



Learn from Japan's Earthquake and Tsunami Crisis

**International Field Experience
Spring 2018**

TOHOKU TRIP BOOKLET

Center for Public Service, Portland State University

Contents

Day to Day Schedule -----	4-8
What to pack? -----	8
Transportation -----	8-13
Cell phone -----	13
WiFi -----	13
Smartphone Apps -----	13-14
Restrooms -----	14
Laundry -----	14
Tips -----	14
Smoking and Alcohol -----	14-15
Sales Tax -----	15
Credit Cards -----	15
Currency -----	15-16
Safety -----	17
In case of Emergency/Contact Info -----	17
Phrases and Vocabulary -----	18-20

Day-to-Day Schedule

Saturday, 6/23 Sendai City

Time	Event	Location	Note / Description
3:00pm-	Hotel Check-in	Premium Green Hills	Any time after 3:00pm
Evening	Dinner		Confirm everyone's arrival & review program schedule

Sunday, 6/24 Sendai City

Time	Event	Location	Note / Description
08:00am – 09:00am	Breakfast		
	Travel (Group Bus)		
09:20am - 10:00am	Sendai & Coastal Area Observation	Aoba Castle	
10:00am - 10:30am	Bus Tour of Sendai		
10:30am - 11:30am	Impact of Disaster Around Sendai Station, Role of Temples, and Post-Disaster Support	Tokusen Temple	Ms. & Mr. Sekiguchi
	Travel (Group Bus)		
12:00pm-01:00pm	Lunch	Moroya Farm Kitchen	Pre-ordered bento box
01:00pm - 02:00pm	3.11 Memorial Center Visit	Sendai 3.11 Memorial Community Center	Ms. Tazawa
	Travel (Group Bus)		
03:00pm - 04:00pm	Arahama Elementary School Visit	Arahama Elementary School	City staff (TBD)
04:00pm - 05:00pm	Arahama Site & Coastal Visit	Arahama Neighborhood	Mr. Sato & Mr. Shoji

Time	Event	Location	Note / Description
	Travel (Group Bus)		
06:00pm - 07:00pm	"Learn from Each Other Project" 1 Discussion w/ student (MC: Mr. Monou) 2 Presentation by Dr. Nishishiba	1 THE 6 2 Sendai Coffee	1 Miyagi University student 2 "Role of Women in Community Recovery and Redevelopment"
07:00pm - 08:30pm	Social / Networking	THE 6	

Monday, 6/25 **Sendai City → Kesennuma City**



Time	Event	Location	Note / Description
08:00am - 09:00am	Breakfast & Hotel Check-out		
	Travel to Kesennuma (Group Bus)		
11:30am - 12:30pm	Lunch & Orientation	Restaurant “Senmi”	
	Travel (Group Bus)		
01:00pm - 01:40pm	Impact of Disaster & Recovery Status	Kesennuma Central Public Hall	Mr. Onodera (Mgr, Disaster Recovery & Planning Dep.)
	Break		
01:45pm – 03:15pm	Lessons Learned		Mr. Sato (fmr Supervisor, Risk Management Office)
	Travel (Group Bus)		
03:30pm – 04:10pm	Disaster Prevention Measures Taken at Fuel Facilities	Waste Management Facility (Rooftop)	City staff (TBD, Industry Revitalization Strategy Dep.)
	Travel (Group Bus)		
04:30pm – 05:30pm	Hotel Check-in & Break	Route Inn Kesennuma	

Time	Event	Location	Note / Description
	Travel (Group Bus)		
06:00pm – 08:00pm	Social / Networking	Plaza Hotel Crystal	Mayor Sugawara, Mr. Onodera, Mr. Sato
	Return to Hotel (Group Bus)		

Tuesday, 6/26 Kesenuma City → Ishinomaki City *

Time	Event	Location	Note / Description
08:00am – 09:00am	Breakfast & Hotel Check-out	Route Inn Kesenuma	
	Travel (Group Bus)		
10:00am - 11:45am	Role of Private and Nonprofit Sectors	Maehama Marine Center	Ms. Sayaka Fujimura Mr. Hiroshi Oikawa Mr. Ken Sato Mr. Tomoyuki Miura
11:45am – 01:00pm	Lunch		Pre-Ordered Bento Box
01:00pm – 02:00pm	Free Time (Option to tour the sea wall)		
	Travel to Ishinomaki (Group Bus)		
04:00pm – 05:30pm	Arrival & Break	Kawanokami (Mr. Miura's house)	
05:30pm	Welcome BBQ	<u>Kawanokami</u>	With community members
08:00pm	Optional Hot Spring	Joubon no Sato	

* Class will stay at Mr. Miura's house

Wednesday, 6/27 Ishinomaki City *



Time	Event	Location	Note / Description
07:45am	Breakfast		

08:30am	Impact of Disaster in Kawakita Area	City Hall - Kawakita Branch	Mr. Hino Mr. Chiba
10:00am	Post-Disaster Relocation Site Visit	Kawakita Area	Mr. Abe
11:30am	Lunch	Nakajima Shrine	Prepared by community members
01:00pm	Ohkawa Elementary School Site Visit	Ohkawa Elementary School	TBD
2:00pm	Recovery of the City's Fishing Industry	Nagazura-Ura Bay	Mr. Kamiyama
4:30pm	Impact of Disaster in Ishinomaki City	Ishinomaki City Hall	Mayor Kameyama, Mr. Kubo, Mr. Sakai,
6:30pm	Dinner	TBD	

* Class will stay at Mr. Miura's house

Thursday, 6/28 Ishinomaki City → Tokyo (Kyorin University)

Time	Event	Location	Note / Description
08:00am	Breakfast & Check-out	Kawanokami	
09:00am	City's First Response on 3.11		Mr. Kimura
11:00am – 12:00pm	Travel to Sendai Station (Group Bus)		
12:00pm	Travel to Tokyo (Bullet Train) – Lunch on your own		
03:00pm -	Hotel Check-in & Free Time	Urban Hotel Twins Chofu	
05:30pm - 08:00pm	Dinner	TBD	

Friday, 6/29 Tokyo (Kyorin University)

Time	Event	Location	Note / Description
09:00am	Welcome Reception	Kyorin University (Inokashira Campus)	Dr. Matsuda, Dr. Snowden, Dr. Furumoto,
09:30am	Disaster Preparedness Among Metropolitan Universities		Dr. Furumoto
11:00am	Disaster Preparedness in Tokyo	Mitaka Disaster Prevention Park	City staff (TBD), Mitaka City Disaster Management Office
12:45pm	Lunch	Kyorin University (Mitaka Campus Cafeteria)	
01:30pm	Disaster Medicine in Tokyo	University Advanced Medical Emergency Center	Dr. Matsuda
04:00pm	Primary & Secondary Evacuation Strategy	Mitaka Elementary School	TBD
06:00pm	Dinner	Iseya (Yakitori)	

Saturday, 6/30 Tokyo (Kyorin University)

Time	Event	Location	Note / Description
08:00am- 09:00am	Breakfast & check out	Urban Hotel Twins Chofu	
	Travel (Taxi)		
9:30am – 11:00am	Reflection Discussion	Kyorin University	
11:00am	Class Dismissed		

What to pack?

While Japan offers most items found in the U.S., consider preparing the following items as listed below:

- **Clothing:**


- **Prepare for hot & humid weather**

Average temperature in the Tohoku region is ~72°F with humidity. Bringing cotton or other lightweight clothing items for the trip is recommended.

However, please remember to dress appropriately. Avoid open-toed shoes, exposing shoulders/chest, or anything above the knee when visiting shrines/memorial sites.

Occasionally you will need to remove your shoes, so consider wearing socks/pantyhose daily.

- **Business Casual**

You will be meeting with public officials and other guests at certain points of the trip where business-casual attire is most appropriate, such as collared shirt and slacks/skirts. Look for the  icon in the "Day-to-Day Schedule".

- **Medication**

Most instructions and packaging are written in Japanese, so please bring your own medication. Japan is stricter with medication than the U.S. Even over-the-counter pain pills or cold medication sold in the U.S. could be categorized as a prescription drug. Please visit the embassy website for rules and restrictions for bringing medications to Japan.

Embassy website: <https://jp.usembassy.gov/u-s-citizen-services/local-resources-of-u-s-citizens/doctors/importing-medication/>

- **Miscellaneous**

Converter (no three-prong plugs), feminine products (tampons are rare), smaller bag for day trips (a purse or backpack).

Transportation

Japanese transportation system is VERY punctual. Trains operate by the minute. Most trains, subways and buses require ticket purchase before boarding.

You may use a single ride ticket, pass or prepaid IC card.

You must arrive in Sendai on your own and check into the hotel ([Hotel Green Chain](#)) on Saturday, 6/23, any time after 3:00pm.

Below are the recommended transportation options and some tips to help you navigate:

Narita Airport (NRT) to Sendai

To reach Sendai from NRT, the easiest option is to take KEISEI SKY LINER from NRT to Ueno Station, then transfer to *shinkansen* (bullet train) to reach Sendai station.

Alternatively, a cheaper option is to take a shuttle bus from NRT to Tokyo Station and transfer to shinkansen. Note that bus is more time consuming and, given that Tokyo station is harder to navigate, KEISEI SKY LINER to Ueno may be worth the extra \$13.

Option 1: NRT → Ueno station (Tokyo) → Sendai

Step 1: NRT to Ueno Station (Tokyo): KEISEI SKY LINER (train) - 45 min / \$23

Keisei railway directly connects to Narita airport and the ticket gate is on B1 floor. SKY LINER runs approximately every 50 min. You need to purchase a ticket or IC card to pass ticket gate.

JAPAN RAIL (JR) PASS is not allowed with Keisei railway service.

See <http://www.japanrailpass.net/en/index.html> for JR Pass information.

- SKY LINER Time Table
http://www.keisei.co.jp/keisei/tetudou/skyliner/us/ae_timetable/
- How to Purchase Ticket
http://www.keisei.co.jp/keisei/tetudou/skyliner/us/ae_ticket/index.php
- Narita Airport Terminal Map
http://www.keisei.co.jp/keisei/tetudou/skyliner/us/station_map/index.php

Step 2: Ueno Station to Sendai Station: Shinkansen (bullet train) - 90-120min / \$95 -\$115

Get off at Ueno station and transfer to shinkansen. You will be arriving at Keisei railway terminal and will need to transfer to the JR terminal to board shinkansen (these are both in Ueno station, but have a different ticket gate). If you haven't purchased shinkansen ticket from Ueno to Sendai, you can purchase a ticket inside the station. Locate either a ticket vending machine or ticket office (Midori-no-Madoguchi).

Shinkansen offers both reserved and unreserved seating. There are normally enough unreserved seats available, but buy a ticket earlier to avoid having to wait in line and losing a seat. Narita airport has JR EAST travel service center where you can purchase JR tickets.

- Ueno station JR terminal map <http://www.jreast.co.jp/e/stations/e204.html>
- Sendai station JR terminal map <http://www.jreast.co.jp/e/stations/e913.html>
- JR EAST travel service center at NRT
http://www.jreast.co.jp/e/customer_support/service_center.html

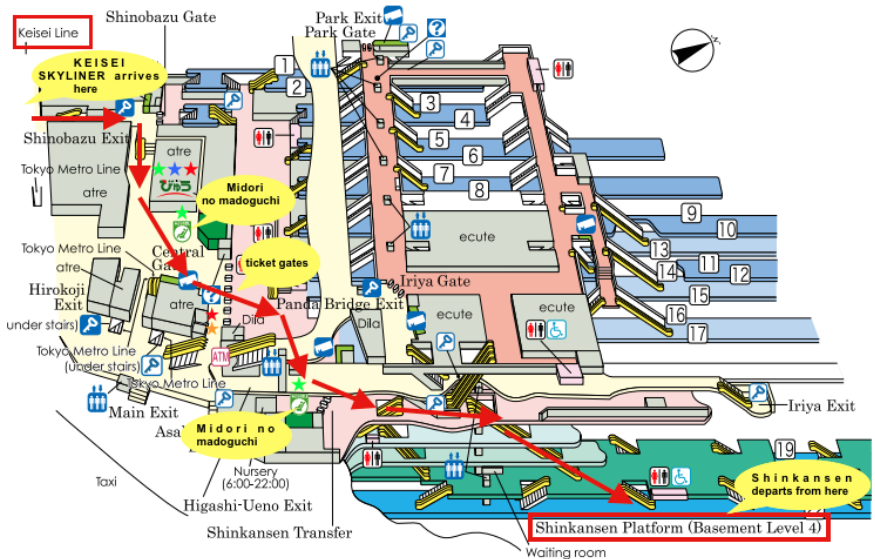


Sign of Midori-no-Madoguchi

Look for green sign to find ticket office. It is usually near ticket gates.

Ueno Station Transit Map

Ueno Station



Option 2: NRT → Tokyo station (Tokyo) → Sendai

Step 1: NRT to Tokyo Station (Either A or B below will work)

A) Tokyo Shuttle Bus - 90-120 min / about \$10

Buses are operated by several companies and runs every 20 mins from 6am to 23pm, providing transportation between NRT terminal and Tokyo station. It is the cheapest option to transport from NRT to Tokyo station, but it takes longer time than trains.

Please visit TOKYO SHUTTLE by Keisei bus website for timetable, tickets and terminal information:

http://honyaku.i-server.com/LUCKEISEIB/ns/tl.cgi/http://www.keiseibus.co.jp/kousoku/nrt16.html?SLANG=ja&TLANG=en&XMODE=0&XJSID=0&_ga=2.223397083.1963106678.1526890184-1517328402.1526890184

B) Narita Express – 60 min / \$28 (JR Pass can be used)

Narita Express (N'EX) runs to Tokyo Station every 30 min most of the day, and is a convenient and cheap way of getting from NRT to Tokyo. JR Pass can be used on N'EX. Purchase your ticket at JR East Travel Service Centers or at JR Ticket Offices (Midori-no-Madoguchi) at NRT.

Step 2: Tokyo Station to Sendai Station: Shinkansen (bullet train) - 90-120min / \$95 - \$115

Get off at Tokyo Station / Yaesu Exit bus stop and transfer to the Shinkansen from there. You need to walk 4 to 5 minutes to Tokyo station from the bus stop. The nearest entrance is Yaesu North entrance and you can navigate yourself to ticket gates by following signs of Shinkansen. If you haven't purchased Shinkansen ticket from Tokyo to Sendai, you need buy one before you get on the shinkansen at the station. You can use either vending machine or ticket office (Midori-no-Madoguchi), but ticket office is usually easier to navigate.

Shinkansen offers reserved and unreserved seat and you will find a seat available in unreserved section most of times, but buy a ticket ahead of time if you want to secure a seat. Narita airport has JR EAST travel service center where you can purchase JR tickets.

- Tokyo Station / Yaesu Exit bus stop http://honyaku.i-server.com/LUCKEISEIB/ns/tl.cgi/http://www.keiseibus.co.jp/kousoku/nrt16.html?SLANG=ja&TLANG=en&XMODE=0&XCHARSET=utf-8&XJSID=0#section_03
- Tokyo Station Map <http://www.jreast.co.jp/e/stations/e1039.html>
- Sendai station JR terminal map <http://www.jreast.co.jp/e/stations/e913.html>
- JR EAST travel service center at NRT
http://www.jreast.co.jp/e/customer_support/service_center.html

Japan Rail (JR) Pass

JR Pass is the most common rail pass used by foreigners travelling in Japan. If you're not going to travel a lot after/before the trip, just buying shinkansen and train tickets might be cheaper than the pass. The pass is valid on all JR regular trains, most bullet trains, Tokyo monorail, and JR local buses.

Pass Types and Options:

- Japan-wide: 7 days (29,110 JPY), 14-days 46,390 JPY), and 21-days (59,350 JPY).
- Tohoku Region(JR EAST PASS tohoku area): Select any 5 days within 14 day period (19,000 JPY)

Purchase:

- You must purchase Exchange Order **before visiting Japan**
- For more information, please check details at <http://www.japanrailpass.net/en/index.html>

General Travel Information

Lonely Planet provides a good general overview of travelling in Japan.

<http://www.lonelyplanet.com/japan/transport/getting-around/local-transport>

Cell Phone

You can buy a SIM card with prepaid phone/data plan. You may use your US phone and purchase a SIM to get connection in Japan. However, please contact your service provider before leaving for Japan. Some companies (such as AT&T), require you completely pay off your phone before you can 'unlock' your SIM. Several companies in Japan offer a SIM exchange service, but eConnect Japan offers both prepaid SIM and pocket Wifi routers. With eConnect, you can pick up and return your order at the airport (Narita / Haneda). Or you can simply ask them to send it to the hotel you are staying.

<https://www.econnectjapan.com/>

Wifi

Another option for service in Japan is relying on WiFi connection. Though access to WiFi has improved in bigger cities, free WiFi may not be available in smaller towns, especially the ones you will visit on this trip.

Also, while some hotels provide free WiFi connection in each guest room, you may want to **rent a pocket Wifi router** and purchase data plan to have convenient internet access on the go. This is probably the most affordable and convenient option, as some plans can cost as low as \$4/day depending on the service. **Most of companies offer lower price if you make reservation online in advance.** Pocket WiFi allows you to connect from any location, and works well in rural areas. **Usually the router allows multiple devices to access at the same time, so sharing a pocket WiFi with others may be a good option.** As mentioned above, eConnect Japan is easy to use. Please visit their website for more information (~\$7-8 per day):

<https://www.econnectjapan.com/>.



Smartphone Apps

There are a number of apps you can download that might make your stay in Japan a little easier. Below are the descriptions of each of the apps we recommend.



LINE *LINE Corporation*: LINE offers free texting, voice messages, and video calls if you're connected to WiFi or data. This is a popular app in Japan, and it allows you to avoid cellular texting and call charges. Both of your professors and Josh will have a LINE account. This will be a great way to connect with anyone on our team. Even if you don't have a cell phone, this app can be downloaded on your computer!



TRAVEL JAPAN Wi-Fi *Wire and Wireless Co., Ltd.*: You can use this app to locate free Wi-Fi hotspots in all major Japanese cities. It also provides useful information for travel, stores, and coupons in Japan. Though this app is still gradually being improved, it's not a bad app to keep on your phone just in case.



Google Translate *Google, Inc.*: Though we have heard the horror stories of Google Translate, we actually recommend it due to its most recent update. The app now offers an Instant Camera Translation, which is designed to automatically translate Japanese characters by just pointing your phone camera to what you want to translate. Though the majority of signs in Japan are also in English, this might be helpful when you're looking for restrooms or ticket counters.

Restrooms

Many restaurants and cafes offer restrooms only to customers, and they are stricter than in the U.S. However, convenience stores, such as 7/11, have public restrooms. Department store/shopping mall/stations are other places with public restrooms. You may want to bring hand towels since many public restrooms don't have paper towels and some don't have air dryers.



Laundry

Some hotels have coin laundry on site. We will likely not have access to laundry from June 26th to June 30th.

Tips

Japan doesn't have a tipping culture. However, bar lounges at luxury hotels / fancy restaurant may charge service fee in addition to sales tax.

Smoking and Alcohol

The legal drinking and smoking age in Japan is 20. Smoking and carrying Marijuana is illegal in Japan. Also, Japan is very strict about illegal use/possession of drugs and will take serious action against any violators including forced repatriation and re-entry refusal. More public streets are being designated as smoking free today. Please find a designated smoking area to smoke. Restaurants and cafes have their own rules - smoking free, sectioned into smoking and non-smoking areas, or no restriction at all. Many bars (Izakaya) are smoke friendly and you may want to check if they have smoking free seats and it is

completely separated from smoking seats (sometimes there is not enough partition or ventilation for non-smokers to be comfortable, even in smoke-free sections).



喫煙所

SMOKING AREA



禁煙
No smoking

Above: Smoking Area Sign (LEFT) and Smoking Free Area Sign (RIGHT)



Above: Designated Smoking Area

Sales Tax

Sales tax is 8% everywhere and usually not included on price tags.

Credit Cards

Airports, hotels, trains, subways, taxis, retails, convenience stores or most restaurants accept credit cards. VISA is widely used though some locations might not accept other cards such as American Express. Though credit cards can be used in the most situations, **small businesses, local stores or busses only accept cash**. It is recommended to prepare some cash to navigate your trip smoothly.

Currency

Both bills and coins are used. As of May 2018, 1 USD is approximately 111 JPY.
A good rule-of-thumb is to remember 1 USD = 100 JPY.

We recommend that you exchange money before leaving US since it's more expensive to do it in Japan. You can exchange for free at the Wells Fargo downtown if you have an account. If not, service fee is still affordable, about \$2.50. Also, please call the bank ahead of time and let them know how much you'll want if you want to convert more than \$200 or so.

You will find foreign currency station at airport or large bank office. You can use ATM to withdraw cash in Japanese Yen. Seven Eleven ATMs and Post Office ATMs tend to have the lowest charges for international cards.



Seven Eleven ATM (Red) and Post Office ATM (Green)



Coins: (Clockwise from top left) 500 yen (\$4.5), 50 yen (\$0.45), 5 yen (\$0.04), 1 yen (\$0.01), 10 yen (\$0.09), 100 yen (\$0.9)



Bills: (Clockwise from top left) 1,000 yen (\$9) , 5,000 yen (\$45), 10,000 yen (\$90)

Safety

Overall, Japan is very safe and you are unlikely to encounter any crimes during the trip. However, please keep your eye on your belongings. Pick pocketing is rare, but sometimes it happens especially in a crowded train. Keep your valuables close to you.

When you lost your items, contact to place where you are likely lose it. You may also want to contact Police to file your lost because all the lost items eventually transferred to police. (You will have a good chance of finding your lost items even valuables).



Emergency Contact Info

- Police Dept: Dial 110
Tell operator if you don't speak Japanese and they can transfer you to an English speaker
- Fire Dept: Dial 119
- Visit the local 'koban'- small police stations



Faculty & Staff

Japan Contacts

Primary: Josh Metzler

Email: jmetzler@pdx.edu

Phone: 090-8350-6667

LINE ID: jdm1301

Dr. Hiro Ito

Email: ito@pdx.edu

Phone: 080-4437-4183

LINE ID: hiroitopdx

Dr. Masami Nishishiba

Email: nishism@pdx.edu

Phone:

LINE ID:

U.S. Contacts

Atsuko Komoto

Email: akomoto@pdx.edu

Phone: 971-325-2450

LINE ID: atsukovsky

Hotel Contact Information

Sendai

Hotel Premium Green Hills

2-8-11 Chu-oh, Aoba,
Sendai-shi

Tel: +81-22-722-1501

Kesennuma

Route Inn Kesennuma

32-1 Matsuzaki-kaya,
Kesennuma-shi, Miyagi

Tel: +81-22-621-8551

Tokyo (Mitaka)

Hotel Urban Twins Chofu

1-47-4 Fuda, Chofu-shi, Tokyo

Tel: +81-42-486-3500

Phrases and Vocabulary

The Basics

English	Romaji	Japanese
English language	eigo	英語
Yes	hai	はい
No	iie	いいえ
Where is ____ at?	_____ wa doko desu ka?	_____はどこですか？
How much is this?	kore wa ikura desu ka?	これはいくらですか？
Train station	eki	駅
Ticket	kippu	切符
Thank you (very much)	(domo) arigatou gozaimasu	どうもありがとうございます。
Excuse me/I'm sorry	sumimasen	すみません。
Restroom (toilet)	toire	トイレ
Food	tabemono	食べ物
Drink (noun)	nomimono	飲み物
Delicious	oishii	美味しい
Water	o-mizu	お水
Two beers on tap, please.	nama biru futasu kudasai.	生ビール二つ下さい。
Is there an English menu available?	eigo no menyū wa arimasu ka?	英語のメニューはありますか？

Meeting People

English	Romaji	Japanese
Hello/Good afternoon	konnichiwa	こんにちは
Goodbye	sayonara	さよなら
Goodnight	oyasumi nasai	おやすみなさい
Let's eat	itadaki masu	いただきます
Thank you for the meal	gochiso sama deshita *you'll use this phrase when finishing meal)	ごちそうさまでした
See ya!	ja ne!	じゃあね！
My name is ____.	watashi wa ____desu.	私は ____ です。
What's your name?	anata no namae wa nan desu ka?	あなたの名前は何ですか？
It's nice to meet you.	yoroshiku onegaishimasu	宜しくお願いします。
How are you?	genki desu ka?	元気ですか？
Fine	genki desu.	元気です。
I'm from the U.S.	amerika kara kimashita.	アメリカから来ました。
Can you speak English?	eigo wo hanasemasu ka?	英語を話せますか？
Will you take a picture for me?	shashin wo totte kuremasu ka?	写真を撮ってくれますか？

Emergency

English	Romaji	Japanese
Call the police!	keisatsu wo yonde kudasai	警察を呼んで下さい！
Call an ambulance!	kyuukyusha wo yonde kudasai!	救急車を呼んで下さい！
I want to contact the embassy.	taishikan ni renraku shitai desu.	大使館に連絡したいです。
My ____ was stolen.	watashi no ____ ga nusumare mashita	私の ____ が盗られました。
I lost my passport.	pasupooto wo nakushi mashita.	パスポートを無くしました。
Please take me to the hospital.	byooin ni tsurete itte kudasai.	病院に連れて行って下さい。
My luggage is missing.	watashi no nimotsu ga arimasen.	私の荷物がありません。