Study Abroad

USAC NAGASAKI, JAPAN
2020

Program Guide
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Congratulations on being accepted to the University of Wisconsin-Eau Claire study abroad program with Nagasaki University of Foreign Studies, through USAC. Living and studying in a new culture is both an exciting and a challenging experience. Past participants of study abroad report that the many advantages of international study include:

- Gaining new perspectives on a chosen academic field
- Increasing understanding of different cultures
- Enhancing personal development
- Developing different perspectives on U.S. culture
- Gaining self-confidence and independence
- Learning skills for the future international job market

It is up to you to determine how you can best benefit from these possible advantages. This is your adventure!

Use this program-specific guide with the more general resources in your BlugoldsAbroad account. While this guide contains the information available at the time of publication, it is impossible for any single resource to answer all of your questions. Your peer advisor will email information throughout the semester, and we encourage you to do your own research, also, using the web resources listed towards the end of this guide, as well as others that you find. Contact the Center for International Education (CIE) staff or your peer advisor with your specific questions.

Questions only you can answer include:

1) What are YOUR goals for this experience? Advancement in a future profession, desire to expand personal and academic horizons, and wish to challenge yourself in a new environment?

2) How can you best prepare to meet your goals within the context of this program? For example, if one of your goals is truly being immersed in Japanese culture, yet you are going with a group of American students, how can you ensure that you do not spend too much time with other Americans?

The information in this guide was current at the time of publication, though changes may occur at any time.
ACADEMICS

Additional information on topics such as maintaining program eligibility, registration at UW-Eau Claire, class attendance, course equivalencies, grades, transcripts and service learning is in the Academics section of your Study Abroad Handbook.

Pre-departure Planning

Please see the Nagasaki Academic Page on our website, for details on how to plan your courses. There are details on how your courses will transfer back to UWEC.

Credits and Course Load

During the term, students take between 12 and 18 semester credits, including one Japanese language course at the appropriate level (4 credits), three or four Japan Studies courses (2 credits each), and one or two seminars in Traditional Japanese Arts (1 credit each). Independent Study is also available on a limited basis.

Keep in mind:

- The credits you earn abroad are considered UW-Eau Claire resident credits.
- The classes you take abroad will count towards the total credits needed for graduation.
- Dropping below full-time status may result in loss of financial aid and/or insurance coverage and must be approved in advance by the CIE and Nagasaki.

Registration at NUFS

You will be enrolling in NUFS’ Japanese Studies in Nagasaki Program (JASIN), which is designed for American and European students. Registration will be completed after you arrive and take a Japanese language placement exam. Even though registration occurs so late, students are advised to explore what courses are being offered.

Students are required to take a Japanese language course each semester.

Japanese Language Class

No previous study of Japanese is required. However, all students take a Japanese language placement test upon arrival and take 4-credits of language. The language courses currently enroll students into eight levels, from beginning to an advanced level. Each class is a comprehensive language class including work on conversation, grammar, reading and writing. Advanced level is intended for students preparing to enter a Japanese university. In addition to regular homework assignments and language-laboratory work, the Japanese language course also includes one-on-one tutoring sessions with native-speaking conversation partners to reinforce the classroom studies. The pace of study requires that students be highly motivated and genuinely committed to learning the Japanese language.

All the language classes contain a significant practical component to enable students to get the most out of their experience of living in the native-language environment. The most basic level (Beginning Japanese I) is especially tailored to meet the immediate needs of those students arriving in Japan with little or no knowledge of Japanese language.

In addition to the 4-credit language core courses, there are additional Japanese language electives that you can take. Each course meets once a week for 90 minutes and is 1 credit.
Japan Studies Classes
The Japan Studies classes are designed specifically for foreign students. Most of the classes are conducted in English, while some are conducted in simplified Japanese in order to be accessible to students with an intermediate level of Japanese language ability or higher. The Japan Studies classes will focus on Japanese history, culture, literature, business, economics, and society. These classes are 2 credits each and meet once a week for 90 minutes.

Seminars in Traditional Japanese Arts
The seminars are intended to deepen students' experience of Japanese culture through hands-on experience of traditional arts. Combined with related readings and a report or a final test, they are one credit each. Availability may vary.

Dropping/Adding Courses
You will have approximately one week to add/drop classes to your schedule. You will have to drop classes by using JASIN’s form and you will need to pay attention to their deadlines.

Grades
Below you will find the grade conversion for NUFS.

NUFS = UWEC
S = A
A = A
B = B
C = C
F = F

Note: UWEC students abroad are not allowed to take classes pass/fail. Grades from USAC are figured into your UWEC GPA and posted to your UWEC transcript. No exceptions will be made.

Transcripts
Please see the Academics section of the Study Abroad Handbook for important information if you are graduating, transferring or applying for a competitive major such as Nursing or Education at the end of your term abroad.

A NUFS transcript will be sent to USAC, and then to UW-Eau Claire, roughly two-three months after the end of the semester. Because this is later than the end of the UW-Eau Claire semester, your MyBlugold CampS account will initially indicate “NR” (not reported). This will be changed once the transcript arrives. If you are a senior studying abroad for your last semester, you will need to delay your graduation by one semester following your return from Japan.

If you are asked to complete a transcript release form by USAC, have the transcript sent to the Center for International Education (see Contacts page for full address). UWEC cannot post grades that were first sent to a student.

Japanese Academic System
It is important to be prepared for some differences that you may notice between the education system in Japan and the education system in the US. Pay close attention to the guidelines set by the professor and be respectful of any rules put in place. Also, remember that the classroom behavior of the typical American student may be unacceptable in other countries.

Habits of physical posture such as putting your feet up on chairs, sitting on desks, slouching in
your seat, and casual or informal ways of addressing others, especially professors, can be seen as signs of laziness or disrespect and should be avoided.

Food and drink are not allowed in Japanese university classrooms without explicit permission from the professor and are not allowed under any circumstance in Media Center classrooms. Cell phones are to be turned off and out of sight. Pay close attention to the advice provided for international students as you adjust to a new academic culture.

**Fall Semester Early Out Option**
The fall semester runs from late September through early February. Since you will need to be back at UWEC, you will be partaking in early assessment dates. This option is only available to fall semester students and you will sign up for this once you are conditionally accepted by USAC.

**Service Learning**
There may be opportunities to get involved in the local community. The NUFS staff will notify you should anything come up but if you are looking for something specific, you should seek out the staff to inquire.

**MONEY MATTERS**
UWEC information about making payments, when they are due, withdrawal and refund deadlines, financial aid, general scholarships, budgeting and ways to bring money abroad is in the Money Matters section of your Study Abroad Handbook.

**Cost Estimate**
You can find the most current Cost Estimate for your program, in easily printable format, on the Nagasaki brochure page. Be sure you are looking at the correct term. The cost estimate includes what you pay to UWEC, what you pay to USAC, what you pay to the JASIN program (NUFS), and what you pay directly to other vendors.

**USAC Payments & Refund Policy**
For questions about paying your USAC fees, please contact the USAC accounting person listed in your Gateway account. You can pay with credit card, check, or money order.

In addition to the UWEC refund policy outlined in the "Money Matters" section of the Study Abroad Handbook, USAC has its own financial policies related to payment, cancellations, and changes. Information about the withdrawal deadlines and penalties are in the USAC Program Agreement and USAC Financial Agreement in your Gateway account.

**Housing Costs**
You will pay all housing costs directly to the NUFS. The price will depend on the housing option you are assigned and your roommate situation.

**Currency Exchange**
The currency of Japan is the yen. Coins are worth 1, 5, 10, 50, 100, or 500 yen. Bills come in denominations of 1,000, 2,000, 5,000 and 10,000 yen.

You can find current exchange rates at http://www.oanda.com/currency/converter/.

**Cost of Living**
For an idea of what everyday costs you may encounter, check out this website: https://www.numbeo.com/cost-of-living/in/Nagasaki-Japan
Scholarships

USAC Scholarships: USAC offers a variety of scholarships. For information, visit [USAC's Scholarship website](#). You will see optional scholarship applications on your USAC Gateway account when they open. You can apply for all scholarships you are eligible for and can be awarded more than one scholarship.

Scholarships for UWEC students on USAC Programs: USAC also offers an Affiliate Scholarship just for UWEC students on a USAC program. You will be considered for this scholarship when you complete the UWEC Study Abroad Foundation Scholarship application. The number of awards varies by term. Amounts vary between $200 - $500.

Bridging Scholarship: The Association of Teachers of Japanese Bridging Project accepts applications from American students participating in study abroad programs in Japan. Funding from private foundations and major U.S. corporations has made it possible for ATJ to award 100 scholarships annually to assist students with the travel and living expenses they will incur while studying abroad in Japan.

Undergraduate students majoring in any field of study are eligible to apply for these scholarships. Students must be U.S. citizens or permanent residents and be enrolled in a college or university in the United States.

The spring applications open in the summer and are due in early October.

Bridging Scholarship recipients receive a stipend of $2,500 (for students on semester-long programs) or $4,000 (for students on academic year programs). See [http://www.aatj.org/studyabroad/japan-bridging-scholarships](http://www.aatj.org/studyabroad/japan-bridging-scholarships) for application deadlines and forms.

Freeman-Asia Scholarship: Freeman-ASIA accepts applications from U.S. citizens or permanent residents studying at the undergraduate level at a two-year or four-year college or university who demonstrate financial need to study abroad in East or Southeast Asia. The application system usual opens in February for all terms that following academic year. For more information visit: [http://www.iie.org/Programs/Freeman-ASIA](http://www.iie.org/Programs/Freeman-ASIA).

Money on Arrival

A general recommendation is to travel with the equivalent of $100-$200 dollars in your host country currency when you arrive. Obtaining Japanese Yen may be hard while in the states, so you should find an ATM shortly after arriving to withdraw some yen.

Credit Cards and ATMs

Visa and MasterCard are the most commonly accepted credit cards abroad. In Japan, cash is usually the preferred method of payment but cards can be accepted. Most credit cards do charge a fee or percentage for the currency exchange rate. Notify your credit card company prior to departure of where you will be travelling.

Debit cards are usually the best option for withdrawing money while abroad. Be sure you know the 4-digit pin for your card and ask your bank what the withdrawal fees are. You may also want to know your daily limit. Your bank may charge transaction fees for each foreign transaction, so you should try to limit the
frequency of your ATM withdrawals. Your bank may have global partners that allow you to withdraw for fewer fees, so take note if any banks are partners with your bank.

The Post Office is where you will find ATMs that you can use. There is a Post Office within walking distance of campus where students usually go to withdraw money. Some ATM’s will have an English option. Something to note about ATM’s in Japan:

1) ATMs are generally only accessible when the institution (post office, bank, etc…) is open. Don’t plan on having 24 hr. access to ATMs.

2) ATMs at Japanese banks are not necessarily connected to the right networks for U.S. cardholders. Therefore, the post office ATM is the best bet.

**Traveler’s Checks**
Traveler’s checks are increasingly rare and difficult to use so it is not recommended. They generally must be cashed at a major bank, although in some countries, post offices also offer this service. You must have your passport with you. Most banks charge a fee for cashing the checks; it can vary widely. Before cashing a check, ASK what the fee is.

Make sure you record your check numbers and keep the numbers separate from the checks, in case you need to get them replaced.

**Opening a Bank Account**
You may want to open a bank account at the local post office. You'll get assistance on doing this during orientation in Japan.

**HEALTH & SAFETY**
General information on these issues, as well as information on CISI insurance, is included in the Health & Insurance and Safety Abroad sections of your Study Abroad Handbook.

**Centers for Disease Control**
The Centers for Disease Control (CDC) has vaccination suggestions, how to stay healthy when abroad, and health information specific to Japan. You can review the CDC site for Japan.

Due to an increasing measles and mumps cases worldwide, we strongly encourage all students to check their vaccine history to see if they have had the MMR vaccine.

**Insect Bites**
Insect borne diseases, particularly from mosquitoes, are present worldwide. See the CDC recommendations on avoiding bug bites for detailed information.

**Medical/Mental Health Availability in Japan**
NUFS is a very small campus and does not have a medical clinic or counseling services located directly on campus. However, students do have access to 24-hour medical services through local hospitals and NUFS staff or host parents can accompany you to these services. You will be given a guidebook (at orientation in Nagasaki) with a list of English-speaking doctors, so keep that handy in the event you need to visit the doctor and don't have access to someone from NUFS.

It is important to note that therapy services in Japan are much more limited than what you may be used to in the U.S. It may be hard to identify therapists and/or there may be long wait times. Do reach out to NUFS staff if you want suggestions on English-speaking therapists. Or you can contact your UWEC coordinator and
they can work with CISI insurance to identify an English-speaking therapist.

**Restrictions on Medications in Japan**

Past participants recommend that you bring your own cold medication, aspirin, etc. since over the counter medicine may not be the same or hard to find. However, **some common over-the-counter medications and commonly prescribed U.S. medications are illegal in Japan.** See the Consular Information Sheet for more information on traveling with over-the-counter and prescription drugs.

If you plan to bring in medications, be sure to research if you need to obtain a Yakkan Shoumei (approval from the Japanese government. This has to be done BEFORE travel and shown at customs. The CIE and USAC are not Japanese officials so we cannot make the determination as to what requires a Yakkan Shoumei. Please contact the consulate for more information. The following information about bringing medications to Japan is posted on the Japanese Consulate-Chicago website: (http://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html)

You can bring up to one month’s supply of prescription drugs into Japan, and up to two months’ supply of non-prescription drugs without completing any paperwork. This same rule applies to mailing prescription and/or non-prescription drugs.

It is always a good idea to have a copy of the prescription and/or letter from the prescribing physician explaining the nature of the medication, the purpose of taking it, recommended dosage, and frequency of ingestion.

Most prescription drugs are permitted, including drugs that may not be available in Japan, such as birth control pills. Drugs that are hallucinogenic, narcotic, and/or psychotropic in nature will be confiscated, except in extenuating circumstances where prior approval has been obtained (e.g., a cancer patient taking a type of medication that has a high percentage of pain killer; these cases are treated on a case by case basis).

The following over-the-counter medications are prohibited in Japan since they contain narcotic or stimulant ingredients in excess of the Japanese standard:

a) Tylenol Cold  
b) Nyquil  
c) Nyquil Liquicaps  
d) Actifed  
e) Sudafed  
f) Advil Cold & Sinus  
g) Dristan Cold ("No Drowsiness")  
h) Dristan Sinus  
i) Drixoral Sinus  
j) Vicks Inhaler  
k) Lomotil

**CISI Insurance in Japan**

If you have an accident or become ill while studying in Japan, you may have to pay the price of the medical service up front. You will then file a claim through CISI, the insurance provided through the UW System for partial or full reimbursement in accordance with plan coverages.

**Services for Students with Disabilities**

USAC will work with NUFS to help you navigate their accommodations. If you have a significant
mobility or sensory disability, you should inform USAC right away.

It is also important to look at the level of accessibility in Japan in general. To find more information on the topic, please see the "Laws and Special Circumstances" tab on the U.S. State Department Country page.

**Safety in Japan**
Information on crime, road safety, drug penalties, and terrorist activity in Japan can be found in the State Department Consular Information Sheet. Safety in-and-around Japan will be discussed during orientation in Japan.

Just as you need to do in any U.S. city, you will need to take safety precautions while walking and traveling around Japan. Using your common sense at all times will aid you well. Avoid unlighted areas at night when you are walking around the city, and do not walk or take buses alone at night – especially women. Don't take any unnecessary risks!

Past participants who studied in Japan note that, although Japan has the reputation of being safe for women, they heard rumors of sexual assaults against women while in Japan leading them to believe that the reported safety may actually be an under-reporting of incidents.

**NOTE:** Both men and women should be aware of their safety at all times. In the past, men have been just as susceptible as women to potential risks. As U.S. Americans, you may stick out as "foreigners." The best advice is to be aware of your surroundings, listen to your instincts, and use your common sense.

**Pick-Pocketing:** Pick-pocketing is common on public transportation and at popular tourist sites. To reduce the risk, do not have your phone or other valuables out in public spaces. An iPhone is a target for pick-pocketers. If you carry a purse, make sure it is across the body and has zippers. Keep your wallet in a front pocket, not a back pocket. Only carry small amounts of cash on you to minimize loss. Using a money belt under your clothing is another way to prevent valuables from being stolen.

**Hiking:** If you decide to hike, please make sure you hike with a buddy and let someone know where you are going and when you plan to return. While hiking, be aware of the weather as it can turn very quickly.

**Earthquakes:** The majority of Japan is vulnerable to earthquakes, and therefore potential tsunamis. This release of energy in earthquakes sometimes results in tsunamis.

**During an earthquake:**
- Stay calm
- Do not use an elevator or try to evacuate the building
- Distance yourself from glass, bookcases, and partitions that could fall
- If you are next to a door, open it
- If it is not possible to access a secure area, try to find a corner or a firm counter under which to take shelter and cover your head
- Do not attempt to rescue any objects
- Remain alert to gas leaks, pipe breaks, and short circuits
- Do not leave the premises immediately; wait until the earthquake stops

**After an earthquake:**
- Note that after an earthquake, there will be aftershocks
• Identify evacuation routes; follow evacuation signs placed visibly in each area
• Proceed without running down hallways, stairs, and patios and head to the outside of the building
• Never use the elevator
• Do not light matches, candles, or other objects that create the risk of fire or explosion
• Pay attention to obstacles
• When leaving the building, use caution as there could be falling objects
• After evacuation, do not re-enter the building until receiving express permission from university authorities

Always follow the recommendations and instructions given by local law enforcement and the campus community.

**Emergency Contacts**
General emergency procedures are described in the Study Abroad Handbook, and the NUFS international staff is available if difficulties arise. You will receive an emergency contact card at the Orientation 2; be sure to keep it in your wallet at all times. The information is also on the Contact Names & Addresses page of this guide.

**911 Equivalent in Japan**
If you are in an emergency situation in Japan, you will need to know how to reach the local police, fire, or ambulance services. The local equivalent to the 911 emergency line in Japan is 110 for police, 119 for ambulance and fire. We suggest you save these numbers in your cell phone in case you need to use them quickly.

**Marijuana and other Illegal Drugs**
The possession and use of marijuana is illegal. Even carrying it on your person can be considered drug trafficking. Penalties for possession, use, or trafficking in illegal drugs in Japan are severe, and convicted offenders can expect long jail sentences and heavy fines. U.S. citizenship offers no protection if you break a Japanese law. There is NOTHING the CIE, USAC, NUFS or the U.S. government can do if you are found in violation the law.

In addition to legal penalties, you are putting yourself at risk of robbery or assault, or you may get a much more dangerous combination of drugs than you thought you were buying.

**REQUIRED DOCUMENTS**
Passport information is included in the Travel Resources section of your Study Abroad Handbook.

If you are not a U.S. citizen, please contact the CIE for more information about the following topics.

**Visa**
A visa is official permission to temporarily reside in another country and is granted by the government of that country.

Although the CIE and USAC will provide information, it is your responsibility to keep up-to-date about student visa requirements for Japan, and to apply for and receive a visa in a timely manner. Please read the “Visa” section of your Study Abroad Handbook for more information about what you should do to keep up-to-date on visa requirements.
U.S. citizens, who want to study Japan, will need to obtain a visa prior to arrival in Japan. Note that you cannot apply for your visa until you receive your Certificate of Eligibility from the JASIN program at NUFS. This typically arrives one-two months prior to departure- in July-August for fall/year students or in January-February for spring students. The JASIN program will mail your Certificate of Eligibility to USAC who will then send it to you. Make sure that you update any changes in address with the CIE and USAC.

Visas generally take two weeks to obtain by mail (including mail time). Be sure to have all of your other documents ready to send and send everything immediately upon receipt of your Certificate of Eligibility.

You cannot enter Japan under a tourist visa, so you must have your student visa prior to traveling.

**Visas for Travel to Other Countries**

If you plan to travel outside your host country while abroad, you should verify visa requirements for each country you will visit by contacting the nearest consulate for that country, or your travel agency. China does require U.S. citizens to have a visa for tourist travel.

**PACKING TIPS**

There is general packing information in the Travel Resources section of your Study Abroad Handbook, and you will get a suggested packing list for Japan at Orientation 2 and USAC will post a packing list to your Gateway account. In addition, you should know the following:

**Weather/Clothing**

Nagasaki enjoys a semitropical climate. This means it rarely freezes and plants such as palm trees can thrive. Southern Japan is quite hot and humid in the summer. Though it rarely snows or freezes, the winters can feel cold because of the humidity, wind, and the fact that most houses are not centrally heated, so you'll still want a warm coat, warm clothes, long underwear and warm slippers for winter (November – March).

Summer (April – October) is warm, wet and humid. June and July tend to be the hottest and wettest months. Sandals, long shorts, and nice tops are acceptable; halter or tube tops and short shorts are not. You'll find that dress is generally more formal than in the U.S., but nice jeans and tops are acceptable for students.

Bring slip-on shoes, as you'll be slipping them off whenever you're inside! Men's size 9 and larger, and women's size 6 and larger are hard to find, as are panty hose for women taller than 5'5". And note that clothes sizes, like shoe sizes, are at the small/petite end of the size spectrum.

**Packing**

Your peer advisor will give a suggested packing list at your second group meeting later in the semester prior to departure.

If you are going to be abroad during the winter months, you will want to make sure you pack accordingly. You will have heat in your accommodations, but you may find buildings to be drafty and cooler.

Because you will deal with a range of temperatures, bring clothes that you can wear or take off in layers.
**Gifts**
If you decide to live with a host family, you may want to pack some small items as gifts for your host family. A memento from Wisconsin, like a UWEC mug, might be nice. If you are unsure what, if anything, to bring, ask your Peer Advisor for suggestions.

**Converters & Adapters**
The electric current in Western Japan is 100 volts and the plugs used are the small, two-pronged type, the same as the kind used in North America. Since most electrical appliances are designed to operate in a range of voltages, devices designed for 100 to 120 volts seem to work fine at the Japanese 110 volts. However, the JASIN program has found that devices that generate heat, such as hair dryers tend to burn out after a while.

If you plan to bring a hair dryer, razor or other appliance from the US, you will need to **buy both a voltage converter and a plug adapter**. Another option is to buy the appliances after you arrive. It isn’t recommended that you bring these items as past students have commented on how they have over heated or stopped working and were ruined. Many students usually purchase a cheap product once they arrive in the country.

If you plan to bring your laptop abroad, check the power cord to see acceptable voltage inputs and outputs. If it includes 100-110 volts, you will only need to use a plug adapter, not a voltage converter.

If you have several US appliances you plan to use abroad, consider bringing a power strip, also. You will still need to have a voltage converter in order to plug it into the wall.

If you plan to travel, you will want to make sure you have adaptors that will work in each country as they aren’t all the same.

**Do Not Bring**
Do not bring expensive cell phones, jewelry, or other luxury items that can be lost or stolen. If you do decide to bring items that are expensive to replace, you may want to consider personal property insurance for your time in Japan.

**Getting To Japan**
There is information on student-oriented travel agencies, instructions for booking a flight, and other travel information in the Travel Resources section of your Study Abroad Handbook.

**Travel Arrangements**
It is your responsibility to make travel arrangements to Japan. Airline tickets are not included in your program fees.

You will need to book your own flight and arrive prior to the mandatory orientation. The program expects students to arrive at Fukuoka International Airport on the designated arrival day. You will be met at the airport by a JASIN representative and taken to a hotel in Fukuoka for an overnight stay. You will be responsible for paying for the hotel stay. The next day, the group will travel by bus to Nagasaki.

If you make other arrangements for travel, you will be responsible for making your way to Nagasaki and checking-in to your accommodations on the designated day. **There is a $200 fee, that USAC will charge, for students who miss orientation!**
**Early Arrivals**
Early arrivals are not encouraged. If you decide to arrive early, you will have to either meet the group at the Fukuoka hotel or make your own way to Nagasaki (i.e. not be met at the airport) and the program cannot guarantee that your accommodation stay can begin before the scheduled move-in date. If you arrive to Japan early, please let the JASIN program know your whereabouts in case they need to get in contact with you. Your USAC Gateway account will have a list of hotels to stay in if you need temporary housing. You will have to pay for those yourself.

**Airport Pick-Up Service**
As mentioned in previous sections, the program expects students to arrive at Fukuoka International Airport on the designated arrival day. You will be met at the airport by a JASIN representative and taken to a hotel in Fukuoka for an overnight stay. You will be responsible for paying for the hotel stay. The next day, the group will travel by bus to Nagasaki.

**Late Arrivals-Expected and Unexpected**
If you don’t arrive as scheduled, for any reason, you will be responsible for arranging and paying for your transfer from the airport. Again, watch for detailed instructions in your arrival information from the JASIN program. They will send you detailed information.

**Important reminder:** Write down your address or campus address, on a piece of paper, in case you need to give it to a cab driver on arrival.

**Leaving Your Host City**
Return airport transportation isn’t included in your program fees and you will need to find your own way to the airport on your last day.

**Airport Departure Tax**
When you leave Japan, you will have to pay a 1000-yen (~$10USD) airport departure tax. This will be paid at the airport while going through customs before your international departure. It is something to be prepared to pay.

**SETTLING IN**

**Orientation**
You will have a mandatory orientation upon arrival to Nagasaki. If you fail to attend, USAC will charge you $200. During orientation, you will take a language placement exam and register for classes. Past participants recommend that you make good use of this time to get to know other students.

**On-Site Support**
The JASIN team will provide support should any questions or concerns arise. They are there to assist you, but they will not actively seek you out to make sure everything is going okay.

**Local Transportation**
Taxis are also plentiful and relatively inexpensive. Be sure to watch the meter to make sure it is being used properly. Many taxis wait at taxi stands around the city, but you can also hail one if it drives by.

**Getting Involved**
**Conversation Partners:** In order to give you practice speaking Japanese, you will be assigned a Conversation Partner who is a volunteer from among the Japanese students at the college. You are to meet with your partner once or twice a week for an hour each time.
What you do during your time with your partner is basically up to you, but activities range from free conversation to asking them to drill you on exercises from your texts to talking about aspects of Japanese culture. Though the students are neither teachers nor experts on Japanese grammar, they may be able to help you with questions you might have concerning your Japanese studies. Each partner is assigned to you for a two-month period.

**Extracurricular Activities:** The way extracurricular activities, called "clubs," at Japanese universities are conducted resemble the systems at European institutions of higher education; in other words, the activities are initiated by the students themselves and are student lead. Therefore, the activities offered from year to year vary depending on who organizes them. Some which are usually offered are chorus, soft tennis, hard tennis (international tennis), tea ceremony, basketball, kendo, baseball, volleyball, and hip-hop dance. As students of the college, foreign students may organize clubs as well. However, in order to qualify for the financial support, which is available to clubs, they must be organized at the beginning of the academic year, April, and must respect the deadline for application and the proper application procedure.

**Field Trips:** An additional fee that students will pay directly to NUFS is the activity fee. This covers an overnight stay in the hot springs resort in Unzen National Park, as well as a one-day field trip to sights of interest outside the city. There will be additional field trips that students can sign up for too.

**Housing**

**USAC:** See the USAC Housing Guide in your Gateway account for additional general

information on housing, how to apply for housing, as well as cancellation policies.

All housing fees will be paid directly to the NUFS program in Nagasaki. You will have the option to live in the dormitories or in a homestay.

**Dormitory – Ampelos**

All students have the option of living in the dormitory. It is located just 15 minutes from campus. Students live in single or double rooms (cost will vary) and each room is equipped with a bed, desk, chair, electric range, air conditioner/heater, telephone, closet, and a private bathroom complete with a toilet and sink. Generally, there is a curfew of 11pm, but students who reside in the hall will be given a key code to gain access.

Wi-Fi is throughout and is included in monthly service charges that you pay directly to NUFS.

The Ampelos staff are available 24/7 in case you were to suddenly get ill. They also will host a few events throughout the semester. In the past, those have been BBQs, Christmas party, etc.

There are community washing machines available in the hall and the cost is paid out-of-pocket. Dryers are typically not available as they are not common in Japan.

**Homestay**

NUFS arranges for students who want to participate in a homestay. The families are in the surrounding community and travel times to campus will vary greatly, but generally range from 20-45 minutes, either by walking or public transportation. Any transportation costs are paid out-of-pocket by students.
Most students are placed one per family, but occasionally, some families will have more than one student. The makeup, location and type of accommodation (apartment, condominium or home) will vary greatly. Some hosts families will be more lenient toward their student’s social activities, but some insist that their students keep a regular schedule.

Wi-Fi is included with the accommodation at no additional cost.

Laundry can typically be done for free in the homestays, but dryers are usually not found in homes because dryers are not common in Japan. Instead families will have clotheslines.

**Living with a Family**
Get involved as much as you can with your family. They are an important resource for you to learn from and a great resource to help you experience the culture of Japan! For example, you may have an interest in cooking. By taking some mixes or recipes from home, you may easily gain entry into the kitchen, and your host mom may be thrilled if you show an interest in Japan cuisine.

Conversation is important in Japanese culture. You can spend hours after a meal chatting and watching television or learning to play Japanese card games.

Remember that you are a guest in your family’s home. Offer to do some things around the house, like helping with meals or dishes. Keep your room and other areas of the house that you use tidy. And be aware of noise levels, particularly if you are coming home later at night.

Keep in mind that any relationship is a two-way street. **It is as much your responsibility to fit into the family as it is their responsibility to include you in their daily life.** The more you put into the relationship, the more you will receive!

**Changing Families**
If you discover that you absolutely cannot get along with your host family, talk with the JASIN staff about it so that changes can be made, if appropriate. (UW-Eau Claire is not involved in the actual family placements, and changes must be done through JASIN.) But remember to give the situation some time and to be flexible and open-minded.

**Financial Arrangements**
While NUFS/JASIN screens families carefully to ensure that they have cultural interests for participating, most households participating do so at least partially for economic reasons. This is only logical, given the disruption that hosting a student causes to family life. It is not easy to welcome a stranger into your home for several months. The entire family needs to adjust schedules and habits to accommodate a new person. In addition, there are very real costs associated with having another person in the home. Receiving some monetary compensation for this is only fair, and most families would not consider hosting otherwise.

If you stay after the program ends and request to remain at your host family’s house, you **must pay** your family for room and board. You should not expect your host family to provide room and board for free. The families need your contribution in order to take care of you.

**The Home Stay Bathroom**
For homestay students, most families prefer that you shower at night; they will tell you when you first move in. The shower is a bit different from what you are used to--you sit down and use a bowl of water to rinse off. You will often
hear the water being turned on . . . and off. . . and on and off. This is because they are saving water (and money!) by only using water when they need to wash soap off. You will want to do this, too! Also remember that you should not take a long shower/bath, because other family members may be waiting.

Japanese homes also have a bath called an "ofuro," where you can dip and relax for a bit AFTER you have showered and gotten clean. They reuse the water for everyone each night, so don't drain the tub unless everyone else has already bathed!

**What's Provided?**

In both housing options, you will need to provide your own towels. Basic bedding will be provided.

**Meals & Snacks**

**Dormitory:** You are required to have the meal plan (breakfast and dinner) for the first three months of your program. After that, you are fee to opt out and prepare your own meals. Please note it is very hard for them to provide special dietary needs such as vegan or gluten free. You will pay all room and board fees directly to NUFS.

The dining hall will be open for limited hours:
- Breakfast: 7am-9am
- Dinner: 6pm – 8pm
If you miss a meal, you are responsible for making your own food.

**Homestay:** In the Japanese home, you will have seven breakfasts and seven evening meals each week.

Keep in mind that it is impolite when eating with your host family not to eat everything on your plate. You serve yourself, so take *small portions* of things to start with; you can always have a second helping!

You will *learn to eat with chopsticks*, if you have not already. A few things to know:
- Chopsticks are called "ohashi." When you need to set them down, set them across your rice bowl, on the side of your plate, or back on your chopstick rest, called a "hashioki." Never stick your chopsticks vertically into your rice bowl; this is only done when offering rice to the dead.
- It is considered very rude to point at people or stab your food with your chopsticks.

A few other dining tips:
- Wait until someone directs you where to sit at the table.
- When you begin a meal, put your hands together and say "etadakimau" (I humbly receive this.)
- When you are done, say "gochisosamadesita" (something like, "I humbly accepted; it was good.")

**Internet Access**

Your housing will have internet access. There are computer labs across campus that you will have access to. There will be free Wi-Fi hotspots around campus, and town. If you bring your own laptop, be sure to exercise caution with it. Some past students have obtained personal liability insurance for protecting their valuable, but that is at your own discretion.

**Housing Costs**

Housing costs are NOT included in your USAC program fees. You will pay all housing related fees to the appropriate NUFS/JASIN office/department.
COMMUNICATION

Information on accessing/forwarding your UW-Eau Claire email address and on computer app-based phone services (SKYPE, What’s App, Facetime, etc) is in the Contacts & Communication section of your Study Abroad Handbook.

Time Difference
Japan is generally 15 hours ahead of Eau Claire. For example, when it is 8:00 AM on a Thursday in Eau Claire, it is 11:00 PM on Thursday in Japan. However, Japan does not participate in “daylight savings time” system. Therefore, sometimes Japan is only 14 hours ahead of Eau Claire.

https://www.timeanddate.com/worldclock/japan

Email/Internet Access
On campus, you will have access to Internet. The college has two large Computer Assisted Instruction (CAI) laboratories which are open to student use whenever there is not a computer class being conducted in the room. The rooms are always available for a few minutes before classes begin in the morning, and for a few hours after classes in the evening. In addition to these two rooms, there are two other computer stations, with a small number of terminals, continually open to student use.

The connection speed to the Internet is so-so.

There is wireless connectivity at certain locations. A sign-up process is necessary before access is granted and one of the requirements is that the computer have name-brand or proven anti-virus software installed.

Cell Phone Information
Cell phones are just as common in Japan as they are in the U.S. If you want to bring your U.S. cellphone, you will need to check with your carrier to see if there are international plans and to have your phone unlocked.

Cell phones are affordable and can also be purchased once you arrive. Most plans allow for pay-as-you-go so it can be more affordable and easier to do this.

Calling from the U.S.
From the U.S. to Japan. First dial 011, which is the international dialing code. Next, you must dial the country code for your host country. Country codes can be found in the front of phone books or online at http://www.countrycallingcodes.com/ Then you dial the rest of the number.

Courteous Communication
If Skyping/using other communication apps in your room, use headphones, close the door to your room, speak softly, and end the conversation immediately if it is time for a meal (if living in a homestay).

Snail Mail
International airmail typically takes 7-10 days (or longer) to reach most locations. It is not recommended to send or receive anything of real value, as customs may put a hefty customs fee on it. Know that anything you send or receive is subject to being searched by customs.

Japanese Language
Communication, for Americans, can be challenging, in a country where the language is not English. Many international students studying at Nagasaki have not had any Japanese and some have studied it for a few semesters. Here are some tips from past students:
Using your Japanese

“It is important to make friends from countries other than the U.S. That way, Japanese, not English, can be your common language.”

“Talk with the many Japanese students hanging around the lounge of the International Education buildings (where your classes will be).”

Getting Around

“Lucky for English speakers, many of the forms of transportation in Japan, such as trains, have English translations on the signs. So, when you are going to major places you can somewhat orient yourself.”

“The country of Japan is full of extremely nice and helpful people who will do their best to help you out if you are lost. Don’t be afraid to ask.”

“Be polite. The two most important words to know in Japan are I'm sorry and thank you. (Sumimasen and Arigatoo).”

“Many Japanese students like to practice their English. Invite a Japanese friend to travel with you!”

“After you have traveled around a bit, you will begin to know how to get places even if you can’t read the signs.”

Ordering food:

“Learn some basic vocab for food- that way you can say some of those to your waiter/waitress, and they can show you some of the dishes that contain those items.”

“Some of the bigger restaurants will have English menus.”

“Many restaurants have displays of food in front, so you can point to what you want.”

Homestay Families: It is very likely that your family has been hosting American students for a number of years. This means that even when you say the wrong thing, chances are they will understand you. Many of your families won't know English, even if they've had past students. Don't be afraid to speak with your family at meals, after meals, during down time, at any possibility.

TRAVEL WHILE ABROAD

See additional information in the Travel Resources section of your Study Abroad Handbook.

Tourist Information

The Japan National Tourist Organization (JNTO) has three regional offices in the United States. Contact them for FREE brochures, maps, info on affordable accommodations, restaurants, etc. You can find info on their Web site at http://www.jnto.go.jp.

Train Travel

Students travel most frequently by train in Japan. Tickets can be bought at machines right before the turn styles. You look up at the board to see the price and then push that amount on the machine.

Train stations only accept cash so past students recommend that you carry 10,000 yen on you for emergencies. Also, transportation is the cheapest in big cities and gets more expensive as you get to more rural areas. Once you're in Japan, ask about a Japan Railway bargain, the seishun ju-hachi kippu.
This is a booklet of six coupons that allows unlimited travel for a 24-hour period. The booklets are only available when Japanese students are on vacation. They may be split among travelers in a group.

There is an express train called Shinkansen. The cost varies, but it is not as expensive as flying. You can do a quick search of Shinkansen fares at http://www.jreast.co.jp/e/.

**Buses**
If a train can't get you there, a bus can. In bigger cities, the train will often be enough, but in more rural areas, buses are needed. Reading the bus map can be more confusing at the beginning but have patience.

**Air Travel**

**Culture**

**Religion**
Religion is important to the Japanese, but people typically follow traditions from a wide variety of practices. The primary religions are Buddhism and Shinto (the primarily animist religion of ancient Japan), with from 84 to 96 percent officially following a combination of both religions. Estimates state that only 30% of the population actually follows strict religious practices.

**Cultural Concepts**
Personal space is wider in Japan. When you meet someone, you stand a few feet apart and bow, rather than shake hands.

People rarely smile at passersby on the street and eye contact is typically minimal. Often, the trains are very crowded, and, in this situation, it is acceptable to break personal space rules. On trains, it is also advisable to keep from talking loudly and speaking on a cell phone is frowned upon.

Treatment of foreigners is an often-misunderstood area of Japanese culture. Stereotypically, the Japanese are standoffish to those not from Japan (called gaijiin in slang). In practice, the Japanese are friendly and tolerant of foreigners, especially in places where many foreigners usually live (e.g. in international college areas). One should not expect Japanese people to go out of their way to interact with a foreigner, but civility and friendliness are very common.

That said, foreign visitors should be aware of Japanese customs of communication and interaction and should follow those reasonably closely. For example, the Japanese disapprove of excessive rowdiness or loud talking.

Politeness and hierarchy are very important in Japan. Japanese people apologize for almost everything, even if it's not their fault. Japanese people are also very aware of who “out-ranks” them in society; for example, a teacher ranks above a student, a parent ranks above a child, a boss ranks above an employee.

For foreigners in the country, following the “polite language rules” is not completely necessary, but an awareness of it is helpful for understanding the culture.

Gender roles in Japan may still be considered relatively old-fashioned by U.S. standards, although this is rapidly changing. Men are the primary income winners and are expected to work long hours at their jobs. Women are
increasingly joining the workforce, but whether they work or not, women are also expected to take care of the house and children.

An important contemporary social issue in Japan is a lowered birthrate; this is, in part, because women are choosing to have a career instead of children.

**Customs and Etiquette**

**On the train:**
- The cardinal rule of train-riding is "Quiet!" Keep your voice down and do not talk on a cell phone (texting is okay).
- Do not block the train doors. Try not to use the fold-down seats near the doors if the train is crowded; if you are on the folding seats when the train stops, stand up to let others through.
- Do not stare at others on the train. Keep your belongings close to you and out of the way of others.
- Sleeping is okay on the train, but do not fall asleep on other people.

**When riding a bike:**
- It is okay to ride in the road, but watch out for cars, as roads are very narrow. Don’t make unpredictable movements, especially around cars.
- Lock your bike whenever you leave it. Do not leave your bike in places that are not bike parking lots.

**Eating:**
- Before you begin to eat, it is customary to say "Itadakimasu" (ee-ta-da-kee-mah-s). When finished eating, say "Gouchisousama deshita" (Go-chee-sew-sah-mah de-shee-ta).
- Slurping soup is okay; it is even encouraged as a sign that you like the food. You may also pick your rice or miso bowl up to keep from spilling.
- It is rude to drink or eat messy foods while walking around. This rule is tricky, but generally, if you can’t eat something discreetly, don’t eat it while walking. (e.g. open containers of beverage; foods like hamburger, bagged snacks, etc.)
- Drinking alcohol in public is severely frowned upon. There are beer vending machines around, but the Japanese will buy from them and bring the unopened beer home with them.
- If you need more drinks or food at a karaoke bar and it is not self-serve, use the phone near the door.
- Tipping does not exist in Japan.

**General tips:**
- Be quiet when walking around outside, especially at night. The walls of Japanese houses are thin, and the Japanese do not enjoy being woken up in the middle of the night.
- If people are staring at you, don’t get angry and don’t stare back. Remember that as a foreigner, you are an unusual sight in Japan!
- When it is raining, if you have an umbrella, look for a little fixture near the door that wraps your umbrella in plastic. Not all places have them, but it’s best to look just the same. If there is no plastic-wrapper thing, there will likely be a wire rack to leave your umbrella on. Make sure you take your umbrella when you leave!
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<th><strong>CONTACT INFORMATION</strong></th>
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<tr>
<td><strong>JASIN/NUFS</strong></td>
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<td>Tomoko Mohri &amp; Naoki Kamio</td>
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<td><a href="mailto:jasin@tc.nagasaki-gaigo.ac.jp">jasin@tc.nagasaki-gaigo.ac.jp</a></td>
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<td>775-682-5849</td>
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<td><strong>Japanese Consulate in U.S.</strong></td>
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<tr>
<td>Consulate General of Japan at Chicago</td>
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<td>737 N. Michigan Ave. Suite 1100</td>
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<tr>
<td>Chicago, IL 60611</td>
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<td>Fax: (312) 280-9568</td>
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<td><strong>U.S. Consulate in Japan</strong></td>
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<tr>
<td>5-26 Ohori 2-chome, Chuo-ku Fukuoka 810-0052</td>
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<tr>
<td>Telephone: 81-92-751-9331</td>
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<td><a href="https://jp.usembassy.gov/embassy-consulates/fukuoka/">https://jp.usembassy.gov/embassy-consulates/fukuoka/</a></td>
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<td><strong>UW-Eau Claire</strong></td>
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<tr>
<td><strong>After Hours Emergency</strong></td>
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<tr>
<td>(715)577-9045</td>
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<td>Remember that in most cases, local contacts are best in local emergency situations.</td>
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<td>If you have an after-hours emergency that can be helped on the U.S. side, please call University Police at the number above. Calls can be made to this number 24 hours a day.</td>
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<td>You may get an answering machine; however, an officer is alerted as soon as you have left your message. Be sure to give the officer the phone number you can be reached at, as well as what type of assistance you require.</td>
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## WEB INFORMATION: JAPAN

### City
- Nagasaki Travel Guide: [https://www.japan-guide.com/e/e2162.html](https://www.japan-guide.com/e/e2162.html)

### Culture

### Country
- Japan: [http://www.worldtravelguide.net/japan](http://www.worldtravelguide.net/japan)
- Lonely Planet: Japan: [https://www.lonelyplanet.com/japan](https://www.lonelyplanet.com/japan)