



**Learn from
Japan's Earthquake and
Tsunami Crisis**

**International Field Experience
Spring 2018**

T O H O K U T R I P B O O K L E T

Center for Public Service, Portland State University

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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. Prepare 1-2 sets of business-appropriate attire.

- **Medication**

Since most instructions and packaging are written in Japanese, you are encouraged to bring your own medication. Also, Japan is stricter with medication than the U.S.; Even over-the-counter pain medication and 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/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 City on your own and check into the hotel on Saturday, 6/23, any time after 2:00pm.

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

Narita Airport (NRT) to Sendai

To reach Sendai from Narita Airport (NRT), the easiest method 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 takes longer 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 Station

(2.5 to 3 hours / \$120-140)

Step 1: NRT → Ueno Station (Tokyo)

KEISEI SKY LINER (train)

45 min / \$23

Keisei railway directly connects to NRT and the ticket gate can be located 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 applicable for 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 Keisei SKY LINER Ticket
http://www.keisei.co.jp/keisei/tetudou/skyliner/us/ae_ticket/index.php
- NRT Terminal Map
http://www.keisei.co.jp/keisei/tetudou/skyliner/us/station_map/index.php

Step 2: Ueno Station → Sendai Station

Shinkansen (bullet train)

90-120min / \$95 - \$115 (JR Pass applicable)

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*, the green Ticket Office).

Shinkansen offers both reserved and open seating. While the first-come-first open seating usually has available seats, buy a ticket earlier to avoid having to wait in line and losing a seat. NRT has JR EAST travel service center where you can purchase JR tickets.

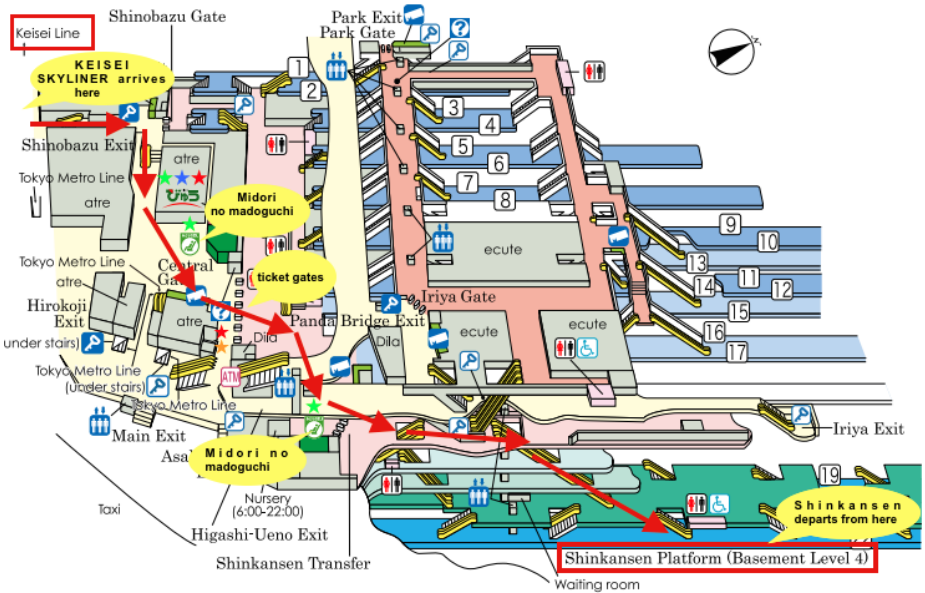
- Ueno station JR terminal map <http://www.jreast.co.jp/e/stations/e204.html>
- Sendai station JR terminal map <http://www.jreast.co.jp/e/stations/e913.html>
- JR EAST travel service center at NRT
http://www.jreast.co.jp/e/customer_support/service_center.html



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

(2.5 to 3.5 hours / \$105-145)

Step 1: NRT → Tokyo Station (Either A or B below)

A) Tokyo Shuttle Bus

90-120 min / \$10

Buses are operated by several companies and runs every 20 min from 6am to 11pm, providing transportation between NRT terminal and Tokyo station. It is the cheapest option to transport from NRT to Tokyo station, but it takes longer than train.

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

<http://honyaku.j-server.com/LUCKEISEIB/ns/tl.cgi/http://www.keiseibus.co.jp/kousoku/nrt16.html?SLANG=ja&TLANG=en&XMODE=0&XPARAM=q,orvName,dnvName,busstop&XCHARSET=UTF-8&XPORG=...&XJSID=0>

B) Narita Express

60 min / \$28 (JR Pass applicable)

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 → 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.j-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 (\$280), 14-days (\$420), and 21-days (\$540).
- Tohoku Region: Select any 5 days within 14 day period (\$175)

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. Pocket WiFi allows you to connect from any location, and works well in rural areas.

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

Information coming soon. Some hotels have coin laundry on site. We will likely not have access to laundry for couple of days out of the trip

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

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



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 2017, 1 USD is approximately 112 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).



In case of Emergency

- 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



Phrases and Vocabulary

The Basics

English	Romaji	Japanese
English language	eigo	英語
Yes	hai	はい
No	iee	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 menyu 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	宜しく願います。
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?	写真を撮ってくださいませんか?

Emergency

English	Romaji	Japanese
Call the police!	keisatsu wo yonde kudasai	警察を呼んで下さい！
Call an ambulance!	kyuukyuuusha 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.	byooinn 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。