



# 2010

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 2010! 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.

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!

While you are in Japan you must be punctual for all program events and meetings designated by your research host. Always arrive at least 5 minutes prior to the designated departure or start time as events begin promptly. For example, a lecture to be held at 2:00 will begin exactly at 2:00. If you don't arrive to the room until 2 your coming in and sitting down will distract the speaker and audience and be considered very rude. Always arrive 5 minutes early to be considered on-time in Japan!





# Program Administrators / 5



Prof. Junichiro Kono, Professor, Departments of Electrical & Computer Engineering and Physics & Astronomy, Rice University

PIRE Principal Investigator

Dates in Japan: Weeks 1 & 2 of Orientation & Mid-July for Research Host Institution Visits

Japanese Cell Phone: [REDACTED]

E-mail Address: [kono@rice.edu](mailto:kono@rice.edu)



Prof. Christopher Stanton, Professor, Department of Physics, University of Florida  
PIRE Co-PI

Dates in Japan: June 1 - 8, 2010

Japanese Cell Phone:

E-mail Address: [stanton@phys.ufl.edu](mailto:stanton@phys.ufl.edu)



Dr. Cheryl Matherly, Associate Dean for Global Education, University of Tulsa  
PIRE Co-PI

Dates in Japan: Mid-July for Mid-Program Meeting

Japanese Cell Phone: To Be Announced

E-mail Address: [cheryl-matherly@utulsa.edu](mailto:cheryl-matherly@utulsa.edu)



Sarah Phillips, Engineering International Programs Administrator, Rice University  
PIRE Co-PI

Dates in Japan: May 16 - May 28, 2010

Japanese Cell: [REDACTED] (May 16 - May 28, 2010)

E-mail Address: [nanojapan@rice.edu](mailto:nanojapan@rice.edu) or [sphillips@rice.edu](mailto:sphillips@rice.edu)



Prof. Keiko Packard, NanoJapan Program Representative in Japan

Dates in Japan: May 16 - August 4, 2010

Japanese Cell Phone: [REDACTED]

E-mail Address: [keiko@epackard.com](mailto:keiko@epackard.com)

## 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 / 2010 Participants



Ms. Silvia Chan, Univ. of Pennsylvania, Materials Science & Engineering, Soph.  
Tohoku University, Prof. Taiichi Otsuji

E-mail: [REDACTED]

US Phone: [REDACTED]

JP Cell Phone: [REDACTED]



Mr. Warren Cheng, Columbia University, Electrical Engineering, Sophomore  
Osaka University, Prof. Satoshi Kawata

E-mail: [REDACTED]

US Phone: [REDACTED]

JP Cell Phone: [REDACTED]



Mr. Kevin Chu, Rice University, Electrical Engineering & Economics, Freshman  
University of Tokyo, Prof. Shigeo Maruyama

E-mail: [REDACTED]

US Phone: [REDACTED]

JP Cell Phone: [REDACTED]

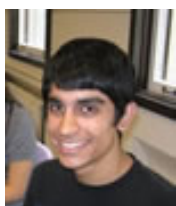


Mr. Matthew Diasio, Rice University, Physics, Sophomore  
Hokkaido University, Prof. Kazuhisa Sueoka

E-mail: [REDACTED]

US Phone: [REDACTED]

JP Cell Phone: [REDACTED]



Mr. Heerad Farkhor, University of California, Berkeley, Electrical Engineering and  
Computer Science, Physics Minor, Sophomore  
University of Tokyo, Prof. Seigo Tarucha

E-mail: [REDACTED]

US Phone: [REDACTED]

JP Cell Phone: [REDACTED]



Mr. Nabeem Hashem, Yale University, Physics, Sophomore  
Hokkaido University, Prof. Yamamoto

E-mail: [REDACTED]

US Phone: [REDACTED]

JP Cell Phone: + [REDACTED]



Ms. Yi-An Lai, Massachusetts Institute of Technology, Physics, Freshman  
Hokkaido University, Prof. Takashi Fukui

E-mail: [REDACTED]

US Phone: [REDACTED]

JP Cell Phone: [REDACTED]

# 2010 Participants / 7



Ms. Elyse Landry, Rice University, Chemical & Biomolecular Engineering, Soph.  
Shinshu University, Prof. Morinobu Endo

E-mail: [REDACTED]



Mr. Jeffrey Lee, Rice University, Mechanical Engineering, Sophomore  
Osaka University, Prof. Masayoshi Tonouchi



Mr. Marcus Najera, North West Vista College, Nanotechnology & Biology, Soph.  
Osaka Institute of Technology, Prof. Shigehiko Sasa



Mr. Nicholas Riggall, Rice University, Bioengineering, Sophomore  
RIKEN, Prof. Satoshi Kawata



Mr. Cody Sewell, University of Tulsa, Physics, Freshman  
Chiba University, Prof. Ochiai Yuichi



Ms. Aleksandra Simicevic, Louisiana State University, Civil Engineering, Soph.  
Tohoku University, Prof. Hiroyuki Nojiri

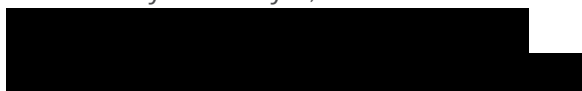
# 8 / 2010 Participants



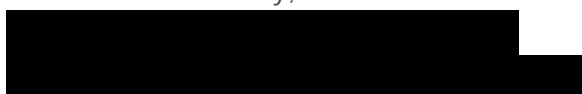
Mr. Kirby Smithe, University of Tulsa, Physics & Mathematics, Freshman  
Keio University, Prof. Kohei Itoh



Ms. Wei-Lin Tan, Brown Univ., Materials Chemistry & Geological Sciences, Soph.  
University of Tokyo, Prof. Yoshihiro Iwasa



Mr. Norman Wen, University of California, Berkeley, Engineering &  
Materials Science Engineering, Sophomore  
Tohoku University, Prof. Go Yusa



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

The caller will need to dial 011 followed by the Japanese Country Code (81) and then your phone number. They should drop the 0. Example: If your parents wanted to call the NanoJapan Program Representative in Japan's mobile number, they would dial: 011 81 90-7699-0699.



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

When placing an international call using your Japanese cell phone dial the Value Code prefix (0033-010) followed by the US country code (1) and then the area code followed by the number. Example: To call the NanoJapan program office in the US from your Japanese mobile, you would dial 0033-010-1-713-348-6362.

## CALLING A JAPANESE CELL PHONE NUMBER IN JAPAN

Remember to add the 0 at the front of the phone number when calling a cell phone in Japan. For example, to call Keiko Packard from your JP Cell dial 090-7699-0699.



# ARRIVAL IN HOUSTON / 9

## Thursday, May 13, 2010 - Early Arrivals

Bush Intercontinental Airport (IAH)	Houston Hobby Airport (HOU)
<ul style="list-style-type: none"> <li>Heerad Farkhoor - CO 1512 at 5:59 PM</li> <li>Cody Sewell &amp; Kirby Smithe - AA #3323 at 4:45 PM</li> </ul>	<ul style="list-style-type: none"> <li>Norman Wen - #1120 at 4:10 PM</li> <li>Wei-Lin Tan - Air Tran #297 at 5:49 PM</li> </ul>

### Early Arrivals - Hotel Information

The following students have requested that a reservation be made on their behalf at the Hilton Houston Plaza Medical Center Hotel at 6633 Travis St., Houston, TX, 77030. The hotel phone number is (713) 313-4655. You will need to pay for this night individually and should be charged the Rice University rate of \$124.00 + tax.

- Wei-Lin Tan - Confirmation # 3390012484 - Room 1202
- Kirby Smithe & Cody Sewell - Confirmation # 3392682749 - Room 1212
- Norman Wen & Heerad Farkhoor - Confirmation # 3391777620 - Room 1214
- Dr. Cheryl Matherly - Confirmation # 3384821787 - Room 1804
- The hotel provides a complimentary shuttle to Rice University. Speak with the front desk to make arrangements for your shuttle Ride to Rice for Friday morning.

## Friday - May 14, 2010 - Flight Arrival & Transportation to Rice University

### Domestic Flights/Travel to Houston

Bush Intercontinental Airport (IAH)	Driving or Already in Houston
<ul style="list-style-type: none"> <li>Silvia Chan - CO #1677 at 8:05 AM</li> <li>Nabeem Hashem - CO #2995 at 8:13 AM</li> <li>Morgan Lai &amp; Warren Cheng - US Air #1171 at 9:30 AM</li> </ul>	<ul style="list-style-type: none"> <li>Driving: Marcus Najera, Elyse Landry, Aleksandra Simicevic</li> <li>At Rice: Matthew Diasio, Jeffrey Lee, Nicholas Riggall, Kevin Chu,</li> </ul>

Upon arrival in Houston proceed to the Baggage Claim to collect your luggage. You must arrange and pay for your own transportation from the airport to the hotel (if arriving on Thursday) or to Rice (if arriving on Friday). Students staying at the hotel should ask at the front desk about arranging a free shuttle to Rice University.

**Super Shuttle:** Reserve online at <http://www.supershuttle.com/> or purchase ticket at ground transportation counter upon arrival in Houston. Estimated cost: \$24 one-way per person.

**Metro Airport Direct Bus from IAH ONLY:** See [http://www.ridemetro.org/Services/airport\\_direct.aspx](http://www.ridemetro.org/Services/airport_direct.aspx) for more details. Take the bus to the Downtown Transit Center, cross the street to the Houston MetroRail and ride this south to the Rice University/Hermann Park stop if going to Rice or the Dryden/TMC Metorail stop if going to the hotel on Thursday evening. Estimated cost is \$15 for the bus plus \$2 for the metro rail ticket. Note that this is not an option for travelers arriving into Houston Hobby (HOU) airport.

**Taxi:** Share a taxi from the airport to the hotel or Rice if arriving at the same time as other students. Estimated cost from IAH to Rice is \$48 - \$50. Estimated cost from HOU to Rice is \$25 - \$30.

**Rice Address:** 6100 Main St., Houston, TX, 77005. If you are lost or your flight is delayed call Sarah Phillips at (713) 348-6362 or Trey Menchaca at (713) 348-6313.

**Directions for Driver:** 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 to drop you off at the back of the building. Look for the NanoJapan signs.

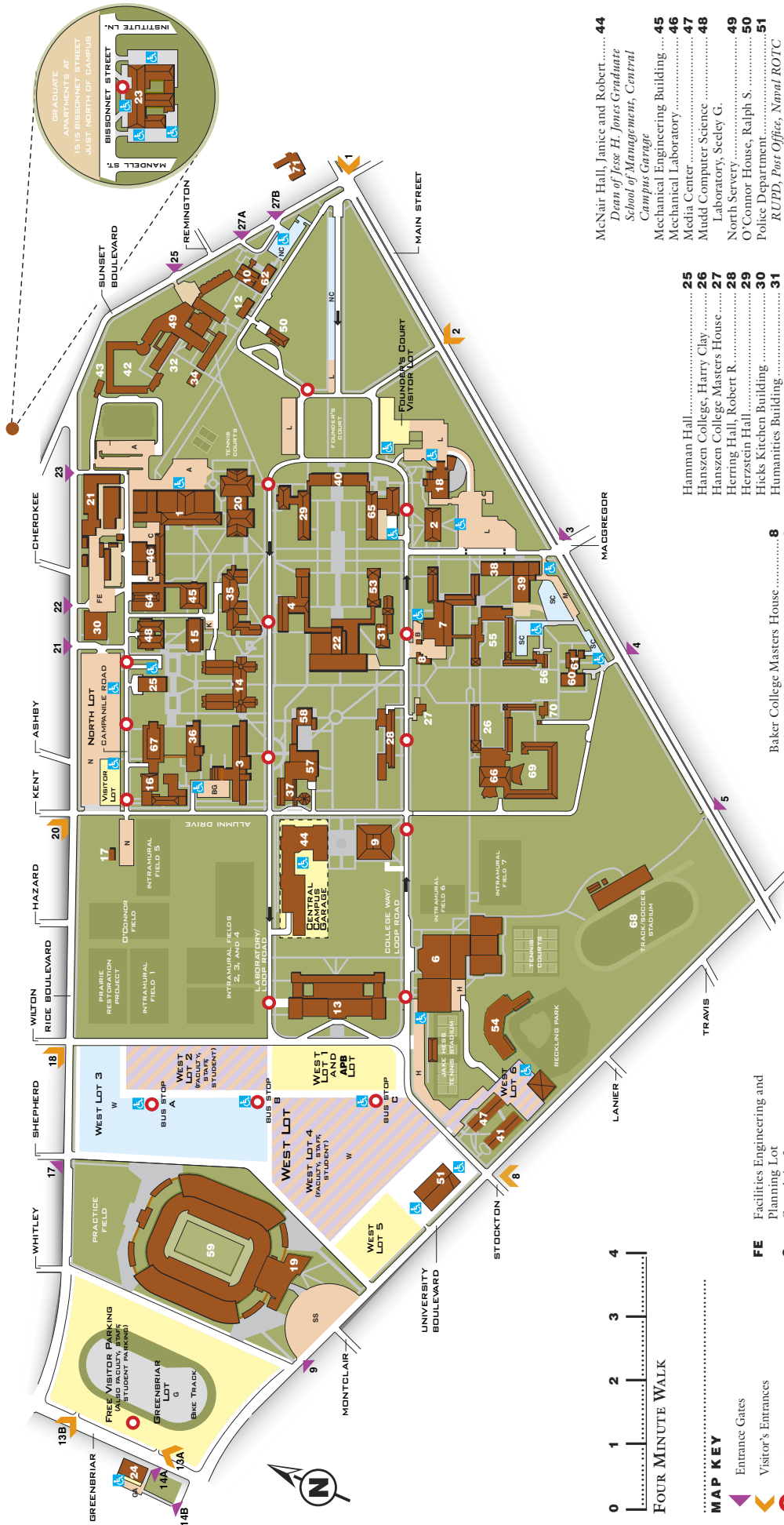
**Attire:** Plan to wear your university T-shirt today as we will take a group picture and want to show off the wide array of universities that NanoJapan students hail from!

8:00 - 10:30 AM	<b>Continental Breakfast - Lobby of Abercrombie Lab</b> A light breakfast will be served in the lobby for early morning arrivals. You will be able to store your luggage in a secure, locked office during the day.
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# 10 / PRE-DEPARTURE ORIENTATION

Friday, May 14, 2010 - Pre-Departure Orientation	
11:00 - 12:00 PM	<b>Orientation Begins - Abercrombie Laboratory A-121 - Building 1 on Campus Map</b> <ul style="list-style-type: none"><li>• Welcome &amp; Introductions, Dr. Cheryl Matherly, University of Tulsa</li><li>• Daily Agenda</li><li>• Icebreaker Activity</li><li>• Turn in Any Forms Not Yet Submitted</li></ul>
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 - 3:00 PM	<b>NanoJapan Orientation</b> <ul style="list-style-type: none"><li>• Program Schedule &amp; Expectations</li><li>• Health &amp; Safety Abroad</li><li>• Living in Japan</li><li>• Assignments Abroad</li></ul>
3:00 - 4:00 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>
4:00 - 4:30 PM	<b>Wrap-up and Q&amp;A</b>
4:30 PM	<b>Collect Baggage</b>
5:00 PM	<b>Shuttle Transportation to Hilton Houston Plaza Medical Center &amp; Hotel Check-In</b> See Google Map for Location: <a href="http://tinyurl.com/2u7sldb">http://tinyurl.com/2u7sldb</a> <ul style="list-style-type: none"><li>• Kevin Chu &amp; Jeffrey Lee Confirmation #3385583655 - Room 1201</li><li>• Silvia Chan &amp; Wei-Lin Tan Confirmation #3390012484 - Room 1202</li><li>• Yi-An (Morgan) Lai &amp; Aleksandra Simcevic Confirmation #3387531043 - Room 1206</li><li>• Warren Cheng &amp; Matthew Diasio Confirmation #3387185814 - Room 1210</li><li>• Nabeem Hashem &amp; Marcus Najera Confirmation #3386210598 - Room 1220</li></ul>
6:15 PM	<b>Shuttle Transportation to Prof. Kono's House</b>
6:30 - 9:00 PM	<b>Welcome Party at Prof. Kono's House with Dinner - 2303 North Blvd., Houston, Texas 77098, 713-529-2105</b> <ul style="list-style-type: none"><li>• Meet Kono Group Graduate Students</li><li>• Get to Know Your Fellow NanoJapan Students</li></ul>
9:00 PM	Shuttle Transportation from Prof. Kono's House to Hotel



MAP KEY

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

PARKING KEY

- Faculty/Staff Parking
- Resident Student Parking
- Commuter Parking
- Visitor Parking (One free lot-G)
- Accessible Parking

PARKING RATES:

- West of Entrance 18: \$1.00 each 40 minutes, \$9.00 daily maximum
  - East of Entrance 18: \$1.00 each 20 minutes, \$9.00 daily maximum
- PAYMENT METHODS:
- Central Campus Garage: cash or credit card.
  - Founder's Court, North, and West
  - Visitor Section: credit card.

ALPHABETICAL LISTING OF BUILDINGS

- Abercrombie Engineering.....1
- Admission Office: See Lovett Hall
- Allen Center for Business Activities.....2
- Cashier, Controller, Human Resources, Vice President for Finance and Administration, Vice President for Public Affairs, Vice President for Resource Development.....3
- Anderson Biological Laboratories.....4
- Anderson Hall, M.D.....5
- Autry Court.....6
- Baker College, James A.....7
- Baker College Masters House.....8
- Baker Hall, James A., III.....9
- Baker Institute for Public Policy.....10
- Brown College, Margaret Root.....11
- Brown College Masters House.....12
- Brown Hall, Alice Pratt.....13
- Brown Hall for Mathematical Sciences, Herman.....14
- Butcher Hall, Dell.....15
- Campus Observatory.....16
- Cohen House, Robert and Agnes.....17
- Cox Fitness Center.....18
- Duncan Hall, Anne and Charles.....19
- Dean of George R. Brown School of Engineering.....20
- Facilities Engineering and Planning Building.....21
- Fanning Library.....22
- Graduate Apartments.....23
- Greenbriar Building.....24

- Hamman Hall.....25
- Hansen College, Harry Clay.....26
- Hansen College Masters House.....27
- Herring Hall, Robert R.....28
- Herzstein Hall.....29
- Hicks Kitchen Building.....30
- Humanities Building.....31
- Jones College, Mary Gibbs.....32
- Jones College Masters House.....33
- Keck Hall, Howard.....34
- Dean of Wies School of Natural Sciences.....35
- Keith-Wies Geological Laboratories.....36
- Ley Student Center.....37
- Lovett College, Edgar Odell.....38
- Lovett College Masters House.....39
- Lovett Hall.....40
- Admission Office, Dean of Undergraduates, Vice President for Enrollment, Vice President for Investments and Treasurers, Welcome Center.....41
- Martel Center for Continuing Studies, Speros P.....42
- Dean of School of Continuing Studies.....43
- Martel College, Marian and Speros P.....44
- Martel College Masters House.....45

- McNair Hall, Janice and Robert.....46
- Dean of Jesse H. Jones Graduate School of Management, Central Campus Garage.....47
- Mechanical Engineering Building.....48
- Mechanical Laboratory.....49
- Media Center.....50
- Mudd Computer Science Laboratory, Sealey G.....51
- North Server.....52
- O'Connor House, Ralph S.....53
- Police Department.....54
- RUPD, Post Office, Naval ROTC.....55
- Rayzor Hall.....56
- Reckling Park at Cameron Field.....57
- Rice College, Will.....58
- Rice College Masters House.....59
- Rice Memorial Center.....60
- Alumni Office, Bookstore.....61
- Rice Stadium.....62
- "R" Room.....63
- Richardson College, Sid W.....64
- Richardson College Masters House.....65
- House.....66
- Rich Health and Wellness Center, Morton L.....67
- Ryon Engineering Laboratory.....68
- Sewall Hall.....69
- South Server.....70
- Space Science and Technology Building.....71
- Track and Soccer Stadium.....72
- Wies College, Harry C.....73
- Wies College Masters House.....74
- Wies President's House.....75

# 12 / Hilton Houston Plaza Map

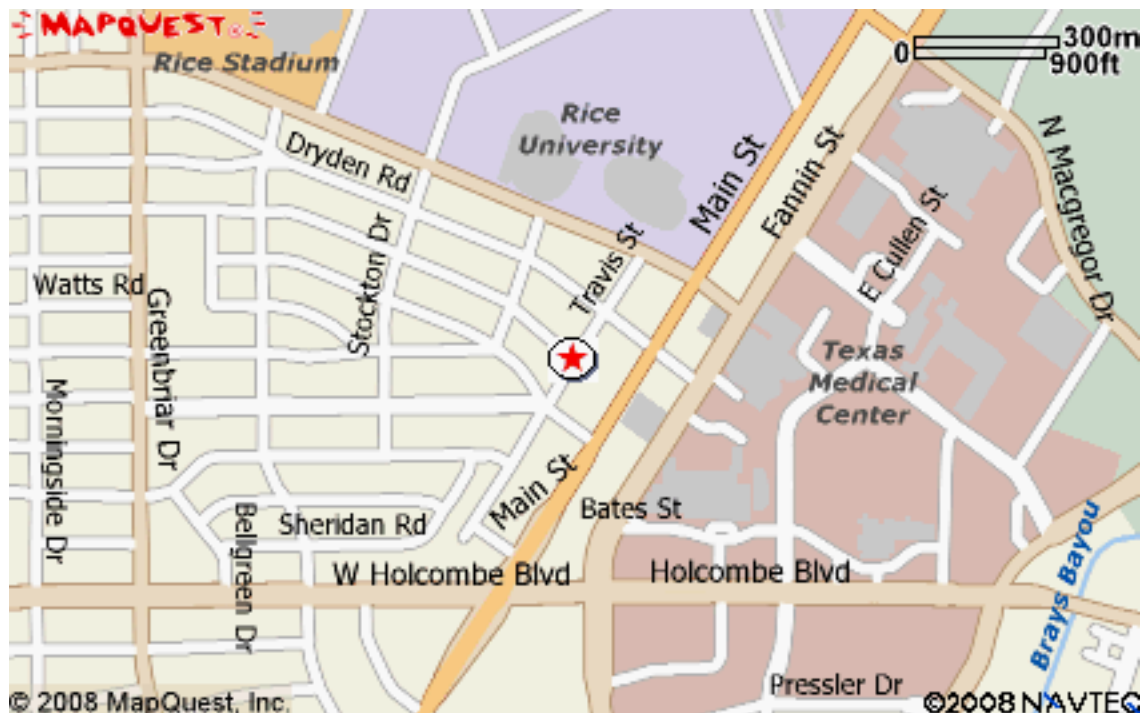
Hilton Houston Plaza Medical Center

Address: 6633 Travis St. Houston, TX 77030

Phone: (713) 313-4655

Hotel Website: [http://www1.hilton.com/en\\_US/hi/hotel/HOUMCHF-Hilton-Houston-Plaza-Medical-Center-Texas/index.do](http://www1.hilton.com/en_US/hi/hotel/HOUMCHF-Hilton-Houston-Plaza-Medical-Center-Texas/index.do)

Google Map (with restaurants/walking routes):  
<http://tinyurl.com/2u7sldb>



A COMPLIMENTARY LOCAL AREA SHUTTLE IS PROVIDED FOR DESTINATIONS WITHIN 3 MILES OF HOTEL.  
SPEAK WITH FRONT DESK FOR SHUTTLE RESERVATIONS.

# TRAVEL TO JAPAN / 13

## Saturday, May 15, 2010 - Travel to Japan

By 7:30 AM	<b>Hotel Check-Out</b> <ul style="list-style-type: none"> <li>All students staying at the hotel must check out of their room and settle any incidental expenses (telephone, movies, room services, mini-bar, etc.) with the front desk.</li> <li>Breakfast is not included. Eat at the restaurant at the hotel prior to departure or plan to eat breakfast at the airport after checking in for your international flight.</li> </ul>
7:45 AM	<b>Super Shuttles Shuttle to Bush Intercontinental Airport - Continental - Terminal E</b> <ul style="list-style-type: none"> <li>Two Super Shuttle vans have been arranged to transport students to the airport. Confirmation numbers are #3553248 and #3553253. Phone is 1-800-BLUE VAN.</li> <li>Students not staying at the hotel can opt to join the shuttle to the airport but must arrive at the hotel by 7:30 AM.</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 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) - Trip Locator ORRQP2 - Continental Confirmation # CKZTR3.</b> <ul style="list-style-type: none"> <li>Be sure to provide your Continental One Pass number to the agent upon check-in.</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>Comply with 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, &amp; Toiletries for One Night</li> <li>You will be given some immigration/customs paperwork to complete on the plane so keep this guidebook handy to refer to for the hotel address. You are a short-term visitor.</li> </ul>

Lose one day as you cross international date line

## Sunday, May 16, 2010 - Arrival in Tokyo

2:20 PM	<b>Continental Flight #7 Arrives in Tokyo (Narita)</b> <ul style="list-style-type: none"> <li>Remember to turn on your JP cell phone when you land in Narita. Proceed as a group to the immigration counter after de-planing.</li> <li>Sarah will meet you in the immigration area and you will then proceed through the immigration lines. Present your passport and the immigration forms you completed on the plane.</li> <li>Proceed to the baggage area and collect your luggage. Ensure you have a change of clothes &amp; toiletries for one night in your carry-on baggage. Do not clear customs until the entire group is ready.</li> <li>If you have a Yakkan Shoumei certificate, proceed through the Red line and be prepared to show the certificate and the medication/medical supplies you are bringing into Japan. If you do not have a Yakkan Shoumei, proceed through the Green line. Sarah will be the last one out after everyone has cleared customs.</li> <li>When you exit the baggage hall, you will be met outside by Prof. Keiko Packard. Stay in a group and do not leave to exchange or withdraw money or go to the bathroom without asking permission first from Keiko Packard.</li> </ul>
~ 3:00 PM	<b>Exchange or Withdraw Money in JPY</b> <ul style="list-style-type: none"> <li>International ATMs and Currency Exchange counters can be found in the arrival hall</li> <li>Most students exchange or withdraw between \$400 - \$500 in cash to use during the orientation and then withdraw additional funds as needed using international ATMs</li> <li>If you have to pay your housing costs up front during the orientation period you may need to exchange the entire amount you will need to pay now.</li> </ul>

# 14 / ARRIVAL IN JAPAN

~ 3:30 PM	<b>Ship Large Luggage via Takyuhaibin (Baggage Delivery Service)</b> <ul style="list-style-type: none"> <li>Estimated cost is about JPY 1,800 per suitcase though cost varies based on the size and weight of your luggage. You will pay in cash but do not need exact change.</li> <li>Baggage will be delivered to the Sanuki Club Hotel on Monday afternoon. See address on bottom of page 13.</li> </ul>	
~ 4:00 PM	<b>Purchase Suica/N'EX Discount 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 the Suica/N'EX</li> <li>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 is JPY 3,500 and you will need to pay in cash and with exact change.</li> </ul>	
~ 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 and you can purchase drinks or snacks in JPY.</li> </ul>	
~ 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 separated from the group and, if you do, call Sarah or Prof. Packard's JP 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. Keep your Suica card handy as you will need to use this after getting off of the Narita Express Train.</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>Silvia Chan - Room #</li> <li>Warren Cheng - Room #</li> <li>Kevin Chu - Room #</li> <li>Matthew Diasio - Room #</li> <li>Heerad Farkhoor - Room #</li> <li>Nabeem Hasehm - Room #</li> <li>Yi-An (Morgan) Lai - Room #</li> <li>Elyse Landry - Room #</li> </ul>	<ul style="list-style-type: none"> <li>Jeffrey Lee - Room #</li> <li>Marcus Najera - Room #</li> <li>Nicholas Riggall - Room #</li> <li>Cody Sewell - Room #</li> <li>Aleksandra Simicevic - Room #</li> <li>Kirby Smithe - Room #</li> <li>Wei-Lin Tan - Room #</li> <li>Norman Wen - Room #</li> <li>Sarah Phillips - Room #</li> </ul>
~ 7:15	<b>Informal Orientation &amp; Optional Walking Tour of Azabujuban Neighborhood</b> <ul style="list-style-type: none"> <li>Meet in Lobby with Keiko Packard for brief overview and orientation to hotel</li> <li>Following this you are free to have dinner on your own or return to your hotel room. Sarah will lead an informal walking tour of the neighborhood. There are a range of dining options including fast-food, konbinis, grocery stores, ramen shops, etc.</li> </ul>	



# ORIENTATION SCHEDULE / 15

<b>Monday, May 17, 2010</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>• Meet Prof. Packard in the lobby and walk together as a group.</li> <li>• Remember to bring your language textbook, workbook, notebook/paper, and pen/pencil. You will not need to bring your laptop with you. If you are a novice/advanced student, remember to bring a printed copy of your JP language essay.</li> <li>• You may wear casual attire with comfortable walking shoes but should still look nice to show respect to your language instructors.</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>• Novice/Intermediate Class</li> <li>• Advanced Class</li> </ul>
12:00 - 12:30 PM	<b>On-Site Orientation - Kikai Shinko Kaikan Classroom</b>
12:30 - 3:00 PM	<b>Outing to Tokyo Tower</b> <b>Website: <a href="http://www.japan-guide.com/e/e3009.html">http://www.japan-guide.com/e/e3009.html</a></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 18, 2010</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b>
	<b>AJALT Japanese Language Classes</b>
8:30 - 8:50 AM	<b>Walk to Language School Classes at Kikai Shinko Kaikan</b> <ul style="list-style-type: none"> <li>• Meet Prof. Packard in lobby of hotel to walk as a group.</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	Introduction to Nanoscience Seminar	
	Prof. Junichiro Kono	
	Topic: TBA	
	<ul style="list-style-type: none"><li>Class will be held in the Sanuki Club Conference Room on the 3rd floor.</li><li>Bring notebook and pen/pencil to class.</li></ul>	
Evening	Free - Dinner on Your Own	
Wednesday, May 19, 2010		
7:30 - 8:30 AM	Breakfast at Sanuki Club Hotel	
9:00 - 12:00 PM	AJALT Japanese Language Classes	
	Language School Classes at Kikai Shinko Kaikan	
12:00 - 12:45	Free - Lunch on Your Own	
2:00 - 5:00 PM	Japanese Culture & Society Seminar, Sanuki Club, Conference Room , 3rd Floor	
	Topic: “Modern & Traditional Japan”	Speaker: Prof. Keiko Packard
	<ul style="list-style-type: none"><li>Read ‘Japan Culture &amp; Society’ page of the NanoJapan Reader in the NanoJapan OwlSpace before coming to this lecture.</li><li>Class will be held in the Sanuki Club Conference Room.</li><li>Bring notebook and pen/pencil to class.</li></ul>	
Evening	Free - Dinner on your Own	
Thursday, May 20, 2010		
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	Free - Lunch on Your Own	
9:00 - 12:00 PM	Japanese Language Classes	
	Language School Classes at Kikai Shinko Kaikan	
12:00 - 1:00 PM	Free - Lunch on Your Own	
2:00 - 4:00 PM	Introduction to Nanoscience Seminar	
	Prof. Junichiro Kono	
	Topic: TBA	
	Guest Speaker: Prof. Maruyama, University of Tokyo Lab Website: <a href="http://www.photon.t.u-tokyo.ac.jp/index.html">http://www.photon.t.u-tokyo.ac.jp/index.html</a>	
	Topic: TBA	
	<ul style="list-style-type: none"><li>Bring notebook and pen/pencil to class.</li></ul>	
5:00 - 6:00 PM	Free - Dinner on Your Own	
6:30 - 9:00 PM	Evening Discussions with Japanese Students, Sanuki Club, Conference Room, 3rd Floor	
	Topic: “Medical System & Health Insurance in the U.S. and Japan”	
	Overview of Topic: Ms. Tomone Watanabe, Senior, Tokyo Medical & Dental University	
	<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 your contact information in Japan with the students you will meet tonight as many of these students may be interested in forming friendships with you.</li><li>Read the “Medical Issues in Japan’ page of the NJ Reader in Wiki before this event.</li></ul>	

# ORIENTATION SCHEDULE / 17

<b>Friday, May 21, 2010</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b>
9:00 - 12:00 PM	<b>AJALT Japanese Language Classes</b>
	<b>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 22, 2010</b>	
Morning	<b>Breakfast at Sanuki Club Hotel &amp; Free</b>
Lunch	<b>Lunch on Your Own</b>
1:15 PM	<b>Meet in Lobby to Travel Together via the Metro to Sumo Tournament</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>
2:00 - 5:00 PM	<b>Outing to Nihon Sumo Kyokai Grand Tournament</b>
	<b>Website: <a href="http://www.sumo.or.jp/eng/">http://www.sumo.or.jp/eng/</a></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>
<b>Sunday, May 23, 2010</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b>
~ 8:30 AM	<b>Optional Outing - Day Trip to Kamakura</b>
	<b>Website: <a href="http://www.japan-guide.com/e/e2166.html">http://www.japan-guide.com/e/e2166.html</a></b> <ul style="list-style-type: none"> <li>Meet in lobby and 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>Japanese students from KIPP will serve as our volunteer guides for this outing.</li> <li>From the Azabujuban station take the Oedo Line to Daimon Station. Walk across the street to the Hamamatsucho JR Station. Take the JR Yamanote Line to Shinagawa.</li> <li>Purchase a Kamakura/Enoshima Pass from a vending machine at the Shinagawa Station for JPY 1,970. From Shinagawa take the JR Tokaido Line train to Kita-Kamakura. See pg 50 for more details on this pass.</li> <li>Recommended 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 about 4:00 for Shinagawa. Return to Azabujuban via JR Yamanote Line and Oedo Metro Line.</li> </ul>
Evening	<b>Free - Dinner on your Own</b>

# 18 / ORIENTATION SCHEDULE

<b>Monday, May 24, 2010</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b>
9:00 - 12:00 PM	<b>AJALT Japanese Language Classes</b>
	<b>Language School Classes at Kikai Shinko Kaikan</b>
12:00 - 1:00 PM	<b>Lunch on Your Own</b>
Afternoon	<b>Free Afternoon - Recommended Mirakan (See Pg. XX for details)</b>
Evening	<b>Free - Dinner on Your Own</b>
<b>Tuesday, May 25, 2010</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b>
9:00 - 12:00 PM	<b>AJALT Japanese Language Classes</b>
	<b>Language School Classes at Kikai Shinko Kaikan</b>
12:00 - 1:00 PM	<b>Lunch on Your Own</b>
2:00 - 4:00 PM	<b>Introduction to Nanoscience Seminar</b>
	<b>Prof. Junichiro Kono</b> <b>Topic: TBA</b>
	<b>Guest Speaker: Prof. Kohei Itoh, Keio University</b> <b>Lab Website: <a href="http://www.appi.keio.ac.jp/ito_group/">http://www.appi.keio.ac.jp/ito_group/</a></b>
	<ul style="list-style-type: none"> <li>Bring notebook and pen/pencil to class.</li> </ul>
Evening	<b>Free - Dinner on your Own</b>
<b>Wednesday, May 26, 2010</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>Free - Lunch on Your Own</b>
2:00 - 5:00 PM	<b>Introduction to Japanese Culture Lecture - Sanuki Club, Conference Room, 3rd Floor</b>
	<b>Speaker: Mr. Ogata      Topic: "Japan: A Country with Good Citizens but Poor Leaders"</b>
	<ul style="list-style-type: none"> <li>Topics include: 1) Japan as a small, deficit country; 2) Japan as a large, surplus country; 3) Japan as a large, surplus country; 4) Immediate difficulties: Economic, Political, and Diplomatic; 4) Medium &amp; Long-term Problems; and 5) Good Soldiers but Poor Commanders</li> <li>Read the "Government in Japan" and "Economy in Japan" pages of the NanoJapan Reader in Wiki prior to this lecture.</li> </ul>
Evening	<b>Free - Dinner on your Own</b>
6:30 - 9:00 PM	<b>Evening Discussions with Japanese Students, Sanuki Club, Conference Room, 3rd Floor</b>
	<b>Topic: "The Educational System of the U.S. &amp; Japan"</b>
	<b>Overview of Topic: Mr. William Coleman, Officer, U.S. Embassy in Tokyo</b>
	<ul style="list-style-type: none"> <li>Read the "Education in Japan" page of the NanoJapan Reader in the Wiki section prior to this event.</li> </ul>

# ORIENTATION SCHEDULE / 19

<b>Thursday, May 27, 2010</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 - 4:00 PM	<b>Introduction to Nanoscience Seminar</b>
	<b>Prof. Junichiro Kono</b> <b>Topic: TBA</b>
	<b>Guest Speaker: Prof. Satoshi Kawata, Osaka University &amp; RIKEN</b> <b>Topic: Nanophotonics</b>
	<b>RIKEN Website: <a href="http://optsun.riken.go.jp/">http://optsun.riken.go.jp/</a></b> <b>Osaka LASIE: <a href="http://lasie.ap.eng.osaka-u.ac.jp/home.html">http://lasie.ap.eng.osaka-u.ac.jp/home.html</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>
Evening	<b>Free - Dinner on your Own</b>
<b>Friday, May 28, 2010</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b>
9:00 - 12:00 PM	<b>AJALT Japanese Language Classes</b>
	<b>Language School Classes at Kikai Shinko Kaikan</b>
12:00 - 12:45 PM	<b>Lunch on Your Own &amp; Change Clothes if Needed</b>
12:55 PM	<b>Meet in Lobby ~ Attire: Business Casual</b>
2:00 - 4:30 PM	<b>Company Visit: Panasonic Center Tokyo</b>
	<b>Website: <a href="http://www.panasonic.net/center/tokyo/">http://www.panasonic.net/center/tokyo/</a></b>
	<ul style="list-style-type: none"> <li>Visit Technology &amp; Solution floor, AVC Network floor, 3D theater, Future Life Wall, and RiSuPa.</li> </ul>
Evening	<b>Free - Dinner on Your Own</b>
<b>Saturday, May 29, 2010</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 (hotel) with onsen</li> <li>You will stay in tatami mat rooms with futon</li> <li>Bus transportation, hotel lodging, and buffet dinner included.</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>



# 20 / ORIENTATION SCHEDULE

<b>Sunday, May 30, 2010</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 - Free - Dinner on Your Own</b>
<b>Monday, May 31, 2019</b>	
7:30 - 8:30 AM	<b>Breakfast at Sanuki Club Hotel</b> <ul style="list-style-type: none"> <li>Wear business casual attire today as we will go straight to Elionix after language class.</li> </ul>
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>
12:45 PM	<b>Meet in Front of Kamiyacho Crossing to take Subway to Onarimon</b>
1:30 - 4:30 PM	<b>Elionix Company Site Visit</b> <b>Attire: Business Casual</b> <b>Website: <a href="http://www.sts-elionix.com/">http://www.sts-elionix.com/</a></b> <ul style="list-style-type: none"> <li>Walk to Metro Station</li> <li>Metro to Shinjuku Station</li> <li>Express Kaiji to Hachioji Station (JR Line)</li> <li>Walk from station to Elionix</li> <li>Elionix Introduction &amp; Overview</li> <li>Elionix Tour</li> <li>Group Photo &amp; Farewells</li> </ul>
Evening	<b>Free - Dinner on your Own</b>
<b>Tuesday, June 1, 2010</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>
6:30 - 9:00 PM	<b>Evening Discussions with Japanese Students, Sanuki Club, Conference Room</b> <b>Topic: "Voting in the U.S &amp; Japan" and "Agriculture in the U.S. &amp; Japan"</b> <b>Overview of Topic: TBA</b> <ul style="list-style-type: none"> <li>Read the "Agriculture in Japan" and review the "Government in Japan" pages, of the NanoJapan Reader in the Wiki section of OwlSpace, prior to this event.</li> </ul>

# ORIENTATION SCHEDULE / 21

<b>Wednesday, June 2, 2010</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>
2:00 - 5:00 PM	<b>Introduction to Japanese Culture Lecture - Sanuki Club, Conference Room, 3rd Floor</b>
	<b>Spaker: Mr. Hirotugu Aida      Topic: "Japanese Politics and Intellectual Trends"</b>
	<ul style="list-style-type: none"> <li>• Bring notebook and pen/pencil to class.</li> <li>• Read the "Japanese Foreign Relations" page of the NanoJapan Reader in Wiki prior to this lecture.</li> </ul>
Evening	<b>Free - Dinner on Your Own</b>
<b>Thursday, June 3, 2010</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>
2:00 - 4:00 PM	<b>Introduction to Nanoscience Seminar</b>
	<b>Prof. Christopher Stanton, Univ. of Florida      Topic: TBA</b>
	<ul style="list-style-type: none"> <li>• Bring notebook and pen/pencil to class.</li> </ul>
Evening	<b>Free - Dinner on your Own</b>
<b>Friday, June 4, 2010</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>
2:00 - 5:00 PM	<b>Introduction to Nanotechnology Seminar - Sanuki Club, Conference Room, 3rd Floor</b>
	<b>Prof. Christopher Stanton, Univ. of Florida      Topic: TBA</b>
	<b>Guest Speaker: Prof. Riichiro Saito, Tohoku University</b>
	<b>Lab Website: <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>
5:30 - 7:00 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 be purchased or consumed by NanoJapan students during the official closing dinner</li> </ul>
Late Evening	<b>Free</b> <ul style="list-style-type: none"> <li>• You may want to organize an informal karaoke party after the closing dinner with fellow NanoJapan students and some of the Japanese students you have met during the orientation. Ask them for recommendations and suggestions earlier in the week.</li> </ul>

# 22 / RESEARCH INTERNSHIPS

<b>Saturday, June 5, 2010</b>	
Morning	<b>Breakfast at Sanuki Club Hotel</b>
Day/Evening	<b>Free - Enjoy Your Final Day in Tokyo!</b>
<b>Sunday, June 6, 2010</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 Remember to turn in your room keys prior to departure.</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. Students who are in the Tokyo area can also use this service. Cost varies depending on location and size/weight of luggage. 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. Your bags will typically be delivered in 1 - 2 days depending on where you are sending them. so be sure to pack a change of clothes and toiletries for at least one night in your back-pack or smaller, carry-on bag.</li> <li>• You will likely need to pay for your research internship housing in full and in cash upon arrival, so be sure you have the appropriate amount of JPY available before you leave Tokyo. Remember the daily withdrawal limits on most ATMs may limit the amount of cash you can withdraw from an ATM within one day.</li> </ul>
<b>Monday, June 7 - Thursday July 8, 2009</b>	
<b>Research Internships at Host University/Laboratory</b>	
	<ul style="list-style-type: none"> <li>• Get detailed directions for how to commute to your lab and allow plenty of time. You do not want to be late on your first day.</li> <li>• Practice introducing yourself in Japanese and be prepared to do this in front of the entire group during a group meeting.</li> <li>• Don't forget to bring a gift for your research professor, for the lab secretary/ies, and a group gift such as a box of candy or treats for your research lab. Ideally this should be a gift from your home-town or home-state.</li> </ul>

# MID-PROGRAM MEETING / 23

<b>Friday, July 9, 2010</b>	
Morning	<b>Travel to Kyoto</b> <b>JapanGuide.com 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 Access &amp; Orientation Guide:</b> <a href="http://www.japan-guide.com/e/e2363.html">http://www.japan-guide.com/e/e2363.html</a> <b>Kyoto City Travel Guide:</b> <a href="http://www.kyoto.travel/">http://www.kyoto.travel/</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>
3:00 PM	<b>Iroha Ryokan (Japanese Inn)</b> <b>Address: 84 Sanjo-ohashi Higashi Iru, Higashiyama-ku, Kyoto, Japan 605-0009</b> <b>Website:</b> <a href="https://www.hotel-iroha.co.jp/english/index.html">https://www.hotel-iroha.co.jp/english/index.html</a> <ul style="list-style-type: none"> <li>If arriving early, store luggage in luggage lockers at Kyoto Station or at front desk.</li> <li>You will stay in a shared, Japanese-style room with other students (separated by gender) with tatami mats and futon.</li> <li>After checking in you may sight-see on your own in Kyoto.</li> <li>There is a 1:00 AM curfew. If you do not return by this time you will not be able to get into your room.</li> </ul>
3:30 - 5:00 PM	<b>NanoJapan Mid-Program Meeting at Iroha Ryokan</b> <ul style="list-style-type: none"> <li>Led by Dr. Cheryl Matherly &amp; Prof. Keiko Packard</li> <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>
5:30 - 7:30	<b>All You Can Eat Shabu Shabu Dinner ~ JPY 3,000 per person (includes drinks)</b>
<b>Saturday, July 10, 2010</b>	
8:00 AM	<b>Breakfast at Kyoto Ryokan/Hotel</b>
8:55 AM	<b>Meet in Lobby to Travel to IOR via Taxi (Share cabs with other students &amp; split cost)</b>
9:15 - 1:40 PM	<b>IORI Traditional Japanese Culture Workshop</b> <b>Address: Iori Co. Sujiya-cho 144-6, Takatsuji-agaru, Tominokoji-dori, Shimogyo-ku, Kyoto 600-8061 JAPAN</b> <b>Phone: (075)352-0211      Website: <a href="http://www.kyoto-machiya.com/eng/origin.html">http://www.kyoto-machiya.com/eng/origin.html</a></b> <ul style="list-style-type: none"> <li>9:20 - 9:40: Introduction to IORI &amp; Origins Art Program</li> <li>9:40 - 11:00: Calligraphy workshop</li> <li>11:00 - 11:20: Break with cold drinks &amp; snacks provided</li> <li>11:20 - 12:40: Aikido (Japanese martial arts) workshop</li> <li>12:40 - 1:40: Lunch - Japanese bento box provided</li> </ul>
Afternoon/Evening	<b>Free Sight-seeing in Kyoto</b> <ul style="list-style-type: none"> <li>See the Kyoto Travel Websites for recommended walking itineraries</li> <li>Consider purchasing one of the special 1-day or 2-day subway or bus passes to save money on travel in and around Kyoto. See <a href="http://www.japan-guide.com/e/e2363.html">http://www.japan-guide.com/e/e2363.html</a> for details.</li> <li>Don't forget there is a 1:00 AM curfew at the ryokan.</li> </ul>

# 24 / RETURN TO TOKYO

<b>Sunday, July 11, 2010</b>	
8:00 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 12 - Monday, August 2, 2010</b>	
<b>Research Internships at Host University/Laboratory</b>	
<b>Tuesday, August 3, 2010</b>	
Morning	<b>Check-out of Housing &amp; Travel to Tokyo</b> <ul style="list-style-type: none"> <li>• You will arrange and pay for your own travel back to Tokyo using your stipend funds. Consider the 'Seishun 18 Kippu'. See page 51.</li> <li>• Housing has been requested at your research internship site through the night of August 2. Most students will check out of their housing the morning of August 3 and then travel to Tokyo.</li> <li>• You must stay at your research lab through the night of Friday, July 30, but with the approval of your research host professor and Prof. Kono, you can check-out early on Saturday, July 31 and spend your last weekend traveling in Japan. This is an excellent time to plan a group hike of Mt. Fuji with your fellow NJ students or visit other cities in Japan that you haven't yet gotten to see.</li> <li>• Coordinate any early check-out with your lab secretary and housing/dorm manager.</li> <li>• If using Takuhaibin (Baggage Delivery), ship your luggage directly to Narita Airport so that you aren't bogged down with a lot of luggage your last weekend in Japan. Indicate your departing flight information including date, time, flight number and airline. You will be departing from Terminal 1: South Wing.</li> </ul>
By 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. Estimated 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 and check out on the morning of August 4 if you prefer.</li> <li>• If you do not want to stay at the Sanuki Club, let us know by July 20 so we can cancel your reservation.</li> </ul>
1:00 - 4:00 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>• Your assessment will take about 30 minutes and be held at the main AJALT building. Detailed instructions on arrival and the time of your assessment will be provided to you in July. You should plan to arrive by 1:00 PM 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 4, 2010	
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. You will be responsible for paying your room and breakfast charges individually and the estimated cost for one night's lodging is about JPY 5,850.</li> </ul>
By 1:30 PM	<b>Travel to Tokyo Narita Airport</b> <b>Getting To/From Narita Airport: <a href="http://www.japan-guide.com/e/e2027.html">http://www.japan-guide.com/e/e2027.html</a></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. 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>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</b> <ul style="list-style-type: none"> <li>Gain one day as you cross the international date line</li> </ul>
1:55 PM	<b>Arrival at Bush Intercontinental Airport (IAH)</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 Wiess College (Student Dormitory)</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>Furnished room but bedding, pillows, and towels are not provided. Pack accordingly.</li> </ul>
Day/Evening	<b>Free - Have Dinner on Your Own - Recommendations Will Be Provided</b>

# 26 / RE-ENTRY PROGRAM

Thursday, August 5, 2010

9:00 - 10:00 AM	<b>Continental Breakfast Provided in Lobby of Abercrombie Lab (Bldg 1).</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 2011 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 PPT 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 set up 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>

# RQI SYMPOSIUM / 27

Friday, August 6, 2010	
Morning	<b>Check-Out of Dorm</b> <ul style="list-style-type: none"> <li>Details will be provided on Thursday</li> <li>Attire should be professional/business casual today as you will be presenting your poster.</li> <li>The RQI Symposium is separate from NanoJapan and the schedule is subject to change. Any updates will be forwarded to you over the summer as needed.</li> </ul>
9:00 - 11:00 AM	<b>Continental Breakfast Served in Lobby of Abercrombie Lab (Bldg. 1)</b> <ul style="list-style-type: none"> <li>Bring luggage with you and store in Prof. Kono and Sarah's office.</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 Departures</b>
5:00 - 6:00 PM	<b>RQI BBQ - Details to Be Announced</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>
Bush Intercontinental Airport (IAH)	Houston Hobby Airport (HOU)
<ul style="list-style-type: none"> <li>Silvia Chan - CO #1676 at 3:55 PM</li> <li>Warren Cheng - Delta #5690 at 5:45 PM</li> <li>Heerad Farkhoor - CO #489 at 8:55 PM</li> </ul>	<ul style="list-style-type: none"> <li>Norman Wen - #1043 at 3:55 PM</li> </ul>



## Narita Express (N'EX) & 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 N'EX 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.

We STRONGLY recommend you use this service to send your large suitcase/s from the airport to the hotel; or when you leave Japan from your research lab to the airport. Otherwise you will have to carry your bags up and down numerous flights of stairs when traveling via the metro. You can also use this service to ship your luggage from the Sanuki Club to your research host housing or laboratory at the end of the orientation. 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 Hiragana & Katakana 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.

# 30 / EVENT OVERVIEWS



## Tokyo Tower

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

Monday, May 17, 2010

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 - "Modern & Traditional Japan"

Prof. Keiko Packard

Wednesday, May 19, 2010

Lecture Overview: Is there tension between tradition and modernity in Japan? Non-Japanese people often consider that old and new must be in conflict. If this is so, then why are there so many examples in Japan mixing old and new? Through a brief review of a few examples of foods, sports, architecture, etc., we can see old and new peacefully co-existing in Japanese culture. Why?

Bio: Prof. Packard is a cross-cultural educational specialist who organizes and leads programs for international students in Japan to understand Japanese culture; working with Japanese students to prepare them for international travel and study; representing overseas universities in Japan. She is well connected in Japanese and international cultural and educational organizations and was born and raised in Tokyo. She did her graduate study in Hong Kong and lived there for 11 years. She has traveled widely in Europe, North America and Asia and has studied a variety of Japanese traditional arts, including calligraphy, tea ceremony, and musical instruments. Her diverse career experience includes roles as business consultant, cultural instructor, author of books in English and Japanese, art coordinator, chairperson of a 25-year old international voluntary organization, co-chairperson of Associate Liaison Committee of Foreign Correspondents' Club of Japan, a member of Program Committee of America-Japan Society and university lecturer. She has also organized a Non Profit Organization, called KIP, mainly for Japanese students to discuss contemporary social issues.





## KIP: Evening Discussions with Japanese Students

Thursday, May 20, 2010 - Topic: The Medical System & Health Insurance in Japan & the U.S.

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 from a range of academic fields. 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 Medical System and Health Insurance in Japan & the U.S. with an overview of this issue being given by one of the KIPP Japanese students. In preparation for this talk review the 'Health Issues in Japan' page of the NanoJapan Reader in the Wiki section of our OwlSpace site. Be prepared to discuss your own experiences in the US or your home country and some of the key issues surrounding the current health care debate in the U.S.



## Nihon Sumo Kyokai Grand Tournament

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

Saturday, May 22, 2010

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>

Sunday, May 23, 2010

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.



## Free Afternoon Recommended Activity

### Miraikan: National Museum of Science & Innovation

Website: <http://www.miraikan.jst.go.jp/en/>

Monday, May 24, 2010

The National Museum of Emerging Science and Innovation (Miraikan) is a new type of science museum that links people directly with the new wisdom of the 21st century. At the heart of Miraikan's activities is the cutting-edge science and technology. This is the "state-of-the-art knowledge and innovation" which Miraikan aims to share with the whole society as part of enriched human culture. Located in Odaiba, this museum is hugely interactive this is not your typical science museum - NanoJapan 2009 students visited Miraikan during a free afternoon in Tokyo and many of them loved it so much they planned to go back a second time. From nanotechnology, to ecology, to biomedical engineering and biotechnology anyone interested in science and engineering will find plenty to see and do at Miraikan.

## Japanese Society & Culture Seminar - Mr. Ogata

### "Japan - A Country with Good Citizens but Poor Leaders"

Wednesday, May 26, 2010

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.



## KIP: Evening Discussions with Japanese Students

Wednesday, May 26, 2010 - Topic: Education in the U.S. & Japan

Guest: Mr. William Coleman, Officer, U.S. Embassy in Tokyo

The topic for tonight's discussion will be Education in Japan and the U.S. A representative from the U.S. Embassy will provide an overview and join us for this discussion. For background and context please read the Education in Japan page of the NanoJapan Reader in the Wiki section of OwlSpace. 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.

# 34 / EVENT OVERVIEWS



## Company Visit - Panasonic Center

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

Friday, May 28, 2010

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.



## Nikko Overnight Trip with Ryokan Stay

Saturday & Sunday, May 29 - 30, 2010

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).

### 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.

## 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.



## 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.



# 36 / EVENT OVERVIEWS



## Company Visit - Elionix

Tuesday, June 1, 2010

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. They have hosted NanoJapan students from company site visits since 2008 and are a close and key partner of the NanoJapan program. You will likely see Elionix systems in use at your Japanese research host university and their system may be in use at your home university in the U.S.



## Evening Discussions with Japanese Students

Tuesday, June 1, 2010 - Topic: Voting and Agriculture in the U.S. & Japan

The topics for tonight's discussion will be Voting in the U.S. & Japan and Agriculture in the U.S. & Japan. For background and context please read the Agriculture in Japan and review the Government in Japan pages of the NanoJapan Reader in the Wiki section of OwlSpace. Be prepared to discuss your own experiences in the U.S. or other countries where you may have gone to school and to ask questions about the Japanese student's thoughts and experiences in Japan.



## KIP: Japanese Society & Culture Seminar - Mr. Hirotugu Aida “Japanese Politics and Intellectual Trends”

Wednesday, June 2, 2010

Hirotugu (Hiro) Aida is currently a senior writer for Japan's KYODO NEWS. He is also an associate researcher at the Center for Interdisciplinary Study of Monotheistic Religions of Doshisha University in Kyoto, while lecturing at Sophia University's undergraduate journalism course and Kansai University as visiting professor at its foreign studies course. He was Kyodo's Washington bureau chief from 2002 to 2005, leading the news agency's coverage of the Iraq War and the 2004 presidential election and bureau correspondent from 88-91, covering such major events as the end of Cold War and the first Gulf War. As Kyodo's Geneva bureau chief (93-97, 99-00), he covered the “Uruguay Round” global trade talks, the launch of the World Trade Organization (WTO) and the U.S.-North Korea nuclear talks. He authored “Tsuiseki Amerika no Shisoka-tachi (In Pursuit of American Thinkers)” (Shincho-sha, 2008), “Senso-wo Hajimerunowa Dareka (Who Starts War?)” (Kodansha, 1994) and has been contributing many articles to such major Japanese magazines as Chuokoron and Foresight. He translated into Japanese Francis Fukuyama's most recent work “America at the Crossroads.” His recent English-language articles include “Black Ship Ghosts” in the 2006 summer issue of The American Interest and “Secretary Powell: An American Samurai?” in the March 2003 issue of Foreign Service Journal.



## NanoJapan Closing Dinner

Friday, June 4, 2010

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,

# 38 / EVENT OVERVIEWS

## NanoJapan Mid-Program Meeting in Kyoto

Friday, July 9, 2010

On Friday afternoon all students must convene at the ryokan for our Mid-Program Meeting. This session will be moderated by Dr. Cheryl Matherly and will provide an opportunity for you to discuss your NanoJapan and research internship experience to date in a group setting. Come prepared to talk about the things that have gone well and the challenges you have faced. In the group, or if needed a one-on-onen session we will work together to provide recommendations on strategies you can implement to address these challenges and methods to make the most of the rest of your summer in Japan.



## Shabu-Shabu (syabu-syabu)

Per Person Cost: JPY 3,000

After the Mid-Program Meeting concludes the NanoJapan group will go out together to a Shabu Shabu restaurant for dinner. This is an all-you-can-eat restaurant and the cost includes drinks and tax. You will be expected to use your stipend funds to pay individually for this meal and should be prepared to give Keiko Packard JPY 30,000 before leaving the hotel for the restaurant (exact amount required, no change available). Shabu-shabu (also spelled syabu-syabu) is a Japanese variant of hot pot. The dish is related to sukiyaki in style, where both use thinly sliced meat and vegetables, and usually served with dipping sauces, but it is considered to be more savory and less sweet than sukiyaki. It is considered a winter dish but is eaten year-round. After the



## IORI Origin Arts Program

Saturday, July 10, 2010

Website: <http://www.kyoto-machiya.com/eng/origin.html>

With a history going back to 1976, the IORI Origin Program offers an unparalleled experience of traditional Japanese arts, taught in such a way that participants can appreciate the spiritual wisdom underlying the arts. Through hands-on practice of a selection of core arts in succession, guests are able to look past the differences of each art form and understand the principles essential to them all. Our arts programs have been developed and honed over thirty years, working closely with leading masters to provide the richest possible experiences for our guests. The half-day IORI Origin Arts program will be included as part of the NanoJapan 2010 Mid-Program Meeting and will include two traditional arts workshops - calligraphy and waraku martial arts. The workshop will be held at the main IORI machiya (traditional Kyoto guesthouse) and includes an o-bento lunch box.



## Sight-seeing in Kyoto

Saturday Afternoon & Sunday, July 11, 2010

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

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

During the Mid-Program Meeting students will also have free time to sight-see on their own in Kyoto on Saturday afternoon and Sunday. Kyoto was Japan's capital and the emperor's residence from 794 until 1868. It is now the country's seventh largest city with a population of 1.4 million people and a modern face.

Over the centuries, Kyoto was destroyed by many wars and fires, but due to its historic value, the city was dropped from the list of target cities for the atomic bomb and spared from air raids during World War II. Countless temples, shrines and other historically priceless structures survive in the city today.

# 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 3, 2010. 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 4 individually using your NanoJapan stipend at an estimated cost of JPY 5,850. If you DO NOT want to stay at the Sanuki Club that night, you must notify NanoJapan by July 20 so that we can cancel the reservation on your behalf.



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. Sarah Phillips and Prof. Chris Stanton will also stay at the hotel during their time in Tokyo. 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 including other NanoJapan students. You must meet with them in the lobby or outside the hotel.

### Use of Wireless Internet/Computers

- There are two computers in the lobby that guests may use free of charge. Please be respectful of other guests and limit your use of these computers to no more than 30 minutes at a time. You can print from these computers for a small fee and should ask the front desk to assist you with printing.
- The Sanuki Club also provides free wireless internet in the lobby and on the patio for guest use. This service is provided as a courtesy to guests and they have asked that our students abide by the following restrictions due to their limited bandwidth.
- Under no circumstances can you use video-enabled chat/telephone programs or webcams on the Sanuki Club wireless internet. You must go to a nearby internet cafe if you wish to use these programs.
- Under no circumstances can you play MMO games on the Sanuki Club wireless internet. You must go to a nearby internet cafe if you wish to use these programs.
- No more than three NanoJapan students at any one time should use Skype or other telephone programs to speak with their family/friends. If there are already three students in the lobby using Skype, you must wait until one gets off the phone or go to a nearby internet cafe to use this program.
- Whenever possible please limit your use of Sanuki Club wireless internet to e-mail, text-based chat, and web-browsing. Your observance of these restrictions will help ensure that the wireless internet remains working and available for all NanoJapan students and other hotel guests.

### Bathrooms/Shower and Yukata

- Single-Occupancy rooms do not have their own bathroom. You will use the shared bathroom/shower facilities. A yukata (Japanese-style robe) is provided by the hotel and should be worn when walking to/from the bathroom and shower. This yukata must be left in your room when you check-out.
- 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

AKIRA HASEGAWA 長谷川 章  
Click here to see the Arts in Tokyo Sanuki Club. Please enjoy an elegance world from the artist.

Syouji Ikehara 池原 昭治  
It is a hotel in Takamatsu-shi, Kagawa.

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



Outside of Sanuki Club Hotel



Entrance Gate to Sanuki Club





# Konbini & Vegetarian Dining / 43

## Eating at the Konbini - 7-11 and a 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



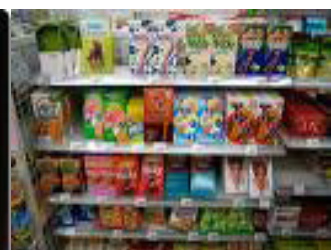
Konbini Drinks



Prepared Food



Bento Box from Konbini or Grocery Store



Konbini Treats/Snacks

# 44 / Popular Dishes in Japan

Japanese dishes

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Home - Food

## Popular Dishes

Japanese cuisine offers a great variety of dishes and regional specialties. Some of the most popular Japanese and Japanized dishes are listed below.

We have categorized them into [rice dishes](#), [seafood dishes](#), [noodle dishes](#), [soba dishes](#), [soya bean dishes](#), [yoshoku dishes](#) and [other dishes](#). Please note that some dishes may fit into multiple categories, but are listed only once.

### Rice Dishes

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



#### Rice Bowl

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



#### Sushi

Sushi can be defined as a dish which contains sushi rice, cooked rice that is prepared with sushi vinegar. There are various kinds of sushi dishes.



#### Domburi

A bowl of cooked rice with some other food put on top of the rice. Some of the most popular toppings are [tempura](#) (tempdon), egg and chicken (oyakodon), tonkatsu (katsudon) and beef ([gyudon](#)).



#### Onigiri

Onigiri are rice balls made of cooked rice and usually wrapped in [nori seaweed](#). They are slightly salted and often contain some additional food in the center, for example an [umeboshi](#) (pickled Japanese plum), katsubushi (dried bonito shavings), tuna or salmon. Rice balls are a popular and inexpensive snack available at [convenience stores](#).



#### Kare Raisu

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



#### Fried Rice

Fried rice or chahan has been originally introduced from China. A variety of additional ingredients such as peas, egg, negi (Japanese leek) and small pieces of carrot and pork are mixed into the rice when stir fried. It is a suitable dish for using left over rice.



#### Chazuke

Chazuke is a bowl of cooked rice with [green tea](#) and other ingredients, for example, salmon or tarako (cod roe) added to it. It is a suitable dish for using left over rice.



#### Kaju

Kaju is rice gruel, watery, soft cooked rice that resembles oatmeal. It is a suitable dish for using left over rice and is often served to sick people because it can be digested easily.



### Seafood Dishes

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



#### Sashimi

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

<http://www.japan-guide.com/e/e2035.html>

5/13/2010 9:55 AM

2 of 4  
Japanese dishes



#### Tonkatsu

Tonkatsu are deep fried pork cutlets. Tonkatsu is usually served with shredded cabbage or on top of cooked rice ([katsudon](#)) or with Japanese style curry rice (katsu kare).



#### Nikujaga

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

### Soya Bean Dishes

Tofu, natto, miso and many other important ingredients of Japanese cooking are made of [soya beans](#). The following are some of the most popular soya bean based dishes:



#### Yudofu

Yudofu are tofu pieces boiled in a clear, mild soup and dipped into a soya based sauce before being eaten.



#### Agedashi Tofu

Agedashi Tofu are deep fried tofu pieces that are dipped into a soya based sauce before being eaten.



#### Miso Soup

A bowl of miso soup often accompanies breakfast, lunch and dinner. It is made by dissolving [miso](#) paste in hot water and adding additional ingredients such as [wakame seaweed](#) and small pieces of tofu.

### Yoshoku Dishes

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



#### Korokke

Korokke has its origins in the croquettes which were introduced to Japan in the 19th century. Korokke are breaded and deep fried, and come in many varieties depending on the filling. The most common filling is a mix of minced meat and mashed potatoes.



#### Omuraisu

Omuraisu (abbreviation for omelet rice) is cooked rice, wrapped in a thin omelet, and usually served with a gravy sauce or tomato ketchup.



#### Hayashi Raisu

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



#### Hamubagu

Hamubagu is a Japanese style hamburger steak. It is typically served on a plate and usually with a demi-glace sauce, but without a bun.



### Other Dishes



#### Tempura

Tempura is seafood, [vegetables](#), [mushrooms](#) and other pieces of food coated with tempura batter and deep fried. Tempura was introduced to Japan by the Portuguese in the 16th century, but has become one of Japan's most famous dishes internationally.



#### Okonomiyaki

Okonomiyaki is a mix between pizza and pancake. Various ingredients such as [seafood](#), [vegetables](#) and meat can be mixed with the dough and placed on the okonomiyaki as topping.



#### Monjayaki

Monjayaki is a [Kanto](#) [nagayo](#) specialty that is similar to Okonomiyaki, however, the dough used is much more liquid than the okonomiyaki dough.

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#### Yakizakana

Yakizakana means grilled fish. Many varieties of fish are enjoyed in this way.

### Noodle Dishes

There are various traditional Japanese noodle dishes as well as some dishes which were introduced to Japan and subsequently Japanized. Many of them enjoy a very high popularity.



#### Soba

Soba noodles are native Japanese noodles made of buckwheat flour or a mixture of buckwheat and wheat flour. Soba are about as thick as spaghetti. They can be served cold or hot and with various toppings.



#### Udon

Udon noodles are native Japanese noodles made of wheat flour. Udon are thicker than soba and can also be served either hot or cold and with various toppings.



#### Ramen

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



#### Somen

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



#### Yakisoba

Yakisoba are fried or deep fried Chinese style noodles served with [vegetables](#), meat and ginger.

### Nabe Dishes

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



#### Odon

A nabe dish prepared with various fish cakes, daikon, boiled eggs, konyaku and [kombu seaweed](#), boiled over many hours in a [soya sauce](#) based soup.



#### Sukiyaki

A nabe dish prepared with thinly sliced meat, [vegetables](#), [mushrooms](#), [tofu](#) and shirataki (konyaku noodles). The pieces of food are dipped into a raw egg before eaten.



#### Shabu-Shabu

Shabu-shabu is Japanese style meat fondue. Thinly sliced meat, along with [vegetables](#), [mushrooms](#) and [tofu](#) is dipped into a hot soup and then into ponzu vinegar or a sesame sauce before being eaten.



#### Chanko Nabe

Chanko nabe is traditionally the staple diet of [sumo wrestlers](#). There are many varieties of chanko nabe. A few chanko nabe [restaurants](#) can be found around [Ryogoku](#), the sumo district in [Tokyo](#).

### Meat Dishes

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



#### Yakitori

Yakitori are grilled chicken pieces on skewers. Most parts of the chicken can be used for yakitori.



#### Gyoza

Gyoza are dumplings with a filling usually made of minced [vegetables](#) and ground meat. Gyoza were introduced to Japan from China. In Japan gyoza are usually prepared by frying them.



#### Chawanmushi

Chawanmushi is savory steamed egg custard that usually contains pieces of chicken, shrimp, fish cake and a ginko nut mixed inside.



#### Tsukemono

Tsukemono are Japanese pickles. There are many variety of pickles, and a small dish of tsukemono is usually served with Japanese meals.

### Japan Guide Community

#### User Feedback

We strive to keep japan-guide.com up-to-date and accurate, and are always looking for ways to improve the user experience. If you have any updates, suggestions, corrections or opinions, please let us know:

Japanese dishes

1 of 4

5/13/2010 9:55 AM

<http://www.japan-guide.com/e/e2035.html>

## International ATMs in Japan



7-11: All 7-11 stores in Japan have international ATMs and many are open 24 hours, including one within walking distance of the Sanuki Club. 7-11 ATMs ONLY accept cards with a Visa, Plus, American Express, JCB, Union Pay, Discover or Diner's Club logo. If your card has a MasterCard or Cirrus logo you will not be able to use a 7-11 ATM.



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

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



## Use of Cash

Japan is a cash-based society and you will use cash for almost all of your daily purchases. High-end restaurants, large department stores, electronics stores, and hotels will take credit cards but for daily purchases cash is king. When you arrive in 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, 9:00 to 3:00 PM and most are closed on Saturday and Sunday. If you need to exchange traveler's checks, you will likely have to visit a bank during regular operating hours Monday through Friday. There are very few international banks in Japan - almost all are domestic bank branches. However, listed below are a few of the major international banks and the website where you can find their nearest branch.

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

## Receiving Money in Japan Via International Postal Money Order



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

# 46 / Helpful Subway Directions

## From Azabu-Juban to Tokyo

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

## From Azabu-Juban to Shinjuku

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

## From Azabu-Juban to Shibuya

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

## From Azabu-Juban to Harajuku

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

## From Azabu-Juban to Asakusa

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

## From Azabu-Juban to Akihabara

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

## From Azabu-Juban to Ginza

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

## From Sanuki Club to Shinagawa

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

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



# Directions to/from Tokyo / 47

## From Narita Airport to Azabu-Juban

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 Azabu-Juban 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 Azabu-Juban 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 Azabu-Juban 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

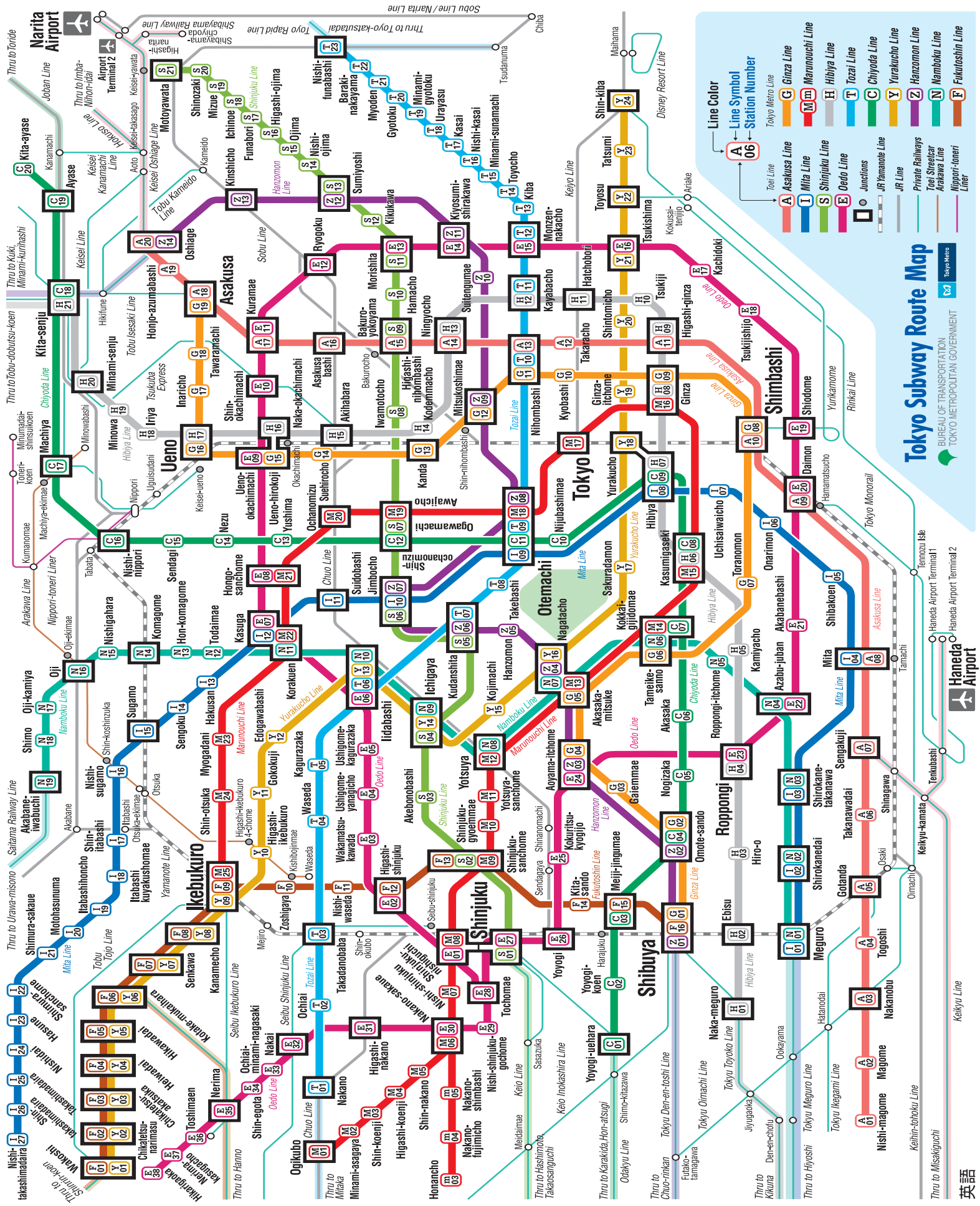
1. Japan has an extensive highway bus system and this is a very economical way to travel to/from Tokyo if you have the time to spare. Buses depart during the day and at night and an overnight bus can be take the place of a hotel room for that night as they are equipped with comfortable reclining seats.
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



## Special Offers

JR EAST PASS

Seat Reservation online

Suica & N'EX

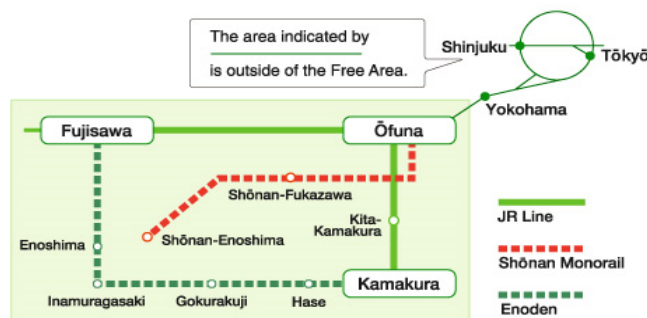
## Special Tickets

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

Purchase your Japan Rail Pass Before Leaving the U.S. - Or have your parent/guardian purchase it for you later this summer and then mail the exchange order to you in Japan.

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 in Japan

## 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 Alumni 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.



## Observe First

Cultural norms regarding 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, you are a foreigner 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.

## Etiquette in Japan

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

See the JapanGuide.com website for a wide range of recommendations and tips on etiquette in Japan.

# 56 / To Elionix from Hachioji

Direction to Elionix from JR Hachioji Station





# To Elionix from Hachioji / 57

Image.1.



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

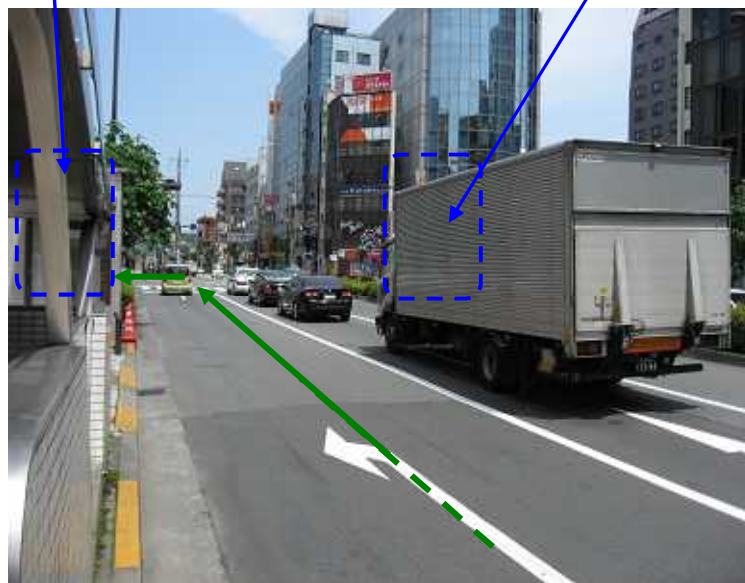


Do not go into downstairs. Keep walking on 2<sup>nd</sup> floor.



# 58 / To Elionix from Hachiouji

Image.2.





# To Elionix from Hachioji / 59

Image.3.



Image.5.



Cross the street and turn left

Image.4.



Keep going straight

Image.6.



# 60 / 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 Hamarikyū 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.

## 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 Tsukijishij 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".

## Hotel Iroha Ryokan

84 Sanjo-ohashi Higashi Iru, Higashiyama-ku, Kyoto, Japan (605-0009)

TEL: +81-75-561-8011 FAX: +81-75-771-9181

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

One Minute Walk from Sanjo-Keihan Subway Station

Google maps Hotel Iroha Ryokan, Kyōto, Japan



A. **Hotel Iroha Ryokan**

Japan, 京都 84 Sanjo-Ohashi,  
Higashi-Iru ☎ 075-771-9181  
9 reviews

B. **Gion Fukuzumi Ryokan**

Shinbashi-Nishihairu Higashioji,  
Higashiyama-ku, Kyoto, Kyoto Prefecture,  
Japan ☎ 075-541-5181  
5 reviews

C. **プチホテル京都**

日本, 京都府 京都市上京区元伊佐町  
281 ☎ 075-431-5136  
16 reviews

D. **Iroha Sushi of Tokyo**

12953 Ventura Boulevard, Studio City, CA -  
(818) 990-9559  
60 reviews

E. **Ryokan Nihonkan**

696-1 Higashishiokoji-cho, Shimogyo-ku,  
Kyoto, Kyoto Prefecture,  
Japan ☎ 075-371-3124  
37 reviews

F. **建仁寺**

日本, 京都府京都市東山区大和路通四条下る  
四丁目小松町584 ☎ 075-561-6363  
5 reviews

G. **(株)ジェイティービー サンライズセンター**

日本, 東京都品川区東品川2丁目  
3-11 ☎ 03-5796-5454  
1 review

H. **通し矢・柳の御加持**

日本, 京都府京都市東山区三十三間堂廻り  
657 ☎ 075-561-0467  
2 reviews

I. **明智平**

日本, 栃木県日光市細尾町 ☎ 0288-53-3795

J. **中宮寺**

日本, 奈良県生駒郡斑鳩町法隆寺北1丁目  
1-2 ☎ 0745-75-2106  
3 reviews





# 64/ IORI Origin Arts Program

IORI Suijiya-Cho

Address: 144-6, Takatsuji-agaru, Tominokoji-dori, Shimogyo-ku, Kyoto

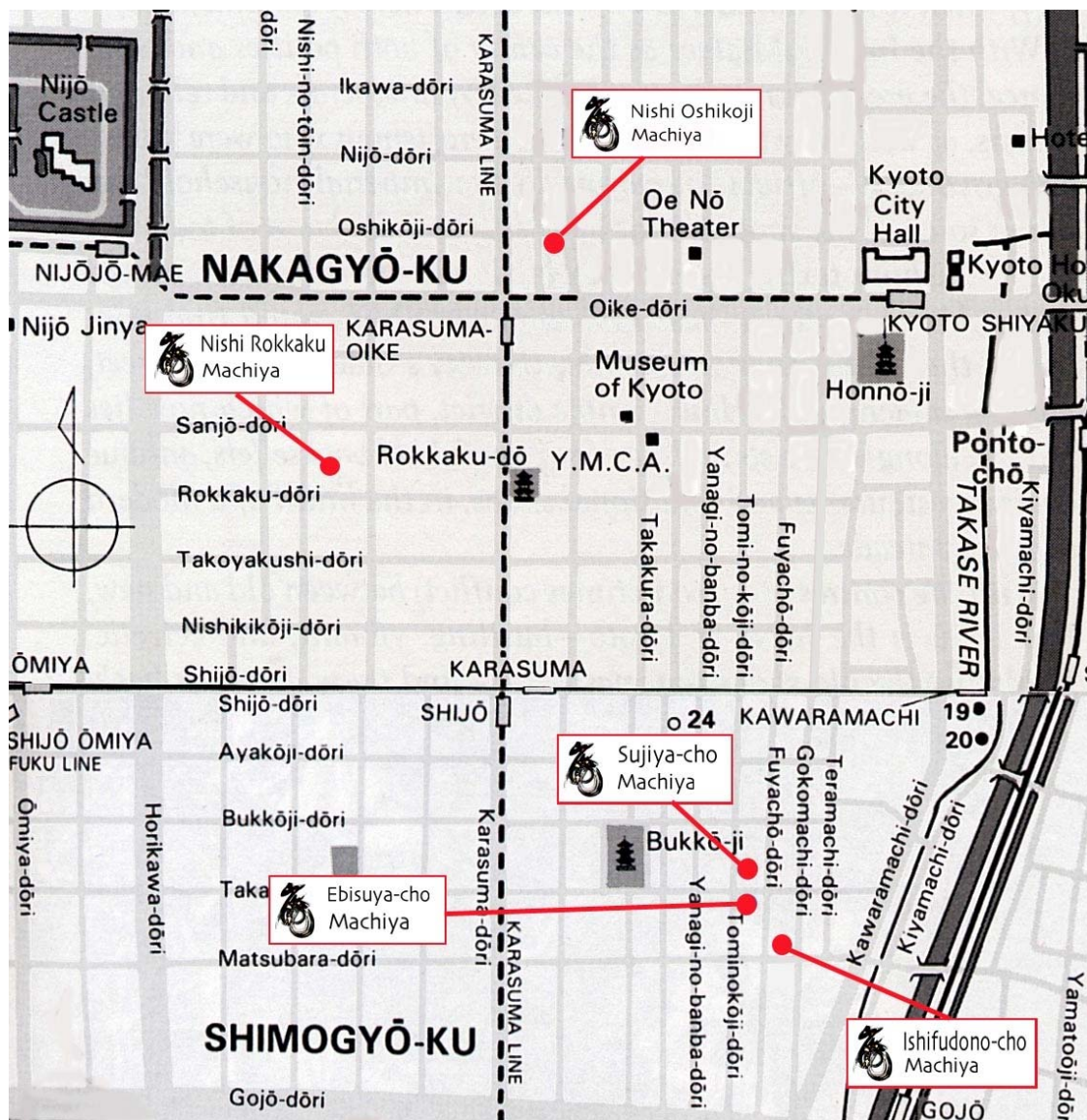
600-8061 JAPAN

Phone: (075)352-0211

Website: <http://www.kyoto-machiya.com/eng/origin.html>

**IORI Map: For Check-in Go to Sujiya-cho (Main Office)**

**Phone: 075-352-0211**



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



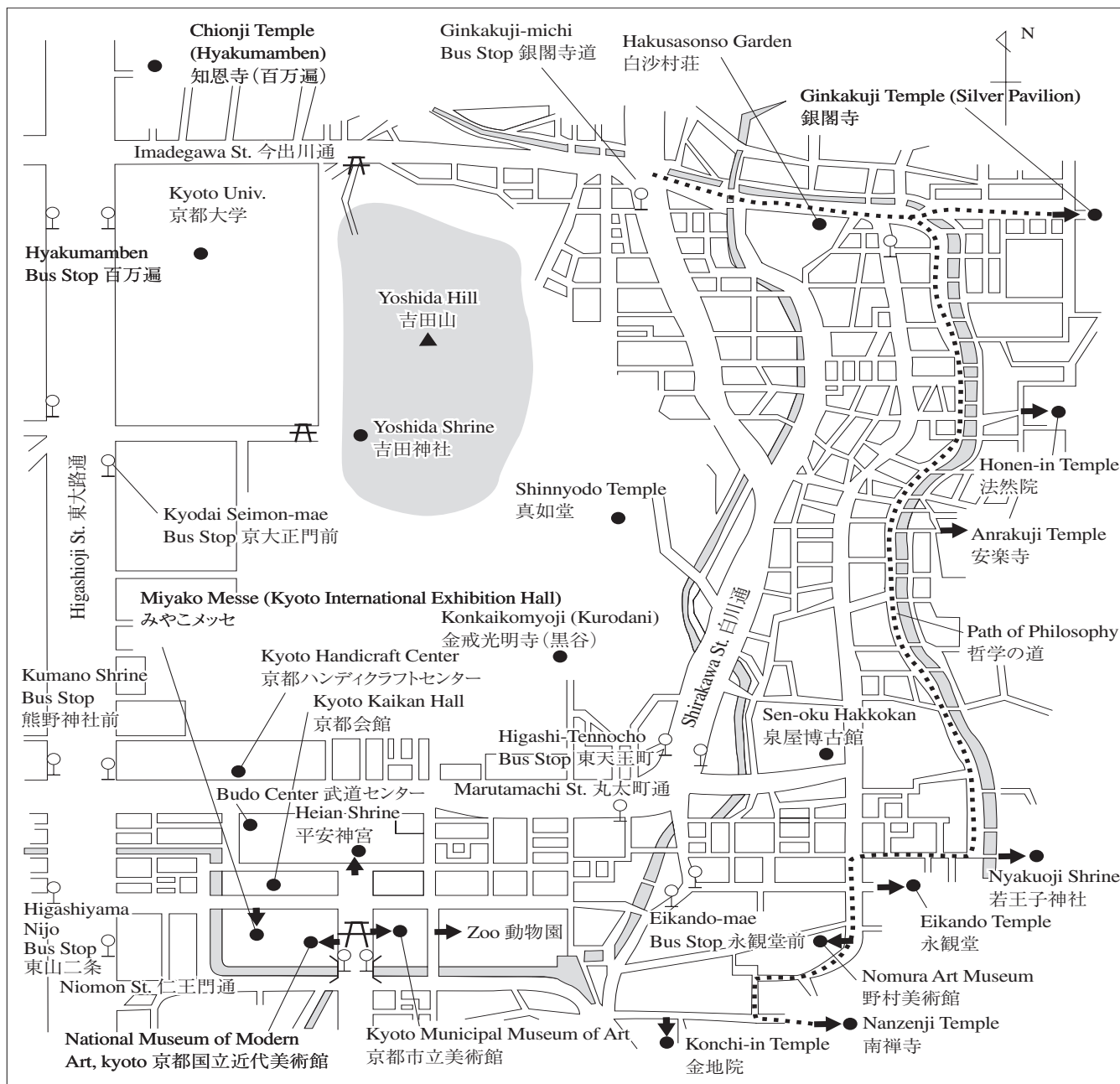
"YOKOSO" means "welcome"

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."



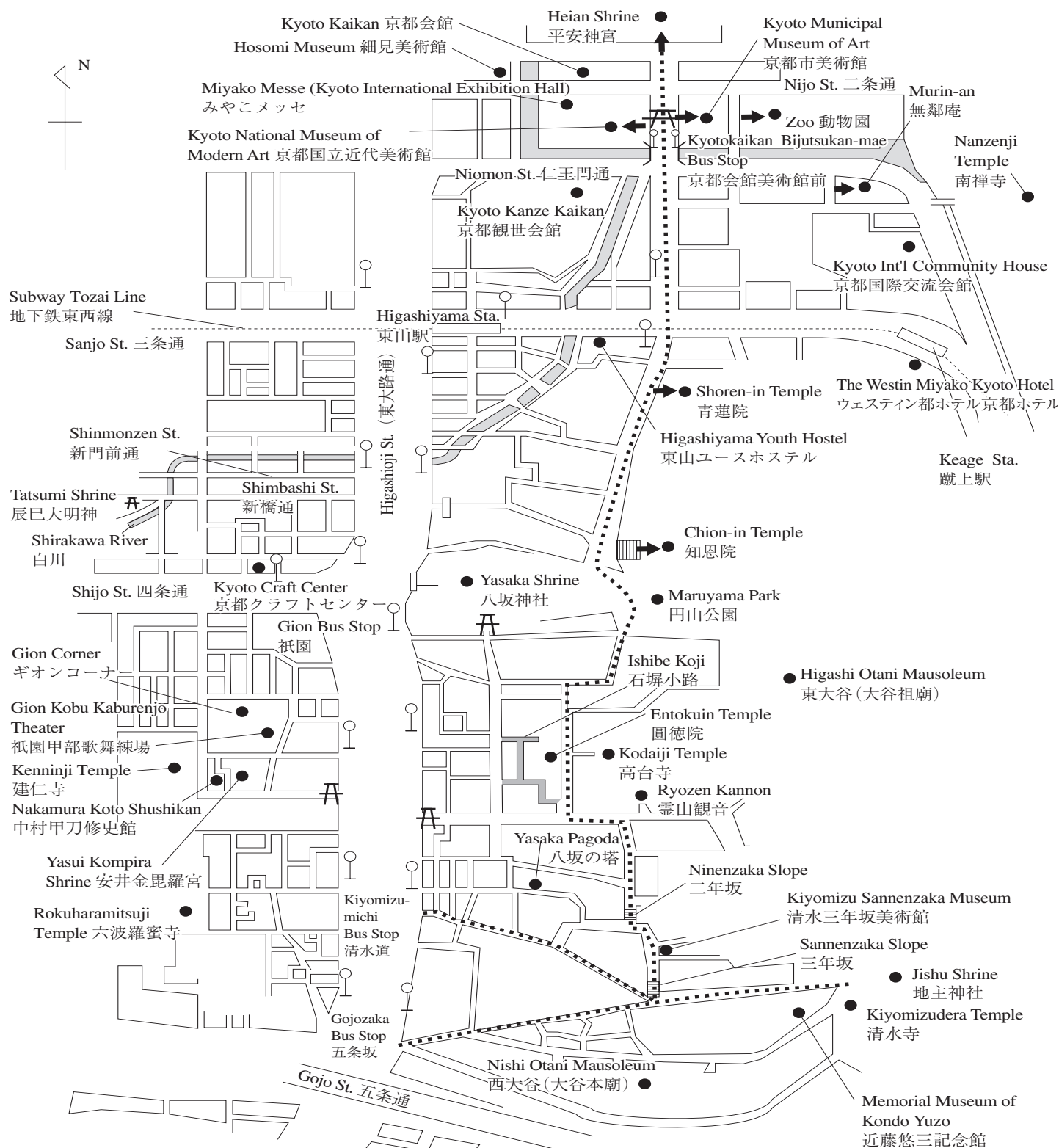
# 66 / Kyoto Walks

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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.

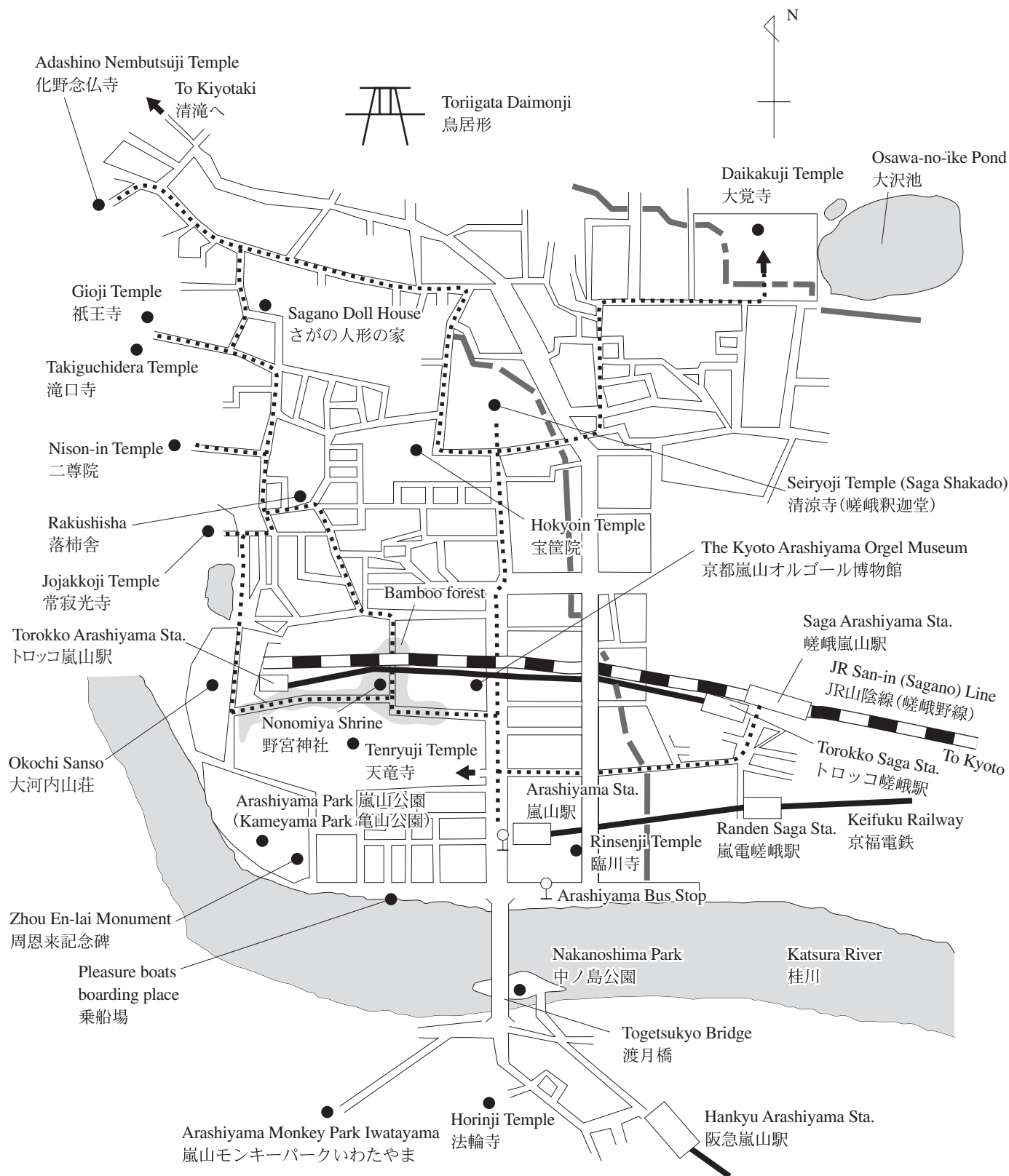




## ARASHIYAMA AREA (Western area/Tenryuji Temple to the Sagano Area)

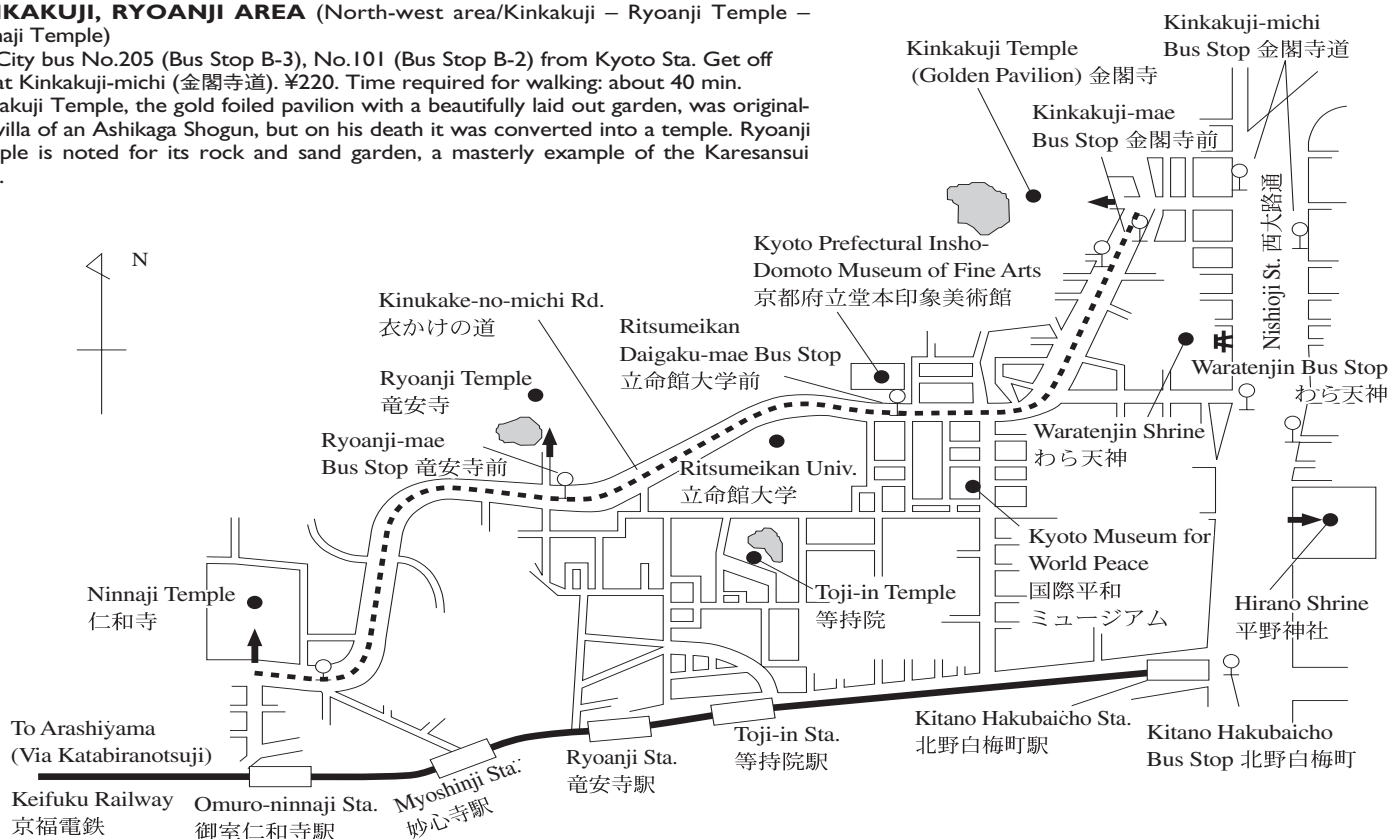
Kyoto Bus (京都バス) No.71, 72 or 73 (Bus Stop C-6) from Kyoto Sta., or Kyoto Bus No.61, 62, or 63 (Bus Stop ⑭) from Sanjo Keihan Sta. Get off at Arashiyama (嵐山). ¥240. JR train from Kyoto Sta. to Saga Arashiyama Sta. (嵯峨嵐山駅). ¥230. Time required for walking: about 1 to 4 hours depending on the route.

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.



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

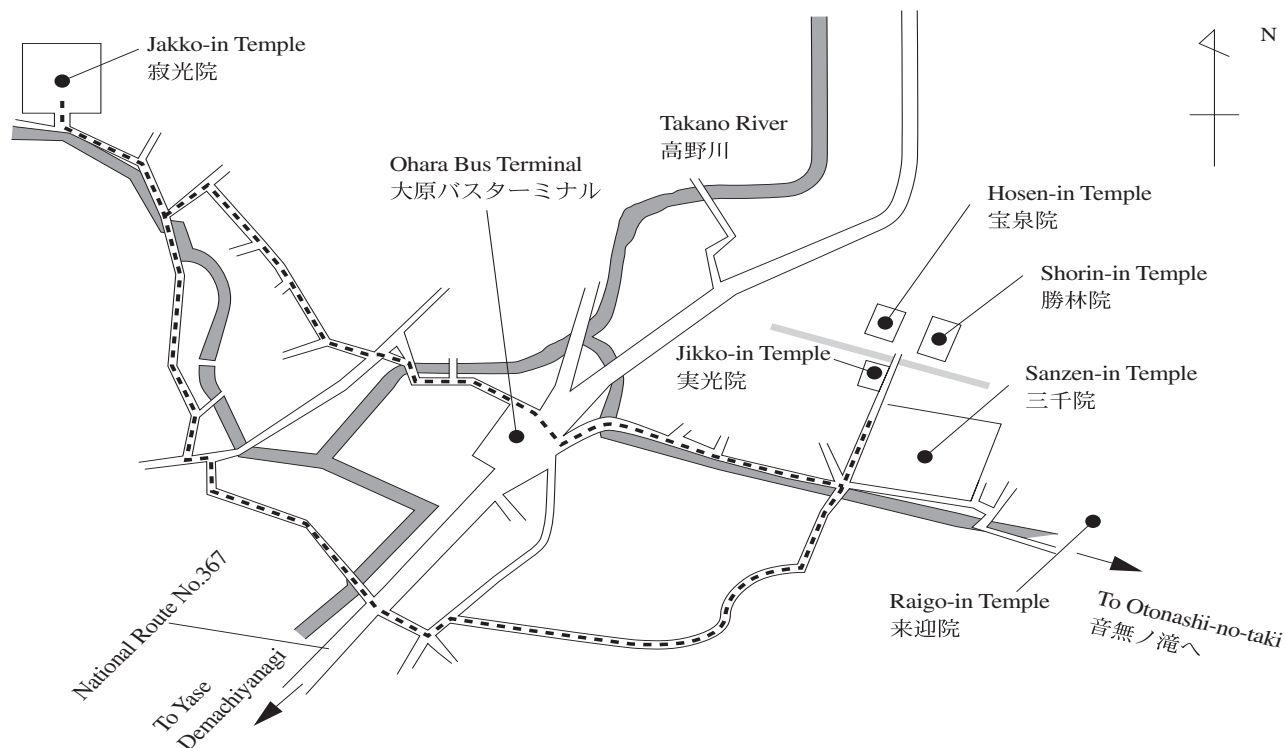
City bus No.205 (Bus Stop B-3), No.101 (Bus Stop B-2) from Kyoto Sta. Get off at Kinkakuji-michi (金閣寺道). ¥220. Time required for walking: about 40 min. Kinkakuji Temple, the gold foiled pavilion with a beautifully laid out garden, was originally a villa of an Ashikaga Shogun, but on his death it was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



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

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

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



## 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.

### ◆Traffica 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 Rakuchō

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.



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PO BOX 642027  
LOS ANGELES CA 90064-9998  
TEL 213-413-3200  
INFO@GATEWAYLAX.COM

**MAILING ADDRESS**  
MS SARAH PHILLIPS  
DEPT ELECTRIC COMPU ENGINRING  
MS 366 PO BOX 1892  
RICE UNIVERSITY  
HOUSTON TX 77251-1892

**CONTACT INFO:**  
1. 713-348-6362-BUSINESS PHONE

**TRAVELER(S) NAME**  
CHAN/SILVIAHUTTING  
CHENG/WARREN  
CHU/KEVIN  
DIASIO/MATTHEWANTHONY  
FARKHOOR/HEERADBABAEI  
HASHEM/NABEEMIRTAZ  
LAI/YIAN  
LANDRY/ELYSEVIVienne  
LEE/JEFFREYLIANG  
NAJERA/MARCUSCRUZ  
RIGGALL/NICHOLASSCHUYLER  
SEWELL/CODYRYAN  
SIMICEVIC/ALEKSANDRA  
SMITHE/KIRBYKURTISHAYES  
TAN/WEILIN  
WEN/NORMAN

**TRIP LOCATOR: ORRQP2**  
**PAYMENT METHOD:** Credit Card  
**TICKET STATUS:** E-Ticket is issued.  
Photo ID must be presented at check-in.  
Passenger's credit card will be required for self check-in.

Flight number and time are changed by airline often without notice, please check them before your travel date.

**DEPART**

George Bush Intercontinental  
Airport, Houston Geo  
Sat 15 MAY 10:50 AM  
DEPART TERMINAL: E

**ARRIVAL**

Narita Airport, Tokyo Narita, Japan  
Sun 16 MAY 2:20 PM  
ARRIVE TERMINAL: 1

**FLIGHT NBR/CLASS**

Continental Airlines Inc 7 Class: U  
AIRCRAFT: BOEING 777 MILES: 6658  
FLIGHT TIME: 13h30m NON STOP **STATUS: Confirmed**  
**AIRLINE CONFIRMATION: CKZTR3.**  
Lunch

Narita Airport, Tokyo Narita, Japan  
Wed 04 AUG 3:55 PM  
DEPART TERMINAL: 1

George Bush Intercontinental  
Airport, Houston Geo  
Wed 04 AUG 1:50 PM  
ARRIVE TERMINAL: E

Continental Airlines Inc 6 Class: K  
AIRCRAFT: BOEING 777 MILES: 6658  
FLIGHT TIME: 11h55m NON STOP **STATUS: Confirmed**  
**AIRLINE CONFIRMATION: CKZTR3.**  
Lunch

CLASS OF SERVICE F/P FIRST CLASS C/D/J-BUSINESS CLASS Y/B/M/Q/S/L/M ETC COACH CLASS

Requested Groups ONBOARD WELCOME ANNOUNCEMENT/NO  
Requested Groups GRP NME NANO JAPAN  
Requested Groups HK/ NANO/JAPAN  
Requested Ticketing Time Limit SS/HDQ 1700/15MAY

**CHAN/SILVIAHUTTING**

Confirmed Ticket Number 0058600617313

IAH - NRT  
NRT - IAH

**CHENG/WARREN**

Confirmed Ticket Number 0058600617314

IAH - NRT  
NRT - IAH

**CHU/KEVIN**

Confirmed Ticket Number 0058600617315

IAH - NRT  
NRT - IAH

**DIASIO/MATTHEWANTHONY**

Confirmed Ticket Number 0058600617316

IAH - NRT  
NRT - IAH

**FARKHOOR/HEERADBABAEI**

Confirmed Ticket Number 0058600617317

IAH - NRT  
NRT - IAH

**HASHEM/NABEEMIRTAZ**

Confirmed Ticket Number 0058600617318

IAH - NRT  
NRT - IAH

**LEE/JEFFREYLIANG**

Confirmed Ticket Number 0058600617321

IAH - NRT  
NRT - IAH

**NAJERA/MARCUSCRUZ**

Confirmed Ticket Number 0058600617322

IAH - NRT  
NRT - IAH

**RIGGALL/NICHOLASSCHUYLER**

Confirmed Ticket Number 0058600617323

IAH - NRT  
NRT - IAH

**SEWELL/CODYRYAN**

Confirmed Ticket Number 0058602408206

IAH - NRT  
NRT - IAH

**SIMICEVIC/ALEKSANDRA**

Confirmed Ticket Number 0058602408207

IAH - NRT  
NRT - IAH

**SMITHE/KIRBYKURTISHAYES**

Confirmed Ticket Number 0058602408208

IAH - NRT  
NRT - IAH

**LAI/YIAN**  
Confirmed Ticket Number 0058600617319

**IAH - NRT**  
**NRT - IAH**

**LANDRY/ELYSEVIVienne**  
Confirmed Ticket Number 0058600617320

**IAH - NRT**  
**NRT - IAH**

**TAN/WEILIN**  
Confirmed Ticket Number 0058602408209

**IAH - NRT**  
**NRT - IAH**

**WEN/NORMAN**  
Confirmed Ticket Number 0058602408210

**IAH - NRT**  
**NRT - IAH**



# 72 / Piccell Wireless



## Rates & Info

This document provides rates and specific information for cellular use in Japan. Be sure to refer to the **User Guide** for complete service information.



## Japan Premium Package GOLD<sup>Plus</sup> (Student Pricing)

<b>Line Fee</b>	<b>\$0.00 per day</b>	<b>Minimum Traffic Required</b>	<b>\$0.00</b>
<b>U.S. Virtual Number Fee</b>	<b>\$0.00</b>	<b>Deposit</b>	<b>\$0.00</b>

## Rates in Japan All taxes and fees are included in the rates below. All calls are rounded up to the minute.

### VALUE CALLS:

By using the special 0033 prefix, you can dramatically reduce the cost of international calls. It is well worth the additional step and we encourage you to take advantage of this money saving tip.

Type of Call	TIMES AND DAYS	JPY / MINUTE	Type of Call	TIMES AND DAYS	JPY / MINUTE
<b>Incoming Calls</b> Calls to your Japanese number originating from anywhere in the world, while you are in Japan (even calls from the U.S.).	24 hours, 7 days	<b>0.00</b>	<b>Zone 2 International</b> Direct Dial to Australia, Europe, South America, Asia (for participating countries see below)	24 hours, 7 days	<b>275</b>
<b>Friend to Friend</b> Domestic calls between PicCell Wireless contract Softbank Japan phones. Pay connection fee only.	24 hours, 7 days	<b>0.00</b>	<b>Value Rest of the World*</b> Value call to Rest of the World using 0033 prefix	24 hours, 7 days	<b>325</b>
<b>National Net</b> Domestic calls from Japan to Japan and Toll-Free numbers	24 hours, 7 days	<b>63</b>	<b>Rest of the World</b> Direct call to Rest of the World	24 hours, 7 days	<b>425</b>
<b>Voice Mail</b> Calls to voice mail while in Japan	24 hours, 7 days	<b>63</b>	<b>Outgoing National Text Messages (SMS)</b> Vodafone Softbank text messages sent within Japan. For messaging with non-Vodafone Softbank wireless phones in Japan, please see National Outgoing and Incoming (Nat/Int'l) MMS.	Flat fee per message	<b>7</b>
<b>Value Zone 1 International*</b> Value calls to USA, Canada using 0033 prefix	24 hours, 7 days	<b>99</b>	<b>Outgoing International Text Messages (SMS)</b> Text messages sent from Japan to a number outside Japan.	Flat fee per message	<b>215</b>
<b>Zone 1 International</b> Direct calls to USA, Canada	24 hours, 7 days	<b>198</b>	<b>GPRS</b> Wireless Internet connection via cell phone	Per 1 KB	<b>3.75</b>
<b>Value Zone 2 International*</b> Value calls to Australia, Europe, South America, Asia using 0033 prefix (for participating countries see below)	24 hours, 7 days	<b>150</b>			

**Zone 2 International:** Australia, Austria, Belgium, Brazil, China, Denmark, Faeroe Island, Finland, France, Germany, Greece, Hong Kong, Iceland, Indonesia, Ireland, Italy, Liechtenstein, Malaysia, Malta, Monaco, Netherlands, New Zealand, Norway, Philippines, Portugal, Saipan, San Marino, Singapore, South Korea, Spain, Sweden, Switzerland, Thailand, Taiwan, UK

**\*Value Calls** - Must use 0033 prefix before dialing number to get this rate. For example, to call the US: 0033 010 1 206 780 0478

**The connection fee** for all answered outgoing voice calls is JPY 20. Voice Mail available in Japanese and English.

The rates listed above are valid for phone use in Japan, with the provider Vodafone Softbank. Phone use outside of Japan will be subject to roaming rates. Please refer to the roaming section for details. Offer valid thru October 15th, 2009. All contracts signed after May 15th, 2008 and before October 15th, 2009 are subject to and guaranteed the above rates for the entire duration of the contract. PicCell Wireless does not decide the prices for any of the other various services available through your cell phone.

**For U.S. Residents** While you are overseas, you can give friends and family the ability to contact you without paying international calling rates. We call it our U.S. Virtual Number service. Please see the **User Guide** for more information.

<b>US Virtual Number Incoming Calls</b> Calls to your U.S. Virtual Number, while you are in Japan	24 hours, 7 days	<b>U.S. \$ 0.49 / min.</b>
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Rates & Info online at: [www.piccellwireless.com](http://www.piccellwireless.com)  
Email us directly at [info@piccellwireless.com](mailto:info@piccellwireless.com) or call us toll-free in the U.S. at 1-877-235-5742  
or within Japan at: +81.34.580.2101

# Piccell Rate Sheet / 73



## Rates & Info

This document provides rates and specific information for cellular use in Japan. Be sure to refer to the **User Guide** for complete service information.

## MMS Rates in Japan All taxes and fees are included in the rates below.

Domestic SMS can only be sent between Vodafone Softbank handsets. MMS can be used as an alternative to SMS when messaging with non Vodafone Softbank handsets in Japan. Each PicCell Wireless Vodafone Softbank phone has a corresponding email address.

Your Softbank email is: pw0(your phone number without country code)@softbank.ne.jp

**Example:** pw09093939393@softbank.ne.jp

To send an MMS to a PicCell Wireless Vodafone Softbank phone, the sender must use the corresponding email address. These messages are billed based on the varying message sizes in Kb (Kilobytes).

Outgoing MMS - National	JPY / MMS	Outgoing MMS - International	JPY / MMS	Incoming MMS	JPY / MMS
Small MMS - Up to 1.5kb	7	Small MMS - Up to 1.5kb	215	Small MMS - Up to 1.5kb	7
Medium MMS - Up to 10kb	20	Medium MMS - Up to 10kb	250	Medium MMS - Up to 10kb	20
Large MMS - Up to 30kb	75	Large MMS - Up to 30kb	270	Large MMS - Up to 30kb	75
XL MMS - Up to 100kb	210	XL MMS - Up to 100kb	600	XL MMS - Up to 100kb	210
XXL MMS - Up to 300kb	420	XXL MMS - Up to 300kb	800	XXL MMS - Up to 300kb	420

## Calling Instructions

### Value Calls

Dialing the 0033 prefix will save you money on International calls.

### Within Japan

All Japanese mobile numbers begin with a "0" when dialed within Japan. The "0" will be removed for international calls to Japan.

**Ex:** From within Japan 0 123.456.789

**Ex:** From outside Japan +81 123.456.789

### To the U.S. from Japan

First dial the Value Call prefix and International code for the US (0033.0101) and then the area code followed by the phone number.

**Ex:** 0033.010.1 (123) 456-7890

### To your Japanese number from the U.S.

The caller dials 011 followed by the Japanese country code (81) and then your phone number.

**Ex:** 011 81.123.456.789

### Emergency numbers in Japan:

Police: 110

Fire - Ambulance: 119

## Voice Mail

A text message will be sent when you have new voice messages.

### Checking your voice mail

1. Dial 1416.

2. A voice prompt will indicate if you have messages. If you do, the messages will begin playback. If not, you will have other voice mail options.

### After listening to your messages, press:

9 - To save a message (for 3 days)

7 - To delete a message

### To change your voice mail to English

1. Dial 1416 and complete the following steps.

2. Press 2, "Personal Option", and wait for the change of voice.

3. Press 1, "Bilingual", wait.

4. Press 2. After this, your voice mail will be in English.

### Setting up voice mail

Most PicCell Wireless phones come with voice mail activated. If your voice mail is not working, see Voice Mail Activation/Deactivation below. Your incoming calls can be sent to voice mail in the following situations: After 5 rings, when your phone is unreachable (i.e. your phone is turned off or you are in an area with no service), and when you are on the other line.

### Voice Mail Activation/Deactivation

- To activate/deactivate voice mail (for when you do not answer your phone, when your phone is off or unreachable) dial 1414, then send.

in collaboration with



Email us directly at [info@piccellwireless.com](mailto:info@piccellwireless.com) or call us toll-free in the U.S. at 1-877-235-5742

Rates & Info online at: [www.piccellwireless.com](http://www.piccellwireless.com)

or within Japan at: +81.34.580.2101

# Medical & Emergency Resources

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## Illness/Accident During Orientation

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

### International SOS Japan Ltd.

<http://www.internationalsos.com>

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

Fax: 03-5572-2104

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

If you should become ill during the orientation but it is not a medical emergency, you should contact Prof. Keiko Packard via her Japanese cell phone. If you become ill during the night at the hotel, you can contact Sarah Phillips (Week 1 & 2) or Prof. Chris Stanton (Week 3) 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.



# 77 / 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 for chaotic conditions in the immediate aftermath of a big earthquake and follow all instructions given by local officials.

## 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 have 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 will 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 / 78



## 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.

# 79 / Emergency Planning

## 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.

## 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.

# 81 / Emergency Planning

## 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 (CDT). 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.

## Calling for Help in Japan - From U.S. Embassy in Tokyo Website

Website: <http://tokyo.usembassy.gov/e/acs/tacs-call.html>

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

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



# Calling for ER Help in Japan / 82

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

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

## WHAT MAY HAPPEN DURING YOUR CALL

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

Caller: KYUU KYUU DESU. (Ambulance)

Dispatcher: DOU SHIMASHITA KA? (What happened?)

Caller: (see vocabulary below)

Telephone number is...	DENWA BANGO WA (number)... DESU.
My name is...	WATASHI NO NAMAЕ WA (name)... DESU.
Bleeding	SHUKKETSU DESU
Broken bone	KOSSETSU DESU
Burn	HIDOI YAKEDO DESU
Difficulty breathing	KOKYUU KONNAN DESU
Convulsions	KEIREN DESU
Chest pains	MUNE GA TAIHEN KURUSHII DESU
High fever	KOU NETSU DESU
Injury	KEGA DESU
Poison	DOKUBUTSU DESU
Poison gas	DOKU GASU DESU
Sick	BYOUKI DESU
Unconscious	ISHIKI FUMEI DESU

## GIVING YOUR ADDRESS

The emergency service people need to know how to locate you in order to help. The dispatcher may say JU-SHO WA? (or) NANI-KU, NANI- MACHI, NAN-BAN DESU KA?, asking "What is your address?" For example, the address of the American Embassy in English is: 10-5 Akasaka 1-chome, Minato-ku, Tokyo. In Japanese, this is reversed, and best understood, as follows: Tokyo-to, Minato-ku, Akasaka itt-chome juu no go. Helpful directions in Japanese include: Front ~ MAE; Behind ~ URA; Diagonally in Front ~ NANA ME MAE; Next To ~ TONARI; and Intersection ~ Koosaten.

Since many Japanese streets do not bear names and house/building numbers are not consecutive, it is very important that you learn how to give adequate directions to your residence in case you need to explain it to a dispatcher, usually guiding them by way of major landmarks. Japanese neighbors are a great source of information - ask them to tell you, word by word, how they direct people to their residences. Practice these directions on a regular basis and keep a cheat sheet by your telephone for family, babysitters, or friends to use in case of need. Assuming you are not calling from a cell phone, just stay on the line. Emergency operators at the fire department in most major urban centers have the ability to trace calls to your location if you are calling from a land-line. If calling from a cell phone ask a Japanese person who is nearby to speak on your behalf to the operator so they can get your exact location.

# Language Resources

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

**AJALT**



**Survival Japanese**

Particles are omitted to make it easier.

**(1) Taxi**

Tokyo station, please.

「Tōkyō-eki onegai shimasu」

Go straight on, please.

「Massugu onegaishimasu」

Turn right, please.

「Migi onegaishimasu」

Turn left, please.

「Hidari onegaishimasu」

Stop here, please.

「Koko desu」

Stop there, please.

「Asoko desu」

What's the fare?

「Ikura desuka」

A receipt, please.

「Reshīto onegaishimasu」

**(2) Train**

Does this go to Shinjuku?

「Kore Shinjuku ikimasuka」

Does this stop at Shinjuku?

「Kore Shinjuku tomarimasuka」

**(3) Shopping**

I'll take this.

「Kore kudasai」

Do you accept credit card?

「Kurejitto kado daijōbu desuka」

Will you reduce the price?

「Disukaunto onegaishimasu」

**(4) Telephone**

I don't speak(understand) Japanese.

「Nihongo wakarimasen」

Speak English, please.

「Eigo onegaishimasu」

Excuse me. Is English OK?

「Sumimasen. Eigo daijōbu desuka」

(He/she) is not here.

「Ima imasen」

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

「Atode denwa shimasu」

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

「Atode denwa kudasai」

## Medical Vocabulary and Phrases

## (1) Useful structures

1. I have a pain in my \_\_\_\_\_.

\_\_\_\_\_ ga itai desu.  
\_\_\_\_\_ が痛いです。

2. My \_\_\_\_\_ itches.

\_\_\_\_\_ ga kayui desu.  
\_\_\_\_\_ が痒いです。

## Body Parts

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

## [Common expression]

(1) Onaka ga itai desu. <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 covert 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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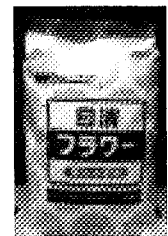
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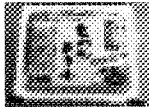

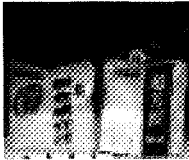
## Shopping Words

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



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



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



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



84. Detergent	Senzai	せんざい	洗剤
85. Detergent (for clothes)	Sentaku yō senzai	せんたくようせんざい	洗濯用洗剤
86. Dishwasher detergent	Shokkiarraiki 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」



## Research Host Institutions in Japan



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