



# Japan

# Japan

<https://www.state.gov/r/pa/ei/bgn/4142.htm>

## Fact Sheet

January 21, 2020

### U.S.-JAPAN RELATIONS

Japan is one of the world's most successful democracies and largest economies. The U.S.-Japan Alliance is the cornerstone of U.S. security interests in Asia and is fundamental to regional stability and prosperity. The Alliance is based on shared vital interests and values, including: the maintenance of stability in the Asia-Pacific region; the preservation and promotion of political and economic freedoms; support for human rights and democratic institutions; and, the expansion of prosperity for the people of both countries and the international community as a whole.

2020 marks the 60th anniversary of the signing of the U.S.-Japan Security Treaty. The U.S.-Japan Alliance was strengthened in 2015 through the release of the revised U.S.-Japan Defense Guidelines, which provide for new and expanded forms of security-oriented cooperation. Japan provides bases as well as financial and material support to U.S. forward-deployed forces, which are essential for maintaining stability in the region. In January 2016 the United States and Japan signed a new five-year package of host nation support for U.S. forces in Japan. In December 2016, the United States returned a major portion of the Northern Training Area, nearly 10,000 acres, reducing the amount of land utilized by the United States on Okinawa by close to 20 percent

Because of the two countries' combined economic and diplomatic impact on the world, the U.S.-Japan relationship has become global in scope. The United States and Japan cooperate on a broad range of global issues, including development assistance, global health, environmental and resource protection, and women's empowerment. The countries also work together to promote integrity in Information and Communications Technology supply chains and to ensure a secure transition to 5G networks. We collaborate broadly in science and technology in such areas as brain science, aging, infectious disease, personalized medicine, and international space exploration. We are working intensively to expand already strong people-to-people ties in education, science, and other areas.



Japan and the United States collaborate closely on international diplomatic initiatives. The United States consults with Japan and the Republic of Korea on policy regarding North Korea. The United States coordinates with Japan and Australia under the auspices of the Trilateral Strategic Dialogue and the Security and Defense Cooperation Forum. In Southeast Asia, U.S.-Japan cooperation advances maritime security and economic development. Outside Asia, Japanese political and financial support has significantly assisted U.S. efforts on a variety of global issues arising, including countering ISIL and terrorism, working to stop the spread of the Ebola and other emerging pandemic infections, advancing environmental goals, maintaining solidarity in the face of Russian aggression in eastern Ukraine, assisting developing countries, countering piracy, and standing up for human rights and democracy. Japan is an indispensable partner in the United Nations and the second-largest contributor to the UN budget. Japan broadly supports the United States on nonproliferation and nuclear issues. Japan and the United States are also making progress toward our shared vision of a free and open Indo-Pacific region through partnerships such as the Japan-U.S. Strategic Energy Partnership (JUSEP), Japan-U.S. Strategic Digital Economy Partnership (JUSDEP), and the Japan-U.S. Mekong Power Partnership (JUMPP).

The United States established diplomatic relations with Japan in 1858. During World War II, diplomatic relations between the United States and Japan were severed in the context of the war that followed Japan's 1941 attack on Pearl Harbor, Hawaii. After years of fighting in the Pacific region, Japan signed an instrument of surrender in 1945. Normal diplomatic relations were reestablished in 1952, when the Supreme Commander for the Allied Powers, which had overseen the postwar Allied occupation of Japan since 1945, disbanded. The Treaty of Mutual Cooperation and Security between Japan and the United States was signed in 1960.

### **U.S. Assistance to Japan**

The United States provides no development assistance to Japan.

### **Bilateral Economic Relations**

The U.S.-Japan bilateral economic relationship is one of our strongest and deepest economic partnerships in the world and features substantial trade and investment flows. In October 2019, the United States and Japan signed the U.S.-Japan Trade Agreement and the U.S.-Japan Digital Trade Agreement, which is scheduled to enter into force on January 1, 2020. The U.S.-Japan Trade agreement eliminates or reduces tariffs on approximately \$7.2 billion in U.S. agricultural exports and the U.S.-Japan Digital Trade Agreement includes high-standard provisions that ensure data can be transferred across borders without restrictions, guarantee consumer privacy protections, promote adherence to common principles for addressing cyber security challenges, support effective use of encryption technologies, and boost digital trade. The United States and Japan intend to conclude consultations within 4 months after the date of entry into force of the agreements and enter into negotiations thereafter in the areas of customs duties and other restrictions on trade, barriers to trade in services and investment, and other issues in order to promote mutually beneficial, fair, and reciprocal trade. The United States' goods trade deficit with Japan remains the third largest in the world. Approximately 75 percent of the deficit is from autos and auto parts.,

The United States aims to expand access to Japan's markets, increase two-way investment, stimulate domestic demand-led economic growth, promote economic restructuring, improve the climate for U.S. investors, and raise the standard of living in both countries. Japan represents a major market for many U.S. goods and services, including agricultural products, chemicals, insurance, pharmaceuticals, films and music, commercial aircraft, nonferrous metals, plastics, medical and scientific supplies, and machinery. U.S. imports from Japan include vehicles, machinery, optic and medical instruments, and organic chemicals. U.S. direct investment in Japan is mostly in the finance/insurance, manufacturing, and wholesale sectors. Japanese direct investment in the United States is mostly in the wholesale trade and manufacturing sectors. Japan has invested over USD \$480 billion in the U.S. economy and Japanese owned firms support 860,000 jobs in the United States.

## **Science and Technology Cooperation**

The U.S.-Japan partnership in the areas of science and technology covers a broad array of complex issues facing our two countries and the global community. Under the auspices of the U.S.-Japan Science and Technology Agreement, our two countries have collaborated for over 25 years on scientific research in areas such as new energy technologies, supercomputing, and critical materials. In recognition of these achievements, President Obama and Prime Minister Abe announced in 2014 an extension of our bilateral Science and Technology Agreement for an additional 10 years. The U.S.-Japan Comprehensive Dialogue on Space reflects our deepening cooperation in space. On January 11, 2016, both countries celebrated the 50<sup>th</sup> anniversary of the U.S.-Japan Cooperative Medical Sciences Program, which has grown over time to encompass attention to health threats affecting other Pacific Rim nations, particularly in Southeast Asia.

## **People-to-People Relations**

The strength of the U.S.-Japan relationship is due in part to the substantial reservoir of goodwill created by the close grassroots ties between the U.S. and Japanese people, often supported by the U.S. and Japanese governments. There are more than 30,000 American alumni of the Japanese government-sponsored Japan Exchange and Teaching (JET) program, including nearly 200 JET program alumni working at the Department of State. The Fulbright program in Japan has sent nearly 7,500 young Japanese on Fulbright scholarships to the United States since 1952. There are as well 37 U.S.-based Japan-America chapters, many of which are sustained by the close business ties between the United States and Japan; more than 800,000 Americans are employed by Japanese firms in the United States. The U.S. and Japan also share more sister city relationships with each other than with any other country. Many other non-governmental organizations, such as the U.S.-Japan Council, Mansfield Foundation, and Sasakawa Peace Foundation, utilize public-private partnerships as well as U.S.-government grants to support people-to-people exchange.

The United States-Japan Conference on Cultural & Educational Interchange (CULCON), a binational blue-ribbon panel of academic, cultural, and government experts, was founded between President Kennedy and Prime Minister Ikeda in 1961 to make policy recommendations on how to continue to improve people-to-people ties between the U.S. and Japan. Since its inception, the organization has formed a number of task forces to take on policy issues regarding people-to-people exchange, most recently focusing on increasing the falling number of Japanese students studying in the United States, and how both countries can better foster the next generation of leaders in the U.S.-Japan relationship.

## **Japan's Membership in International Organizations**

Japan and the United States belong to a number of the same international organizations, including the United Nations, G7, G-20, Organization for Economic Cooperation and Development, Asia-Pacific Economic Cooperation forum, ASEAN Regional Forum, International Monetary Fund, World Bank, and World Trade Organization. Japan is also a Partner for Cooperation with the Organization for Security and Cooperation in Europe and an observer to the Organization of American States. In 2019, Japan will assume the G-20 presidency and host numerous ministerial meetings as well as the G-20 Leaders' Summit in Japan.

## **Bilateral Representation**

Joseph M. Young is the Chargé d'Affaires ad interim of U.S. Embassy Tokyo. Principal embassy officials are listed in the Department's Key Officers List

Japan maintains an embassy in the United States at 2520 Massachusetts Avenue NW, Washington, DC 20008 (tel: 202-238-6700).

More information about Japan is available from the Department of State and other sources, some of which are listed here:

[Department of State Japan Country Page](#)  
[Department of State Key Officers List](#)  
[CIA World Factbook Japan Page](#)  
[U.S. Embassy](#)  
[History of U.S. Relations With Japan](#)  
[Human Rights Reports](#)  
[International Religious Freedom Reports](#)  
[Trafficking in Persons Reports](#)  
[Narcotics Control Reports](#)  
[Investment Climate Statements](#)  
[Office of the U.S. Trade Representative Countries Page](#)  
[U.S. Census Bureau Foreign Trade Statistics](#)  
[Export.gov International Offices Page](#)  
[Library of Congress Country Studies](#)  
[Travel Information](#)



# The Overseas Security Advisory Council's Travel Safety Reference Guide

November 2011

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## Introduction

Globalization has made overseas travel – be it for business, academia, charity, personal, or mission work – quite common. International travelers are exposed to many new experiences and phenomena and among these, certain risks. This guide offers international travelers information, tactics, techniques, and procedures to mitigate risks inherent to international travel.

OSAC acknowledges that every destination is unique and that no one resource can address all eventualities. Therefore, we have developed this reference in coordination with our constituents to inform the private sector of best practices for personnel safety abroad. The risks of international travel are no longer just tied to local or transnational crime. It is our hope that the enclosed recommendations will both encourage individuals to seek overseas opportunities and provide greater comfort and confidence for those traveling internationally.

## Pre-Departure

### **Know Before You Go**

- Register with the U.S. State Department's [Smart Traveler Enrollment Program \(STEP\)](#).
- Review the U.S. State Department's [country specific information](#) and OSAC's [country crime and safety reports](#).
- Do your homework. Visit country-specific websites for important information on your destination country.
- Understand the laws and currency exchange rates in your destination country.
- Be culturally aware; learn a few common phrases in the local language and the basics of the cultural values and norms.
- Get a map and study it. Identify potential hazards and safe havens; learn several routes to key places you will be staying/living/visiting.

### **Packing**

- Pack your luggage wisely. Make sure to place any prohibited materials (scissors, files, other sharp objects) in your check-in luggage.
- Be sure to pack 2-3 day "survival items" in your carry-on bag. This includes: medicines and toiletries, an extra change of clothes (including undergarments), important documents, drinking water, snacks (e.g., Powerbars), and anything else you may want.
- Do not display company or other identifying logos on luggage. Place your pertinent contact information in a visible place inside each piece of luggage.
- Do not openly display your name tags on your luggage. Include only your name and contact number on your tags, and keep them covered or turn the paper over and write "see other side."
- Get a plain cover for your passport.

- Make out a will.
- Consider a privacy act waiver.
- Leave travel itinerary and contact information with family or friends; do not otherwise disclose.
- Consider getting a telephone calling card and a GSM (tri-band or “world”) cellular phone that allows access to most local cellular systems (and provides a single contact number). Depending on your situation, you may want to purchase a local phone or SIM card in country.
- Take out property insurance on necessary equipment (cameras, binoculars, laptops, etc.).
- Consider securing a new credit card with a low credit limit separate from existing credit cards; in the event of theft, your personal accounts will not be compromised.
- Notify your credit card company of your intent to travel; confirm credit limit and availability.

## **Health**

- Make sure health insurance covers foreign medical providers and medical evacuation expenses.
- Take an extra pair of glasses; depending on the destination, contact lenses can be problematic.
- Visit a travel clinic, inform them of destination(s), and get any needed inoculations and medications.
- Get a dental cleaning and checkup if you had not recently had one.
- Prep and pack a travel med kit; some items you may want to include:
  - Anti-diarrheal medication
  - Antibiotics
  - Anti-malaria (if applicable)
  - Antihistamine and decongestant
  - Antacid and laxative
  - Anti-fungal/anti-bacterial and hydrocortisone cream
  - Anti-bacterial hand wipes/ hand sanitizer
  - Pain reliever/fever reducer, sleep aid
  - Gauze, bandages, and medical tape
  - Insect repellent with DEET 35%
  - Shaving razor, tweezers, manicure kits
  - Sunscreen and aloe
  - Thermometer

## **During Your Trip**

### **Awareness**

Situational Awareness is very important domestically but becomes critically important overseas in unfamiliar environments. Keep your head up, eyes and ears open, and listen to your intuition! Situational awareness can and should be practiced and will improve the more you do so. Focus on seeing and remembering everything around you. It will seem extremely arduous and time-consuming at first but will become increasingly easier as time passes and proficiency is gained. Your goal should be for these efforts to become habitual and completed sub-consciously. Some important practices are:

- Trust your instinct; if a place does not feel right, move to a safer location – immediately.
- Assess your emotional and physical strengths and limitations.
- Be attentive to how others perceive you; behave in an unprovocative manner that discourages unwanted attention.
- Familiarize yourself with your neighborhood and work environment.
- Use common sense. Beware of EVERYONE, including pickpockets, scam artists, etc.
- Remove name tags or convention badges when outside the venue.
- Pay attention to local media for any activities or events that might affect you.
- Be aware of surroundings, including the people, cars, and alleys nearby.

- Keep alert to potential trouble, and choose to avoid when possible. Trust your instincts.
- Educate yourself of any pending events (elections, demonstrations, anniversaries) that may cause civil disturbance, and avoid unnecessary risks.
- Establish a support network among your colleagues and when possible, embassy personnel.
- Inform yourself of the availability and reliability of local support services (police, security, medical, emergency, fire).
- Confirm (with your embassy) the procedures for you and your family in the event of a crisis or evacuation.
- Politely decline offers of food or drink from strangers.
- Accept beverages only in sealed containers; make sure there has been no tampering.

### **Personal Conduct**

You can dress, behave, and move about in a manner that is respectful of local custom, but rest assured, YOU WILL NOT BLEND IN. Remember that whenever you travel anywhere, whether you realize it or not, you are representing yourself, your family, your organization, and your country. Your behavior and actions will be applied as a positive or negative impression of all that you represent. In many cultures, this will essentially make or break your ability to successfully function and interact in another culture. Always keep in mind the following:

- Behave maturely and in a manner befitting your status in the local society; insist on being treated with respect.
- Dress in a manner that is inoffensive to local cultural norms.
- Avoid clothing that shows your nationality or political views.
- Establish personal boundaries and act to protect them.
- Exercise additional caution when carrying and displaying valuable possessions (jewelry, phone, sunglasses, camera, etc.); what may be a simple, even disposable item to you, may be a sign of extreme affluence to another.
- Vary your patterns of life/behavior to be less predictable.
- Divide money among several pockets; if you carry a wallet, carry it in a front pocket.
- If you carry a purse, carry it close to your body. Do not set it down or leave it unattended.
- Take a patient and calm approach to ambiguity and conflict.
- Radiate confidence while walking in public places.
- Do not expect privacy, anywhere.
- Do not discuss personal, professional, or financial issues of your group or yourself; these can be used to exploit you and your group.
- Be cool when facing confrontation; focus on de-escalation and escape.
- Respect local sensitivities to photographing/videotaping, especially at airports, police, and government facilities.
- Carry required official identification with you at all times.
- Report any security incidents to your embassy or consulate (who will advise you of options including reporting to local authorities, prosecution, corrective measures, etc.).
- Maintain a low profile, especially in places where there may be hostility toward foreigners and/or citizens of your country; do not seek publicity.
- Avoid public expressions about local politics, religion, and other sensitive topics.
- Avoid being out alone late at night or after curfew.
- Stay alert.
- Be unpredictable.
- Carry yourself with confidence.
- Be aware of distractions.
- Watch for surveillance. If you see the same person/vehicle twice, it could be surveillance; if you see it three times, it probably is surveillance.

## Electronics Security

- First and foremost: if you don't NEED it, don't bring it!
- If you need to bring a laptop and/or phone and have "clean" ones available, use them.
- Back up and then wipe (sanitize) your laptop, phone, and any other electronics to ensure that no sensitive or personal data is on them while [traveling](#) .
- Carry laptop in a protective sleeve in a backpack/purse/bag that does not shout "there's a computer in here."
- DO NOT EXPECT PRIVACY, ANYWHERE.
- Do not leave your electronic devices unattended.
- Do not use local computers to connect to your organization's secure network.
- Clear your temporary files, to include your temporary internet files, browser history, caches, and cookies after each use.
- Consider opening a new e-mail account (Gmail, Yahoo, Hotmail, AOL, etc.) for use during your trip.
- Ensure you update your computer's security software (antivirus, firewall, etc.) and download any outstanding security patches for your operating system and key programs.
- Upon return, change all of your passwords for devices and accounts (including voicemail) used while traveling.

## Logistics

### *Air Travel*

Air travel can be incredibly convenient and frustrating at the same time. While traveling you are extremely vulnerable and must bear this in mind that a distracted individual is a prime target for all kinds of nefarious actions. You must control what you can and readily adapt to, as well as what you cannot (i.e., flight schedules/delays and time to clear security). Here are some key considerations:

- Wear comfortable, loose fitting clothing.
- Arrive at the airport in plenty of time (1.5 – 2 hours before departure).
- Move through passenger security immediately after ticketing and locate your departure gate.
- Stay with your bags at all times.
- Set your watch to local time at destination upon take off.
- Be careful about how much of your personal/business information you share with fellow passengers; they are still strangers.
- Limit intake of alcohol in flight, and drink plenty of water to counteract "jet lag". This will help limit stress and increase alertness.
- If possible, pre-arrange transport from the airport to your hotel. Consider paying the additional room rate for a hotel that provides shuttle service to and from the airport.
- Have your immigration and customs documents in order and available. A durable folder secured by a buckle or elastic band may be useful.

### *Ground Travel*

Ground travel poses several risks to the traveler. Not only are you more vulnerable, but many places do not have the traffic laws, enforcement, infrastructure, or assistance that you are accustomed to. Be prepared. You will be in an unfamiliar environment and may have to contend with, among other things, dangerous road conditions; untrained or unlicensed drivers; drivers operating under the influence of alcohol and/or narcotics; vehicles that are poorly maintained and therefore hazardous, police and/or criminal checkpoints or roadblocks, and others with malicious intentions. Some recommendations for ground travel are:

- Use a common vehicle model (local taxis may be a good indicator). If you rent, remove any markings that identify vehicle as a rental.
- If you have to drive, always leave a path for escape when you stop (at a light, stop sign, cross-walk, etc.).
- Park in a manner that expedites your departure.
- Carry a cell phone, first aid kit, maps, flashlight, and official documents in your vehicle.
- Keep the vehicle windows rolled up and the doors locked.
- Use the seat belts.
- Be alert to scam artists and carjackers while stopped in traffic.
- Understand the proper local procedures should you be involved in or witness a traffic accident. In some locales, stopping for an accident can put your life at risk.
- Only take official, licensed taxis; note the license plate number of taxi and write it down.
- Avoid getting into a taxi already occupied by others. If necessary, pay extra for a single fare. Negotiate a price before getting in taxi. Have money ready to pay in appropriate denominations.
- Take a seat on a bus or train that allows you to observe fellow passengers but does not preclude options to change seats if necessary.

## **Lodging**

### *At the Hotel*

For most destinations you travel to (in addition to being an obvious foreigner), you will be considered wealthy and a prime target. You should not consider a hotel a complete safe haven, there are still many threats and you are potentially very vulnerable at them. Some important considerations:

- Use reputable hotels, hostels, or boarding houses; your safety is worth any added cost.
- Remind hotel staff to not give out your room number.
- Meet visitors in the lobby; avoid entertaining strangers in your room.
- Take a walk around the hotel facilities to familiarize yourself with your environment. Are hotel personnel located on each floor? Are they in uniform? Do they display any identification? Who else has access to your floor?
- Ensure the phone in your room works. Call the front desk.
- Inspect the room carefully; look under the bed, in the showers and closets.
- Ensure door and window locks are working. Do not forget the sliding glass door, if the room has one.
- Ensure the door has a peephole and chain lock.
- Avoid ground floor rooms at the hotel. Third through fifth floors are normally desirable (harder to break into, but still accessible to firefighting equipment – where available).
- Read the safety instructions in your hotel room. Familiarize yourself with hotel emergency exits and fire extinguishers.
- Count the doors between your room and nearest emergency exit (in case of fire or blackout). Rehearse your escape plan.
- Keep all hotel doors locked with a dead bolt or chain at all times (do not forget the sliding glass door and windows).
- Consider traveling with a rubber door stop, smoke detector, and motion detector.
- Identify your visitor before you open the door.
- If you doubt room delivery, check with the front desk before opening the door.
- If you are out of your room, leave television/radio on at high volume. Place a “do not disturb” sign outside door.
- Do not leave sensitive documents or valuables visible and unattended in the room.
- Keep your laptop out of sight, in a safe, or in a locked suitcase. You may wish to use a laptop cable lock to secure your laptop to a window frame or bathroom plumbing.

- Keep your room number to yourself. If your room key is numbered or has your room number on a key holder, keep it out of sight. If a hotel clerk announces your room number loud enough for others to hear, ask for a new room.
- If you leave the hotel, carry the hotel business card with you; it may come in handy with a taxi driver who does not speak your language.

### *Residential*

When residing overseas, it is critically important to understand the threat environment in which you will be living. Take the time to reach out to the resources available, including security professionals in your organization, the local embassy or consulate, and the appropriate crime and safety reports. Here are some security measures you might want to consider:

- Avoid housing on single-entry streets with a dead end or cul-de-sac.
- Housing near multiple intersections can be beneficial.
- Ensure the sound, secure structure of your residence.
- Strictly control access to and distribution of keys.
- Install adequate lighting, window grilles, alarm systems, and perimeter walls as necessary.
- Establish access procedures for strangers and visitors.
- Hire trained guards and night patrols; periodically check-up on guards.
- Set-up a safe room in your house; consider adding additional locks
- Establish rapport with neighbors. Is there a “neighborhood watch” program?
- Seek guidance from local colleagues or expatriates who have insight into local housing arrangements.
- Ensure adequate communications (telephone, radio, cell phone) with local colleagues, authorities, and your Embassy.
- Install a back-up generator and/or solar panels.
- Set aside emergency supplies (food, water, medicine, fuel, etc.).
- Install smoke detectors, fire extinguishers, and carbon monoxide monitors, as appropriate.
- Avoid sleeping with the windows open or unlocked.
- Speak on the phone inside, somewhere that is and away from windows (through which you can be seen and heard).
- Ensure all windows have treatments that can prevent external observation.
- Lock up items, such as ladders and hand-tools, which could be used to facilitate forced entry.
- Store emergency funds in multiple places around the house.
- Keep a “go-bag” with clothes, water, and food (Powerbars, etc.) for three days packed and ready at all times. Keep copies of important documents and some emergency funds with the bag. Keep other necessary items (medications, etc.) in a centralized place for easy placement into bag. Key items include:
  - Documentation
    - Copies of all key documentation
    - Passport and/or national ID
    - Driver’s License
    - Health Insurance Card
  - Communication
    - Mobile phone – including a charger and extra battery
    - Work and emergency contact lists
    - Satellite Phone (if available)
    - GPS devise (if available)
  - Food and water
    - Water bottle
    - Purification tablets
    - Energy bars / dried fruit / nuts

- Other essentials
  - Cash (USD and local currency)
  - Full change of clothing
  - Rain jacket
  - Sweater
  - Walking shoes or boots (with heel and closed toe)
  - Insect repellent
  - Matches (ideally windproof and waterproof)
  - Flashlight (with extra batteries)
  - Medical/first aid kit
  - Sun screen
  - Sunglasses
  - Toiletries
  - Toilet paper
- Extended items
  - Sleeping bag or blanket
  - Mosquito net

### **Preparation for the “what if” scenarios**

#### *If You Become a Victim*

Despite all of your efforts to reduce exposure to risks and to avoid threats, you may still become the victim of a crime or critical event. Following are some general response strategies:

- Remain calm and alert.
- Carefully note details of the environment around you (license plate number, distinguishing features, accents, clothing, etc.).
- First, try to defuse the situation. Culturally appropriate greetings or humor may reduce tensions.
- If an assailant demands property, give it up.
- You can create a timely diversion by tossing your wallet, watch, etc. to the ground in the opposite direction you choose to flee.
- Against overwhelming odds (weapons, multiple assailants) try reasoning, cajoling, begging, or any psychological ploy.
- If someone tries to grab you, make a scene and fight; kick, punch, claw, scratch, and grab as if your life depends on it, it very well could.
- If you feel your life is endangered and you decide to physically resist, commit to the decision with every fiber of your being; turn fear into fury.
- Report any incident your embassy.
- Seek support for post-traumatic stress (even if you exhibit no symptoms).

#### *Hijacking/Kidnapping*

- You may be targeted for kidnapping. As discussed previously, when traveling, you represent yourself, your family, your organization, and your homeland (or perceived homeland). You may be targeted due to any of these affiliations, or you may simply just end up in the wrong place at the wrong time. Because abduction situations vary greatly, the following considerations should be applied based on one’s best judgment at the time:
  - Know the “ransom” policy of your government. The United States of America will not pay a ransom.
  - The greatest risk of physical harm exists at the point of capture and during a rescue attempt or upon release.

- If you are going to resist at the point of capture, do so as if your life depends on it; it most probably does.
- Remain calm and alert; exert control on your emotions and behavior.
- Humanize yourself, quickly and continually.
- Be passively cooperative, but maintain your dignity.
- Assume an inconspicuous posture and avoid direct eye contact with captors.
- Avoid resistance, belligerence, or threatening movements.
- Make reasonable, low-key requests for personal comforts (bathroom breaks, a blanket, exercise, books to read, etc.)
- If questioned, keep answers short; volunteer nothing.
- As a captive situation draws out, try to establish some rapport with your captors.
- Avoid discussing contentious issues (politics, religion, ethnicity, etc.)
- Establish a daily regimen to maintain your body physically and mentally.
- Eat what your captors provide. Avoid alcohol.
- Keep a positive, hopeful attitude.
- Attempt to escape only after weighing the risks and when you are certain to succeed.

## **Resources**

### **U.S. Department of State and OSAC**

- Overseas Security Advisory Council: [www.osac.gov](http://www.osac.gov)
  - Country Crime and Safety Reports: [www.osac.gov/Pages/ContentReports.aspx?cid=2](http://www.osac.gov/Pages/ContentReports.aspx?cid=2)
- Visit [www.travel.state.gov](http://www.travel.state.gov) for security advisories and other travel guidance
  - Smart Traveler Enrollment Program (STEP): [www.travel.state.gov/step](http://www.travel.state.gov/step)
  - Country Specific Information: [www.travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_4965.html](http://www.travel.state.gov/travel/cis_pa_tw/cis/cis_4965.html)
  - U.S. State Department's role in a crisis: [http://travel.state.gov/travel/tips/emergencies/emergencies\\_1212.html](http://travel.state.gov/travel/tips/emergencies/emergencies_1212.html)

### **World Factbook**

- CIA World Factbook: [www.cia.gov/library/publications/the-world-factbook/index.html](http://www.cia.gov/library/publications/the-world-factbook/index.html)

### **Study Abroad**

- To get the latest in education abroad security information and training, go to [www.globalscholar.us](http://www.globalscholar.us)
- U.S. State Department Students Abroad website: [www.studentsabroad.state.gov](http://www.studentsabroad.state.gov)
- NAFSA (Association of International Educators) and The Forum on Education Abroad: <http://nafsa.org/> <http://www.forumea.org/>

### **Weather**

- Review the climate and weather at your point of destination and/or any layover cities: [www.weather.com](http://www.weather.com)

### **Travel Medicine/Health**

- Centers for Disease Control: [www.cdc.gov/travel](http://www.cdc.gov/travel)
- World Health Organization: [www.who.int/ith](http://www.who.int/ith)

## **About OSAC**

### **OSAC's Commitment**

The Overseas Security Advisory Council is committed to providing the American private sector with customer service of the highest standard. As OSAC is a joint venture with the private sector, we strive to maintain standards equal to or surpassing those provided by private industry. OSAC activities directly correspond to requests from the private sector.

OSAC has received exceptional support for its initiatives from the chief executive officers and corporate security directors of many of the largest international corporations in the United States. The U.S. State Department and the Bureau of Diplomatic Security recognize the need in OSAC's goal to support the U.S. private sector by continuing to develop an effective and cost-efficient security information and communication network that will provide the private sector with the tools needed to cope with security-related issues in the foreign environment. OSAC's unique charter and continued success serve as an example of the benefits of mutual cooperation.

### **Mission**

The U.S. State Department's Overseas Security Advisory Council (Council) is established to promote security cooperation between American private sector interests worldwide (Private Sector) and the U.S. Department of State.

The objectives of the Council, as outlined in its Charter, are:

- To establish continuing liaison and to provide for operational security cooperation between State Department security functions and the Private Sector.
- To provide for regular and timely interchange of information between the Private Sector and the State Department concerning developments in the overseas security environment.
- To recommend methods and provide material for coordinating security planning and implementation of security programs.
- To recommend methods to protect the competitiveness of American businesses operating worldwide.

For more information and to join the Overseas Security Advisory Council, please visit [www.osac.gov](http://www.osac.gov).

*This document is a compilation of constituent and OSAC efforts and is meant to serve as a reference guide for private sector best practices. OSAC wishes to thank all of our constituents who generously provided their input and assistance. A special thank you to Michael O'Neil, Director of Global Safety and Security, Save the Children International, whose contributions were vital and provided the foundation for this reference guide.*



[www.osac.gov](http://www.osac.gov)

## TRAVEL SAFETY GUIDE FOR STUDY ABROAD

If you become the victim of a crime, seek medical help if necessary, then immediately contact:

- the local police,
- your home nation's diplomacy or consular office
- your International Programs Office Director

If you have a medical emergency, seek immediate care, then contact:

- your host family/program director/international office at host institution
- IPO
- your family

### PERSONAL SAFETY

- 🌐 Do - A thorough medical and dental check-up before departure.
- 🌐 Do - Travel with limited cash and one credit card keeping cash in more than one place.
- 🌐 Do - Use official currency outlets and use caution at ATM machines so as not to be a target for thieves. Make sure your card works abroad and notify your bank and credit card companies that you will be out of the country.
- 🌐 Do - Lock personal possessions and valuables in the hotel or room safe or use hotel security.
- 🌐 Do- Use a money belt rather than a purse. If you use a handbag, keep it close to the body. Wear backpacks in front.
- 🌐 Do - Maintain a security awareness of items on your person - i.e.: purse, wallet, keys, money and cell phones
- 🌐 Do - If you are sexually harassed, ignore the proposition and continue on your way.
- 🌐 Do not - Open your hotel room door for anyone not expected or known or does not have an official identification.
- 🌐 Do not - Wear expensive looking jewelry. Remember that thieves may not know the difference between pieces of real and costume jewelry.
- 🌐 Do not - Use ATM machines at night unless the area is open and well lit.
- 🌐 Do not - Walk in low-lighted areas without being surrounded by people and trust your instincts if something seems amiss, return to a safer surrounding, such as a hotel.
- 🌐 Do not - Walk, drive or travel alone and be aware of your surroundings when using public transportation, elevators or restrooms.

## Travel Safety Pocket Guide

***“Remember that no list can contemplate every possible “do” and “don’t” on safety issues. Every situation is unique. Be careful, don’t rush, think before you act, stay in a group whenever possible, and always use your own best judgment in any given circumstance.”***

### TRAVEL SAFETY

- 🌐 Do – Leave copy of travel itinerary with two or more known trusted people.
- 🌐 Do – Promise to call or email relatives or friends periodically.
- 🌐 Do – Dress according to the social and cultural norms in each country.
- 🌐 Do – Exclude titles, organization names or unnecessary data on luggage tags.
- 🌐 Do – Keep luggage near by and in view at all times and pack a small flashlight.
- 🌐 Do – Have alternative plans for unexpected events during traveling, keeping necessary items in your carry-on.
- 🌐 Do – Create and have handy detailed maps.
- 🌐 Do – Ask about surrounding and problem areas you may have to travel through. Check these sites:
  - **U.S. State Department: <http://www.state.gov/travel/>**
  - **<https://step.state.gov/>**
  - **<http://www.traveldocs.com/>**
- 🌐 Do – Be aware of your surroundings – not to be lulled with a false sense of security.
- 🌐 Do – Keep advised, via local media, of the current security situations in the area.
- 🌐 Do – Use main entrance of hotels and other buildings.
- 🌐 Do – Use all security locking devices when in your room and keep your room key in your pocket.
- 🌐 Do – Know the emergency number to call where you will be.
- 🌐 Do – Figure out how you will communicate: SIM card? App? Current phone number? What will work in an emergency?
- 🌐 Do – Have a backup plan if relying on your phone for directions or information. Be prepared in case you lose it.
- 🌐 Do – Research and know the laws of your host country. Ignorance is not an excuse.  
Be aware of what transportation is official and if using ride shares (Uber/Lyft), verify your ride and driver before entering car.
- 🌐 Do – Consider buying RFID blockers to protect cards from identity theft.

### FIRE SAFETY

- **[www.firesafetyfoundation.org](http://www.firesafetyfoundation.org)**
- 🌐 Do – Acquaint yourself with all hotel/residence hall/ etc. emergency procedures and locate all emergency exits nearest you.
- 🌐 Do – Ask about safety measures such as, fire alarms, evacuation procedures and if windows will open.
- 🌐 Do – Call fire department direct if fire occurs then call hotel/residence hall management.
- 🌐 Do – Feel door with palm of hand, if hot don’t open if not try to escape to nearest stairway exit-not elevator.
- 🌐 Do – Stay in room and wait for help when in doubt on what to do and DO NOT PANIC or DO NOT JUMP.
- 🌐 Do – Keep everything wet if you stay in room stuffing door cracks with wet sheets and towels.
- 🌐 Do – Fill the tub with water and douse the door and walls if you stay in room.

## LINFIELD UNIVERSITY INTERNATIONAL PROGRAMS IDST 031 SYLLABUS; 2023-24 Academic Year

IDST 031: Intercultural Communication: Pre-Departure, Experiences Abroad, and Re-entry (S/U; 1 credit)

**Note:** *Students do not register for this course. It will appear on your transcript after you return from your program and attend the re-entry session. IPO then submits the grades to the Registrar to post. Please read the information below which explains the details.*

### Course Objective:

This three-part course, required of all semester abroad participants, is designed to prepare you for your semester abroad program, reflect on your experiences while you are abroad and challenge you to think about your encounter with your own culture/country upon returning home. Studies have shown that students who undergo a well-designed orientation program tend to have a higher probability of success when they encounter a cross-cultural conflict or difficulty or experience culture shock. This applies both to international students who study in the United States and American students preparing to study abroad. Some may think that the term “culture shock” is overplayed in some circles, but rest assured that just about everyone will face some level of stress and anxiety when placed in a cultural environment different than their own. The objective is to be able to identify and recognize the symptoms and be ready to cope with the stress so that the experience abroad will turn out to be a rewarding one.

The International Programs Office (IPO) will provide you with cross-cultural material, specific assignments and readings in order to satisfactorily fulfill this one-credit course.

This companion course to the actual on-site study will allow you to identify, examine and explore your personal objectives for undertaking the study. Linfield College has also identified some of the objectives and learning outcomes expected of all students who study abroad.

### **LEARNING OUTCOMES EXPECTED OF SEMESTER/YEAR ABROAD PARTICIPANTS:**

**At the end of the semester or year of participation in a Linfield-administered program, participants must be able to demonstrate the following:**

- Language acquisition: participants must meet a desired level of proficiency in their language of study. This will be determined through a pre and post test instrument specifically designed and administered by the Global Languages & Cultural Studies. In some cases, the GLCS faculty will also conduct mid-year evaluations of language proficiency for their majors.
- Ability to adapt and be successful in a culturally (and systemically) different educational environment.
- Ability to see and articulate similarities and differences between your own country/culture and the culture of your host country
- Ability to recognize, synthesize and articulate the cultural differences, norms, mores, habits and lifestyles of families in your host country compared with your own.

- Ability to utilize experiences abroad for (international) career building: participants should be able to write a succinct paragraph to this effect to be included in their revised resume.
- Have the skills to be more self-confident, more tolerant and flexible and less reliant on others.

### **Assessment tools:**

- Pre and post language tests, as well as mid-year evaluations **for year-long language majors.**
- Coursework and final grades
- Mid-Semester assignment
- Returnee questionnaire and evaluation
- Re-entry discussion and assignment

### **1. Pre-Departure Preparation:**

A pre and a post orientation assignment will accompany a day and a half of cross-cultural orientation session (normally held in mid-March of each year), required of all participants. The pre-orientation assignment will be emailed to you after you have been accepted into the program and 1-2 weeks before orientation. It will be due the first day of orientation. The mandatory day and a half orientation session will include general discussion and presentation of various cross-cultural topics as well as information about the specific country of your destination. A post orientation assignment will allow you to summarize your thoughts about what you have gained from the sessions.

### **2. Your Experiences Abroad:**

While you are abroad, we will send you a mid-semester assignment that is designed to reflect on your experience and to make comparisons across cultures, your own as well as the one you are experiencing in the host country. You are required to submit your reactions via *Blackboard* or email to ipo@linfield.edu. In completing this on-site mid-semester assessment, you should be aware that IPO will post select entries on the Linfield website so that others in the community would also benefit from your experience abroad.

### **Mid-Semester Assessment**

Please respond to the question/assignment below, with 2-3 thoughtful paragraphs.

- Identify someone from your host country (such as a roommate, a classmate, a member of your host family, a clerk at a local store, a program assistant at the study center, someone you met at the study center) and conduct an interview. Write 2-3 paragraphs to report your findings on these salient points (*make up your own questions to address these points*):
  - What surprised you the most about the lifestyles, mores, norms and habits of the person you interviewed compared to yours or people you encounter with back home?
  - What are (cultural) similarities and differences you observed or learned (their preferences, tastes, outlook, values) between the person you interviewed and you?
  - How did the interview experience and what you learned changed your initial perceptions of the host country?

- At the end of your report, include the name(first name only) of the person you interviewed, who they are and the date of the interview.

At the conclusion of your study abroad program, you will be asked to complete a “study abroad returnee” assessment of your learning experiences.

### 3. *Returning home:*

Studies have shown (and the Linfield experience has confirmed) that study abroad returnees often experience some level of anxiety about returning home and getting back to their normal routine after spending some time (semester or year) living in another culture. Most feel the value of sharing these feelings with fellow students who have had similar experiences. Hence, we have developed a re-entry workshop to provide for this discussion. For the final part of this course, you will be required to attend one re-entry session held each term. The estimated dates for this session are provided below, along with information about the class meeting.

### Grading:

You will receive a passing grade for this course once you have satisfactorily completed all assignments associated with the three segments to this course: pre-departure, experience abroad, returning home.

### Mandatory Semester Abroad Orientation

- ↗ Attend the **mandatory** study abroad orientation sessions listed below. **Absences for any reason are not allowed. For all students:**
  - Friday, March 17, 2023 (from 3:30 pm – 6:00 pm); Jonasson Hall
  - Saturday, March 18, 2023 (from 8:30 am – 12:00 pm); Jonasson Hall
  - Saturday, March 18, 2023 (1-5pm) Country-specific sessions; various locations

<u>Assignments</u>	<u>Due Dates</u> <u>Fall 2023 Programs</u>	<u>Due Dates</u> <u>Spring 2024 Programs</u>
Pre-orientation Assignments	March 17, 2023	March 17, 2023
Post-orientation Review	March 24, 2023	March 24, 2023
Mid-semester assignment: Experiences Abroad	Questions sent by our office for responses. Select entries will be posted on the IPO website and Linfield’s Digital Commons website.	
Returnee Assessment/Questionnaire	Within 2 weeks of the end of your program.	
Reentry Class	Feb./March, 2024	Sept./Oct, 2024

**Relevant texts:**

*These reference materials are available in Nicholson Library. Use these materials as a background to complete your assignments for this course.*

*Culture Shock* publication for all destinations, published by Graphic Arts Center Publishing Company, Portland Oregon. Similar publications are also available through Lonely Planet Publications.

Students with documented disabilities who may need accommodation, who have any emergency medical information of which IPO should be informed, or require special arrangements in order to **fully** participate in the abroad program or in the event of a necessary evacuation from the study abroad site, should meet with a staff member in IPO as early in the process as possible, no later than a week after receiving the acceptance letter.

Students who have been accepted to participate in a semester/year study abroad program are expected to adhere to the college policy on academic honesty, as published in the Linfield College catalogue, in fulfilling the requirements of this course and in all the courses they would be taking while abroad.

10/22

## STUDENT BUDGET – JAPAN 23-24

Please keep in mind that students are responsible for housing and meals during vacation periods between semesters. The following figures are estimates based on students' budgets from last year. They are only estimates and vary widely according to the individual. It is important to remember that not all expenses are included! Be prepared for some additional small expenses (i.e. photographs, photocopies) that will be necessary for various reasons.

Be aware of the exchange rate while you are there. As of June 2023, 1 US Dollar = 140.24 Japanese Yen.

Per Semester: KGU/AGU		Per Semester: Doshisha/Rikkyo	
Food*	\$200-1,000	Food*	\$1,000-5,000
Local transportation	\$100-500	Local transportation	\$200
Independent travel	\$500-\$1,000	Independent travel	\$500-\$1,000
Books	\$50	Books	\$100
Postage	\$50	Postage	\$100
Phone	\$100	Phone	\$100
Gifts	\$100-2,000	Gifts	\$500
Entertainment	\$250	Entertainment	\$400
Other	\$50-200	Other	\$1000
<b>Total estimated cost:</b>	<b>\$1,400 - \$5,150</b>	<b>Total estimated cost:</b>	<b>\$3,900 - \$8,400</b>

If you are on a tight budget, these items can be reduced considerably by concentrating on local travel and taking care with discretionary expenditures.

### **BANKING:**

Plan to exchange \$100 USD into your country's currency, preferably at the airport of departure or you can exchange currency at most airports of arrival, but often arrival is a hectic time plus you might be experiencing jet-lag.

The easiest method for obtaining funds is to use an internationally recognized ATM (Automatic Teller Machine) card – such as PLUS or CIRRUS –for cash withdrawals. You will need to get a pin number from your bank, and you will probably be able to withdraw money only from checking accounts, not savings accounts. **Be sure to check with your bank here at home. Have a back-up plan in case your card does not work. ATM's are not always available outside of cities.**

Another practical solution to international banking is a VISA credit card. You can use the card to charge expenses in most stores, restaurants, and hotels throughout Western Europe. You can also get cash advances at exchange windows of many banks. Be aware, however, that there is often a fee for the advance plus interest charges that begin immediately after withdrawal.

2023—2024

**Doshisha University, Center for Global Education / Center for Japanese Language and Culture**  
**Academic Calendar 2023**

<u>Spring Semester (April – September)</u>			<u>Fall Semester (September – March)</u>		
<b>2023</b>					
APR	1 (Fri)	Start of Spring Semester	SEP	15 (Fri)	Start of Fall Semester
	2 (Sat)	Orientation for New Students (including Course Registration)		16 (Sat)	Orientation for New Students (including Course Registration)
	7 (Fri)			22 (Fri)	
	8 (Sat)		Classes begin	25 (Mon)	
	29 (Sat)	Holidays (Golden Week)	OCT	9 (Mon)	Sports Day (Classes held)
MAY	5 (Fri)				
JUL	17 (Mon)	Marine Day (Classes held)	NOV	3 (Fri)	Culture Day (Holiday)
	28 (Fri)	Last Day of Classes		4 (Sat)	Doshisha Clover Festival
	29 (Sat)	Final Examinations begin		5 (Sun)	
				5 (Sun)	Sports Festival
AUG	10 (Thu)	Final Examinations end		23 (Thu)	Labor Thanksgiving Day (Holiday)
	11 (Fri)	Spare day of Final Examination/ Summer Recess begins		26 (Sun)	Doshisha Eve (no classes)
				27 (Mon)	
				28 (Tue)	
SEP	14 (Thu)	Summer Recess ends / End of Spring Semester		29 (Wed)	Anniversary of Establishment (University holiday)
			DEC	23 (Sat)	Winter Recess begins
				25 (Mon)	Nativity (University holiday)
			<b>2024</b>		
			JAN	8 (Mon)	Winter Recess ends
				8 (Mon)	Coming of Age Day (Holiday)
				9 (Tue)	Classes recommence
				23 (Tue)	Founder's Day
				29 (Mon)	Last Day of Classes
				30 (Tue)	Final Examinations begin
			FEB	12 (Mon)	Substitute holiday for National Foundation Day (Examinations held)
				17 (Sat)	Final Examinations end
			MAR	31 (Sun)	End of Fall Semester

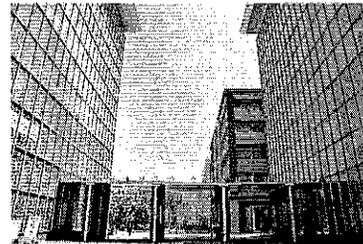
KGU

## Purpose of Program

This program provides classes aimed at improving Japanese language skills and learning Japanese culture and society, economics and law/politics. Also, field trips, a study tour, home stay program, will give you great opportunities to learn about Japanese culture and society. Each exchange student has a buddy to ease the process of adjusting to life in Japan and assist with Japanese language acquisition.

## 2023 Calendar (TBD)

Arrive in Japan:	Aug 28
Orientation:	Aug 30 – Sep 2
Japanese Class Placement Test:	Sep 1
Class Start:	Sep 4 <i>le</i>
Fall Break:	Oct 29 - Nov 5
Japanese Language Proficiency Test:	Dec 3
Class End:	Dec 8
Depart from Japan:	Dec 11-21



## Academic Course

- Pre-intermediate Japanese Language Program ... 10-11 credits
- Pre-advanced Japanese Language Program ... 10-11 credits
- Japanese Studies I (Culture & Society) ... 3 credits
- Japanese Studies II (Economic & Law/Politics) ... 3 credits
- Perspectives on Japan ... 1 credit

## Course construction at a glance

Course	Japanese Class Term1-3	Japanese Studies (Mandatory)
Pre-Intermediate	<ul style="list-style-type: none"> <li>• <b>Comprehensive Japanese</b></li> <li>- 4 classes/week</li> <li>Mandatory for all students.</li> <li>The class will be determined by the placement test upon arrival.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Japanese Studies I</b></li> <li>- Japanese Culture and Society</li> </ul>
Pre-Advanced	<ul style="list-style-type: none"> <li>• <b>Elective Japanese</b></li> <li>- 3 or 4 classes/week</li> <li>Students will <u>choose</u> which elective classes they take out of 8 classes after taking the placement test.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Japanese Studies II</b></li> <li>- Japanese Economics</li> <li>- Japanese Law and Politics</li> <li>• <b>Perspectives on Japan</b></li> </ul>

## **Science and Technology Cooperation**

The U.S.-Japan partnership in the areas of science and technology covers a broad array of complex issues facing our two countries and the global community. Under the auspices of the U.S.-Japan Science and Technology Agreement, our two countries have collaborated for over 25 years on scientific research in areas such as new energy technologies, supercomputing, and critical materials. In recognition of these achievements, President Obama and Prime Minister Abe announced in 2014 an extension of our bilateral Science and Technology Agreement for an additional 10 years. The U.S.-Japan Comprehensive Dialogue on Space reflects our deepening cooperation in space. On January 11, 2016, both countries celebrated the 50<sup>th</sup> anniversary of the U.S.-Japan Cooperative Medical Sciences Program, which has grown over time to encompass attention to health threats affecting other Pacific Rim nations, particularly in Southeast Asia.

## **People-to-People Relations**

The strength of the U.S.-Japan relationship is due in part to the substantial reservoir of goodwill created by the close grassroots ties between the U.S. and Japanese people, often supported by the U.S. and Japanese governments. There are more than 30,000 American alumni of the Japanese government-sponsored Japan Exchange and Teaching (JET) program, including nearly 200 JET program alumni working at the Department of State. The Fulbright program in Japan has sent nearly 7,500 young Japanese on Fulbright scholarships to the United States since 1952. There are as well 37 U.S.-based Japan-America chapters, many of which are sustained by the close business ties between the United States and Japan; more than 800,000 Americans are employed by Japanese firms in the United States. The U.S. and Japan also share more sister city relationships with each other than with any other country. Many other non-governmental organizations, such as the U.S.-Japan Council, Mansfield Foundation, and Sasakawa Peace Foundation, utilize public-private partnerships as well as U.S.-government grants to support people-to-people exchange.

The United States-Japan Conference on Cultural & Educational Interchange (CULCON), a binational blue-ribbon panel of academic, cultural, and government experts, was founded between President Kennedy and Prime Minister Ikeda in 1961 to make policy recommendations on how to continue to improve people-to-people ties between the U.S. and Japan. Since its inception, the organization has formed a number of task forces to take on policy issues regarding people-to-people exchange, most recently focusing on increasing the falling number of Japanese students studying in the United States, and how both countries can better foster the next generation of leaders in the U.S.-Japan relationship.

## **Japan's Membership in International Organizations**

Japan and the United States belong to a number of the same international organizations, including the United Nations, G7, G-20, Organization for Economic Cooperation and Development, Asia-Pacific Economic Cooperation forum, ASEAN Regional Forum, International Monetary Fund, World Bank, and World Trade Organization. Japan is also a Partner for Cooperation with the Organization for Security and Cooperation in Europe and an observer to the Organization of American States. In 2019, Japan will assume the G-20 presidency and host numerous ministerial meetings as well as the G-20 Leaders' Summit in Japan.

## **Bilateral Representation**

Joseph M. Young is the Chargé d'Affaires ad interim of U.S. Embassy Tokyo. Principal embassy officials are listed in the Department's Key Officers List

Japan maintains an embassy in the United States at 2520 Massachusetts Avenue NW, Washington, DC 20008 (tel: 202-238-6700).

More information about Japan is available from the Department of State and other sources, some of which are listed here:

## PACKING FOR YOUR YEAR ABROAD AT RIKKYO, JAPAN

as suggested by returning Linfield students

The number one rule when you are packing is to remember that at some point during your trip you will have to carry whatever you take with you. The number two rule is that you will come home with more than you left with. An expandable bag is a good idea, both to use for traveling when you don't want to take a suitcase and also to fit the items you acquire in Japan into luggage when you return to the U.S. (Therefore, the expandable section should be used only on your return trip, not your trip to Japan. Using it on the way to Japan would defeat the purpose entirely.)

You are allowed to take two regular suitcases (each weighing under 70 pounds) and one carry-on on the plane. (Don't play games and try to take a huge suitcase-size carry-on.) Most airlines have become very strict about enforcing their rules about the acceptable dimensions of carry-on bags. Also, please make sure you don't pack your suitcases so that they weigh over 70 pounds. You WILL get charged a lot of money for the extra pounds! Believe me. This is true for the trip to Japan and the trip back.

It is a good idea to use a small backpack as your carry-on. Be aware of the items that you are not allowed to take on board with you. Liquids have been banned, so make sure you don't take any bathroom necessities that could be taken away from you.

There is always the possibility that your luggage will be lost or won't arrive in Japan right away. We advise you to tag your luggage with addresses of both the Rikkyo International Center and your home address in the US. Also, make sure that if you bring a portable battery, it specifically lists its capacity and other technical information (usually in small print). Or else airport security may confiscate it

(TIP: To easily recognize your luggage, mark your bags with colored ribbon.)

### **Clothes:**

**(For those going abroad for an entire year, there is more helpful information below)**

Since your clothes take up the most space, you will need to be careful not to overload. Be sure to bring clothes you know you will wear often. Don't bring something you plan on wearing only once or twice, or you will be sorry. We all ended up leaving clothes that wouldn't fit in our bags on our return trip from Japan. That is the truth from those of us who have made the mistake of over packing.

In August and September, you will want shorts, tee shirts, and tank tops. (Tip: Uniqlo has lots of cheap tank tops and shirts – sometimes for ¥500 each). It really does get extremely humid, so bring light clothes that will let your body breathe. For those of you that sweat a lot, we suggest bringing extra T-shirts because you will probably end up wearing two layers of T-shirts during August and September.

After the summer time, you will no longer need all your summer clothes. Some people in our group shipped their summer clothes home in boxes by surface mail. (This takes a long time but it's much cheaper than airmail.) October through December you will be in jeans and sweatshirts. Bring clothes that you would wear for a winter in McMinnville; the weather is very similar, and many times was much warmer. Bring a couple of your favorite sweaters, but remember that they take up suitcase space fast.

### **Your Feet:**

Taking the right shoes is very important. One of the students in our group cried for three months because she didn't think she would need her Tevas. Bring a good pair of summer shoes that are comfortable for walking, and bring a good pair of tennis shoes or hiking boots. (Two pairs of tennis shoes is a big plus! You will be walking most of the time when you are in Japan, and your feet will definitely be happier without sores and cuts.) Bring a comfortable pair of ordinary school shoes. You may want to bring a pair of nicer shoes as well.

### **For those studying abroad for a year:**

You will have to think about what you will need to wear for an entire year rather than a semester. As stated above, summer is hot and humid. You want to have summer clothes the entire time because it will be hot when you get there and when you leave. Winter in Tokyo is not very different from the northwest. The temperature is usually in the 40s. However, there isn't nearly as much rain. If you are staying through the year, it may begin to snow in Tokyo, so at least one warm jacket would be recommended. Otherwise, clothing in Japan can get expensive really fast depending where you may shop if you do not bring your own, so bring some winter clothing that you would wear here. Spring is the best time of the year. The temperature is just right and it's mostly sunny. From about mid-May to July, it rains quite a bit. Buying an umbrella would be very wise. They sell them pretty much everywhere you look. As for shoes, you will go through at least a few pairs of them. As stated above, make

sure you have comfortable walking shoes because you spend a lot of time walking around. For those with big feet, finding the right shoe size is nearly impossible. I am a size 13 and I was never able to find my size. You could bring multiple pairs with you or have your parents send you a pair whenever you need it. Buying slippers would be wise for inside the dorm.

### **IMPORTANT THINGS TO TAKE WITH YOU**

- A water bottle – This is good for all the hot days. (Or, just buy drinks at the vending machines in Japan.)
- A Swiss Army Knife – These are very useful for opening canned soups, cutting fruit, and a variety of other situations.
- A good towel
- A bottle of your favorite shampoo and other bathroom necessities (mainly for the trip to Japan, you can buy the other necessities in Japan very cheaply at convenience stores)
- Deodorant (Purchasing deodorant in Japan can be a pain, for the sheer lack of it)
- American style food is harder to come by, so bring something in case you start to miss it (especially pizza)
- Swimsuit
- Sunglasses
- Nail Clippers
- Umbrella-Since umbrellas are so cheap and easy to come by, I would rather recommend saving space in the suitcase for other uses)
- Feminine hygiene products
- Extra workout clothes (sweatpants, etc.)
- Address book (Tip: Bring your Lindex!)
- Picture book (Tip: Bring pictures of your family, home, and town. You will probably miss your family and friends, so take pictures to put up around your room and to show people.)
- A digital camera and sufficient memory
- Small alarm clock (wind-up or battery powered)
- Hand Lotion
- Chapstick
- Contact lense solution
- Razors

- A small sewing kit
- Medicine kit (cough drops, Band-Aids, aspirin, Pepto Bismal, etc.)
- LOTS OF CLEAN AND GOOD SOCKS! You will thank me for this tip!

### THINGS YOU CAN BUY IN THE ¥100 STORES IN JAPAN

- Tupperware bowl with a lid
- Silverware
- Mug
- School Supplies
- Stationary
- Some snacks and food
- Makeup
- Lotion
- Hangers for laundry
- Laundry soap
- Q-tips
- Snacks
- Drinks
- Umbrellas

### Rikkyo's Dormitories

There are two main dormitories. RUID Asakadai and RUID Shiki. They are both identical in rules and structure. There will be a dorm manager who will most likely be an older Japanese guy and his wife. They live at the dorm and are the people to see if something is wrong. They can't speak any English, so be prepared for that. There is also the mailboxes near the front door where you can get your mail. If a package arrives for you, the dorm manager will write your name and room number on the black board near the front door and you can get your package from him. There is a meal plan available for students staying in the dorms that costs roughly 20,000 yen (~185 usd) a month. Breakfast is from 6:30 to 8:30 AM and dinner is from 6:00 to 9:00 PM. The meals can be good sometimes but aren't exactly the best. They don't serve meals on Sundays and holidays. That's when you can eat out or get some quick food from a convenience store. You can use the kitchen during daytime hours to make whatever you want. Although, lots of people started

using the meal plan then ended up cancelling it to just go out to eat or make their own food (generally more cost efficient).

There are two main international floors per dorm. On each international floor, there is a Japanese resident advisor along with many different people from many different backgrounds. Living amongst so many different people might be a challenge to get used to, so be prepared and have an open mind to other customs and cultures. Also, entering a room of another gender is strictly forbidden by the dorm rules along with a non-resident entering. There is another slight drawback, which is the curfew set at midnight. But the dorm managers tend to be lenient on this time and if you come late while it's locked, you can just text a friend to let you in.

Each room has a bed, closet, desk, fridge, bathroom, shower, a small kitchen sink with a hot plate, and shelves. These things take up a majority of the space. However, you will probably not be spending a whole lot of time in the dorm room. You're in one of the biggest cities in the world, so go explore! Every room also has air conditioning, a TV cable outlet, and an internet outlet which connects through the phone. Because the phone is connected by Ethernet, international calls are extremely cheap. It cost about 10 yen for three minutes to call the United States. That's about \$1 per half an hour.

Cleaning your clothes can be time consuming. The washer is free and the dryer cost 100 yen per half an hour. However, those don't seem to work very well. Most people hang their clothes to dry either in their rooms or the balcony on the second floor. Just be aware that air drying clothes in the winter can take days and the clothes might just end up smelling bad. I personally recommend dryers for winter and air drying for summer/spring.

Each dorm is about a 5 minute walk from their train stations. It takes roughly 25 minutes for the train to reach Ikebukuro, and another 10 minute walk from Ikebukuro station to the Rikkyo campus. Be sure to leave the dorm about an hour before your first class so you're not late. The trains can be very, very crowded, so don't expect to have the same kind of personal space that you enjoy here. But crowded trains are really only a problem during first period (~7am-9am)

Once you get your student ID from Rikkyo, you can buy the cheap train pass. Those cost about 22,000 yen for 6 months and allows you to commute for free between the two stations you choose (your dorm city and Ikebukuro) along with all the stations between.

There is also the Niiza campus that is about a 20 minute walk from both RUID Shiki and RUID Asakadai (or a 3-5 minute bus ride). Some of you may have classes there, but for the most part, they will be at Ikebukuro.

## **Rikkyo University**

### **The Class Schedule:**

There are 9 different levels of Japanese classes available. You will take a placement test before classes begin that will determine what level you will be in. J0 is the lowest and J8 is the highest. J0-J3 meets everyday while J4+ can choose which classes they take (out of Grammar, Reading, Listening and Conversation, and Composition).

Of course, attendance is important. Choosing not to attend any of the language classes more than three times will result in a failing grade. There will be finals that don't differ too much from here. The workload isn't too heavy depending on which level you may test into. They know that you are here not to just attend class, but also experience another culture.

Also, make sure to read all the materials you receive and pay attention VERY carefully during orientation and class registration. There is a LOT of information and special requirements you have to complete in order to enroll in most classes.

### **Making friends:**

Something that you'll notice is that Japanese are very shy. Meeting some person in the cafeteria or just sitting around somewhere on campus is unlikely. They are especially shy towards foreigners.

However, there are clubs that are made specifically for meeting foreign students. The most popular group is a club called International Friendly Lunch (IFL). This is the most popular club with the international students. It gives you a place to have lunch everyday and meet new Japanese people that are interested in meeting you.

They will also help with orientation and helping you get settled in. You meet everyday during lunchtime and they will always speak to you in Japanese because they know that you are there to learn their language, not for them to practice their English. Another activity that they also do often is go to an izakaya and karaoke. These places are great for having a good time after a long week. They also go on field trips that are unforgettable. While they might not be cheap, you go to places like the mountains in Niigata for a ski trip or a beach in Chiba for a weekend of fun. These are the people who will share most of your memories with you.

Another club is called Ibunka. They are a new club that formed just last year. Their purpose is exactly the same as IFL but aren't as involving. You can join both clubs if you wish, but a majority of the international students join IFL.

There is also the Rikkyo Ladies Club. These are older women who attended Rikkyo in their earlier years and want to give something back. They treat you like their own children in that they try to help you with anything you need. They also offer free tutor lessons. This is also the best way to see what a Japanese home is like because they invite you to dinners and other events at their homes. I highly recommend taking part in their activities.

Unfortunately, the cafeterias here are not like Dillin in terms of interacting with other students. Not only are the Japanese students shy, they also don't eat in the cafeteria all the time.

## General Information

### Shopping:

- This is Tokyo. You have not truly been shopping until you shop in Tokyo. The main shopping areas are Ikebukuro, Shinjuku, Harajuku, and Shibuya. Each station seems to have its own style. The best thing is that they are all within 15 minutes by train of Ikebukuro station and cost no more than a couple bucks to go to.
- Department stores- these are the places to go to get just about anything. Some notable stores are Loft and Tokyuu Hands. Loft has some very modern accessories, furniture, light/lamps, pillows, and much more. Their unique style is very attractive. Tokyuu Hands is not the cheapest place, but they've

got just about everything. They have entertainment, necessities, and gifts. Every time there's a holiday, go check out the second floor. They don't hold back on decorations, costumes, etc...

- Clothing- the fashion in Japan is very interesting. You may like or you may not. If you want to buy some clothing, there are plenty of places to do it at. Uniqlo is a good place to get some basic clothing and they also have some traditional Japanese clothing for cheap if the time is right. Parco and Marui, two department stores right by the Ikebukuro station, carry many fashionable clothes. However, their prices are considerably more expensive than you may want to afford, compared to the cheap standards held here in the United States. If you want to most outrageous fashions, Harajuku and Shibuya are the places for you. The clothing along the street by the Harajuku train station carries not only unique fashion, but at the same time are quite affordable, at least compared to what you may find elsewhere. They sport clothing that you would never see here. By the way, shirts with funny English that doesn't make sense are great gifts to bring back to the States.
- Convenience stores- these are extremely convenient. Not only can you get good food to go, you can take care of things like paying bills, getting cash from your bank account, and printing photos from your digital camera. They are also just about everywhere. You will always have one within walking distance.
- Bakeries- Japan's bread shops are probably some of the best in the world. They have a variety of choices and everything is delicious. If you want a quick and filling meal, just go to the bakery and buy a few slices of your favorites.
- 100 yen shops- these places have a lot of essentials like hangers or utensils for a really low price. If you ever need something simple, this is the place to get it.

## Restaurants:

- **Shakey's Pizza** – If you ever miss American food and want to eat a lot for cheap, this is the place. You can go to the all-you-can-eat lunch for a cheap price. It includes pizza, pasta, potato slices, salad, and curry. You can have as much as you want for only about 800 yen.
- **Fast Food** – The two most common fast food places are McDonald's and Mos Burger. Not too different from here, both are good if you want a quick meal that is cheap. Also good if you get tired of rice. Japan also has a lot of fast and cheap rice bowl shops, available at Matsuya, Sukiya, Yoshinoya, or a variety of other chain restaurants. If you are on the go and need something quick, they may be your best bet.
- **Ramen** – There are ramen places everywhere. Try not to hold the image of "Top Ramen" or "Maruchan" as what ramen really is when starting your journey in Japan. They are never too expensive and ramen is probably one of the best foods I've ever had. There is a place next to campus that is very good. Some of the better ramen restaurants have lines that form every night, so if you want to try the best, be sure to plan ahead.
- **Italian Restaurants** – There are a lot of Italian restaurants in Japan. The cheapest one is Saizeriya. You can get a nice meal for little more than 500 yen and the food is actually pretty good. There are many more, but this is the one we usually went to.

## Banking:

Rikkyo will help you set up a bank account in Japan. You'll have a bankcard and everything. This is how you will receive your monthly stipend if you receive a scholarship. The good thing about having an account there is that it is good for another ten years after you leave Japan. Should you decide to return, you'll have an account ready for you.

The banks are open from 9:00 AM to 3:00 PM. You will be in class many of the hours that banking services will be available. Plan ahead before going to the bank. It is impossible to get banking services on the weekends. There are ATMs, but they do not operate 24 hours a day. They, too, have inconvenient hours. ATMs also only allow you to withdraw funds from your Japanese account. If you need to exchange travelers' checks or money orders, ATMs are no help.

In order to get money from your American account, you'll have to find an International ATM. Luckily, there is one in Ikebukuro station near the Metropolitan fountain. If you need help, just ask somebody in IFL or the school's International Center. They are always glad to help.

### **Travel:**

Traveling in Japan is expensive and can be confusing. Don't hesitate to ask people if you need help understanding the train system. People in Japan are very understanding about this.

There are actually maps of the JR train system you can buy if you want to study the different trains of JR and know how to get from place to place. I also recommend getting a Suica/PASMO card, which is a green train card that works like a debit card. The card itself is only 500¥, but you have to put money in it in order to activate it. I found this convenient in that you just swipe the card through the gates instead of having to buy tickets each time.

There are usually four colors of trains – Green (Rapid), Red (Express), Blue (Rapid express), Black (Local, so it stops at every station). Take in mind these colors are for the Tobu Tojo Line, the main line from the dorms to Ikebukuro. You can tell what color the train is by finding the Kanji on the side of the train that indicates where it's going, and right next to it is a color (usually just a small square). Be careful when deciding what train to ride, you may end up riding a train that doesn't even stop at your desired location. Even the Japanese don't always completely understand the transportation system, so don't hesitate to ask for directions when you are lost.

Each train stops operating at different times, but for weekdays they all end around 12:30 AM and midnight on weekends. With buses, for weekdays it is

around midnight, for Saturdays it is around 11:30 PM, and for Sundays it is around 10:40 PM.

If you ever want to travel anywhere, near or far, ask the people in Rikkyo's International Center for help. They do all they can to make sure that you know where to go and how to get there. You will get used to the transportation system after a short time and find out just how convenient it is.

*Contributed to by Steve Will, David Ly, Jeff Hsu, and Jonathan Kim*

Notes from Steven Crowder, 2013-2014

The Packing portion is very simple to understand, and I have one thing to say about the deodorant part. Have your family send you some deodorant to you regularly. Japanese deodorant is very weak against the sweat of foreigners, and it is usually in liquid form. As for clothing to pack, I suggest purchasing clothes for your first few months there, and purchase new clothes to fit the weather or have some clothes sent to you in case the weather changes.

In regards to footwear, I suggest having some durable shoes to bring with you, maybe one or two pairs. When the weather gets cold and the possibility of snow is high or if you go hiking, have some boots to go with you.

When winter rolls around the corner, I suggest you have a jacket that can keep you warm and trap body heat without cooking you from the inside. Even though the dorm room does have an air conditioner that doubles as a heater, I never figured out how to utilize it. In place of this, I bought an electric blanket and used that to stay warm inside of the dorm when I was sleeping.

I also recommend packing:

-An alarm clock (make sure it does not have the batteries inside of it or it will go off and you will have problems at the airport. If you have an iPod, iPad, or iPhone, you can use that as your alarm clock);

- some American snack foods (they are easy to come by if you go to the right shops, but the prices are higher than in the U.S. due to taxes on imported goods);
- sewing kit (why buy new clothes when old ones get small tears when you can repair them yourself?);
- razor blades (they are a little less expensive than the ones here in the U.S., but they are still slightly pricy);
- travel guides (plan out your trips ahead of time, especially before Golden Week. TRUST ME.);
- photos of family (it might help with homesickness);
- DVDs of your favorite shows (if you miss your shows and want to view them, you might want to have some with you in a booklet. Either that, or get a Hulu account.)

#### Funds:

- the school can help you set up an international bank account that will last for approximately 10 years, so you will have one set up if you ever return to Japan within that time frame.
- if you have an international credit card (like a Visa Credit Card), you can withdraw funds at a 7 Eleven (7 & iHoldings in Japan) or a post office.
- Japan primarily runs on a cash basis. It is best to have at least \$2,000 in yen when you arrive, and withdraw as the need comes up. Places that usually accept credit cards are department stores, electronics stores, some movie theaters, and sometimes used book stores.
- if you want to work in Japan, I believe the International Office at Rikkyo University can help set you up with a job to do while you are there.

#### Life in the International Dormitory:

- There are international dorms in Shiki and Asakadai. A third international dorm was recently built, but I do not remember the city it was built in.
- if you have the meal plan, they serve breakfast and dinner on weekdays and Saturdays. On Sundays, you will have to get your own food. There are several restaurants for you to try nearby your dorms, so feel free to give your pallet an adventure. You can cancel the meal plan and re-activate it once and only once.
- the dorm rooms are narrow, but comfortable. They have their own shower room, toilet, and kitchen built in. There is no wi-fi in the dorm, so you will be restricted to using a LAN line for Internet.
- the dorms are nearby the train stations, so you will only have to worry about

making it onto the train at the correct time. The school will give you the paperwork for receiving the Student Rail Pass about a month into the semester, so you will have to pay to get to the Ikebukuro Campus. The second campus is the Niiza campus in Shiki, so you can get there by train and walk about fifteen or twenty minutes to get to class.

-you will receive your bill for the dorm around the 20th of each month. You can pay at any convenience store, but you can only pay in cash. As long as you make your payments by the end of the month, you are good to go. Your amount that you will have to pay will vary on whether or not you have the meal plan

-international students can only move between the first and second floors. The first floor is for males and the second floor consists of both males and females. The upper floors are reserved for Japanese students, and some exchange students.

-curfew is at midnight. If you will be out late or staying out overnight, you will have to inform the dorm manager during your stay there. I highly recommend asking for the dorm manager's office's phone number once you receive a cellular phone.

-You can apply for the RUID scholarship or the JASSO scholarships. I received the RUID scholarship, which knocked off a good portion of my dorm bill. I highly recommend applying for these before you go. In fact, I recall it being mandatory to apply for them. In other words, do it.

Life at the University:

-As stated in the previous paragraph, there are two campuses: Ikebukuro and Niiza. The Niiza campus is where I had my intermediate-level Japanese courses during the spring semester.

-When you arrive, you will receive invites from the international clubs JOINUS and IFL (International Friendly Lunch), and the other clubs/circles will invite you to join their organizations.

-the Japanese levels at the university range from J0 (Beginner Japanese) to J8 (Advanced level Japanese). To determine which level suits you best, you will be required to take a placement test at the beginning of each semester. If you reach J4 or J5, you have the option to take Intermediate Japanese A and B.

-Making friends at the university can sometimes be a bit of a challenge. Some students are very shy, especially towards foreign students. From personal experience, the people in JOINUS have a higher proficiency in the English language than the students in IFL, but I enjoyed both organizations. Over the course of your stay (whether it be one year or just a single semester, they will hold various events

for the students in their organizations). If you do join a club outside of the international club, you are expected to put as much devotion towards that club as the other members.

-For each semester, you are advised to take at least seven classes per semester. The normal credit load is somewhere between fourteen credits and twenty credits. However, taking more than seven classes is a very risky choice. If you do, your personal and social life will suffer and you will find yourself being forced to seclude yourself in order to fulfill the requirements for each and every class you take. I know this from personal experience because I took twelve classes (17 credits in total) and found myself busy almost every single night after school was over for the day. At the very end of the semester during the going away party for IFL, I received a note from the club president asking me if I was feeling okay because she had not seen me participate in any of the events for months on end. I told her, and I felt like I had pushed myself to the edge of the abyss and came up drained mentally, physically, and emotionally. I highly advise against taking more than nine classes because you might be succumbed to the same type of workload that I was forced to experience.

-If you ever have any questions about anything, just ask the people in the international office. This is also the place you go to to sign for your scholarship to be in effect for every month during your stay. Make sure you go there every month to check in, as well as to say "hi".

### Travel in Japan

-As I said before, you can travel to and from your dorm for free using a student rail pass. The pass will set you back about 24,000 yen, but it is worth it because you will only have to pay for a new one every six months. At the ticket machines, you can add funds to your rail pass that can be used to pay for the tickets of other trains, as well as be used to pay quickly at convenience stores. However, the paperwork will come to you only after waiting a month after you arrive. You will be receiving it with your student ID cards and your cards with your student and password to log into the school's computer system.

-If you are going to travel outside of the country, inform the international office and the dorm manager as to where you are going, how long you will be gone, and make sure to have the email of one of the people in the international office in case something goes awry.

-If you want to travel inside of the country, the Shinkansen is the fastest method. However, it is very expensive. A ticket from Tokyo to Kyoto is 22,000 yen,

even if it is for one day. If you want to travel to a far-away place, an overnight bus is available for much, much cheaper.

-In Tokyo, the Yamanote Line runs around in the major areas of the city. There are several other trains that connect to parts of Tokyo that the Yamanote Line doesn't travel to. As for everyday travel, walking is the main way to get around. It is also a very effective way to lose weight in Japan. I shrank several pants sizes during the year that I was there.

Shopping:

-Shopping for food is convenient in Japan. In Asakadai, there is a grocery store called Olympic, and it is open until 10 pm every night. They also sell some American foods there, but they are expensive due to being imported goods. They sell a variety of vegetables and meats there for cheap, and the quality is good. You can even find pre-cooked meals that are ready-to-eat. There is a similar type of store called Lawson found all over Japan that also sells meats, vegetables, drinks, and other supplies for much cheaper than at Olympic, but they are just as good.

-When shopping for clothes, the prices can vary depending on what store you go into. If buying good quality clothes for cheap is what you are looking for, Uniqlo is up your alley. Their supply is very good, and the clothes are very comfortable. If you want to go shopping at a famous department store, the major shopping districts are Roppongi, Shibuya, Ikebukuro, and Harajuku.

-If you want to buy some shoes while you are there, I suggest shopping at ABC Mart. Their boots are made to last for months on end.

For the Adventurous Connoisseur of the Gourmet

-Italian restaurants are common throughout Japan. Saizeriya is one of the more popular restaurants because their food is good and the prices are just barely over 500 yen. For those who want an international restaurant for a decent price, I recommend ガスト (pronounced Gasuto, which is the Romanized version of the word Gusto).

-For Japanese fast food, I recommend Katsuya, Yoshinoya, and ramen shops. These are found almost everywhere in Japan, so there is no possibility of not being able to find one if you missed dinner and get hungry.

-McDonalds and Mos Burger are the popular chains of burger restaurants in Japan. A Burger King was recently built nearby the Ikebukuro campus of Rikkyo, so that is there for a little variety.

-Bread shops are everywhere. I recommend trying their specials.

-Sushi bars. I recommend trying the one located near the West Exit of Ikebukuro Station. I went there several times over the course of my stay and became acquainted with the sushi chef there.

I hope this review of the guide helps. If there is anything you feel like I left out, please e-mail me and I will make sure to have a response sent to you as soon as possible. Thank you for your time, and have a nice day.

Sincerely,

Steven Crowder

**Linfield University**

—

**Kanto Gakuin  
University**

**Semester Abroad in Yokohama, Japan**

Student Guide

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## **Before You Leave**

In the spring before you leave, you will attend a two-day orientation in which you are given study abroad information and advice. There will also be a session where you spend time with your fellow students who are also going to Japan, advisors, and students who studied at KGU in the past. This is a great time to ask questions so try and think of some ahead of time.

Make sure to register yourself with the United States Department of State at <http://travel.state.gov/> so you can be contacted in case of emergencies while you are abroad. This includes all extreme weather warnings your area may have as well.

Check with your doctor on immunizations or the types of medicine you should bring. Flu outbreaks are always a concern so also consider getting a flu shot before you depart. There is a chest X-ray along with blood work required, so be sure to contact either your physician or local physicians to get all of the tests done in a timely manner.

If you plan on using your credit or debit card in Japan, make sure to contact your bank. *This is very important!* Otherwise, your card will be unusable, and it is difficult to fix when you are abroad. Most credit cards are accepted, but when withdrawing money from ATM's with your debit card, you may incur a small fee.

Practice your Japanese over the summer! It is critical that you do this to ease your first few weeks in Japan. Before classes start, you have to take a Placement Test which is both a written test and an interview and divides the group into two levels of language class. The written test focuses more on grammar and vocabulary than on kanji, and the interview will cover academic and personal interests while using your verbal and auditory Japanese skills. If you want to be in the class of your choice, try to make yourself study during summer vacation.

## **General Outline of the Program**

The Linfield College – KGU Exchange Program has been going on for over 30 years. The program is organized and well-developed to make your time abroad in Japan as comfortable as possible. The area you will be living and going to school in is a suburb of Yokohama City which is in the Kanagawa Prefecture of East Japan. The program is 14 weeks long. In the past, students lived in the Hayama Seminar House located in the small Oceanside town of Hayama. However, KGU has recently completed a student dormitory which is a 10-minute walk from campus. The student dormitory houses incoming freshmen and sophomores who attend KGU, as well as exchange students from other countries – mainly Korea and China. The general timeline will remain the same as it has been in the past, so students will live in the dormitory for the first part, homestay for a month, and then return to the dormitory. However, this all depends on the duration of homestay, which varies from year to year. In recent years, it has been for five weeks.

There will be a one-week Fall Break (which took place during the homestay in 2015) and a few 3-day weekends. At the end, after the JLPT, there may be a one-week Winter Break.

\*Since the pandemic, there has been no homestay program and students lived in the dormitory for the entire program. The dormitory offers different activities through the International Center to keep students involved and see other parts of Kanagawa Prefecture.\*

The best part of study abroad is the surprises that come along with the process of learning how to live in a different country. This guide includes the things that are considered most necessary to know to help you prepare. It will cover what to bring and what to expect so that you can be ready to take in the surprises and begin learning. Most of all, it is to get you excited for your journey!

## Packing

### Packing Advice:

1. Pack early.
2. Roll your clothes instead of folding; this really helps pack everything in close with minimal loss of space
3. Make sure that there is or will be extra space in your luggage so you can fit what you gain. Bring only what is absolutely necessary and/or cannot be bought when you arrive. You can ship things before you leave Japan, but too much becomes expensive. An average-sized box can start at around \$100. *Keep in mind KGU does not have a post office on campus like Linfield.* However, there is a post office located by Oppama station and in Yokohama. There is also a post office at the airport, if you find that your luggage is overweight and do not want to pay the extra fee. The KGU's International Center can assist if you have questions.
4. **Weigh your luggage beforehand.** You are allowed to take two pieces of check-in suitcases of 50 pounds each and two pieces of carry-on bags. You can check for exact dimensions and weights on the airline's website. The fee for any overweight luggage is very expensive. Also, if you are carrying-on a musical instrument, check if the dimensions are under the requirements for carry-on.
5. Tag your luggage with your home address and KGU address. Consider also decorating it with a ribbon, or some other means of unique identification, so you can tell them apart from other luggage.

### What to Pack:

#### **Clothing**

The weather in Japan at the time you will be there will vary from extremely muggy to frigid. Bring appropriate clothing for both extremes but keep in mind weight and space limitations within your luggage. The summer in Japan is very humid. You will sweat and may want to change your clothes in the middle of the day. When it comes to summer clothing, be conscientious of the strict dress codes in Japan. For instance, guys should not wear wife-beaters nor should girls wear tank tops that reveal their bra straps. Girls should also avoid wearing extremely short shorts. You will notice that no matter

how hot it is Japanese girls tend to wear tights or leggings under their shorts for propriety's sake. Bring clothing made out of breathable material, which are easy to move around in and easy to wash since you will have to wash them often. Winter in Yokohama

is cold and rainy, generally similar to McMinnville. Typhoons are common and you may experience at least one or two. Typhoon winds and rain are considerably stronger than any type of storm you have experienced in Oregon. If you have room for rain boots, consider bringing them, especially if you wear shoe sizes that are not accommodated in Japan.

- Summer clothes
- Fall/early winter clothes
- 1 Swimsuit / trunks
  - The ocean is around a half-hour away from campus
- A light jacket / sweatshirt
- A heavier warm jacket
- A raincoat (you can purchase your umbrellas there if you're comfortable using one)
- One outfit for nice occasions
  - There are not many events where you are required to dress up in the KGU program but it never hurts to be prepared. If possible, bring something that could be easily dressed down and worn as normal wear. This will help with space.
- Halloween costumes
  - It is your responsibility to throw a Halloween Party at KGU and costumes are mandatory. Costumes can be found in some places in Tokyo, such as Akihabara or in Yokohama near the station. However, the sizes and variety are limited in comparison to the States.
- Socks (LOTS OF SOCKS)
  - You will take off your shoes a lot in Japan, so have clean, durable socks. Bring some thin and thick ones.

Of course, you can always buy any of these things while you are in Japan, which can be a fun experience. People in Japan are concerned about image and take great pains to dress fashionably. You will find all sorts of fashions in a wide price range. The cheapest places you can find clothes are in everyday department stores like the Daiei within walking distance of campus. Clothing there can be as cheap as 500 yen, especially in UniQlo. You can also go to department stores at the Yokohama station; it is more expensive but there are more options. Of course, there are the endless possibilities of Tokyo. Harajuku, one of Tokyo's fashion districts, has the best prices and variety. If you are planning on doing some shopping, bring either fewer clothes or clothes you plan on leaving behind when you return to the States. Also, keep in mind that sizes in Japan tend to run a bit small and can make shopping difficult, so please plan accordingly.

If you are still having trouble cutting down on weight, remember to bring clothes that can layer easily. That way your summer clothes can double as an underlayer for winter.

### **Shoes**

You will be surprised by the amount of walking you will have to do in Japan. Please bring comfortable walking shoes that are fairly waterproof. If you want to bring your own slippers to be worn in-doors you can but you can buy a pair at the 100 yen shop or grocery stores. This year there were a few occasions where we needed more formal shoes, but since those occasions are few, I recommend finding a comfortable pair that could be used for both formal occasions and every day (for ladies, I highly recommend flats from *comfort plus*). Altogether, bring a pair of walking shoes, running shoes, and sandals. If your shoe size is 9 or larger, you will want to bring several pairs. If your shoes wear out, it will be extremely difficult to buy replacements in Japan that fit you. Also, if you decide to use the gym/weight room at KGU, you are required to bring a pair of clean gym shoes – these are shoes that you will wear only inside the gym. If you don't want to buy another pair, just be sure to thoroughly clean the bottoms before taking it to the gym!

### **Other**

- **Water Bottle:** Dehydration is a danger during the summer months in Japan. A water bottle will help you stay hydrated in the heat, as well as prevent you from spending money on the numerous vending machines. There are cheap water bottles at the *Hyaku En* store if you don't want the extra weight.
- **Pillow:** If you are picky about your pillow, you may want to bring your own. The ones in Japan tend to be incredibly hard and flat. Tip: If you don't want to spend money place one of the blankets in the pillow case instead. It helps! Blankets placed under a futon mattress also make sleeping more comfortable.
- **Blanket/Linens:** The school provides all linens, but if you need a bath towel for when you first arrive to Japan, it might be smart to bring your own. You can always buy your own, but depending on the time that you arrive in Japan, the stores may be closed for the night. Also, the dorm rooms are equipped with an air conditioner that also has a heating and dry air function.
- **Cosmetics, Toiletries, Medicine:** There are drug stores in Japan but it can be difficult to understand the labels. Make sure you get enough prescription for your entire stay, and make sure that they are acceptable to bring to Japan (see IPO's guide). Non-prescribed medicine and deodorants in Japan are much

weaker, so consider bringing some from the States. Suggestions:

- Deodorants
  - Japan usually has aerosol deodorants, *not* stick
- Toothpaste
  - Japan's brands have a more gritty taste
- Shampoo and soap
  - There are actually quite a few American brands, like Dove, at Japanese drug stores, so you only need to take a travel size quantity of each. Full bottles are very heavy, and take up a large amount of your 50 pound limit
- Aspirins
- Vitamins
- Cough drops
- Feminine hygiene products
  - You can find tampons and pads in Japan but they are usually only in the smaller sizes and expensive
- Contact solution
  - Ask a buddy or someone else before you go buying these. The solution in Japan is sometimes stronger and can hurt!
- Razors
  - They have many brands available (ex. Venus)
- Bug itch cream or bug spray
  - The mosquitoes are common and vicious! You will want something to relieve the itching!

- Preferably wait and buy this at the nearby pharmacy. The small bottles with a sponge at the end are especially effective in combating itchiness!
  - Sunscreen
    - The UV rays are worse than you think!
  - Vitamin C
    - Emergen-C or Airbourne goes a long way in keeping you healthy
- **Emergency Kit:** Because of the Great East Japan Earthquake in 2011, it has been highly recommended that study abroad students bring an emergency kit with them consisting of the following items:
  - A small flashlight (with extra batteries)
  - A whistle
  - A small pocket knife and scissors
    - Make sure this is in your checked luggage
  - A small First Aid Kit
    - Adhesive and elastic (ace-type) bandages
    - Antibiotic ointment
    - Gauze pads
    - First aid tape
    - Lip ointment
    - Burn cream
    - Aspirin
    - Benadryl-Pain reliever
  - Insect repellent
  - Sun block
  - Prescription medicine (if needed)
  - Travel size tissue packets
  - A few "energy bars"
  - About \$25 in dollars and yen
  - Anything else you feel you may need!
    - These items should all be placed in a sealable waterproof bag that is easy to carry in case of an evacuation.

### **Miscellaneous**

*Note:* Some of these can be easily found in Japan and are marked with an \*

- If your laptop has a 3-prong plug, make sure to get a 2-prong converter
  - There is a 3-pronged outlet in your dorm room.
- A surge protector
- A wristwatch\*
- A hand towel\*
  - Keep one with you in your backpack or purse. Japanese restrooms usually do not provide anything to dry your hands. If you forget one, they are very common in stores and quite cheap.
- A laundry bag \*

- You can easily buy a foldable hamper at the 100 yen store (about a ten minute walk from the dorms).
- Fold-up umbrella\*
  - You can get inexpensive ones at convenience stores (7-11 or Lawson's) for about ¥500 The International Center may also lend you an umbrella.
- A school bag or backpack\*
- A small photo album\*
  - There will be many people who will want to see your family, friends, school, and hometown. Pictures can also be used to decorate your room and make you feel at home.
- Camera, camera cords, memory card, and film\*
- iPod/smartphone
  - An iPod is nice to have around when you are bored, but do not obsess over it. By keeping your ears clear it will provide many opportunities to listen and practice your language skills and also meet new friends.
  - Line is an app that the Japanese use now for instant messaging, as it is more effective than email. The buddies will also use this extensively to keep in contact with one another, the exchange students, and will often make albums to share pictures among the group. This app requires a wifi connection, which is limited to the dorm and the school, but you can buy a data plan with a Japanese SIM card for about \$25-\$30 dollars a month, so you will be able to contact people and search train routes when you don't have wifi. But, just like with your iPod, make sure not to be on your phone too much.
- Leisure items like books, journals, Nintendo DS, movies, knitting needles, etc.\*
  - If you bring movies, they won't play on Japanese DVD players.
- Souvenirs to give to people in Japan (see page 15).
- Favorite snacks
  - For example, peanut butter is expensive in Japan and has a very sweet taste.
- Japanese/English Dictionary \*
  - If you don't feel like bringing anything extra with you every day, download the app JED. You can input English, *romaji*, or Japanese and save the words for later use. You can also look up Kanji, you need help translating while traveling on your own.
- A heating pad
  - Walking everywhere with a heavy school bag does wrench your back. An electronic heating pad does wonders and it is a blessing during cold nights.

Things you can buy at the 100 yen store:

- School supplies
- Stationary
- Laundry soap and cleaning supplies
- Eating utensils, mug, bowl, etc.
- Gift-wrapping items

- Hangars
- Towels

## Money

Money can be a stress inducer while studying abroad. Here are a few general things you should know about money while you are in Japan.

1. Cards, both credit and debit, can be used for payment at some stores BUT a certain amount must be met before using. Also only certain cards may be used such as VISA and American Express. You will usually pay in CASH ONLY.
2. If you plan on withdrawing money in Japan, make sure to contact your bank before you depart from the States. *This is very important!* Otherwise, your card will not work.
3. 7-11 on the KGU campus is a good place to withdraw money. There will be a small fee. Right across the street to the dormitory, there is a FamilyMart where you can also withdraw money or transfer money to transportation cards. Post offices also sometimes have ATM machines where you can withdraw smaller amounts than at 7-11.
4. Before you leave the US, exchange about \$200 or more into yen to tide you over until you are able to withdraw money in Japan.
5. The rate of the yen to the dollar can fluctuate while you are abroad. This will affect how your balance will appear from day to day.

Here are a few tips on how to save money while in Japan:

- Bring a water bottle
  - This is probably the best way to save money. It will be much cheaper than buying individual bottles or cans of drinks. The tap water is safe, and there are not many drinking fountains, so you have to be very intentional and fill up in bathrooms when you get the chance. Some food courts in shopping centers may also have sinks where you can fill them up.
- Walk
  - If you have the option to walk instead of taking the public transportation, take it. Buying train and bus tickets eat up cash fast.
- Buy a monthly **train** pass
  - This is a great way to save money. Taking the train is necessary and students get an extra discount on the monthly pass. Get one as soon as possible. It will save you a fortune.
    - *Note:* Even though the campus is a walking distance away, for any traveling or exploring you might do, the PASMO/Suica cards are smart to have.

- The International Center will help you buy this, as you will travel frequently outside of school excursions or basic commuting.

## Kanto Gakuin Student Dorm

### Inside Look

The dorm consists of four floors. The two floors on the bottom are reserved for the boys and the top two are reserved for the girls. There is a dining room where breakfast is served from 7:00-8:30AM and dinner from 5:00-9:30PM (Times may vary or be changed). Students are on their own for lunch. There are mail boxes and lockers for student shoes and slippers in the entrance. The dorm manager will provide you with slippers, but you may choose to buy your own. To the right of the entrance is the dorm Managers office. His times of availability and a call button are available. There is a communal kitchen and T.V. room on the bottom floor, with tables and outlets and it's a great place to study with your peers.

The whole dorm has a key access pad to get in (so remember your keys at all time), and when you leave you must also key out. The dorm also has an elevator and staircase that uses key access pads as well. Boys and girls will have access to ONLY their own gender floors. The dorm manager and KGU's International Center will inform you of all the rules and time tables of the dorm and give you a brochure that you can carry with you.

Each floor has two big bathrooms, showers, a laundry room, and a communal study room/half kitchen with a sink and a microwave. There is also a communal *onsen* (a big hot bath) for each gender. Times for use will be provided by the dorm manager. Showers and bathrooms are always 24/7.

Each student will get their own room. The rooms come furnished: bed and bedding, desk, movable drawers, bookshelf, closet, small cupboard, chair, and fridge with small freezer. There is also a small balcony where you can hang your laundry (dryers cost 100 yen per 30 minutes, but usually 1 hour is required to actually dry clothes). WiFi is available to students; the dorm manager will give you the login information.

**NOTE\*** The movable drawer also has a key locked drawer at the top. I would advise you to keep your passport and other personal items in there. **DO NOT** carry your passport with you! Though people say that you should because Japanese police randomly check foreigner's passports but this is *not true*. You will get a Japanese residence card that will prove to any police that you are allowed to be there. You will only need your passport when you are signing contracts for Japanese phone and health insurance card.

There is a **strict** curfew for the dormitory, the time may change, but you will be told when you arrive. **DO NOT** stay out past curfew, as the door locks and you cannot enter the dormitory. Also, you cannot leave the dormitory after the curfew. That being said, make sure you leave early enough to get home.

# Kanto Gakuin University

## Classes

You will take 4 different classes. Usually, the classes are the following: *Japanese Language*, *Japanese Culture/Japanese Perspectives*, *Japanese Government*, and *Japanese Economics*. Within the *Japanese Language* course, there are two general comprehensive sections based on your placement. Then you will either take 2 or 3 elective language courses. The *Japanese Perspectives* class is considered as a separate class, but it is instructed by the same professor as *Japanese Culture* and only consists of one group project. *Japanese Economics* only lasts for half of the semester. It will change into *Japanese Government*, taught by a different professor. Your classes will start while the rest of the student body is still on vacation. Textbooks are subject to change every year. All textbooks are distributed by KGU's International Center or the professors. You may be allowed to borrow textbooks left by past study abroad students. If you are required to purchase textbooks while in Japan, the International Center will help you process the orders. In 2016 total textbook costs were from about \$60.

## Schedule

Class schedules are subject to change every year. They also may change periodically during your semester abroad, depending on field trips and other such occasions. The International Center will always keep you informed. Generally, there is only one class per day, which is divided up into sections, granting time for 10 minute breaks and lunch. Here is an example schedule that was used in the fall of 2022:

MONDAY/WEDNESDAY/FRIDAY: *Japanese Language*—10:45AM-12:25PM,  
1:15-2:55PM, 3:10-4:50PM

TERM 1: TUESDAY/THURSDAY: *Japanese Culture/Japanese Perspectives*—  
10:45AM-12:25PM, 1:15-2:55PM

TERM 2: TUESDAY/THURSDAY: *Japanese Government or Japanese Economics*—  
10:45AM-12:25PM, 1:15-2:55PM

## Clubs and Activities

Clubs and circles are important facets of Japanese schools and colleges. It is a great way to make friends. Clubs in Japan, however, are very different than in the States. Members choose only one club to remain dedicated to for many years and sacrifice much time and energy for it. Being part of a club in KGU requires a lot of dedication and can be difficult with a busy schedule, but it is encouraged. If you would like to join a group that is a little more relaxed, you may want to join a *circle*. Circles are more like the clubs in the States where groups of friends meet to enjoy an activity they all share an interest in. They practice and compete much less than Japanese clubs. If you want to join a club or circle, you must tell the International Center at KGU early on. They will speak with the club and circle leaders to arrange meetings so you can join. Please think about the types of activities you are interested in before you leave. Some clubs include Karate, Kendo, Soccer, Kyuudou, Tennis, Dance, and many others. There will sure be something you are

interested in. The International Center will also provide a large catalogue of clubs to let you know what's available.

Do not be afraid to try new things out! The purpose of studying abroad is to go outside of your comfort level and experience things that you did not know you could be passionate towards.

### **Video/PowerPoint Project**

*Japanese Perspectives* is a 1-credit class that consists of a group project. The subject can be on anything about Japan and its culture that surprises or interests you. Some examples of what students did in the past are Japanese vending machines, the Japanese and American onomatopoeia uses, and the differences in body language between Americans and the Japanese. Students can choose to do a video or a PowerPoint presentation. Detailed information is usually distributed to the groups in the beginning of October and the project is not due until the end of November, depending on instructions given by the professor. One common mistake that students make in the past is procrastinating and rushing the project in the last two weeks. This project does require some amount of research and must be presented *entirely* in Japanese. The presentation must be around ten minutes long. It is extremely difficult to do the entirety of this project while studying for your other finals. Do yourself a favor and start early!

### **Facilities**

What you can do or go to at KGU:

- 1 dining cafeterias
- 1 café – serves *bento* and baked goods
- 7/11 (*conbini*)
- 1 workout gym with showers
- Basketball courts
- Computers at the International Programs Office
- Library with computers
- A high-tech computer lab

The most important resource on campus is the International Center's Staff themselves. They are always ready for your questions or requests for help. Anything you are unsure about, please ask them. They are there to help you and are some of the kindest people you will meet.

*Note:* You will meet Hiromi Sasaoka, who works in the International Center. She is the program manager in charge of the study abroad students that come from the States. She is the most helpful person you will have in Japan. She will contact you early on in the summer and will meet you when you arrive at the airport. If you have any questions, she is who you should ask first.

## **The Buddy Program**

KGU has a great buddy program set up for you and the other study abroad students traveling from the States. The Buddies are all KGU student volunteers who go through a rigorous process in order to become buddies. In the past students were assigned

a buddy or two, but the program changed in 2016 so that each student has around 6 or 7 buddies, but you will likely hangout with other students' buddies as well. They will help you with anything and are most willing to even just hang out. The Buddies are a great group of people who are social, funny, and generous. You will undoubtedly have a great time getting to know them and becoming friends. However, because they are not assigned to you, you often have to make the first move if you want to hang out. But this also gives you the opportunity to choose who you want to hang out with.

## **Great Places to Know**

### Near KGU

#### **Near the dorm**

There is a *Create* drug store just around the corner and to the left from the dorm where you can buy snacks, toiletries, cleaning supplies, and small grocery items. There is also a FamilyMart convince store around the corner and to right where you can get bentos, snacks and drinks. Additionally there is a family-run produce stand a few houses down from the dorm.

#### **Oppama Station Area**

Oppama station is about a 10 minute walk from the dorm, and there are many tasty, cheap places to eat, including donburi, yakiniku, and ramen! Also there is Yokosan, a smaller department store. It has lots of little shops, bakeries, a grocery store, a movie and cd store, and clothes and shoes on the upper level. There is also a 100 yen shop to buy cheap supplies for your dorm. This small department store is connected to the station, which you will be using a LOT! There is also a good karaoke place around the right corner of Yokosan. The buddies will surely take you to karaoke and *yakiniku* (variety of meat that you get to cook). There are also lots of little tucked away stores such as a stationery shop that has lots of cool trinkets near 7-11 There is a McDonalds and also a Post Office right across from Yokosan.

### **Kanazawa Hakkei Station Area**

There is a *Daiei*, to the left of station (about a 5 min. walk), which is a department store with the best grocery store in the area, clothing stores, a large bookstore, music store, a 100 yen shop, and drug store. On the second floor there is a small arcade center and *Purikura* machines. These are very popular and a lot of fun. On the top floor is a fairly cheap *shabu shabu* restaurant (all you can eat meat and veggies). across the main street from the station is a *KFC*, and if you walk to the left of the *KFC* and behind it past the taxi area you will come upon a 7-11. 7-11's have ATM's which you can use to withdraw money. They will charge a fee, but that is common on any ATM abroad. Also, if you like arcades, there is *Sankei* directly across from *Daiei*. Near Hakkei, there is also another station where the Seaside Line is located. From there you can get to *Costco* (but be warned, you cannot use an American *Costco* card) and *Seaside Paradise*, which is an amusement park and aquarium. There is also a place for barbequing that the Buddies may take you to. Further down there is a mall complex with a giant pink sign that reads "NEON." In this complex, there is a giant book store where you can find any manga. Also, there is a Starbucks on the first floor!

### **Campus Area**

Across from campus and up the street there is also a *Book-Off* store. This is a used bookstore where you can buy anything from manga to Nintendo DS games, all for super cheap. It is possible to buy twenty volumes of manga for only 500 yen! But be careful of the kind of games and movies you buy, they may not work on American players. Make sure to read the back.

### **Post Office**

There is a small post office near the Oppama station near the 7-11. There is also a bigger post office branch in Yokohama. If you arrive in Yokohama you will want to take the Central Exit and then go to the East Exit. Don't worry! You don't have to remember these instructions to heart because there are signs. Boxes and other shipping supplies can be found here. There are also ATMs.

### **Starbucks**

A little taste of home when you need it. There are also drinks that are unique to Japan and they are certainly delicious as well. Try some new ones! You can find a *Starbucks* practically everywhere. There is one at *Daiei*, as well as one in Yokohama. As mentioned above, there is one near Kanazawa-Hakkei Station in the mall complex.

### **Lawson's**

*Lawson's* is one of the most common convenience stores in Japan, right below 7-11. *Lawson's* sells a variety of food and deli foods. You can also buy phone cards and tickets to sport games and concerts there. You can find a *Lawson's* on the way to *Daiei*.

### **Restaurants**

There is a good-sized food court on the bottom floor of *Daiei*. The best place to go to is the crepe shop, which will sell all their wares for around 200 yen on days that

have a 9 in it. It is a great deal! A little ways down the street from *Daiei*, there is also a *Denny's*. You will be surprised how fancy and delicious *Denny's* is compared to the ones in the States. Around *Denny's*, there are also yakiniku places, and a ramen shop called *Nagasaki Champon* that sells bowls bigger than your head. There is also a kaiten-zushi (conveyor belt sushi) which is definitely cheap and worth a try, but it's usually packed at dinner time and they don't take reservations after 5:00, so go early! All of these places have fairly good prices. Feel free to ask the Buddies for other cheap accommodations for dinner.

### **The Beach**

Although students will no longer be living at the Hayama Seminar House, you should still plan a trip to Hayama and visit the beach. The sunsets there are beautiful and you can see Mt. Fuji from the shoreline. The Buddies can easily take you there or you can ask directions from the International Center. There is also a shrine on the beach that holds a summer festival usually two weeks after your first arrival.

## **Travel Suggestions**

Based on the traveling experiences of past students, here are a few neat places close to where you live. They are great places to go to on the weekends:

- Kamakura*—old temples, souvenir shops, Great Buddha, hiking trails, etc.
- Asakusa* in Tokyo has the famous huge lantern and souvenir shops
- Ueno* in Tokyo has a huge park with a zoo with the famous panda Ling Ling in it
- Akihabara* is the place for electronics and is also famous for “maid cafes”
- Harajuku*—the best day to go is Sunday, but expect huge crowds
- Seaside Paradise* on the Seaside Line
- Enoshima*- Aquarium specializing in jellyfish, and an island filled with fun activities

This is a handy English website to help figure out train routes:

<http://world.jorudan.co.jp/norikae/cgi-bin/engkeyin.cgi>

If you bring your iPod/smartphone, also try the app “Japan Trains”. You can search for your destination in romaji and be given directions in English.

## **Souvenirs to Bring from America**

Things which are good items to bring:

- Local food products, like jam, nuts, smoked salmon, etc.
- Anything from the *Made in Oregon* store, or your home state’s equivalent
- Beavers or Ducks items or other sports teams
- Linfield merchandise

- Candy that is very “American.”
  - Example: Reese’s are not sold in Japan, but Trix and Snickers are
- Something you made by hand
- For children, you can bring English alphabet/story books, Play-Doh, fun stickers. It doesn’t have to be big. Stuffed animals are also a big hit.
- Magazines
  - Many Japanese people like to talk about American pop culture, celebrities, and the like.
- Landscape Picture Books/Oregon Postcards

Don’t forget that you will have Buddies and teachers to buy for as well. If you are able to contact your Buddy or before departing, ask them what they would like to receive from the States.

## **Last Words**

Hopefully, this guide helps you get ready for your time abroad. Many of this information will be reiterated during Orientation at Linfield and once you arrive in Japan. The Buddies and the International Center will also help you with anything else that you may need.

If you ever need further help/tips/advice, have questions, or are worried about some aspect of the study abroad, feel free to contact me. My email is [lexmatsu9@gmail.com](mailto:lexmatsu9@gmail.com). I would love to even get together and just talk. ☺

This is a great experience that I hope you all cherish. I have made many good friends and memories in Japan and I hope you do the same. My last words of advice are: Keep an open mind to try new activities and food, make the effort to spend a lot of time with the buddies, don’t be afraid to ask questions and speak as much Japanese as you can (you will only get better), and don’t forget to take some time to explore your surroundings. Also, take time to explore yourself as well. Studying abroad is a trying time and causes the individual to change a lot. Be aware of how the environment is affecting yourself, while still be open to new opportunities. Stay curious and have a great time!

# 4 Ways People Steal Your Passport

by [Katherine LaGrave](#)

Beware of these four occurrences when traveling with a passport.

Sometimes, a bump, nudge, or distraction is all it takes.

The stolen passport market is huge: There are more than 40 million passports listed as missing on a database created by Interpol in 2002, and according to the U.S. Department of State, more than 300,000 American passports are lost or stolen in the U.S. each year. And given that these are the most common ways thieves have been known to pilfer a passport, it pays to be aware.

## **The set-down**

It's easy enough to make a mistake with your documents when traveling—after all, how natural is it to put your passport on the table at a restaurant as you pull out a chair, or rest it on top of your suitcase as you check the departure board at an airport? I've done it, and I'm guessing you have, too. But take your eye off the document for a moment, and you open yourself up to the possibility of someone bumping your table (or bag) as a distraction—and walking away with your passport. Another one of the most common places for thieves to grab a passport is in a place where we actually need to produce it: checking in at a hotel overseas. Be wary of putting it to the left or right of you as you shuffle for your confirmation number or booking details, as someone could come along and create a distraction—think returning a key, or asking a question—and slip away with your document. Instead, place your passport on the counter in front of you, and immediately return it to its secure location after it is passed back to you.

## **The spill**

It sounds slightly out of a Charlie Chaplin movie: seemingly innocent passers-by "spilling" anything from ice cream to juice on people they

pass. Yet there are worldwide reports of such instances, wherein a distraction is created, and in the process of aiding and cleaning the hapless victim, the "spillers"—or their associates—lift a passport. If you have the misfortune of being spilled on, refuse attendance and instead, avoid contact with the offender by quickly walking away.

## [5 Ways to Keep Your Passport Safe When Traveling](#)

### **The pocket**

It's obvious, sure, but one of the easiest ways for people to snatch your passport is if it's carried in your pockets: All it takes is a crowded train and a nudge—or a coat that's been draped over the back of a chair, and a sleight of hand. If you need to carry your passport with you, look for a flat money belt, which can be worn around your waist and neck and concealed under your clothing. If you're in the market for something a bit more comfortable, try a travel wallet or passport cover. Both conceal your passport (and nationality), and the travel wallet also has room for other valuables, including credit cards and emergency cash. Avoid carrying your passport and spending money together if you can, as taking out cash will alert potential thieves.

### **The authorities**

In countries around the world, you'll most often be asked to produce your original passport at hotels and airports, or when crossing borders. Travelers have also reported instances in which policemen, plain-clothed or uniformed, approach them and ask to see their passports. Sometimes, the officials are actually as they say they are—numerous countries have plain-clothed officers asking for passports in order to catch illegal immigrants—but it's better to be safe than sorry. Signs that it probably isn't a scam: everyone else in your surrounding area is also being checked, security badges and patches are visible on the officer's uniform, and officials are not asking for anything but photo ID. If you feel you are being singled out and are still uncomfortable, agree to show your passport in the nearest police station or hotel lobby, where you can confirm with a clerk who speaks the native language.

## Taking Prescription Medications Abroad:

While you're abroad is not the time to suddenly realize you ran out of your prescription!

If you have a condition that requires regular medication, bring an extra quantity with you and pack it in your carry-on, just in case your checked luggage gets lost. Just remember to keep it in its **original** container and **clearly** labeled — you don't want to create the impression you're carrying drugs which haven't been prescribed to you. In fact, you should [check with the local embassy](#) to make sure that your medication is acceptable to carry into the country. Some countries may consider your prescription medication to be **illegal**. Bring a letter from your doctor listing your medications and explaining why you need them. Doing your research and having a letter can help prevent any misunderstandings along the way.

Bring extras of any medical necessities you need, like contact lenses or glasses. You might want to pack a pair in both your carry-on bag and your checked luggage, just to be safe.

If you have allergies to certain medications, foods, insect bites, or other unique medical problems, consider wearing one of those "medical alert" bracelets and carry a letter from your doctor explaining required treatment if you become ill. It might not be the coolest piece of jewelry you wear, but it could save your life.

- Do you have prescription medications that will require you take a supply that will last for the duration of your program abroad?
- Will your insurance company allow for a prescription to be filled at one time to last for the duration of your program abroad?
- Is the prescription that you take classified as a narcotic and/or stimulant, and do you know if you will be allowed to enter your host country with the drug?

There is no one master list or web search that will give you a list of what medications are or are not allowed in every country you may visit while abroad, but it is important for you to do some research regarding studying abroad and your prescriptions.

- Have a conversation with your healthcare provider at least 8 weeks before your program abroad, to help you determine what, if any, medications you will need while you are abroad.
- Contact your insurance company at least 8 weeks before you program to discuss how best to fill a prescription that will need to last for the duration of your program abroad.
- Your insurance company may be able to advise you if your prescription is legal in the country in which your program will take place.
- Go to the host country's embassy website to see if drug rules and regulations are posted. For example:
  - View the U.S. Department of State's Travel Information page:  
[http://travel.state.gov/travel/cis\\_pa\\_tw/cis\\_pa\\_tw\\_1168.html](http://travel.state.gov/travel/cis_pa_tw/cis_pa_tw_1168.html)  
<[http://travel.state.gov/travel/cis\\_pa\\_tw/cis\\_pa\\_tw\\_1168.html](http://travel.state.gov/travel/cis_pa_tw/cis_pa_tw_1168.html)>
  - View the U.S. Department of State's Custom and Import Restrictions page:  
[http://travel.state.gov/travel/tips/tips\\_1232.html#customs](http://travel.state.gov/travel/tips/tips_1232.html#customs)  
<[http://travel.state.gov/travel/tips/tips\\_1232.html#customs](http://travel.state.gov/travel/tips/tips_1232.html#customs)>
  - View the U.S. Departments of State's Bringing Medications or Filling Prescriptions Abroad page: [http://travel.state.gov/travel/tips/tips\\_1232.html#medications](http://travel.state.gov/travel/tips/tips_1232.html#medications)  
<[http://travel.state.gov/travel/tips/tips\\_1232.html#medications](http://travel.state.gov/travel/tips/tips_1232.html#medications)>
  - View the U.S. Department of State's Country Specific Information; click on a country and then read Medical Facilities and Health Information:  
[http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_4965.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_4965.html)  
<[http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_4965.html](http://travel.state.gov/travel/cis_pa_tw/cis/cis_4965.html)>
- Have a conversation with your local county health department.
- Contact Mobility International, located in Eugene, Oregon:



# Surviving a Protest

Product of the Research & Information Support Center (RISC)

The following report is based on open source reporting.

August 7, 2014

## Introduction

Travelers are regularly cautioned about protest activity when visiting a foreign country. The U.S. Department of State, for example, consistently encourages citizens to “avoid all demonstrations, since even peaceful gatherings can quickly turn violent” – a phrase common to many Consular messages. However, a deeper understanding of what motivates protest activity, and who or what the intended targets are, can be useful tools for educating travelers.

## The Nature of a Protest

According to a 2013 [report](#) by Friedrich-Ebert-Stiftung, a German non-profit organization that promotes democracy and political education, the global number of protests has increased every year from 2006 (59) through the first half of 2013 (112). [Note: these were protests covered in online news media. The countries analyzed represent 92 percent of the world’s population] While protests take place throughout the world, where

Protests by Region – 2006-2013

	Total	2006	2007	2008	2009	2010	2011	2012	2013*
High-Income (Region)	304	17	25	25	35	44	57	60	41
Latin America/Caribbean	141	14	12	15	12	21	22	25	20
East Asia/ Pacific	83	3	9	10	9	12	20	11	9
Sub-Saharan Africa	78	7	6	8	8	5	18	15	11
Middle East/North Africa	77	3	11	6	7	11	18	15	6
Global	70	7	5	8	8	8	10	14	10
Europe/Central Asia	47	3	4	4	4	7	6	11	8
South Asia	43	5	5	4	4	8	2	9	6
World Total	843	59	77	80	87	116	153	160	111

Data provided by Friedrich-Ebert-Stiftung  
\* As of July 2013

they occur is not always a good indicator of how they will proceed. A country with a peaceful tradition of rallying can experience violence, while another with a more acrimonious style can experience no incidents at all. For example, in Cambodia, generally known for a peaceful tradition, demonstrators and police have recently come to blows over anti-government sentiment as well as a demand for a higher minimum wage among garment workers. In South Africa, known as the “[protest capital of the world](#)” and where violence is not a rarity, most demonstrations end peacefully and without incident. Demonstrations can also take place in countries not known for having any protest tradition at all, such as in Iran during the 2009 Green Movement, or in Egypt, Syria, Tunisia, and Libya during the 2011 Arab Spring uprisings.

By their nature, protests also attract attention. They can be exciting events, and for a foreigner, provide an up-close look at a country’s political landscape. But the advice to avoid them is not dispensed arbitrarily. An overzealous demonstrator can incite a crowd; individuals with ulterior motives can infiltrate an otherwise peaceful rally; a heavy-handed police response can provoke an aggressive reaction from gatherers. When this happens, onlookers can pay the price. This past May, a bystander was killed by a stray bullet during an anti-government protest in Istanbul, Turkey. Authorities in southern China acknowledged that police “may have accidentally injured...bystanders” during an April protest against a chemical plant in Guangdong province. During Egyptian riots in June 2013, an American college student was stabbed to death as he took photographs of the unfolding violence. What starts as simple curiosity can easily turn into a fight to stay out of harm’s way.

The contents of this (U) presentation in no way represent the policies, views, or attitudes of the United States Department of State, or the United States Government, except as otherwise noted (e.g., travel advisories, public statements). The presentation was compiled from various open sources and (U) embassy reporting. Please note that all OSAC products are for internal U.S. private sector security purposes only. Publishing or otherwise distributing OSAC-derived information in a manner inconsistent with this policy may result in the discontinuation of OSAC support.

## Indicators Can Help

There are indicators, however, that can be helpful to any traveler when assessing the probability for protests, and how they will play out. Anti-government protests, for instance, may not be as likely to target foreigners as they would police officers or nearby property (although the death of the American student referenced above shows this is not always true). Destroying property can be a way of not only displaying intense dissatisfaction with conditions in the country, but also attempting to undermine the government. This was the case in Thailand in 2010, when anti-government protesters targeted not only government buildings, but also commercial facilities. The same was true for 2010 anti-government/-austerity protests in Greece. In both cases, foreigners were not directly targeted, and in Thailand, they were actually greeted warmly if they happened to pass by the event.

A protest against another country, on the other hand, might not result in widespread violence, but particular people and properties could be vulnerable. This past May, [anti-Chinese protests in Vietnam](#) targeted what were perceived to be Chinese-affiliated companies and factories following a maritime dispute between the two countries. In July, [anti-Israeli protests in Germany and France](#) led to the attack of synagogues and Jewish businesses in those countries.

There are also a number of issues that seem to bring protesters to the street regardless of location. For example, citizens accustomed to government subsidies (fuel, transportation, etc.) can quickly mobilize if their entitlements are threatened in any way; violent clashes in the streets of Jakarta in 2013 following a reduction of fuel subsidies are a prime example. The suspicion of electoral fraud is another key catalyst, as was evident during protests in Russia following disputed 2011 legislative elections. Another major indicator pertains to infringements-- real or perceived-- on basic democratic rights. Residents of Hong Kong, for example, regularly take to the streets to demand greater democratic freedom.

## The Likeliest Scenario

More than likely, the biggest impact to travelers during a demonstration will be transportation difficulties, including blocked roads, crowded public transportation, and congested traffic. A lot of protests advertise in advance where and when they will take place, which makes a traveler's job of planning to get around them easier. Even for the ones that do not, it should become pretty clear what area(s) to avoid as numbers amass. Social media can be a great tool for collecting information; organizers and participants are likely to tweet about the event or post pictures to Facebook, Instagram, or a popular local social network (such as VKontakte in Russia). During past protests, OSAC constituents have allowed employees to work remotely or even take the day off when demonstration activity encroaches on work sites or precludes safe commuting. Over periods of sustained protest activity, employers have deferred travel, and in some cases, removed personnel from the city or country entirely. Each organization is responsible for its own plan, but understanding the fundamentals is a good start to making one.

## Additional Information

For recent OSAC analysis on other regional protests, please see the below reports:

[Middle East Conflict Fuels Europe Protests](#)  
[Haiti Opposition Protests](#)  
[Northern Ireland Orangemen Parade Volatility](#)  
[Royal Thai Army Invokes Martial Law](#)  
[May Day](#)

## For Further Information

Please direct any questions regarding this report to OSAC's [Cross Regional Analyst](#).

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## Don't Go Soft on Study Abroad: a Call for Academic Rigor

*The following is a guest post by **William G. Moseley**, chair and professor of geography at Macalester College. He has worked and conducted research in Africa for 25 years.*

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Study abroad can be a powerful experience for many students. A student's trip overseas can be one of those transformative educational periods after which a young person will never look at the world the same way again. Yet many students, faculty members, and college administrators don't take this education as seriously as they should.



Study-abroad students bird watching in Botswana's Okavango Delta.

Let's be frank, some students view study abroad as a vacation or at least a time when normal academic standards ought to be relaxed. But as an instructor and director on two different study-abroad programs for undergraduates in South Africa and Botswana, I have sought to expose participants to new cultures and provide academically rigorous courses.

Many students initially chafed at the large amount of reading and writing, in addition to original fieldwork, that I assigned during these programs. Not only did some start

the program with an educational holiday in mind, but they saw students in other study-abroad programs not working as hard. Knowing my interest in having them have cross-cultural experiences, my students would couch their concerns about the workload in terms of not having sufficient time to travel and interact with the local population. How could I deny them exploring southern Africa?, they asked.

Occasionally, a class of students confronts me directly about the workload. This happened a little over halfway through the term in my most recent study-abroad teaching experience in Botswana. Students asked me point-blank how my courses compared in difficulty to those I teach at my home institution. I indicated that the classes I offered in Africa were actually a little less challenging as I was trying to account for the added stress of unfamiliar surroundings and less reliable infrastructure. Their collective gasp was audible; they shook their heads in disbelief. However, in explaining why the academic requirements of the program could not be relaxed, we had one of the more interesting discussions of the term.

I shared my view that a successful study-abroad experience often means at least two things: 1) getting outside of your own cultural head space (that is, coming to understand that other cultures may have very different, yet equally valid, approaches to life); and 2) knowing enough background information about a place, its history, and connections to other parts of the world to really understand what you are seeing. Of course the two criteria are often linked; you can't set aside your own cultural prejudices until you understand why other people do things the way they do. Furthermore, learning enough to get a handle on what you are seeing requires hard work. That is, it means critically reading the academic publications about a place, discussing those insights with your peers, and synthesizing your understanding by writing.

Over time, my students began to value the rigor with which we explored this new area of the world, and the nuanced insights and deeper personal growth that it eventually yielded. For example, these students lived in a rural home for a time in the second half of the semester. This experience produced some beautiful reflections on what it meant to be with a local family. Gone were the shallow complaints about inefficient bureaucracy, the slow pace of life, or bad food from earlier in the term. Instead, the students showed a better ability to contextualize poverty, a greater appreciation for taking the time to get to know someone, or understanding Botswana on its own terms and in relation to the region, rather than just comparing it with American norms and practices.

Could we have done better? Yes, certainly. But I am also aware of the fact that we could have done a lot worse. It is expensive to have someone like me, a scholar of western and southern Africa, to relocate for a term (with his family no less) to teach a

course or two. It is far cheaper to subcontract study abroad to third-party providers. While many such organizations are excellent, some may be tempted to hire less-than-qualified teachers who were never (or are no longer) active scholars, and succumb to student pressure for less academic rigor because their business model demands it.

The reality is that the study-abroad experiences can be orchestrated quite poorly, potentially leaving students with a highly superficial, if not deeply flawed, understanding of another area of the world, not to mention a false sense of regional expertise.

So my hard advice is this: If you are a student looking for a study-abroad “vacation,” then either think about this opportunity anew and look for a rigorous program, or don’t go at all. If you are a faculty member looking to take a group of students overseas, get the necessary training and make sure you have the place-relevant research background to be a competent study-abroad instructor.

Finally, if you are an administrator that oversees study-abroad programs, then please treat this semester the same as you would the rest of an undergraduate’s career. If you are unwilling to compromise quality and provide education on the cheap at home, then a semester abroad should be no different.

[Photo courtesy of William G. Moseley]