The UNO-Japan: Study at Doshisha University
"NEWSLETTER"

YOUR MAILING ADDRESS IN KYOTO
(Please give this address to anyone who needs it, especially your immediate family):

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<th>In Japanese</th>
<th>In romanized transliteration</th>
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<tr>
<td>〒606-0854</td>
<td>(your name)</td>
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<tr>
<td>京都府左京区下鴨東岸本町1 4</td>
<td>Kyoto Shugakukan</td>
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<tr>
<td>京都修学館</td>
<td>14 Higashi Kishimoto-cho, Shimogamo,</td>
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<tr>
<td>(your name)</td>
<td>Sakyo-ku, Kyoto, 606-0854</td>
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<td>JAPAN</td>
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TELEPHONING TO JAPAN:

011: International Access Code (use when dialing to Japan from the US)
81: The Country Code for Japan (use when dialing to Japan from the US)
75: The Area Code for Kyoto (use when dialing to Kyoto from outside the city)
Example: to dial the Doshisha Office from the US, dial 011 81 75-251-3015

In case of emergency, Mary and Noriko will have an office landline and a cell phone, as will the House Mother (Ono-san) of the Shugakukan (our housing facility). We will give you those numbers as soon as we have them. All emergency calls should be placed first to Mary and/or Noriko. Ono-san should only be called if you cannot reach the UNO-Japan program staff.

The Doshisha University Center for Japanese Language & Culture office number is +81 75-251-3015. This number will be available during Japanese business hours (9-5 Mon – Fri).

USING TELEPHONES IN JAPAN:

001: International Access Code (use when dialing to the US from Japan)
1: The Country Code for the US (use when dialing to the US from Japan)
Example: to dial the UNO-Japan Office from Japan, dial 001 1 504-280-6388

How can you call home??? We cannot give you perfect recommendations with absolute guarantees, but we do have some ideas…

1. Try VOIP Programs, such as Skype. You can talk for free from Skype to Skype, and the international calling rates from Skype to phone are very reasonable.

2. Cell phones? You cannot get a pre-paid phone as a short-term visitor, nor can you enroll in a long-term contract. You may wish to activate your international plan on your existing contract, but that is not guaranteed to work and can be exorbitantly expensive.

3. There are some cell phone companies that will rent phones to foreigners. We have found two that are competitive:
   1. Piccell Wireless (www.piccellwireless.com/doshishajapan004)
   2. My Japan Phone (http://www.myjapanphone.com/)

For using phones in Japan, phone cards are another option. They are sold in most konbini (Convenience Stores) and at tourist destinations as souvenirs. They come with pre-paid credit and are inserted directly into public telephones. They are most useful when making local calls, but can be used for international calls. Just be careful because the credit runs out REALLY quickly and you’ll get cut off!

NOTE: KYOTO IS 14 HOURS AHEAD OF U.S. CENTRAL STANDARD TIME.
TRANSPORTATION: GETTING TO KYOTO

If you will be traveling independently, you need to know how to get from the Kansai International Airport (KIX) (http://www.kansai-airport.or.jp/en/index.asp) to Kyoto Station.

- From Kansai International Airport (KIX), take the JR (Japan Railway) limited express named Haruka.
- The train station is inside the airport.
- Make sure that you use the JR line, since there are other rail companies and it can be confusing. Don’t get on the wrong train.
- Price: approximately ¥2980 for a non-reserved seat, or ¥3490 for a reserved seat
- **You must have cash!!!** They do not take credit cards or other forms of payment at all.
- The last Haruka leaves the station at 22:16 (10:16 pm).
- Note: military time is used OFTEN in Japan, especially for transportation schedules… get used to it!
- The train ride is approximately 70 minutes.

TO GET FROM KYOTO STATION TO THE HOUSING

- From Kyoto Station, walk outside to the north side of the station, also known as the JR side.
- A sketch map of Kyoto Station is available online: http://www.pref.kyoto.jp/visitkyoto/en/info_required/transportation/kyoto_station/
- Go to the bus depot area, and find bus stop #A2
- From A2, catch the #4 Kyoto City Bus going north
- Get off at the Higashi Kitazono-Cho bus stop. This is in the Shimogamo area
- Walk south a minute or two, cross the small bridge over the canal.
- Take a left and walk down the street along the canal (which should be on your left) about 6-8 minutes.
- The facility will be on your right.
- The last #4 bus leaves Kyoto Station at 9:59 pm
- If you miss the last #4 bus, take the subway from Kyoto Station to Matsugasaki. The walk will be about 20 minutes.

This is a map of the bus depot area on the north side of Kyoto Station. Look for A2 on this map.

All students are required to check in at the Shugakukan on May 26, 2009.
Check-in is from 12:00pm – 5:00pm

Haruka at KIX

Kyoto City Bus

Front view of the Shugakukan – our housing facility.
**IMPORTANT INFORMATION**

**THE UNO-JAPAN FACULTY AND STAFF OFFICES:** The main administrative office is located on the Imadegawa Campus of Doshisha University. This is the office where you will conduct any program business. Staff members will be available during posted office hours to assist you in every way possible.

**SHUGAKUKAN:** Although the individual rooms are very small (like all the other housing facilities in Japan), the Shugakukan is nice and we think you will appreciate the clean and comfortable rooms. There are no housekeepers. You are responsible for keeping your room clean and neat, and all of us are responsible for the cleanliness of the common areas. Each room has a desk and bed as well as a small storage cabinet for your clothes. Showers, toilets, and kitchens are shared. We are the only program housed in this facility. Staffing at the Shugakukan will be the House Mother (Ono-san), Mary, and Noriko.

**FACILITY DAMAGE:** All students are responsible for damage to their rooms and the facilities we use in Kyoto. Students are required to complete a Room Damage Form during the first two days in Kyoto. If there are any damages during the program, the student will be charged on-site. Any damage found after the completion of the program, the student will be required to pay immediately. Grades will be held until all damage fees have been paid. Any student who does not pay will have their home university (if not a UNO student) notified and will be subject to all applicable laws. Any student that does not complete the form will be held responsible for any damages in the room.

**KEY AND CURFEW POLICY:** UNO-Japan Program staff has made arrangements for each student to have a key to the front door as well as his/her room. In light of this, there will not be a formal curfew. Students will be expected to respect each others’ living space and living needs, and quiet hours will be observed between the hours of 10:00 pm and 6:30 am. Violations of the quiet time will result in punitive action such as cleaning the facility, limited travel outside of the facility, etc.

If any student loses his/her key, the student will be responsible for the cost of replacing the entire locking mechanism (approximately 15,000 yen per lost key). If the lost key(s) include a copy of the front door key, copies will not be made of the new key and all students will then be expected to observe a curfew to be determined by the on-site staff. You will be required to complete a Lost Key & Room Damage Authorization Form which we will hold until the completion of the program. Your credit card will only be charged if your key is lost or if your room is damaged.

**HOUSING STAFFING:** The housing is staffed by a full-time House Mother (Ono-san) who is an employee of Doshisha University. It is her job to ensure that the facility is well-run and well-kept. She will do her best to assist you, whatever the problem or question may be. It is important to remember that she is not a custodian, and as she also resides in the facility, proper respect should be shown to her at all times, and consideration for her during odd hours should be observed (particularly noise). Also, in the event of an emergency, she will get in touch with the proper authorities.

**BULLETIN BOARD:** A bulletin board will be located in the dormitory. Daily and weekly schedules, sign-up sheets for activities, cultural events, rules and regulations, and other important information notices are all posted for you here. Be sure you check the board each day for the latest announcements.

**TELEPHONE CALLS:** The housing facility will not have a land line. In case of an emergency, you can call house mother’s cell phone. We will distribute this number as soon as we have it. Please keep in mind that telephone usage is very expensive in Japan. Outgoing calls will not be allowed on this phone. Students should make arrangements to use their computers or pay phones to make outgoing calls.

**GUESTS:** At no time are guests allowed in the Shugakukan. Non program participants are not allowed on the premises.

**MAIL & SHIPPING LUGGAGE:** You can receive mail at the housing using the address on the first page of this Newsletter. Mail is put in the mailboxes in the げんかん (genkan, or foyer). To send mail, you can either purchase stamps at a konbini or at the post offices around Kyoto. Airmail letters to the U.S. are individually weighed, but begin at about 110 yen; airmail postcards cost 70 yen.

We recommend that students do not ship their luggage to Kyoto. **The dormitory will NOT accept luggage with customs or shipping charges.** If you must do so, please be sure to value your luggage at under $50 to avoid customs duties. We advise all students to bring your luggage with you on your flight to avoid any problems with Japanese Customs officials. We have had instances in Europe (we have yet to have this experience in Asia) where luggage is seized and inspected by Customs officials and would only release the baggage after fines were paid because of suspicious items. Please label all items clearly with “The UNO-Japan: Study at Doshisha University Program” along with your name and address if you decide to mail your luggage and plan to have your mail arrive on or after May 26th.

The UNO-Japan Office will assist students with their luggage problems when possible.
MEDICAL FACILITIES: Students can visit Doshisha health center for minor ailments. Nurses are available 1:00pm-4:00pm M, W, TH, and 2:00pm-6:00pm Th, F except lunch hours (noon-1:00pm). Travel health tips are included at the end of this newsletter. More serious illnesses will be referred to a local English-speaking doctor. The local doctors and hospitals do not file insurance claims. Payment (cash or credit card) is due at the time of service. Most pharmacies do not take credit cards. You need to find out if your personal major medical coverage extends overseas. Many policies do provide foreign coverage. Japanese health services are socialized, so even if an emergency should arise, you can be assured of excellent medical attention in Kyoto at a reasonable cost. The University of New Orleans provides a comprehensive medical insurance plan for all students through T.W. Lord and Associates.

Some suggested medical items to bring to cover the most common ailments are: multivitamins, Imodium capsules, antacid tablets, analgesics, nasal decongestants, cold and flu medications, Band-Aids, antibiotic cream, insect repellent, antibiotics, and your prescription medications. We also suggest bringing any medications you do not use regularly but occasionally use or might need. You will not be able to get medication with a US prescription.

MEDICAL RESPONSIBILITY: As a student you should be aware that there are certain risks inherent in international travel and that the University of New Orleans, as a State of Louisiana educational institution, cannot assume responsibility for all or certain of your activities while traveling. You should also be aware of your personal medical needs and consult with a medical doctor before your departure regarding any personal needs while abroad. Also, be sure that you have returned the “Medical History Form” form to the UNO-Japan Office. Full disclosure of all medical history is required on the Medical Report Form. Failure to disclose any information may result in termination from the program.

STUDENTS WITH DISABILITIES: It is the policy of the University of New Orleans, on a flexible and individualized basis, to provide reasonable accommodations to students who have disabilities that may affect their ability to participate in course activities or to meet course requirements. Students with disabilities must inform The Division of International Education before departure of their disability as well as specific needs and/or accommodations. Students with disabilities are also encouraged to contact their instructors to discuss their individual needs within the academic context of the class requirements. The Office of Disability Services (ODS) is the University’s designated office for determining eligibility for services, reviewing and maintaining documentation, and recommending appropriate accommodations. We cannot provide accommodations if we are not notified prior to departure.

BREAKFAST: Breakfast is not included in the program. There is a shared kitchen in the Shugakukan, a Konbini open 24 hours that is within walking distance to the dorm. Also, several bakeries are located between the dorm and school.

LUNCH: Lunch on class days is served at the student cafeteria, the Seikyo Shokudou. Upon your arrival in Kyoto you will receive an information package containing meal tickets that are valid at the Seikyo Shokudou. It is open from 8:30 a.m. until 8:30 p.m. on weekdays, and is operated cafeteria-style. It is also open from 10:00am-6:30pm on Saturdays. They not serve food on Sundays. Meal tickets for lunch are provided in the orientation packet you receive on site. One meal ticket is worth 700 yen. There will be no change even if you take less, but you may take more and pay the difference. You may also use your meal ticket at the convenience store located next door. Please safeguard your meal tickets. They are like cash and cannot be replaced if lost!

DINNER: You will usually be on your own for dinner. One of the pleasures of exploring a new country is sampling the local cuisine, and many Kyoto restaurant guides are available online (e.g. http://www.bento.com/kansai/). Be sure to try one of the “hole-in-the-wall” ramen noodle shops in the area. There is nothing like them in the US. One bowl of noodle soup is usually about 600 yen. An alternative to restaurants is to buy bread, rice balls, fruit, green tea, etc. at local stores and enjoy eating together at the Shugakukan or have an open-air picnic. There is so much native culture and flavor to be found in local shopping markets that it would be a shame to miss out on this experience anyway. There are several bakeries and konbinis nearby where you can buy all kinds of bread, rice balls, and readymade dinners. We encourage you to take advantage of the kitchen in the Shugakukan this summer. It will help you save a few bucks!

TIPPING: Tipping is neither customary nor appropriate in Japanese restaurants, taxis, or anywhere. Get used to not tipping!

KYOTO CITY BUS PASS: A 30-day Kyoto City Bus Pass is included in the program. You will be able to use this pass on all Kyoto City Busses and the Kyoto Sightseeing Bus called the “Raku Basu.” The pass cannot be used on the Kyoto Bus or the Subway (see pictures).

PUBLIC TRANSPORTATION: Public transportation in Kyoto, as in most of Japan, is excellent. We encourage you to take advantage of it. The information packet you will receive upon arrival includes some public transit information. Bus schedules for the #4 Kyoto city bus will be posted in the Shugakukan. In the information package you will receive on-site, you will also find a map for all the buses and subway lines for Kyoto and surrounding areas. Your city bus pass is good for most of the lines indicated on the map, however, certain surcharge will be assessed going past the city limit. Your pass is only good for Kyoto City busses, NOT for Kyoto busses.
Kyoto City Bus (usually green)  Kyoto Bus (usually maroon)

*The University of New Orleans Division of International Education assumes no responsibility for injuries or mishaps of any kind incurred on public transportation in Kyoto and its environs, as well as public transportation in Japan in general. Students assume all risk associated with the use of public transportation.*

**Pedestrian Precautions:** It is important to remember that drivers drive on the right side of the road, so when you are preparing to cross the street, be sure to look to the right first!

**Car Rental:** We do not advise car rental for students. Driving customs are very different in Japan (such as driving on the other side of the road) and accidents are usually serious. Most Japanese citizens do not drive on a regular basis. The public transportation available (busses, trams, trains) are convenient, reliable, pleasurable and safe. All the participants are provided with a bus pass and therefore should have no need to rent a car. If you insist on driving, you must research all requirements and laws associated with this practice.

*The University of New Orleans Division of International Education assumes no responsibility for injuries or mishaps of any kind incurred while using a rental car or vehicle in Kyoto and its environs, as well as a rental car or vehicle in Japan in general. Students assume all risk associated with the use of any rental vehicle.*

**Stores & Vending Machines:** You cannot walk the streets of Japan without running into at least 20 vending machines a day. They are on street corners and sell just about anything. Also, many stores in Kyoto are open every day. The big department stores are open 10:00am -7:00pm every day. *Konbini* stores are generally found every couple of blocks in the city and are usually open 24 hours, 7 days a week.

**Linens:** Bed linens will be rented for you by the program for use in the Shugakukan. If you are picky about your own pillow, you should bring your own. Towels are not included. Bring your own. When traveling, it is always wise to carry a towel, washcloth and soap with you, as these are often not provided in Japanese hostels.

**Laundry:** There are 3 washing machines in the Shugakukan, so plan your washing times wisely. Laundry detergent will be shared among all program participants. There are no dryers; Japanese people commonly hang their clothes out to dry, and so will you. We will be there during rainy season, which means that it will often be humid. Heavier clothes (like jeans) will take longer to dry.

**Trash:** Most trash in Japan is separated. Be sure you throw the right thing in the right bin!

**Musical Instruments:** If you have one, bring it (within reason). This can be a fun way to spend time together in the *Shugakukan*.

**Cultural Events:** There are always opportunities in Kyoto to attend wonderful concerts, tea ceremonies, plays, or enjoy special events like the firefly festival at *Shimogamo* Shrine. Information on many of the events scheduled for May and June will be posted on the bulletin board in *Shugakukan*.
PASSPORTS: Losing your passport while in Japan can be a major problem. Not only is it difficult to replace, but you may not be able to leave the country until you have a new one. In the event you do lose your passport, you should notify UNO-Japan office and the nearest US embassy. To make the reissuing process much easier, photocopy the page showing your passport number, picture, and place of issue, and keep it separate from your passport. Leave a copy with someone at home as well.

Some hotels and hostels will require you to leave your passport at the front desk during your stay. This is customary, and your passport will be returned to you when you check out. This is normal procedure and nothing to worry about, just make sure you give your passport only to the official who asks for it.

VISAS: Visas are not required for US citizens who stay in Japan less than 90 days and who do not earn money while in Japan. All students who are not US citizens are responsible for obtaining visas for travel in Japan, if necessary. If so, contact your country’s consulate for more info on visa requirements.

TRAVEL ADVISORY: You should realize that anytime you travel abroad there is potential for danger due to crime, political unrest, unforeseen "Acts of God," strikes that will delay your travel plans, etc. We simply cannot list every possible scenario in this newsletter. Therefore, we recommend that if you have any concerns about traveling to a particular place, you contact the US Government Travel Advisory. This can be found on the Internet at: www.state.gov/.

TRIP MEDICAL INSURANCE: Each of you is covered by University of New Orleans's Study Abroad Insurance Plan as part of the program cost. This is a comprehensive medical/accident insurance policy and covers you from the time you leave the US until the program end date. Students flying independently are only covered between May 26th till June 27th. You should confirm that your major medical policy in the US will cover you abroad. You can extend the policy for travel related to the trip before or after the official dates of the trip by contacting T.W. Lord and Associates at 1-800-633-2360. Please refer to the brochure entitled UNO Study Abroad Insurance Plan available online at http://inst.uno.edu/austria/forms/Medical-Insurance-Brochure.pdf.

SAFETY PRECAUTIONS: When traveling overseas, there are a number of precautions, which you should follow in order to travel safely:

1. Do not leave your bags or belongings unattended at any time.
2. Do not let anyone give you something to carry when traveling.
3. Never keep all your documents and money in one place and make duplicate copies of your documents (especially your passport).
4. Always be alert to your surroundings and be cautious when traveling.
5. Do not get involved in drugs and beware of becoming intoxicated.
6. Let people know where you are going and when you expect to return.
7. Have sufficient funds and/or a credit card on hand to purchase emergency items such as transportation tickets.
8. Be cautious when you meet new people and NEVER bring them into the dormitory.
9. Report any unusual activity or suspicious persons to the UNO-Japan Administration.
10. Be conservative in your dress and never wear expensive jewelry when traveling.
11. Don't flash your money and be discreet when showing your passport.
12. Keep away from political demonstrations.
13. Avoid the media and don't feel like you have to comment or give an interview.

These are just a few general rules you should be aware of. Most often, common sense will tell you what to do. That is why it is imperative that you avoid a situation in which common sense does not prevail, such as being intoxicated and/or using drugs.

DRUGS: In Japan, even for minor offenses such as possession of very small quantities of illegal drugs, you may be held in detention for weeks or months during the investigation and legal proceedings. Under local law, a suspect can be held for up to 23 days without being formally charged with a crime and bail is seldom granted to foreigners. Penalties for drug offenses include lengthy imprisonment. Use or possession of small amounts of drugs may result in a prison sentence of between one and ten years and Japanese law allows for a fine of up to Yen 5,000,000 (Approximately $57,000). Some people convicted of drug related offenses have had their sentence suspended but will be issued with a deportation order. People deported under these circumstances are not permitted to return to Japan for five to ten years.

STUDENT REGULATIONS: Upon arrival in Kyoto you will receive a packet of information. In the packet will be a two page "Statement of Responsibilities". As a participant on the program, you will be expected to comply with these regulations. These rules of conduct govern a set of citizenship standards: living together in harmony in the dormitory, respecting your dormitory neighbors and the citizens of Kyoto, avoidance of drunkenness, disorderly conduct, drugs, dishonesty, criminal acts, academic cheating, damaging property, etc. As a student on the program you are also governed by the University of New Orleans policy and procedures regarding students as indicated in the "Student Handbook" of the University of New Orleans. A copy of this publication will be furnished on request.

“I understand that during free time within the period of the program as well as before and/or after the period of the program I may elect to
travel independently at my own expense. I agree that neither the University of New Orleans nor its agents or employees are responsible for me while I am traveling independently during such free time. I understand that such travel time will be unsupervised by the University, its agents, or employees. I also understand that I will be traveling during the program by various modes of transportation including but not limited to plane, train, bus, boat, van, or car, and I release the University of New Orleans and its agents or employees from any responsibility for loss of property, injury or death during such travel. I further agree that, in the event I become detached from the group, fail to meet a departure time (bus, train, etc.), or I become sick or injured, I will bear all responsibility to seek out, contact, and reach the group at its next available destination; and, I understand that I shall bear all costs attendant to contacting and reaching the program group or program site."

(The preceding waiver was taken from the Student Agreement and Liability Waiver for International Programs)

The University of New Orleans Division of International Education does not warrant or guarantee the accuracy or effectiveness of the following information. This information is presented only as suggestions for a safe trip and is intended generally to help students and their families in planning their international travel and education experiences.

SUGGESTED GUIDELINES IN ORDER TO INSURE A SAFE TRIP:

Participants Should:

1. Read and consider all materials issued by the sponsor that relate to safety, health, legal, and cultural conditions in the host country.
2. Consider their health and other personal circumstances when applying for or accepting a place in the program.
3. Make available to the sponsor accurate and complete physical and mental health information and any other personal data that is necessary in planning for a safe and healthy study abroad experience.
4. Assume responsibility for all elements necessary for their personal preparation for the program and participate fully in orientations.
5. Obtain and maintain appropriate insurance coverage and abide by any conditions imposed by the carriers.
6. Inform parents/guardians/families, and any others who may need to know, about their participation in the study abroad program, provide them with emergency contact information, and keep them informed on an ongoing basis.
7. Understand & comply with the terms of participation, codes of conduct, and emergency procedures of the program.
8. Be aware of local conditions and customs that may present health and safety risks when making daily choices and decisions.
   - Promptly express any health or safety concerns to the program staff or other appropriate individuals.
9. Behave in a manner that is respectful of the rights and well being of others, and encourage others to behave in a similar manner.
10. Accept responsibility for their own decisions and actions.
11. Become familiar with procedures for obtaining emergency health and law enforcement services in the host country.
12. Follow the program policies for keeping program staff informed of their whereabouts and well being.

SUGGESTED GUIDELINES FOR WHAT PARENTS/GUARDIANS/FAMILIES SHOULD DO IN ORDER TO INSURE A SAFE TRIP FOR THE STUDENT PARTICIPANT:

The University of New Orleans Division of International Education does not warrant or guarantee the accuracy or effectiveness of the following information. This information is presented only as suggestions for a safe trip and is intended generally to help students and their families in planning their international travel and education experiences.

1. Obtain and carefully evaluate health and safety information related to the program, as provided by the sponsor and other sources.
2. Be involved in the decision of the participant to enroll in the study abroad program.
3. Engage the participant in a thorough discussion of safety and behavior issues, insurance needs, and emergency procedures related to living abroad.
4. Be responsive to requests from the program sponsor for information regarding the participant.
5. Keep in touch with the participant while he/she is overseas.

MONEY: One very important item of consideration when planning your trip is money. Japan operates on a cash economy. However, carrying around a lot of cash is risky. Before you leave the US, many major banks allow you to request that a certain amount of yen be available for you, and the amount will be debited from your account. These arrangements generally have to be made well enough in advance for the bank to acquire the yen from other cities.

Once in Japan, the best method for money exchange is through International ATM machines. In Japan, US credit cards are accepted only at certain ATMs. Those include International ATMs at Japan Post Offices and 7/11 konbini stores. These offer the best rate of exchange and can be accessed 24 hours a day. Apply for a debit card now. It is important that your debit card has the Cirrus or Pulse logo or both on the reverse of the card. These are the international networks for ATM machines. Traveler's Checks also are also an alternative, but not recommended anymore. Many stores do not accept Traveler’s Checks. If you use Traveler’s Checks, record its number so you will easily be able to report exactly which checks are missing, if necessary. Keep part of your supply of checks in a separate location; if you have the misfortune of losing checks, at least you won't lose them all. If you have any questions please do not hesitate to contact the UNO-Japan Office.
Although it fluctuates daily, the current rate of exchange is approximately 98 yen to the US Dollar. Banks are usually open between 7:30am - 12:00 PM and from 2:00-4:15pm. They close early on Fridays and Saturdays and are closed on Sundays. It is also possible to change money in most hotels and train stations, but since the charges are exceptionally high, we don't recommend it. Exchange as much money as you feel safe carrying around and no more. Don't buy more currency than necessary. The safest way to carry your money and valuables is to wear them either in a money belt or in a travel pouch worn around your neck and under your shirt. These can usually be purchased at any good camping or luggage store. Waist packs (fanny packs) are convenient, but are worn outside your clothing where the strap can easily be cut or unfastened by a talented thief. In case of a financial emergency, a credit card can be very helpful. As far as purchasing power goes, however, credit cards are not of great value for the budget traveler because most low-cost establishments in Japan do not accept them. If by chance you need to have money wired from home, the best way to do this is to have someone in the States wire it through a major bank that has a local office in the country you're in. This process can be both complex and expensive, so do your best to avoid it. Plan your spending wisely!

**HOW MUCH?** All students seem to have a different idea of what Japan will cost and what they intend to spend during their stay there. The best rule of thumb is to take as much as you can possibly afford. You will have a much better time if you don't have to worry about every purchase. Take enough to cover your anticipated expenses and then a little extra. $350 to $450 per week is the suggested amount to cover evening and weekend meals, travel, and other personal expenses.

If you feel like you need a guide for spending money, you should first begin by calculating what you will already have paid for before you depart and what you will have to pay for once you arrive. If you are going over early on your own, then you will need to consider transportation (do you have a rail pass?), food and lodging during the period prior to your arrival in Kyoto. Also, free weekends will have to be considered for travel, food, and lodging (if staying elsewhere). If you intend to remain in the dorm during these weekends, then your expenses will be considerably less. Consider the costs of evening meals during the week and the costs of souvenirs, taxi and bus fares, etc. By planning in advance you will be better prepared for your trip. Spend your money wisely but don't forget to have a good time!

**BUDGET YOURSELF:** Begin now to ask yourself how much you have already paid, what is included in what you have paid, and what else will I need to pay for once I arrive in Japan. Some items to include in your budget are:

1. Gifts
2. Souvenirs
3. Non-sponsored weekend trips
4. Transportation
5. Personal items
6. Recreation
7. Food (not included in package)
8. Postage (can be quite expensive in Japan)
9. Film (buy this in the US before your leave)

**INDEPENDENT TRAVEL BEFORE OR AFTER THE PROGRAM**

**JAPAN RAIL PASS:** The Japanese are famous for their trains. Besides, Japanese taxis are very expensive, with charges for distance and time spent in traffic. Trains are the best method of transportation. Depending on your travel needs, you will want the right pass for trains. For more help on this topic, visit the following web site: [http://www.japanrailpass.net/](http://www.japanrailpass.net/)

**Note:** you will not need a rail pass for the time during the program. You will receive a Kyoto City Buss pass for the time that you are on the program. The rail pass is good for travel when not on the program, or if you wish to travel outside of the city of Kyoto.

**LODGINGS:** As for finding a room in a Japanese city, you have several options. At the top of the price range are hotels, which are rather expensive, especially in populated areas. Minshuku offer an affordable yet pleasant alternative. Typically smaller and less expensive than hotels, they are often nicer and more personal. Usually there aren't private bathrooms in every room, but instead a common one in each hall. A Japanese style breakfast (usually rice, miso soup and often fish) and dinner are usually included in the price of the room.

Those on an even tighter budget will probably find hostels to be ideal. They offer inexpensive accommodations and an opportunity to meet people from all over the globe. The majority of lodgers are between the ages of 17 and 25, but many hostels accept people of any age. To stay in some hostels you will need an International Youth Hostel Federation (IYHF) membership card, which costs $25 and can be obtained through CIEE or by writing or calling Hostelling International headquarters. The address is: Hostelling International, 8401 Colesville Road, Suite 600, Silver Spring, MD 20910, and the telephone number is (301) 495-1240.

There are, however, some disadvantages to staying in hostels. In addition to a possible early curfew, some hostels impose a daytime "lock out," which means you cannot come back and take an afternoon rest as you could in a pension or hotel. You might also have to take your
bags with you throughout your day's activities since many hostels don't have the storage space for luggage. There is often little privacy and the rooms are generally cramped and segregated by gender. So, as with most bargains, hostels have their drawbacks.

However you do your traveling, we advise investing in a travel guide such as *Let's Go: Japan* and doing some planning ahead.

**CAMERAS AND FILM:** We urge you to buy film in the US and develop it when you return since both are more costly in Japan. Also, if you bring an expensive camera, you must register it with customs before leaving the US.

**ELECTRICAL APPLIANCES:** The voltage in Japan is 100 Volt, which is different from North America (110V). Japanese electrical plugs have two, non-polarized pins. Japanese power outlets are identical to ungrounded (2-pin) North American outlets. While most Japanese outlets these days are polarized (one slot is slightly wider than the other), it is possible to encounter non-polarized outlets in some places.

Some North American equipment will work fine in Japan without adapter and vice versa, however, some sensitive equipment may not work properly or even get damaged. If you intend to purchase electronic appliances in Japan for use outside of Japan, you are advised to look for equipment specifically made for overseas tourists.

**WHAT TO BRING:** Our best advice is to travel as lightly as possible. If in doubt, leave it out! We cannot stress this enough! Too many clothes and too much equipment quickly become an unwanted burden. The important thing to keep in mind is that YOU will have to carry what you bring for six or more weeks. And remember, you will bring home more than you take with you, so leave room in your suitcase for all those souvenirs.

Most importantly, bring your passport, bank card, credit cards and travelers checks. You can survive with these two things even if you lose everything else. Bring these with you on the plane in a piece of carry-on luggage. Other items you might want to include in your carryon bag are your camera, film, medications, aerosol cans, a hand towel, an extra change of clothes, and toiletries. Remember to keep the size of these toiletries down to a minimum. Purchase travel/sample size personal items, which can be found at most drug stores, to take on weekend trips. You may also want to bring along a deck of cards or a book for reading on the long flight.

Since the weather in Kyoto in June is often humid and/or rainy we recommend that you pack light rain gear. Other items we recommend are:

- 1 light jacket, poncho or windbreaker (NOT a heavy coat)
- 2 pairs of jeans/slacks
- 2 pairs of shorts
- 1-2 dress shirts
- 3-4 casual shirts
- 1 pair of dress shoes
- 1 pair of sturdy, but comfortable shoes for walking/hiking
- socks (hikers should bring thin cotton socks to cover with thicker ones)
- underwear
- belt(s)
- sunglasses
- sunscreen bath towels, washcloth
- alarm clock (battery-operated)
- plastic baggies (great for transporting toiletries, food, foreign currencies, wet clothes)
- **School supplies** – we advise all students to purchase their school supplies prior to leaving the U.S.
  - For Women:
    - A dress for special occasions (not formal) or a nice skirt and blouse
    - 1-2 casual dresses or skirts
  - For Men:
    - 1 sports coat with tie, shirt, and slacks for special occasions

After a few weeks of travel in T-shirts and jeans, it's a treat to indulge in a nice evening, so plan for it!

**CULTURAL DIFFERENCES:** You are about to be a guest in a country, which in many ways is quite different from your own. Japan has a unique culture, which has evolved out of a rich past. Before you go, it is an excellent idea to familiarize yourself with the history and culture of Japan. Find out something about current social and political issues, and take the time to learn the most important words of the language, "please" and "thank you." In Japanese, *onegaishimasu* is one way to say "please;" *arigatou* means "thank you."

**It is important to note that some Japanese laws and customs differ from those of the US.** You must respect the laws of your host, or
you risk tarnishing their views of American travelers and possibly risk a run-in with authorities. PLEASE remember this important law.

**TOP WEB SITES:** If you surf the net we recommend the following web sites for more information on travel, safety, interest, etc.:

- UNO Division of International Education's official web site - [http://inst.uno.edu/](http://inst.uno.edu/)
- City of Kyoto official website - [http://www.city.kyoto.jp/koho/eng/](http://www.city.kyoto.jp/koho/eng/)
- Doshisha University - [http://www.doshisha.ac.jp/english/](http://www.doshisha.ac.jp/english/)
- STA Travel web site - [http://www.statravel.com/](http://www.statravel.com/)
- [www.google.com](http://www.google.com) – excellent search engine for endless information on everything
- US Passport Services - [http://travel.state.govpassport/](http://travel.state.govpassport/)

**TEN COMMANDMENTS OF TRAVEL:** If you can obey these simple rules you will indeed have a more enjoyable trip:

1. Thou shalt not expect to find things as thou hast at home, for thou has left home to find things different.
2. Thou shalt not take anything too seriously for a carefree mind is the start of a good holiday.
3. Thou shalt not let the other travelers get on thy nerves, for thou has paid good money to enjoy thyself.
4. Remember to take half as many clothes as thou thinkest and twice the money.
5. Know at all times where thy passport is, for a person without a passport is a person without a country.
6. Remember that if we had been expected to stay in one place we would have been created with roots.
7. Thou shalt not worry for he that worrieth hath no pleasure and few things are that fatal.
8. When in Kyoto be prepared to do some what as the locals do.
9. Thou shalt not judge the people of the country by the person who hath given the trouble.
10. Remember thou art a guest in other lands and he that treats his host with respect shall be honored.

**US CUSTOMS:** When returning home, keep in mind that US Customs requires you to declare all purchases acquired abroad. Therefore, be sure to keep the receipts for all the major items you buy. For a more detailed description of what you can and cannot bring back and what it might cost you, get a copy of the US Customs publication "Know Before You Go."

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