty. Likewise, if someone wants to serve you more, you should quickly empty your glass and hold it towards that person. Do not start drinking until everybody at the table is served and the glasses are raised for a drinking salute, which usually is "kampai". You can use a non-alcoholic beverage during any toast if you are not of legal drinking age in Japan (20 years old) or if you choose not to drink alcohol.

## Some Table Rules

- Blowing your nose in public, and especially at the table, is considered bad manners. Excuse yourself and go to the restroom if needed.
- It is considered good manners to empty your dishes to the last grain of rice.
- Unlike in some other parts of East Asia, it is considered bad manners to burp.
- After eating, try to move all your dishes back to the same position they were at the start of the meal. This includes replacing the lids on dishes and putting your chopsticks on the chopstick holder or back into their paper slip.

## Chopsticks

Chopsticks are used to eat most kinds of Japanese foods, with some exceptions. Some of the most important rules to remember when dining with chopsticks are:

- Hold your chopsticks towards their end, not in the middle or the front third.
- When you are not using your chopsticks, or have finished eating, lay them down in front of you with the tips to left
- Do not stick chopsticks into your food, especially not into rice. This is only done at funerals with rice that is put onto the altar.
- Do not pass food directly from your set of chopsticks to another's. Again, this is a funeral tradition that involves the bones of a cremated body.
- Do not spear food with your chopsticks.
- Do not point with your chopsticks.
- Do not wave your chopsticks around in the air or play with them.
- Do not move plates or bowls around with your chopsticks.
- To separate a piece of food in two, exert controlled pressure on the chopsticks while moving them apart from each other in order to tear the food. This takes some practice. With larger pieces of food such as tempura, it is also acceptable to pick up the entire piece with your chopsticks, and take a bite.
- If you have already eaten with your chopsticks, use the opposite end to take food from a shared plate.

## Dining Out in Japan

Many restaurants in Japan display plastic or wax replicas of their dishes at the entrance. These replicas serve both to entice and inform patrons and can be especially helpful for foreign tourists who do not speak Japanese. These displays offer a very accurate, visual description of the style and price of meals found inside. Upon entering a restaurant, customers are greeted with the expression “irasshaimase” meaning “please come in”, or “welcome”. Waiters and waitresses are trained to be very efficient, polite and attentive, and will usually immediately lead you to your table. If they don't, you can assume that it is okay to sit at any table. While a majority of restaurants in Japan are equipped exclusively with Western style tables and chairs, restaurants with low traditional tables are also common. Some restaurants feature both styles side by side. In traditional Japanese interiors, you are usually required to take off your shoes at the restaurant's entrance, or before stepping onto the seating area.

After you sit down, a glass of water or tea will be served for free and later refilled. You also receive a wet towel (oshibori) for cleaning your hands. If chopsticks are not already set, you can usually find some in a box on the table. Most often, they are wooden chopsticks that need to be separated into two before usage. The bill will be presented upside down, either as you receive the meal, or after you finish eating. In most restaurants, you are supposed to bring your bill to the cashier near the exit when leaving. Some restaurants, especially cheaper ones, have slightly different systems for ordering and paying. For example, in many ramen and gyudon restaurants, “meal tickets” are bought at a vending machine near the store's entrance and handed over to the staff who then prepare and serve the meal.

## Tipping in Japan

Tipping in Japan is not common or expected and the staff may chase you out of the restaurant in order to give back any money left behind. Instead, it is polite to say “gochisosama deshita” (“thank you for the meal”) when leaving.

# 58 / To Elionix from Hachioji

Direction to Elionix from JR Hachioji Station



# To Elionix from Hachioji / 59

Image.1.



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

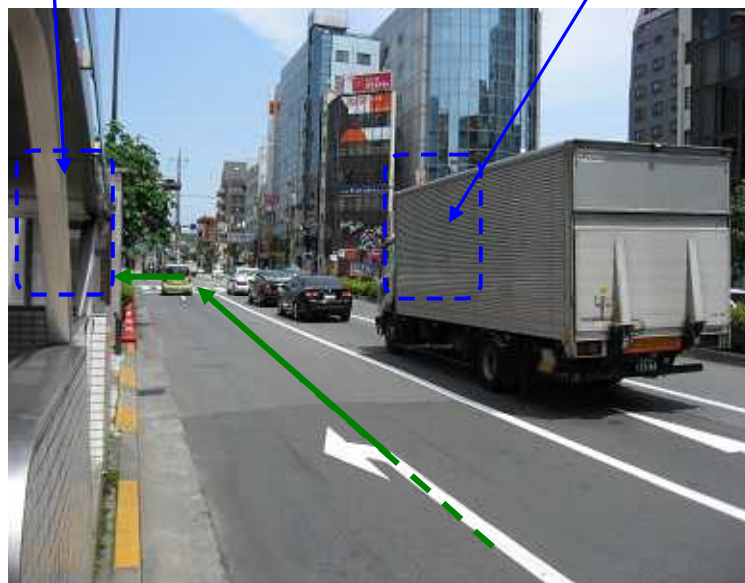


Do not go into downstairs. Keep walking on 2<sup>nd</sup> floor.



# 60 / To Elionix from Hachiouji

Image.2.



# To Elionix from Hachioji / 61

Image.3.



Image.5.



Cross the street and turn left

Image.4.



Keep going straight

Image.6.



# 62 / To Elionix from Hachiouji

Image.7.



## Best of Tokyo: Must-Dos

Website: <http://travel.nationalgeographic.com/places/places-of-a-lifetime/tokyo-mustdos.html>

### Ameyoko

Ameyoko is a busy market street along the Yamanote line tracks between Okachimachi and Ueno Station, the site of a black market after World War Two. The name “Ameyoko” is a short form for “Ameya Yokocho” (candy store alley), as candies were traditionally sold there. Alternatively, “Ame” also stands for “America”, because a lot of American products used to be available on the black market. Today, various products such as clothes, bags, cosmetics, fresh fish, dried food and spices are sold along Ameyoko. Opening hours and closing days depend on individual stores, but stores typically open around 10:00 and close around 19:00. Many stores remain closed on selected Wednesdays. The shopping street runs from Ueno to Okachimachi Station along the train tracks of the JR Yamanote or JR Keihin-Tohoku Line.

### Asakusa Kannon Temple (Sensoji)

Sensoji (also known as Asakusa Kannon Temple) is a Buddhist temple located in Asakusa, the center of the shitamachi (lit. “low town”). The legend says that in the year 628, two brothers fished a statue of Kannon, the goddess of mercy, out of the Sumida River, and even though they put the statue back into the river, it always returned to them. Consequently, Sensoji was built there for the goddess of Kannon. The temple was completed in 645, making it Tokyo’s oldest temple.

When approaching the temple, visitors first enter through the Kaminarimon (Thunder Gate), the outer gate of the Sensoji and symbol of Asakusa. A shopping street of over 200 meters, called Nakamise, leads from the outer gate to the temple’s second gate, the Hozomon. Besides typical Japanese souvenirs such as yukata and folding fans, various traditional local snacks from the Asakusa area are sold along the Nakamise. The shopping street has a history of several centuries. Beyond the Hozomon main gate stands the temple’s main building and a five storied pagoda. The Asakusa Shrine, built in the year 1649 by Tokugawa Iemitsu can be found close by the temple’s main building. Sensoji Temple is a few steps from Asakusa Station, served by the Ginza Subway Line, Asakusa Subway Line and Tobu Railways.

Various events are held throughout the year in the Sensoji Temple area. Some of them are:

Sanja Matsuri - May: one of Tokyo’s three major festivals.

Hozuki-ichi (Hozuki Market) - July: Hozuki are ground cherries, a typical summer plant in Japan

Asakusa Samba Carnival - August

### Yomiuri Giants Baseball

“Buy a bento lunch, have the beer girls pour you drafts from the mini-kegs strapped to their backs, and marvel at the coordinated cheers and fight songs.”—Wendy Yanagihara. The Yomiuri Giants are the kings of Japanese baseball; a game here is a once-in-a-lifetime experience. Ticket prices vary. Tokyo Dome Stadium, 1-3-61 Koraku, Bunkyo-ku; tel. +81 3 5800 9999. [www.tokyo-dome.co.jp/e/](http://www.tokyo-dome.co.jp/e/)

### Hama Rikyu Gardens

Rambling garden facing Tokyo Bay; former villa of the shogun; great for a relaxing stroll; features distinctive pruned pine trees; make time for ceremonial tea at the teahouse on a pond. 1-1 Hamarikiyu Teien, Chuo-ku; tel. +81 3 3541 0200; fee. Hama Rikyu can be accessed by boat from Asakusa and Odaiba. Alternatively, it is a 10-15 minute walk from JR Shimbashi Station or Shiodome Station on the Oedo Subway Line and Yurikamome elevated train.

# 64 / Must-Dos in Tokyo (cont.)

## Koshinoyu

Tokyo's public bathhouses (separated by gender) are relics of generations when most homes did not have baths; natural hot spring waters bubble tea-brown, against a soaring tile mosaic of mountains and lakes; clean yourself thoroughly before stepping into the hot pools; BYO towel, shampoo, soap, or buy them on the spot. 1-5-22 Azabu Juban, Minato-ku; tel. +81 3 3404 2610.

## Meiji Shrine

Meiji Shrine (Meiji Jingu) is a shrine dedicated to the deified spirits of Emperor Meiji and his consort, Empress Shoken. In Shinto, it is not uncommon to enshrine the deified spirits of important personalities. Emperor Meiji was the first emperor of modern Japan. He was born in 1852 and ascended to the throne in 1868 at the peak of the Meiji Restoration when the power was switched from the feudal Tokugawa government to the emperor. During the Meiji Period, Japan modernized and westernized herself to join the world's major powers by the time Emperor Meiji passed away in 1912. The Meiji Shrine was completed in 1920, and rebuilt after being destroyed in World War Two. It is located in a wooded park area next to Yoyogi Park in Tokyo. Various events and festivals are celebrated at the shrine throughout the year. The approach to Meiji Shrine starts a few steps from Harajuku Station on the JR Yamanote Line or Meiji-jingu-mae Station on the Chiyoda Subway Line.

## Harajuku - Omote Sando & Takeshita-dori

Referred to as Tokyo's Champs-Elysees, Omotesando is a one kilometer long, tree lined avenue, serving as the main approach to Meiji Shrine. Numerous stores, boutiques, cafes and restaurants, including several leading fashion brand shops, stand along the avenue.

The symbol of Harajuku and birthplace of many of Japan's fashion trends, Takeshita Dori (Takeshita Street) is a narrow, roughly 400 meter long street lined by shops, boutiques, cafes and fast food outlets targeting Tokyo's teenagers.

## Tsukiji Fish Market (Tokyo Central Wholesale Market)

Tiny trucks needle through acres of auctioneers, wholesalers, and distributors, trading some 450 varieties of fish and seafood; fresh local catches, plus marine products delivered next-day from waters around the globe; arrive by 9 a.m. to witness the frenzied fish mongering; outer market sells produce, prepared foods, and dishware. Closed Sundays and holidays. Located near the Tsukijishijō Station on the Oedo subway line and Tsukiji Station on the Hibiya subway line. [www.tsukiji-market.or.jp/tukiji\\_e.htm](http://www.tsukiji-market.or.jp/tukiji_e.htm)

## Ueno Park Museums

Ueno Park is a large public park just next to Ueno Station. It was opened to the public in 1873, and offers its visitors a large variety of attractions. Ueno Park is famous for its many museums, especially art museums, namely the Tokyo National Museum, the Orient Museum, the National Science Museum, the Shitamachi Museum, the National Museum for Western Art and the Tokyo Metropolitan Fine Art Gallery.

At the park's south entrance stands a statue of Saigo Takamori, an important personality of the late Edo and early Meiji Period. He played a central role in realizing the Meiji Restoration of 1868. Ueno Park is home to Japan's first zoological garden, which dates back to 1882. In 1972, it became the home of panda bears, gifts from China on the occasion of normalization of diplomatic relations. However, the zoo's last panda bear died in 2008, leaving the zoo without its most popular attraction.

Shinobazu Pond is a large pond in Ueno Park. A temple for the goddess of Benten stands on the island in the middle of the pond. Toshogu Shrine is a shrine dedicated to Tokugawa Ieyasu, the founder of the Edo shogunate, which ruled Japan from 1603 to 1867. It is well worth paying the 200 yen admission fee in order to enter the inner shrine area and main building. Ueno Park is just next to Ueno Station. Easiest access is provided by the station's "Park Exit".

# Old Tokyo Walk / 65

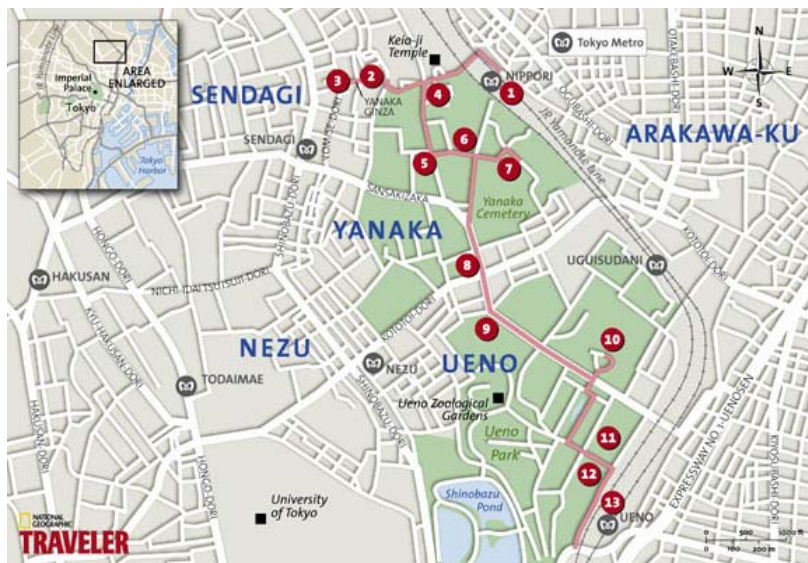
Tokyo Walking Tour: Old Tokyo Printable Page from National Geographic... <http://travel.nationalgeographic.com/places/printable/tokyo-walking-tour-...>



[www.nationalgeographic.com/places](http://www.nationalgeographic.com/places)

## Tokyo Walking Tour: Old Tokyo

Part of the [Places of a Lifetime](#) series from *Traveler* magazine



### Old Tokyo

Given the history of earthquake, war, fire, and development, little of pre-World War II Tokyo survives. These neighborhoods in the northeast section of town are an exception, filled with museums, galleries, and shops. "It's quiet and peaceful, and it gives you a sense of old Japan."—Rochelle Kopp, Managing Principal, Japan Intercultural Consulting.

Take the JR Yamanote Line to **(1) Nippori station**, and head left out of the north exit. Continue to the left once you reach the street, and in a couple blocks the intimate Keio-ji Temple will be on your right, the first of many temples along this route.

Continue in the same direction, turn right where the road forks and head down the stairs and through the gateway to the pre-war shopping street **(2) Yanaka Ginza**. Shops sell clothing and shoes, flowers, pots and pans and, a rarity in this city, foods you can snack on while walking around. Yanaka Ginza comes to a T-junction at a second gateway; here, the perpendicular street **(3) Yomise-dori** is another step back in time, with shops selling housedresses and, in fair weather, a chance to see futon bedding airing out on balconies.

When you've finished browsing, head back up the stairs, continue straight ahead, and turn right after the Indian restaurant with signs advertising tea and crafts. About 110 yards (100 meters) ahead on the left is the **(4) Asakura Choso Museum** (7-18-10 Yanaka, Taito-ku), home of the man considered the father of Japanese sculpture (1883-1964). Many visitors find the home more interesting than the sculptures.

Back on the street, continue for another few hundred yards (300-400 meters). When you reach **(5) Choan-ji Temple** (5-2-22 Yanaka, Taito-ku) on the right, take a left and head into **(6) Yanaka Cemetery** at the end of the block; final resting places of important historical figures are marked with plaques. Here the gravesites are vertical—they entomb ashes as Japanese tradition is to cremate. You may notice flowers or burning incense on some graves, while wooden slats on grave markers indicate visits by the family on auspicious anniversaries of the death of their loved ones.

At the four-way intersection inside the cemetery, turn right and continue until you see the restroom on the left. From here, signs with small English labels indicate the path to the **(7) family plot of the 15th generation of the Tokugawa clan**, which ruled Japan during feudal times.

Double back to the restroom, turn left again, and at the end of the cemetery bear left at the traffic light. Follow this street (as it narrows) for about one-half mile (about one kilometer) into Ueno Park. Along the way, you'll pass tiny storefront shops and galleries, **(8) SCAI** (6-1-23 Yanaka, Taito-ku), a contemporary museum set in an old public bathhouse, and the **(9) Tokyo University of Fine Arts and Music**.

Inside the **(10) Tokyo National Museum** (13-9 Ueno Koen, Taito-ku), browse priceless works of Japanese religious sculpture, ceramics, arms, and woodblock prints. From the museum, cross the street and bear left around the fountain. Turn left where you see the three-story metal-clad police box. To your left will be the **(11) National Museum of Western Art** (7-7 Ueno Koen, Taito-ku), and to the right is the **(12) Tokyo Bunka Kaikan concert hall** (5-45 Ueno Koen, Taito-ku). Ahead and to the right is **(13) Ueno Station**, where you rejoin the Yamanote Line.

# 66 / Harajuku & Aoyama Tour

Tokyo Walking Tour: Harajuku & Aoyama Printable Page from National ... <http://travel.nationalgeographic.com/places/printable/tokyo-walking-tour-...>



[www.nationalgeographic.com/places](http://www.nationalgeographic.com/places)

## Tokyo Walking Tour: Harajuku & Aoyama

Part of the [Places of a Lifetime](#) series from [Traveler](#) magazine



### Harajuku & Aoyama

This walk starts calmly, on the long gravel paths that twist and turn through the majestic forests of the **(1) Meiji Shrine** (Kamizono-cho, Yoyogi, Shibuya-ku). Back outside the shrine, on the pedestrian bridge over **(2) Harajuku station** and in nearby **(3) Yoyogi Park**, the calm is often broken on Sundays by Elms impersonators and rage people; many dressed in costumes based on *manga* (comic books) or wilder. From the footbridge, you'll get a good look at the **(4) Yoyogi National Stadium** (2-1-1 Jinnan, Shibuya-ku) built in 1964 by architect Kenzo Tange.

Back down the stairs, cross the street that parallels the train tracks and head left. In about 220 yards (200 meters) you'll see an arch over the side street reading "Takeshita Street." This is **(5) Takeshita-dori**, ground zero for Japanese youth fashion. A walk down the street is always cacophonous and eye-popping, past clothing shops and creperies.

At the traffic light, turn right at the wide avenue Meiji-dori, and at the next light you'll see **(6) La Foret** (1-11-6 Jingumae, Shibuya-ku) on the corner, a multistory mall for the latest in design. Inside, there are lots of little boutiques that are constantly changing.

Back on Meiji-dori, cross the street and continue on the tree-lined boulevard Omote-Sando; a gallery of works by renowned architects from around the world. Most are across the street, so this is your best vantage point for buildings including the **(7) Christian Dior store** (5-9-11 Jingumae, Shibuya-ku) by Kazuyo Sejima and Ryue Nishizawa, the **(8) Japan Nursing Association** (5-8-2 Jingumae, Shibuya-ku) by Kishio Kurokawa, **(9) Louis Vuitton** (5-7-5 Jingumae, Shibuya-ku) by Jun Aoki, and **(10) Tod's** (5-1-15 Jingumae, Shibuya-ku) by Toyo Ito. On the left side of the street is **(11) Omote-Sando Hills** (4-12-10 Jingumae, Shibuya-ku) by Pritzker Prize-winner Tadao Ando. Its flat facade conceals a soaring interior of internal walkways around an atrium.

Also across the street is the traditional roof of **(11) Oriental Bazaar** (5-9-13 Jingumae, Shibuya-ku), one-stop shopping for Japanese crafts and souvenirs, mostly mass-produced (many in China).

Continuing along the right-hand side of Omote-Sando, cross the wide avenue Aoyama-dori, and after about 220 yards (200 meters) you'll see the glass trapezoid of the **(12) Prada Aoyama store** (5-2-6 Minami-Aoyama, Minato-ku), one of the world's most noted buildings of the past decade; designed by Swiss architects Herzog & De Meuron.

A short walk back to the corner of Aoyama-dori takes you to the **(13) Omote-Sando subway station**, from where three subway lines will take you most anywhere you want to go.

# Mid-Program Ryokan / 67

## Kyoto Ryokan Gion Shinmonso

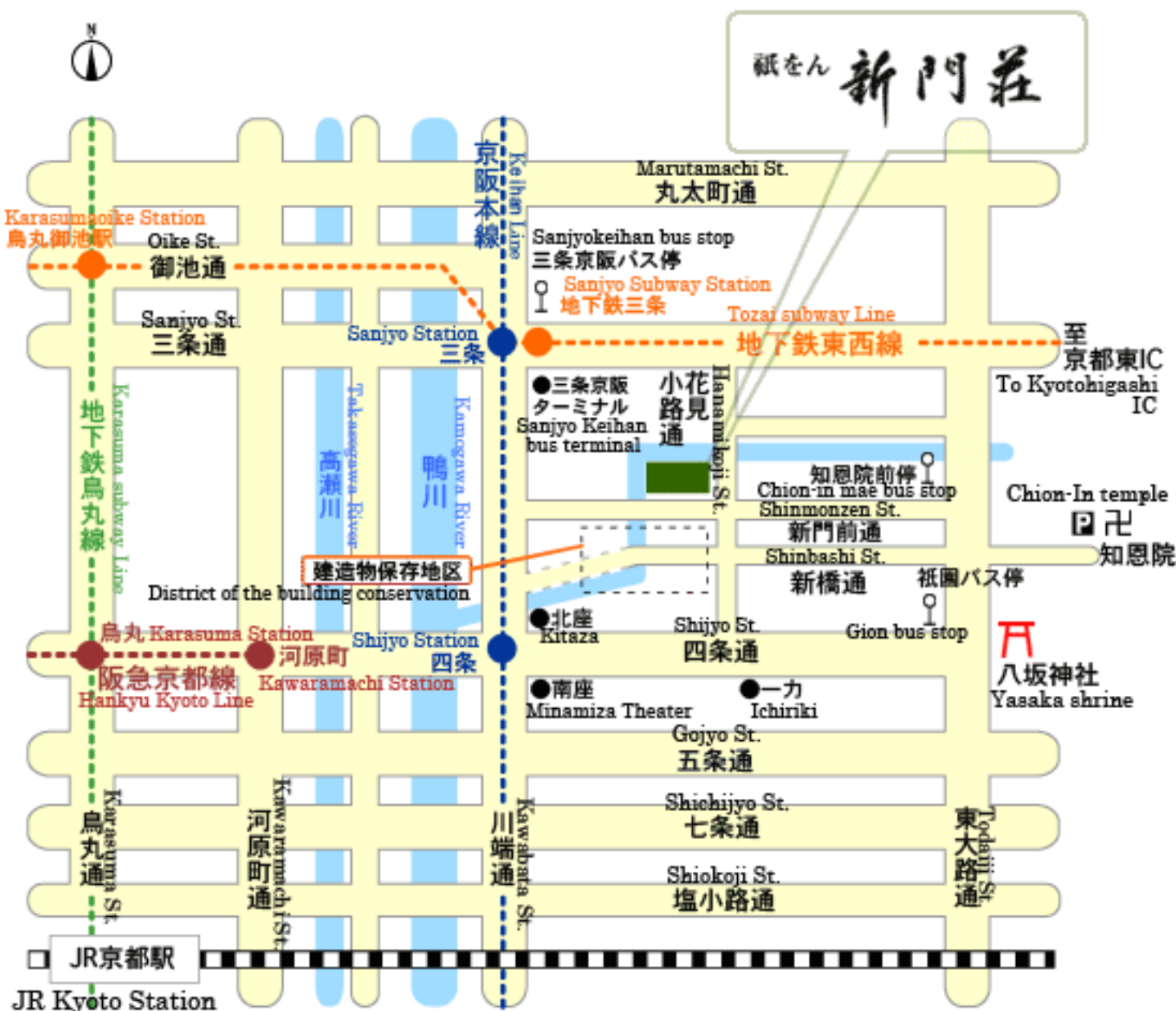
hanamikohji shinmonmae higashiyama-ku Kyoto Japan 605-0082

TEL: +81-75-561-8011 FAX: +81-75-561-8178

Mali : shinmon@jade.dti.ne.jp

Website : <http://www.shinmonso.com/english/index.html>

It's located in the centre of Gion, very close to the mejour sightseeing spot and also you will see stone-paved road which creates kyoto atmosphere, The best place to look around Kyoto.



# 68 / Mid-Program Ryokan

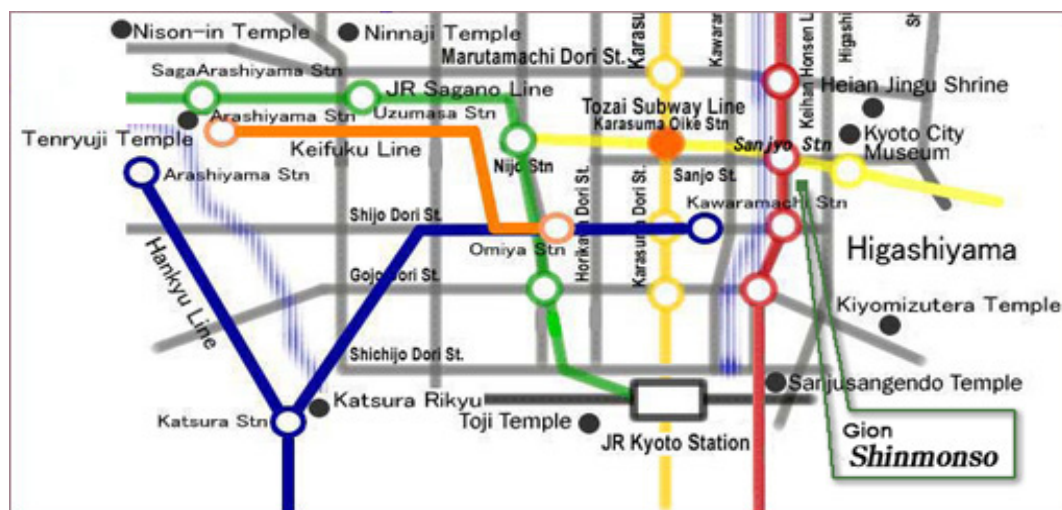
## From JR Kyoto Station to Ryokan Gion Shinmonso

### By Taxi

- We strongly encourage NanonJapan students to take a taxi to the Ryokan as this will be the fastest and easiest way to find the Ryokan.
- It is about a 15 minute ride (Approx. 1300 Yen) by Taxi from the JR Kyoto Station (longer time in rush hour).
- Please show the taxi driver the Ryokan Map and address and ask them to take you to Gion Shinmonso in front of Hanamikojishinmonzen.

### By Train (Subway Line)

- It is about 25 minutes by train.
- From the Kyoto Station, take the Kyoto Karasuma Subway Line traveling to Kokusai Kaikan.
- At the Karasuma Oike Stn, change the train to the Tozai Subway Line traveling to Rokujizo. Get off at Sanjo Station.
- Leave via Exit 1 and walk about 50 meters east along Sanjo St until you reach the intersection.
- Take a right onto Hanamikoji St., then walk about 200 meters south. You will see “ Gion Shinmonso “ on your right.



### By Bus

- From JR Kyoto Station, it is about 20 minutes (220 Yen) by bus.
- From the bus terminal A-1 at the JR Kyoto Station Karasuma Exit, take the bus No.5 and get off at the bus stop called Sanjo-Keihan.
- After getting off the bus, walk about 100 meters east on Sanjo St. Take a right at the intersection onto Hanamikoji St., then walk about 200 meters south until you see “ Gion Shinmonso “ on your right.

PG-503

## KYOTO WALKS



Japan National Tourist Organization

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

Tourist Information Center (TIC)

10th Fl., Tokyo Kotsu Kaikan Bldg., 2-10-1,

Yurakuchō, Chiyoda-ku, Tokyo 100-0006

Tel. (03)3201-3331



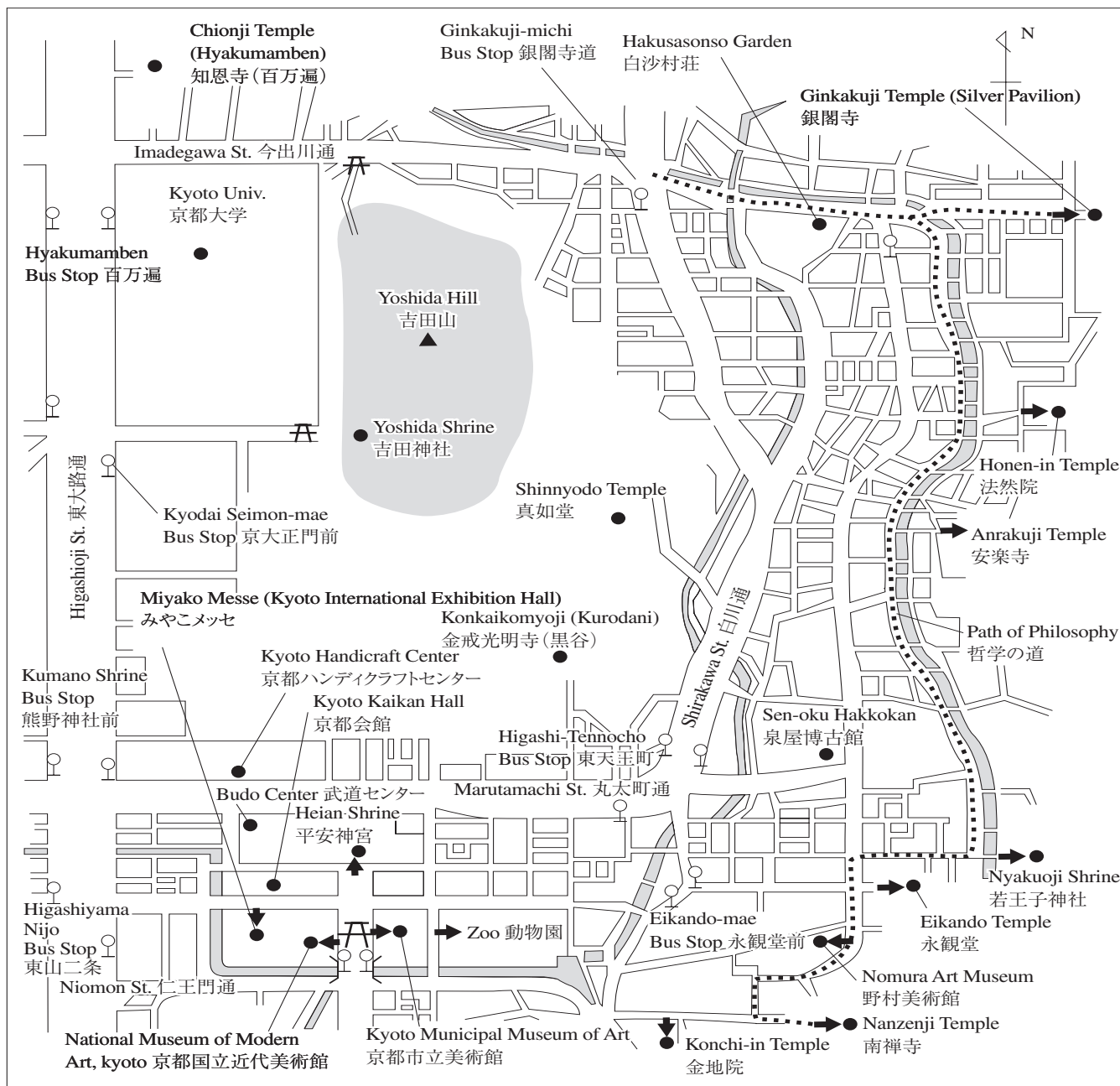
"YOKOSO" means "welcome"

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

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

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

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



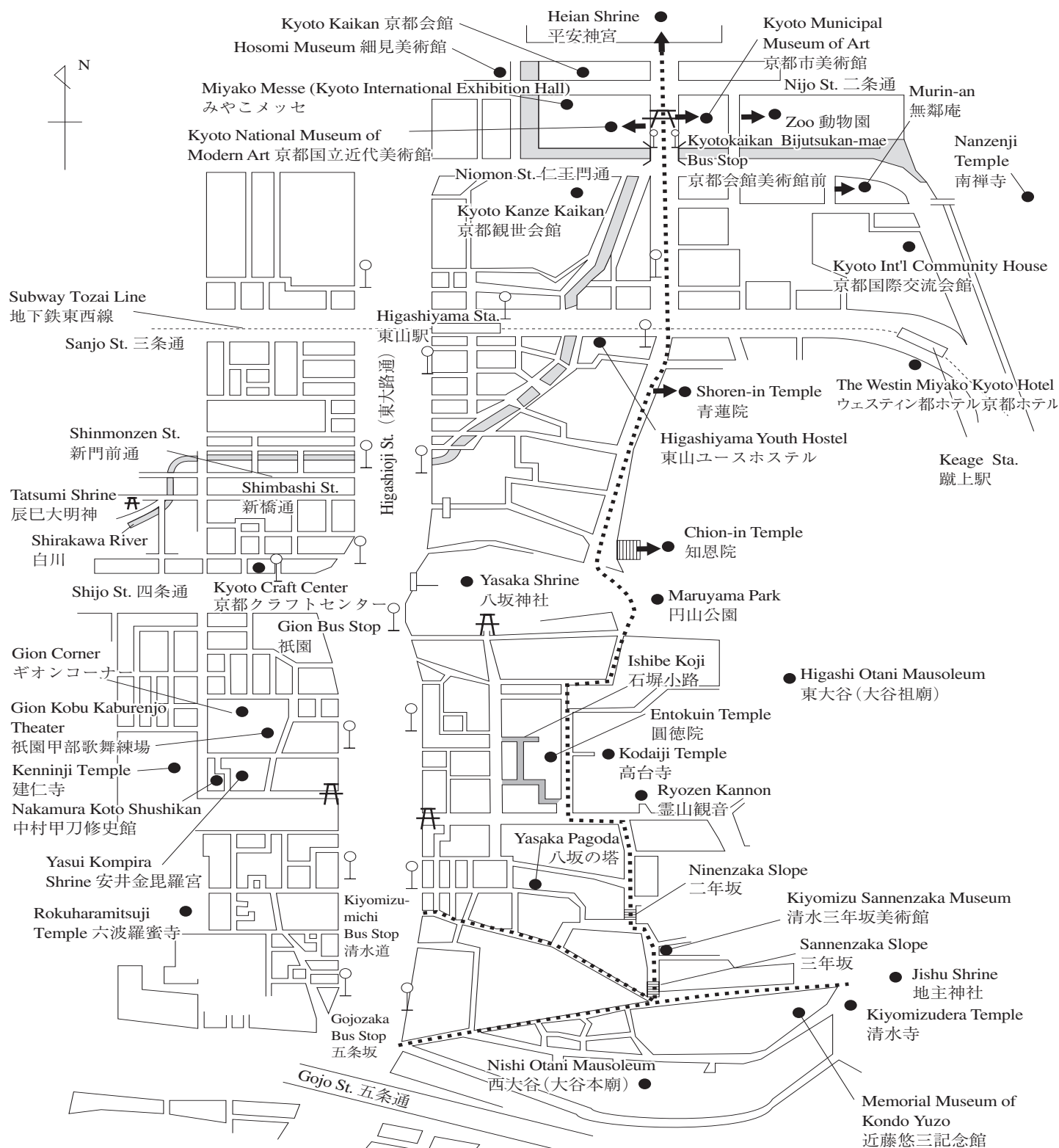
# 70 / Kyoto Walks (cont.)

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KYOTO WALKS

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

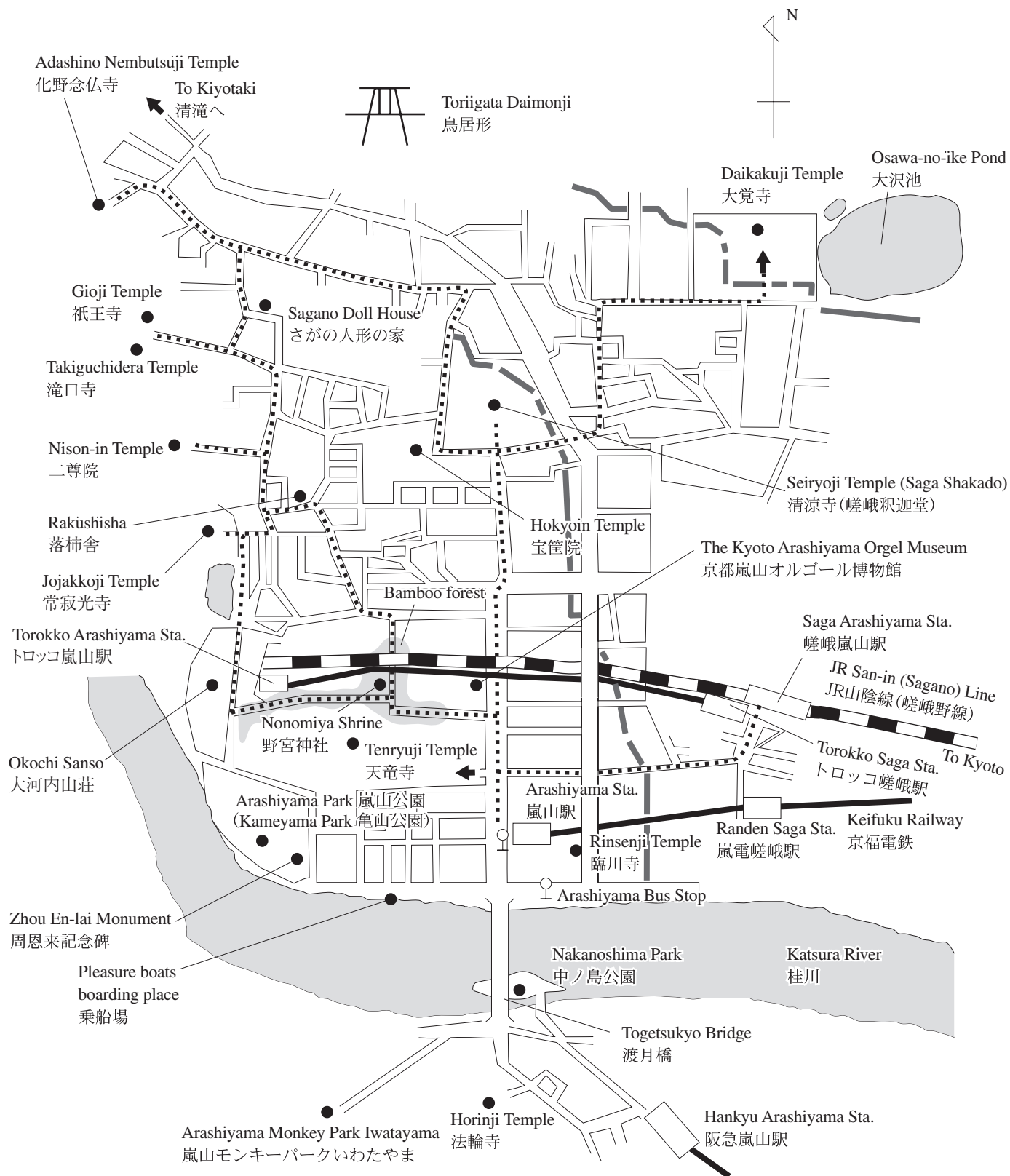
City bus No.206 (Bus Stop D-2), No.100 (Bus Stop D-1) from Kyoto Sta. Get off at Gojozaka (五条坂) or Kiyomizu-michi (清水道). Kyoto bus No.18 (Bus Stop C-3) from Kyoto Sta. Get off at Higashiyamagojo (東山五条). ¥220. Time required for walking: about 50min. Start this walking tour course from Gojozaka Bus Stop, heading for Kiyomizu Temple. The approach to Kiyomizu Temple is an attractive winding road lined with colorful souvenir and curio shops. From Kiyomizu Temple to Maruyama Park there are curio shops, pottery workshops and an array of small and large temples and shrines. Crossing Maruyama Park, keep walking northward to Heian Shrine, whose garden is admired for its cherry and iris flowers in season.



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

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

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



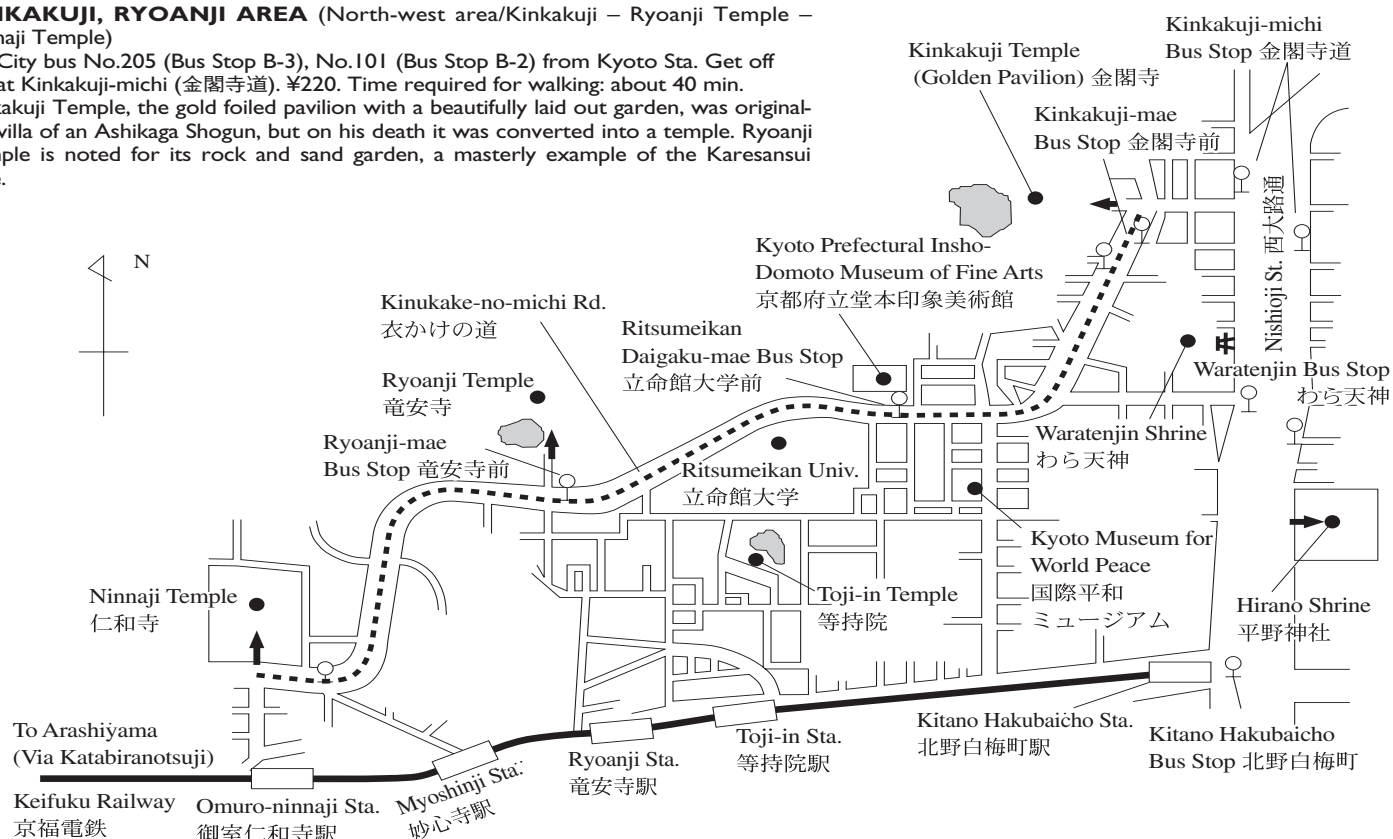
# 72 / Kyoto Walks (cont.)

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KYOTO WALKS

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

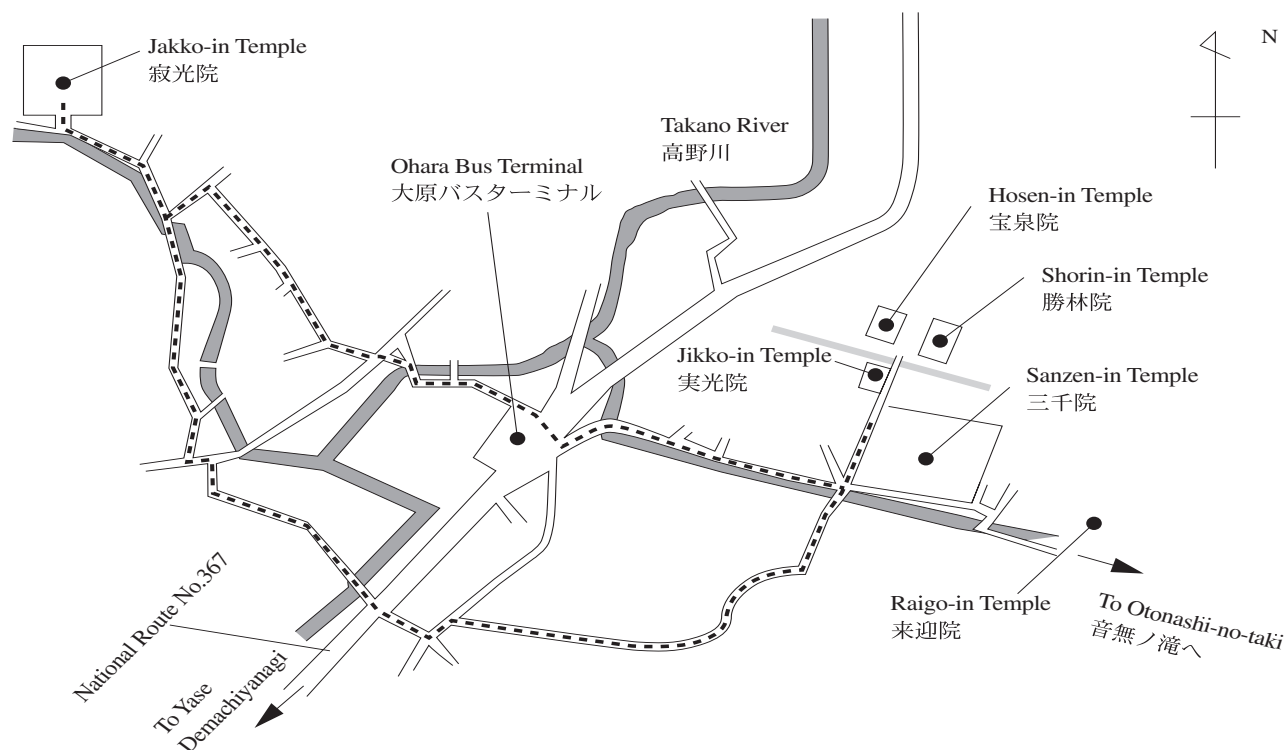
City bus No.205 (Bus Stop B-3), No.101 (Bus Stop B-2) from Kyoto Sta. Get off at Kinkakuji-michi (金閣寺道). ¥220. Time required for walking: about 40 min. Kinkakuji Temple, the gold foiled pavilion with a beautifully laid out garden, was originally a villa of an Ashikaga Shogun, but on his death it was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



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

Kyoto Bus (京都バス) No.17 or 18 (Bus Stop C-3) from Kyoto Sta. (¥580), or Kyoto Bus No.16 or 17 (Bus Stop ⑩) from Sanjo Keihan Sta. (三条京阪) (¥490). Get off at Ohara (大原). Time required for walking: 1.5 hours.

A nice walking area somewhat comparable to Arashiyama is that of Ohara, where you can touch the heart of rural Japan.



## Bus and Subway Passes and Pre-paid Cards

### ◆Kyoto City Bus Exclusive One Day Card ◆¥500

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

### ◆Kyoto Subway One Day Card ◆¥600

\* Can be used for one day on all Kyoto City Subway Lines. This ticket comes with privilege coupons for some temples, museums, shop, etc.

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

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

### ◆Traffic Kyo Card ◆¥3,000 (worth ¥3,300)

\* Valid on all Kyoto City buses and subway lines.

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

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

### ◆City Bus Card ◆¥2,000 (worth ¥2,250)

\* Valid on all Kyoto City bus lines.

### ☆ Where to Purchase these Cards ☆

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



## TOURIST INFORMATION

### Kyoto Tourist Information < KTI >

9th fl., Kyoto Station Bldg., Shiokoji-sagaru, karasuma-dori, 600-8216. Shimogyo-ku, Kyoto Pref. Tel. (075)344-3300

10:00 – 18:00 Closed: every 2nd & 4th Tue. and Dec. 29-Jan. 3.

### Kyoto Handicraft Center

21, Shougoin Entomi-cho, Sakyo-ku, Kyoto City, Kyoto Pref. Tel. (075)761-8001

10:00 – 18:00 Closed: Jan. 1-3.

### Ryokan Kyoraku

231, Kogawa-cho, Shichijyo-agaru, Akezu-dori, Shimogyo-ku, Kyoto City, Kyoto Pref. Tel. (075)371-1260

10:00 – 15:00 Closed: irregularly.

### Ryokan Rakucho

67, Higashihangi-cho, Shimogamo, Sakyo-ku, Kyoto City, Kyoto Pref. Tel. (075)721-2174

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



### Welcome Inn Reservation Center (WIRC) is

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

### Reservation over the Internet

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

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

### Reservation at booking counters in Japan

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

### Welcome Inn Reservation Center

c/o International Tourism Center of Japan

Kinseisha-Kanda Bldg. 3F, 3-15 Kanda-Nishikicho, Chiyoda-ku, Tokyo 101-0054

Tel:03-3233-3303 Fax:03-3233-3305



### Goodwill Guide Groups offer tourists from overseas

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

### JNTO Website

[www.jnto.go.jp/eng/arrange/essential/guideservice.html](http://www.jnto.go.jp/eng/arrange/essential/guideservice.html)

All information, including transportation schedules, fares, prices and accommodation charges, which is contained in this leaflet is based on data as of October 2007, and is subject to change without notice. While every effort is made to ensure the accuracy of all information, regrettably errors do occasionally occur. Therefore, you should check with organizations concerned for updated and accurate information on your chosen destination. JNTO shall not be liable for any loss or damage of whatever nature that may arise as a result, directly or indirectly, from the use of any of the information or material contained in this leaflet.

# 74 / Kyoto Walks (cont.)

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KYOTO WALKS

Facility	Admission fee (¥)	Opening hours (Ticket windows are closed 30min. before closing time)
Chion-in Temple 知恩院	400	9:00–16:00
Daikakuji Temple 大覚寺	500	9:00–16:30
Kyoto Prefectural Insho-Domoto Museum of Fine Arts 京都府立堂本印象美術館	500	9:30–17:00 (Closed on Mon. and Dec. 28–Jan. 4)
Ginkakuji Temple 銀閣寺	500	8:30–17:00 (Mar. 1–Nov. 30) 9:00–16:30 (Dec. 1–The end of Feb.)
Gioji Temple 祇王寺	300	9:00–17:00
Hakusasonso Garden 白沙村荘	800	10:00–17:00
Heian Jingu (Garden) Shrine 平安神宮	600	8:30–17:30 (–16:30 Nov.–Feb.)
Hosomi Museum 細見美術館	depend on exhibitions	10:00–18:00 (Closed on Mon.)
Arashiyama Monkey Park Iwatayama 嵐山モンキーパークいわたやま	520	9:00–17:00 (Mar. 15–Oct. 31) 9:00–16:00 (Nov. 1–Mar. 14)
Jakko-in Temple 寂光院	600	9:00–17:00 (Mar.–Nov.) –16:30 (Dec.–Feb.) 10:00–16:00 (Jan. 1–Jan. 3)
Jojakkoji Temple 常寂光寺	400	9:00–17:00
Kinkakuji Temple 金閣寺	400	9:00–17:00
Kiyomizu Temple 清水寺	300	6:00–18:00
Kodaiji Temple 高台寺	600	9:00–17:00
Konchi-in Temple 金地院	400	8:30–17:00 (–16:30 Dec.–Feb.)
Kondo Yuzo Museum 近藤悠三記念館	500	10:00–17:00 (Closed on Wed. except national holiday.)
Kyoto Craft Center 京都クラフトセンター	Free	11:00–19:00 (Closed on Wed.)
Kyoto Handicraft Center 京都ハンディクラフトセンター	Free	10:00–18:00 (Closed on Jan. 1–3.)
Kyoto Museum for World Peace, Ritsumeikan University 立命館大学国際平和ミュージアム	400	9:30–16:30 (Closed on Mon. and New Year's holiday)
Kyoto Municipal Museum of Art 京都市美術館	depend on exhibitions	9:00–17:00 (Closed on Mon. except national holiday and Dec. 28–Jan. 2)
Kyoto Municipal Zoological Garden 京都市動物園	500	9:00–17:00 (Mar.–Nov.) –16:30 (Dec.–Feb.) (Closed on Mon. and Dec. 28–Jan. 3)
The National Museum of Modern Art, Kyoto 京都国立近代美術館	depend on exhibitions	9:30–17:00 (Closed on Mon. and Dec. 25–Jan. 4)
Murin-an Garden 無鄰菴	350	9:00–17:00 (Closed on Dec. 29–Jan. 3)
Kyoto Ii Museum 京都井伊美術館	1,500	13:00–17:00
Nanzenji Temple 南禅寺	500	8:40–17:00 (Mar.–Nov.) –16:30 (Dec.–Feb.) Closed on Dec. 28–31.
Nison-in Temple 二尊院	500	9:00–16:30
Ninnaji Temple 仁和寺	500	9:00–16:30
Nomura Art Museum 野村美術館	700	10:00–16:30 Closed on Mon. (Open: mid Mar.–mid June & Sep.–early Dec.)
Okochi Sanso (Garden) 大河内山荘	1,000 (including tea and sweet)	9:00–17:00
Rokuharamitsuji Temple 六波羅蜜寺	500	8:00–17:00
Ryoanji Temple 龍安寺	500	8:00–17:00 (Mar.–Nov.) 8:30–16:30 (Dec.–Feb.)
Sanzen-in Temple 三千院	700	8:30–17:00 (Mar.–Nov.) –16:30 (Dec.–Feb.)
Shoren-in Temple 青蓮院	500	9:00–17:00
Tenryuji Temple 天竜寺	500	8:30–17:30 (Feb.–Nov.) 8:30–17:00 (Nov.–Mar.)
Toji-in 等持院	500	8:00–17:00
Kyoto International Manga Museum 京都国際マンガミュージアム	500	10:00–20:00 (Closed on Wed.)

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

(Dates differ depending on the facilities.)

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

# Medical & Emergency Resources

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# 76 / Illness or Accident

## 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 Prof. Keiko Packard via her Japanese cell phone. If you become ill during the night at the hotel you can contact Sarah Phillips (May 17 - May 28) or Layla Booshehri (May 29 - June 7) by calling their room or their Japanese cell phone and they can assist you or contact Prof. Packard on your behalf and/or make arrangements to take you to the International SOS clinic.

## Illness/Accident During Research Internship

Medical Resources in Japan: <http://tokyo.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 accompany you to the doctor's appointment.

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.

You should also contact Prof. Keiko Packard via her Japanese cell phone and send an e-mail to [nanojapan@rice.edu](mailto:nanojapan@rice.edu) notifying us that you have been ill or had an accident that required medical attention. Provide as much detail as you are comfortable with as this will help us determine if you require additional assistance.

## Medical Care in Japan

Japan Country Information Sheet: [http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_1148.html#medical](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 required to purchase the 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 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.

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.

# 78 / Disaster Preparedness

## Disaster Preparedness in Japan

US Embassy Tokyo: <http://tokyo.usembassy.gov/e/acs/tacs-7111.html>

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

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

## Role of the Embassy

The Japanese Government will be responsible for assisting foreigners immediately after a major earthquake. Telephone services will be severely overloaded and the Japanese Government will restrict phone use to priority users. Nonetheless, the Embassy will quickly want to ascertain the welfare and whereabouts of American Citizens. To aid in this process, American citizens should cooperate with Japanese authorities at evacuation sites and clearly identify themselves as Americans. Those connected with larger organizations such as companies, schools or church groups should try to let these organizations know of their welfare and whereabouts if this is practical.

The Embassy will be in touch with the Japanese Government and with larger umbrella organizations to attempt to identify as many American citizens as possible and determine their welfare. In the likely event that it is impossible to communicate by telephone or use motor vehicles, Embassy consular assistance teams are prepared to walk to major evacuation sites, international schools, hotels and so on and collect information about American citizens. The Embassy will help you get information about the situation and communicate with Japanese government officials if necessary in order to obtain proper food, shelter and medical attention. We will pass as much information as possible about the welfare of individual U.S. citizens back to the Department of State in Washington, D.C. so that this information may be shared with your families, friends and employers.

## Earthquake Simulators

If you've been in Japan more than a few weeks, you have likely felt at least a light tremor. What does a real earthquake feel like? The Tokyo Northern Disaster Research Center has an earthquake simulator that you can experience free of charge. They'll simulate a series of small quakes, ranging from 2 to 8 on the Japanese scale. The simulator can also let you experience the exact magnitude and duration of the 1923 Kanto Earthquake and the 1995 Kobe Earthquake. The Center also has a simulator showing how to escape from a smoke-clogged hotel fire and offers demonstrations on the proper use of fire extinguishers. While all the demonstrations are in Japanese only, even kids can follow along without much trouble.

Take the Namboku Subway line to Nishigahara Station, about 30 minutes from central Tokyo. The Center is about a five minute walk from the subway station, just past the gigantic Tokyo Hospital and the local fire station. For more information call 03-3940-1811 (Japanese only).

# Preparedness Checklist / 79



## Disaster Preparedness Checklist for Americans in Japan

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### Essential Supplies (Store enough for three-five days)

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

### Essential Home Preparations Before a Disaster

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

### Essential Planning Before a Disaster

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

### Essential Steps Immediately After a Disaster

- ☐ Check your immediate surroundings for fire, gas leaks, broken glass and other hazards.
- ☐ Open doors and/or windows to avoid being locked in if there are after-shocks.
- ☐ Contact a friend or relative in the U.S., and ask them to inform other parties of your situation.
- ☐ Monitor local TV and radio for evacuation information.

# 80 / Contact US Embassy



## How to Contact Us

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### **The American Embassy in Tokyo**

1-10-5 Akasaka, Minato-ku, Tokyo 107-8420  
Tel: 03-3224-5174  
Fax: 03-3224-5856  
<http://japan.usembassy.gov/acs>

### **American Consulate General Sapporo**

Kita 1-jo, Nishi 28-chome  
Chuo-ku, Sapporo 064-0821  
Tel: 011-641-1115  
Fax: 011-643-1283

### **American Consulate Nagoya**

Nagoya International Center Bldg. 6F  
1-47-1 Nagono  
Nakamura-ku, Nagoya 450-0001  
Tel: 052-581-4501  
Fax: 052-581-3190

### **American Consulate General Osaka-Kobe**

11-5, Nishitenma 2-chome  
Kita-ku, Osaka 530-8543  
Tel: 06-6315-5912  
Fax: 06-6315-5914

### **American Consulate Fukuoka**

5-26, Ohori 2-chome  
Chuo-ku, Fukuoka 810-0052  
Tel: 092-751-9331  
Fax: 092-713-9222

### **American Consulate General Naha**

2-1-1 Toyama  
Urasoe-shi, Okinawa 901-2104  
Tel: 098-876-4211  
Fax: 098-876-4243

## Student Study Abroad Handbook: Emergency Planning

Website: <http://www.studentsabroad.com/planning.html>

Most students returning from study abroad say that it was one of the most valuable parts of their college or university experience. While most students experience a safe and healthy time abroad, some are forced to deal with minor crises like pick-pockets, petty theft, or a minor illness or injury (similar to those faced by students in the U.S.). In an unfamiliar environment with communication and cultural barriers, a minor crisis may be more difficult to handle. In addition, similar to the realities on a U.S. campus, there may be a few students who encounter a major emergency while abroad, such as a serious illness or injury, traffic accident, natural disaster, or violent crime. Many study abroad programs have developed comprehensive support strategies. The first place to start getting information about your program's support strategies is in your study abroad advisor's office in the U.S. and your program director's office abroad.

## Emergency Planning

In case of an emergency during your study abroad program please use the following phone trees:

1. **Emergency Medical or Disaster Personnel:** If you are experiencing a medical or safety emergency such as a fire, earthquake, crime, etc. you should first contact the appropriate emergency personnel in Japan. Be sure that you have the appropriate emergency numbers programmed into your Japanese cell phone as 911 does not work in Japan.
2. **Prof. Keiko Packard:** After addressing the initial emergency situation you should contact Prof. Packard to inform her of the situation, the steps you have already taken, and any additional support or guidance that you may need at this time. The information you give will be shared with the NanoJapan program.
3. **NanoJapan Program Administrators:** If you are unable to reach Prof. Packard or after you have initially spoken to her call Sarah Phillips or Dr. Cheryl Matherly at their office or cell phone numbers to inform us of the situation, the steps you have already taken, and any additional support or guidance you may need at this time. They will work with the appropriate on-campus officials as necessary based on your situation. The information you give may also be shared with the U.S. emergency contact you designated with the NanoJapan program.
4. **Rice University International Programs Office:** If you are unable to reach Sarah Phillips or Dr. Cheryl Matherly call the International Programs office at +1 (713) 348-5836. If it is after hours call the Rice University Police Department at +1 (713) 348-6000. The officer will then notify the appropriate International Programs officials who can assist in your emergency.
5. **Prof. Kono:** You should contact Prof. Kono directly via email or phone if you have questions or concerns regarding your research project and/or are experiencing difficulties or communication issues with your research advisor, research mentor, or fellow lab members that you are not able to address on your own. Prof. Kono will discuss these issues and questions with you directly and may also contact your research advisor and other NanoJapan program staff if he feels you may need additional support or guidance.

We have also provided the following resources to assist you in being prepared before going and after arriving abroad:

## Emergency Card

The Emergency Card is a condensed resource, which includes your most important contact numbers and personal information. You received a printed copy of this card during the Pre-Departure Orientation. You should fill out the remaining fields on this card including names, addresses, phone numbers and personal information. Make several copies of your completed card. Make sure to leave a copy of it with each of your U.S. emergency contacts, with your abroad emergency contacts, and keep a copy with you at all times.

# 82 / Emergency Planning

## Personal Emergency Action Plan (EAP)

Whether studying or working abroad, we recommend you print out and fill in the emergency planning form we provide. This form should help you create a Personal Emergency Action Plan (EAP). It is different from the Emergency Card above. Your EAP is equivalent to a strategy-planning device in case of an emergency, whereas the Emergency Card is a wallet-sized summary of your personal information and emergency contacts. You received a printed copy of the EAP during the Pre-Departure Orientation.

## Emergency Action Plan (EAP) Steps

We suggest you print out the Emergency Action Plan Steps and keep a copy with you at all times. We have included a list of suggested documents and items to help you respond more effectively during an emergency. You received a printed copy of this form during the Pre-Departure Orientation.

## In Case of Emergency

1. Follow the procedures provided by the on-site staff for your specific program location.
2. If you are unable to contact the on-site director or other local program staff, contact the other offices whose numbers are listed on the emergency contact cards that were provided for your reference by NanoJapan. Be sure to carry your emergency contact card with you at all times.
3. When contacting your program staff, or the emergency contact numbers, you must provide the following information: a) your full name, b) the nature of the emergency, c) a number where you can be contacted, d) how long you will remain at that location (provide the city and country information).
4. Please note: Due to time differences between your location and programs offices in the U.S. it may require several hours before someone is able to respond to you. We make every attempt to respond as quickly as possible. Your first contact should always be your on-site staff.
5. If you are unable to contact the on-site staff or other program offices personally, attempt to have someone contact your on-site program personnel, the NanoJapan Program, or Rice University.

## Seeking Medical Care While Abroad

- All NanoJapan students have international health, accident, sickness, medical repatriation, and evacuation coverage through the CISI insurance policy that will be effective for the duration of your time abroad. You will need to pay up front for all medical care received and then file a claim for reimbursement through CISI directly.
- If you become ill and need medical attention during the orientation period contact Prof. Keiko Packard or Sarah Phillips. They will help assess your immediate medical needs and take you to the nearby SOS International Clinic if you would like to see a doctor.
- During the Internship period you should determine where your nearest English-speaking clinic or doctor is BEFORE you become ill. Refer to the US Embassy in Japan's website for a list of medical resources in Japan.
- If you need medical attention during the internship period ask your research mentor or lab secretary if they can accompany you to the doctor or clinic.
- Notify the NanoJapan program that you have sought medical attention, the result of any treatment and if you would like additional support or guidance.

## Emergency Evacuation: Natural, Political, or Other Crisis Situations

1. Follow the procedures provided by the on-site staff for your specific program location.
2. If you are unable to contact the on-site program staff, contact the NanoJapan program or Rice University or the other offices whose numbers are listed on the emergency contact cards that are provided for your use by the local program staff and NanoJapan.
3. If communication lines are down, and the situation allows, go to the local program site or your program campus. Instructions should be posted at the office regarding where and how to contact program staff. If the program staff is unable to post instructions, please leave a message at the program office with your name and contact information indicating that you have been to the office and need to be contacted. On-site program staff will attempt to contact you as soon as possible once they are able to re-open the office. If you are unable to speak to your local program staff, or NanoJapan contact numbers, attempt to contact the closest U.S. Consulate or Embassy office for further instructions. Local radio and television stations may also broadcast emergency information.
4. Stay calm, and stay with other program students, your host family, or host campus representatives if possible. It is important that you attempt to contact NanoJapan staff, however, it is more important that you remain in a safe environment and follow the instructions provided by the local government authorities.

## Instructions for Families (parents or legal guardians):

Emergency contact information was provided to each student prior to departure for the program abroad. Students are asked to share this information with their families. The NanoJapan program is aware of your need to keep in contact with your family members, especially in emergency situations. If you need to contact your family member while they are abroad due to a family emergency you may call the NanoJapan program at (713) 348-6362 (office) or (713) 922-1712 (cell). Please limit the use of the contact numbers to emergency situations. NanoJapan offices are open from 8 AM. to 5 PM (CST). If you are unable to reach a NanoJapan program representative at either of these numbers call the Rice University International Programs office at (713) 348-5836 or after-hours the Rice University Police Department at (713) 348-6000. The officer will make every attempt to contact the appropriate NanoJapan or International Programs staff member. If the situation does not require immediate attention, please leave a voice mail message (after hours) at (713) 348-6362. Calls on weekends and holidays will be returned the following business day. Calls on evenings during the week will be returned the following morning. Please also note that time differences abroad may create difficulties in contacting student participants.

The Family Rights and Privacy Act (FERPA) prevents staff members from providing certain information to persons other than the student participants. It is often necessary for us to balance your needs as a family with the needs of the students to be treated as adults and to follow the laws of the U.S. Our goal is to help to provide open lines of communication between you and your family members. Please be assured that we will do as much as possible to help you in any emergency situation.

# Language Resources

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**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.

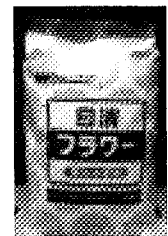
「Atode denwa kudasai」

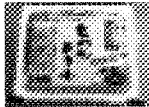

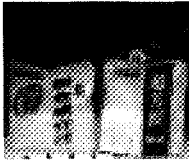
## Shopping Words

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



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



60. Tofu	Tōfu	とうふ	豆腐	
61. Cotton tofu	Momendōfu	もめんどうふ	木綿豆腐	
62. Silk tofu	Kinudōfu	きぬどうふ	絹豆腐	
63. Oil	Abura	あぶら	油	
64. Salad oil	Sarada oiru	サラダオイル		
65. Olive oil	Orību oiru	オリーブオイル		
66. Sesame oil	Goma abura	ごまあぶら	ごま油	
67. Tempura oil	Tempura abura	てんぷらあぶら	てんぷら油	
68. Rapeseed oil	Nataneabura	なたねあぶら	なたね油	
69. Linoleic acid	Rinōrusan	リノールさん	リノール酸	
70. Chicken	Toriniku	とりにく	鳥肉	
71. Beef	Gyūniku	ぎゅうにく	牛肉	
72. Pork	Butaniku	ぶたにく	豚肉	
73. Minced meat	Hikiniku	ひきにく	ひき肉	
74. Combination minced meat (Beef and pork)	Aibikiniku	あいびきにく	合挽肉	
75. Rice ball	Onigiri	おにぎり		
{ Pickled <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. 「<sup>ぎゅうにく</sup>牛肉、<sup>はい</sup>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. <sup>なか</sup> <sup>いた</sup> お腹が 痛いです。

have a pain  
abdomen, stomach, bowel, (tummy)

(2) Koshi ga itai desu. <sup>こし</sup> <sup>いた</sup> 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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## Research Host Institutions in Japan



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