

**University of Wisconsin-Eau Claire**

# **Study Abroad**

## **Faculty-Led Immersion**



**SPORTS SCIENCES & KINESIOLOGY IN**

# **JAPAN**

**SUMMER 2019**

***Program Guide***

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***CONGRATULATIONS*** on being accepted to the UW-Eau Claire (UWEC) Sports Sciences & Kinesiology study abroad program in Japan during summer 2019! Living and studying in a foreign culture is both an exciting and a challenging experience. Past participants of study abroad report that the many advantages of international study include:

*Building upon existing foreign language skills*  
*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 experience!

This program guide is to be used together with the Faculty-Led Study Abroad Handbook. The Handbook has information that is valid for all faculty-led, short-term study abroad programs. This guide will provide you with specific information for the Japan 2019 program. It is designed to complement the Study Abroad Handbook, study abroad orientation and your individual pre-departure preparations.

Please realize that although this guide was written to help you better prepare for your time abroad, and that all of the information available at the time of printing has been used, it is impossible for any single resource to answer all of your questions. We strongly encourage you to contact your faculty leaders, the Intercultural Immersions staff, and other students on campus with your specific questions. You should also make use of the additional written and web resources listed towards the end of this guide.

Basic questions only you can answer include:

- 1) What are YOUR goals for this experience? Common objectives of students abroad include advancement in future profession; wish to expand personal and academic horizons; need for a change; wish to challenge oneself with immersion in a new culture.
- 2) Given the way the program is set up, how can you best prepare to meet your goals? For example, if one of your goals is truly being immersed in the culture, yet the program is quite short. How can you best meet your goal?

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

# GENERAL INFORMATION

## The Program

The 2019 program will be led by UW-Eau Claire Kinesiology professors, **Dr. Saori Braun** and **Dr. Jeff Janot**. After several preparation sessions during the spring semester, the program begins at the Tsukuba Summer Institute for Physical Education and Sport ([www.sit.jp](http://www.sit.jp)). The Institute brings together international students and professionals from all over the world to immerse themselves in Japanese (and other) cultures, engage in research, workshops, and traditional Japanese sports activities. In addition, the program provides students the chance to participate in traditional Japanese sports and interact with local Japanese students, thus improving one's communication skills in linguistically and culturally diverse settings.

## The Location

The program will mostly take place in Tsukuba City, Japan—located one hour northeast of the Tokyo metropolitan area. The Tsukuba Summer Institute Workshop will take place on the University of Tsukuba campus. The program also includes a visit to experience the horrific legacy of the World War II nuclear bombing of Hiroshima, followed by a return to Tsukuba to make daily visits to sites in downtown Tokyo.

## The University

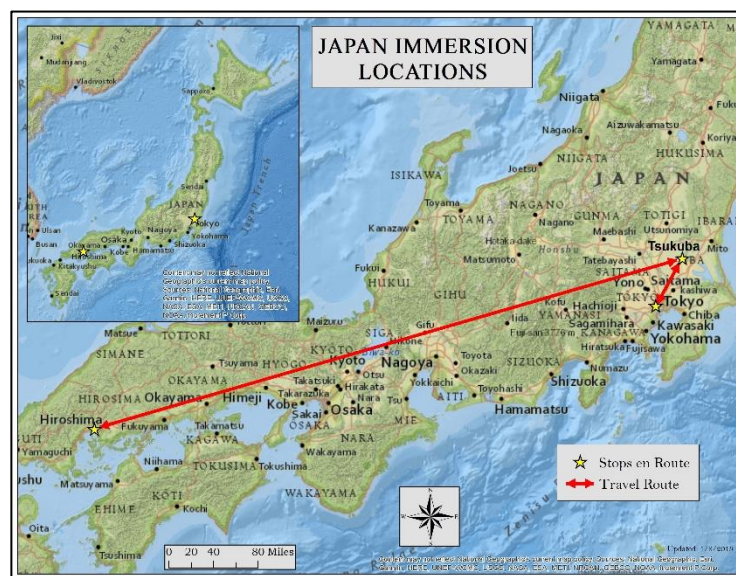
The University of Tsukuba is one of the oldest national universities in Japan, with 28 colleges / schools and about 15,000 students. The university is famous for research in physics, economics, and physical education, and is one of Japan's elite institutions of higher education.

## Academic Calendar

*\*Please do not book your international flight until after orientation on March 16<sup>th</sup>.*

The program runs from July 7-23, 2019. This means you will leave the U.S. on July 6 and depart from Tokyo-Narita on July 23.

July 6	Depart USA
July 7	Arrive in Tokyo Transport to Tsukuba
July 8-17	Tsukuba Summer Institute
July 17-20	Visit to Hiroshima
July 21-22	Return to Tsukuba; day trips to Tokyo
July 23	Depart to US



## ACADEMICS

*There is additional information on academic topics such as registration, class attendance, credits and course load, grades, transcripts, and accessing the UW-Eau Claire library while abroad in your Study Abroad Handbook.*

## Program Prerequisites

To participate in this exchange program, you must **be in good academic standing and have**

**the minimum 2.75 GPA required.** We check grades at the end of the semester prior to departure. If you are on probation, we will need to check with the faculty leader to see if you will be allowed to participate. If you have been suspended, you will not be able to participate in the program.

### ***Pre-departure Orientation & Academic Planning***

**Attendance at the March 16<sup>th</sup> orientation and any other preparation sessions held by your faculty leaders is required.** Times and days will be announced by your faculty leaders. You will be doing some reading, research, and preparing presentations throughout spring semester.

Upon successful completion of the program, you will earn 1 credit of **KINS 495: Directed Study in Kinesiology**. For students in catalog years through 2015-16, the KINS 495 course fulfills GE-III and 1 credit of Foreign Culture upon successful program completion.

**For students in catalog years 2016-17 and later,** KINS 495 fulfills the Responsibility Outcome 2 (R2): Global Perspectives requirement upon completion of all course assignments

### ***Credits and Grades***

Class attendance and participation in spring class meetings and all program lectures and excursions while in Japan is required of all students and will be considered for your final course grade.

Credits earned abroad on this program are considered UW-Eau Claire resident credits, **and your grade in this FLIIE program will be figured into your UW-Eau Claire GPA.** You cannot take this course pass / fail.

The UW-Eau Claire Faculty Leaders will issue grades for the course using the usual UW-Eau Claire A-F grading scale. Grades are typically not available until late summer after you have submitted your final assignment (due mid-August).

### ***Class Attendance***

Class attendance and participation in spring meetings and in program lectures and excursions while in Japan is required of all students.

### ***Academics in Japan***

Since this is a short-term program, the academic structure has been adjusted so that you can get a valuable immersion experience in the host country in about two weeks. The program in Japan will include a combination of lectures by local and international faculty, discussions and workshops with students from around the world, visits to businesses and cultural sites.

During the Tsukuba Summer Institute, mornings will consist of lectures, presentations, and discussions on “Sustainable Renewal and Professional Development in the Fields of Physical Education, the Olympics, and Sport Coaching.” In addition, collaborative projects on sustainable renewal in physical education will be planned by exploring barriers, facilitators, and country-specific contexts and conditions. During lunch, you can engage in informal talks with one another and take advantage of the presence of the team of lecturers. In the afternoon, programs include opportunities to experience traditional Japanese sports, laboratory tours, and mental training workshops.

Lectures and practical exercises will be conducted in English. For the Japanese lectures and exercises, instructions will be translated into English, and in both cases, faculty and staff from



the University of Tsukuba will be on hand to offer further translation support.

## MONEY MATTERS

*Information about how payments are made, when they are due, and the withdrawal/refund deadlines, financial aid, scholarships, budgeting and ways to bring money abroad is in your Study Abroad Handbook.*

### Costs Paid to UW-Eau Claire

The **estimated** UNDERGRADUATE Wisconsin resident cost paid to UW-Eau Claire for summer 2019 study on the Japan program is \$1,414. All costs are estimated and may change at any time. Cost estimates are based on January 2019 projections, participant numbers, and exchange rates, and may change at any time.

Tuition/Fees (WI Res, 1 credit)	\$ 367
Program Fee	\$2,000
Application Fee	\$ 30
<b>Total</b>	<b>\$2,397</b>
<b>FLIIE Funding</b>	<b>-\$1,000</b>
<b>Total Paid to UWEC</b>	<b>\$1,397</b>

*Minnesota residents add reciprocity; non-residents add non-resident fees.*

### Estimated Additional Costs

Meals not included	\$ 300
Personal Expenses	\$ 250
Passport/photo	\$ 135
Airfare MSP to Tokyo	\$ 2,000
<b>Total Additional Costs</b>	<b>\$ 2,685</b>

### Total Cost Estimates

Including tuition to UW-Eau Claire and all estimated additional costs, the total is around \$4,082 **for an undergraduate Wisconsin**

**resident student.** All costs are estimated and may change at any time.

### Program Fee: What does it cover?

- Airport shuttle service for those arriving at designated time
- All program activities and lectures during the Tsukuba Institute
- Housing in Tsukuba, Hiroshima, and Tokyo
- Lunches during Tsukuba Institute
- In-country transportation
- All activities, entrance fees, and site visits in the program itineraries

**Not included:** the cost of a passport, airfare, most meals, or personal expenses and independent travel.

### FLIIE Funding

This FLIIE (Faculty-Led International Immersion Experience) program is supported by Bugold Commitment Different Tuition (BCDT) and provides FLIIE Funding for eligible undergraduate UWEC students. While students are encouraged to participate in multiple high-impact immersion programs, each student is eligible to receive BCDT funding for only one FLIIE experience. Graduate and non-UWEC students are not eligible to receive this funding.

Bugold Commitment funding is not able to cover costs of tuition, but will include about \$1,000 per student towards the program fee.

### Souvenirs & Personal Travel

The amount of personal funds to cover souvenirs and personal travel will vary based on your shopping habits, off-program entertainment, personal spending habits, etc. Your personal costs will be limited during the program given the

full schedule of events. However, you might have time before or after the official program dates.

### ***Program Refunds from UW-Eau Claire***

The \$30 application fee is non-refundable. The \$150 deposit is non-refundable except in the case of a documented medical or family emergency.

**The withdrawal deadline for the program is March 1. No refunds are available after March 1, and if you withdraw after March 1, you will be required to pay all program costs and any funds already committed on your behalf, up to the full program cost. All withdrawals must be in writing.**

Some program expenditures, such as deposits on hotel reservations, were made on your behalf shortly after you confirmed your acceptance by returning the materials on the acceptance checklist. **You will be responsible for any expenditure made on your behalf, even if you withdraw from the program before March 1<sup>st</sup>, 2019.**

Undergraduate students who withdraw will lose their FLIIE funding. As such, they will be expected to pay ALL non-refundable program costs paid to UW-Eau Claire. For example, FLIIE funding provides \$1,000 of support for every eligible student on this program. However, a student who withdraws after the refund deadline would be responsible for paying the \$2,414 estimated cost, which is the true cost of the program without the FLIIE subsidy. Blugold Commitment program support is based on student enrollment and can only benefit students actually participating in the program.

### ***Currency Exchange***

The currency of Japan is the Japanese Yen (JPY). The exchange rate as of January 2019 was approximately 110 JPY per U.S. dollar. You can

find current exchange rates at <http://www.oanda.com/convert/classic>.

United States dollars can be exchanged for yen at international airports, railroad stations, and banks. You pay a commission every time you exchange money, so budget wisely!

Japan is a much more cash-oriented society than the U.S. Therefore, past participants suggest using several methods to ensure that you can access your money, including having some yen upon arrival, and having a credit and a debit card.

### ***Credit Cards***

In addition to the information on credit cards in your *Study Abroad Handbook*, you should be aware that **credit cards are not as widely accepted in Japan as they are in the U.S.** People mostly use cash, and only major stores, tourist hotels, and travel agencies are likely to take credit cards. If you do bring a credit card, past students who have studied in Japan suggest Visa. MasterCard and American Express are not as widely accepted as Visa. Watch the fees you are charged, though, because charges are different in Japan than in the U.S. If you withdraw money after usual hours, for example, such as on the weekend or during the holidays, you will be charged more than usual to use the machine.

### ***ATMs: Credit/Debit Card Use***

24-hour ATMs are plentiful in the large cities you will be traveling to. Again, the most commonly accepted U.S. card is Visa. You can also withdraw cash as soon as you land at the airport. You should become aware of the international transaction fee charged by your banks as it can range from 1-3%. However, there may also be significant fee for withdrawing cash while abroad and using an ATM that is not owned by your bank. In addition, some ATMs may not

work. We highly recommend bringing some cash and exchanging it for yen while in Japan.

You will find that the most common places for ATMs in Japan are post offices. Post offices in Japan also function as banks and their ATMs are connected to most major banks networks. They even have menus in English. The transaction fee is basically what your home bank charges and the exchange rate is quite good. Just enter your card your PIN, and the amount you would like to withdraw in yen, and presto...you have money!

A few other things to note about ATMs in Japan:

- 1) ATMs are generally only accessible when the institution (post office, bank, etc...) is open. Don't plan on having 24-hour access to ATMs.
- 2) ATMs at Japanese banks are not necessarily connected to familiar banking networks for U.S. cardholders. Therefore, the post office ATM is the best bet.

## FINANCIAL AID

*In addition to the Financial Aid information in your Study Abroad Handbook, you should be aware of this information specific to the Japan program.*

To receive summer financial aid, **you must be enrolled for at least six credits** during the 11 week interim/summer period. Students on this Japan program earn 1 credit on the seminar.

**At one credit, you are considered "less than half-time."** Consequently, room and board expenses cannot be considered in your financial aid budget. Less than half-time students are also not eligible for a Direct Ford Loan, but they may be considered for a Perkins Loan. If financial aid eligibility is an important factor in your study abroad budget, **you may wish to enroll for an**

**additional five or more credits on campus or online during the 2019 summer session.**

With at least six credits, you have "half-time or more" status for aid. Room and board can then be considered in your budget, and you may be eligible for a Direct Ford Loan. Consult Melissa Vogler in the Financial Aid Office if you have questions about summer financial aid for study abroad.

## HEALTH & SAFETY

*Additional information on these issues, as well as information on CISI insurance, is included in the Health Issues and Safety Abroad sections of your Study Abroad Handbook.*

### Immunizations

The CDC recommends that travelers to Japan discuss several vaccinations with a doctor at least four-six weeks prior to travel. You can find the list of vaccinations [here: http://wwwnc.cdc.gov/travel/destinations/traveler/none/japan](http://wwwnc.cdc.gov/travel/destinations/traveler/none/japan)

There are very few required vaccinations for travelers anywhere in the world. Requirements can only be placed by the government of the particular country, and because such requirements often discourage tourists, governments are reluctant to establish them. CDC recommendations should be taken very seriously. However, since many of the recommendations depend on the type of travel you anticipate doing, or the length of time you are staying, you need to meet with a doctor to determine what's best for your individual situation.

UW-Eau Claire's Student Health Services offers immunizations (IG, tetanus, Hepatitis B, etc.) and health education on international travel for a



small fee. For more information, call: (715) 836-5360.

Often, your health insurance will cover the cost of immunizations. **If your immunizations are not covered by your health insurance and you receive financial aid, you should meet with the Office of Financial Aid to inquire if these can be added to your total financial aid budget.**

### ***Restrictions on Medications in Japan***

Past participants recommend that you bring your own cold medication, aspirin, etc. However, **some common over-the-counter medications and commonly prescribed U.S. medications are illegal in Japan.** See the Consular Information at the end of this guide for more information on traveling with over-the-counter and prescription drugs.

The following information about bringing medications to Japan is posted on the Japanese Consulate-Chicago Web site (Japanese Ministry of Education or AIEJ):

*You can bring up to one month's supply of prescription drugs into Japan, and up to two month's 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 meds 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, unless 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:*

- Tylenol Cold
- Nyquil
- Nyquil Liquicaps
- Actifed
- Sudafed
- Advil Cold & Sinus
- Dristan Cold ("No Drowsiness")
- Dristan Sinus
- Drixoral Sinus
- Vicks Inhaler
- Lomotil

### ***Other Keys to Staying Healthy***

- Wash your hands frequently with soap.
- If you are buying food from street vendors, stick to breads or fruits that you peel yourself as the utensils used might be unclean. Fruits that cannot be peeled, fruit juices diluted with water, raw vegetables and salads that have not been washed with purified water should be avoided.
- In addition to bringing anti-diarrhea medication, some students experience the opposite effect. It is a good idea to bring along fiber snacks or constipation medication.

### ***Medical Facilities on Campus***

The University of Tsukuba has its own clinic and hospital on campus.

### ***Safety in Japan***

Information on crime, road safety, drug penalties, and terrorist activity in Japan is included in the *Consular Information Sheet* at the end of this guide.

### ***Emergency Contacts***

General emergency procedures are described in the *Study Abroad Handbook*, and the UW-Eau Claire faculty and Tsukuba Institute staff are available if difficulties arise. You will receive an emergency contact card prior to departure; be sure to keep it with you at all times. The information is also on the *Contact Names & Addresses* page of this guide.

### ***Sexual Harassment & Assault***

**Harassment:** Female travelers have reported everything from staring, lewd and suggestive comments to catcalls, and groping. Often these incidents occur in crowded areas such as market places, bus/train stations, and public streets. Women travelers in Japan are advised to respect local dress and customs as a way to minimize harassment.

**Assault:** 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. Take the same precautions you would in any large U.S. city. Suggestions to maintain stringent security precautions include:

- Avoid public transport after dark without the company of known and trusted companions.
- Restrict evening entertainment to well-known venues.
- Avoid isolated areas any time of day.
- Keep your hotel room number confidential.

- Lock your hotel room and use deadlocks/door chains while in your room.
- Hire only reliable cars and drivers. Avoid traveling alone in cabs at night.
- Keep conversations with unknown men short—getting involved conversations with unknown men can be interpreted as a sign of sexual interest.

## **REQUIRED DOCUMENTS**

### ***Passport***

General passport information is found in your *Study Abroad Handbook*, but you will need a valid passport with an expiration date more than six months after the end of the program.

### ***Visa***

A visa is official permission to visit a country and is granted by the government of that country. If you plan to stay in Japan for less than 90 days, then you do not need a visa. If you are not a U.S. citizen, or you plan to travel to other countries while you are abroad, you should verify visa requirements for each country by contacting the nearest consulate or your travel agency. You need to know before you go!

## **PACKING TIPS**

*In addition to the general packing information in your Study Abroad Handbook, you should know the following about Japan.*

### ***Clothing & Weather***

While the climate of Tokyo is sub-tropical, average July temperatures are in the high 70s to mid-80s. 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.

Take clothing that is machine washable and does not wrinkle easily. Choose a color scheme and bring mix-and-match clothing. Dark colors show dirt less quickly when you travel.

### **Appliances**

The electrical current in Western Japan is 100 volts and the plugs used there are the small, two-pronged type—just like we use in the U.S. Since most electrical appliances are designed to operate within a range of voltages, devices designed for 100 to 120 volts will generally work fine with Japanese voltage. However, some participants found that devices that generate heat, such as hair dryers tend to burn out after a while. Most types of electrical appliances are available in Japan. Cords that include a voltage converter that you may use to recharge your laptop computer can also be purchased in Japan for approximately 8,000 yen, which will convert the 100-volt current to whatever your devices need.

### **Other Items to Bring**

- *At least one towel and washcloth*
- *Extra pairs of dark socks to walk in the room*
- *Personal products like shampoo, body wash / bath bar, deodorant, other personal health, beauty, and hygiene*

*products that you may need (travel size is recommended)*

- *Medications – both prescription and over the counter. Past students recommend bringing your own pain relievers, lotions, and cold/flu medicine.*
- *Travel size tissues and toilet paper*
- *Wet wipes / hand sanitizer (travel size)*
- *A small purse or bag to carry tissues/toilet paper, and sanitizer*
- *Phrase Book of English to Japanese*
- *Keepsakes from Eau Claire, your hometown, or the U.S. to share with your local friends*

## **GETTING TO TOKYO**

### **Travel Arrangements**

All students on faculty-led immersion programs sponsored through UWEC are required to purchase their international flights through Fox World Travel. Please contact a Fox World Travel agent (open 7:00am-5:30pm on weekdays) through one of the options below:

- Call toll-free 866-230-8787 (option 4)
- Email [uwgroups@foxworldtravel.com](mailto:uwgroups@foxworldtravel.com)

Have ready:

- Name exactly as it appears on your passport
- Group code: **09UW3454**
- Passport number and expiration date
- Credit card number to charge

If you are traveling on the regular dates (July 6 and July 23), just give Fox Travel the Group Code and they will book your flight for you. We recommend traveling with a fellow program participant as a travel companion can make arrival in a new country safer and much less intimidating! You will have the opportunity to discuss travel arrangements with your fellow study abroad participants during orientation.

The faculty will meet you at an agreed upon meeting place and time at Tokyo International airport where you will go to the hotel together. **Pick-up service will be arranged to meet students arriving at the designated time.** Should you not arrive at the designated time, you will be responsible for finding your own way to the hotel. It is always a good idea to have some foreign currency when you arrive in-country. There are also instructions for booking a flight and other travel information in the *Study Abroad Handbook*.

### **Immigration / Customs**

As of November 20, 2007, all foreign nationals entering Japan are required to provide fingerprints and a facial photograph at the port of entry. This requirement does not replace any existing visa or passport requirements. Once you clear immigration, follow the signs to baggage claim. You must carry your own luggage through customs.

## **SETTLING IN**

### **Housing**

At the University of Tsukuba during the first week of the program, you will be staying in one of the dormitory facilities on campus, within walking distance of the dining area and restaurants in the surrounding campus community. During the second week, you will be staying at a hotel.

### **Food**

During the Tsukuba Institute, lunch will be provided in the program cost. All other meals, including meals while in Tokyo, are not included and must be purchased on your own

### **Student Life**

The experience in Tsukuba will bring to light varying cultural differences and awareness as undergraduate and graduate students along with faculty join the summer program from different countries, including India, Australia, Belgium, Brazil, and the United States. Attending students will be sharing spaces with local students as well as international students as they engage in sporting and outdoor activities.

## **COMMUNICATION**

*Information on accessing your UW-Eau Claire email account, which you will need to check while abroad, is in your Study Abroad Handbook.*

### **Time Difference**

Tokyo is 14 hours ahead of Eau Claire. For example, when it is 1:00 PM on a Thursday in Eau Claire, it is 4:00 AM on Friday in Japan.

### **Telephone Information**

From the U.S. to Japan: To directly call someone in Japan, you must dial:

- 011 (the international dialing code)
- 81 (country code for Japan),
- 298 (the area code for Tsukuba, Ibaraki)
- Then the rest of the number.

If you are calling from within Tokyo to Tokyo, the area code is 3.

### **Apps for Making Free Phone Calls**

We suggest considering calling cards or online calling programs such as Skype (free download to your computer) to speak to friends and family at home. It's recommended to bring a headset so you'll have audio when using Skype without

disturbing others. You can use internet-based phone programs such as Skype ([www.skype.com](http://www.skype.com)) that allow you to call U.S. phones for about 2 cents/minute from your tablet/iPhone with Wi-Fi.

Another option is WhatsApp, an app that allows you to communicate at no cost with anyone else, as long as you have a Wi-Fi connection. This is particularly helpful when communication with others in the group from hostels, airports en route, restaurants, cafes or museums.

### ***Computer/E-mail Access***

Wifi access will be available on campus at the University of Tsukuba. However, there will be an additional cost for Wifi usage in a hotel.



# CONTACT NAMES & ADDRESSES

GENERAL UW-EAU CLAIRE & CISI CONTACT INFORMATION IS IN YOUR STUDY ABROAD HANDBOOK.

**Copy this page and leave it with your  
emergency contact and / or parents.**

## **UWEC ACADEMIC AFFAIRS**

Jeff DeGrave  
Intercultural Immersion Coordinator  
[degravjr@uwec.edu](mailto:degravjr@uwec.edu)  
Schofield Hall 17  
Phone: (715) 836-4471  
Fax: (715) 836-4948

## **UWEC Faculty Leaders**

**Saori Braun**  
Faculty Leader for 2019  
Kinesiology  
McPhee 223  
Tel: 715-836-3774

**Jeff Janot**  
Accompanying faculty for 2019  
Kinesiology  
McPhee 226  
Tel: 715-836-3159

## **UW-Eau Claire After Hours Numbers**

(715) 839-4972 or (715) 577-9045

In an after-hours emergency, please call University Police at (715) 577-9045. Calls can be made to this number 24 hours a day. 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.

## **TSUKUBA SUMMER INSTITUTE**

**Guido Geisler, PhD**  
Lecturer/Researcher  
Phone: 81-(0)29-853-8574  
E-mail: [geisler.guido.ge@u.tsukuba.ac.jp](mailto:geisler.guido.ge@u.tsukuba.ac.jp)

## **OTHER RESOURCES**

The U.S. Department of State offers useful travel information on the "Travel and Living Abroad" section of their Web site-  
<http://www.state.gov/misc/1016.htm> .  
Check the "Travel Tips" section.

## **U.S. Embassy in Tokyo**

1-10-5 Akasaka  
Minato-ku, Tokyo 107-8420 JAPAN  
Phone: 03-3224-5000  
Fax: 03-3505-1862  
After hours: (03) 3224-5000  
Email: [tokyoacs@state.gov](mailto:tokyoacs@state.gov)

# JAPAN: CONSULAR INFORMATION SHEET

THE MOST CURRENT VERSION OF THIS SHEET CAN BE FOUND AT

[HTTPS://TRAVEL.STATE.GOV/CONTENT/TRAVEL/EN/INTERNATIONAL-TRAVEL/INTERNATIONAL-TRAVEL-COUNTRY-INFORMATION-PAGES/JAPAN.HTML](https://travel.state.gov/content/travel/en/international-travel/international-travel-country-information-pages/japan.html)

## [U.S. Embassy Tokyo](#)

1-10-5 Akasaka, Minato-ku,

Tokyo 107-8420 Japan

Telephone: +(81) (3) 3224-5000

Emergency After-Hours: +(81) (3) 3224-5000

Fax: +(81) (3) 3224-5856

[Tokyoacs@state.gov](mailto:Tokyoacs@state.gov)

## CONSULATES

### [U.S. Consulate General Osaka-Kobe](#)

2-11-5, Nishitenma,

Kita-ku, Osaka 530-8543 Japan

Telephone: +(81) (6) 6315-5900

Emergency After-Hours: +(81) (3) 3224-5000

Fax: +(81) (6) 6315-5914

[AOK@state.gov](mailto:AOK@state.gov)

### [U.S. Consulate General Naha](#)

2-1-1 Toyama, Urasoe City, Okinawa

Japan

Telephone: 81-98-876-4211

Emergency After-Hours: +(81) (3) 3224-5000

Fax: 81-98-876-4243

[NahaACS@state.gov](mailto:NahaACS@state.gov)

### [U.S. Consulate General Sapporo](#)

Kita 1-jo Nishi 28-chome, Chuo-ku,

Sapporo 064-0821, Japan

Telephone: +(81) (11) 641-1115

Emergency After-Hours: +(81) (3) 3224-5000

Fax: +(81) (11) 643-1283

All assistance at the Consulate General Sapporo is by appointment only. Hours for appointments: 9 a.m. - 11:30 a.m., 1:30 p.m. - 4:00 p.m. Monday, Tuesday, Wednesday and Friday (except U.S. and Japanese holidays).

## [U.S. Consulate Fukuoka](#)

5-26 Ohori 2-chome, Chuo-ku,

Fukuoka 810-0052

Japan

Telephone: 81-92-751-9331

Emergency After-Hours: +(81) (3) 3224-5000

Fax: 81-92-713-9222

[FukuokaACS@state.gov](mailto:FukuokaACS@state.gov)

Routine services are provided by appointment only.

During regular business hours (Monday through Friday, 8:45 a.m. to 5:30 p.m. except Japanese and American holidays).

## [U.S. Consulate Nagoya](#)

Nagoya International Center Bldg. 6th floor,

1-47-1 Nagono, Nakamura-ku, Nagoya 450-0001

Japan

Telephone: +(81) (52) 581-4501

Emergency After-Hours: +(81) (3) 3224-5000

Fax: +(81) (52) 581-3190

Limited consular services for American citizens are available at Consulate Nagoya on an appointment basis.

[AOK@state.gov](mailto:AOK@state.gov)

## **COUNTRY DESCRIPTION:**

Japan is a stable, highly developed parliamentary democracy with a modern economy. Tourist facilities are widely available, except in coastal areas of Northeast Japan still recovering from the aftermath of the 2011 earthquake and tsunami. Please read the Department of State's [Fact Sheet on Japan](#) for additional general information.

## **ENTRY, EXIT & VISA REQUIREMENTS:**

You must have a valid passport and an onward/return ticket for tourist/business "visa free" stays of up to 90 days. Your passports must be valid

for the entire time you are staying in Japan. U.S. citizens cannot work on a 90-day "visa free" entry. As a general rule, "visa free" entry status may not be changed to another visa status without departing and then re-entering Japan with the appropriate visa, such as a spouse, work, or study visa. Japanese immigration officers may deny you entry if you appear to have no visible means of support.

For more information about the Japanese visa waiver program for tourists, Japan's rules on work visas, special visas for taking depositions, and other visa issues, you should consult the Consular Section of the Embassy of Japan at 2520 Massachusetts Avenue NW, Washington, DC 20008, tel. (202) 238-6800, or the nearest Japanese consulate. Please visit the [Japanese Embassy's website](#) for location details. The U.S. Embassy and U.S. consulates in Japan cannot assist in obtaining visas for Japan.

All foreign nationals entering Japan are required to provide fingerprint scans and to be photographed at the port of entry. This requirement is in addition to any existing visa or passport requirements. There are some exceptions for this requirement, including diplomatic and official visa holders, minors, and individuals covered under SOFA Article IX.2. For further information about landing procedures, please visit the [Immigration Bureau of Japan's website](#).

If you are a U.S. citizen entering or transiting Japan, you should ensure that your passport and visa are valid and up to date before you leave the United States. Occasionally, airlines mistakenly board U.S. citizens coming to Japan even though their passports have already expired. The U.S. Embassy and U.S. consulates cannot "vouch for" you without a valid passport, and passport services are not available at the airport. In some prior instances, travelers have been returned immediately to the United States, while in other cases, they have been issued limited "shore passes" and required to return the next day to Japanese Immigration for lengthy processing.

Many Asian countries require you to hold a passport valid for at least six months after you enter the country. Airlines in Japan will deny you boarding for transit if you don't have the required travel documents for an onward destination in Asia or if your passport is not valid for six months. For the entry requirements of the country you're traveling to, visit the [State Department's Country Specific Information](#) website.

Airlines in Japan will deny you boarding for onward flights to China if your passport does not have a valid Chinese visa. U.S. citizen travelers who are not legally resident in Japan have reported difficulties in obtaining a Chinese visa during a short stay in Japan. The U.S. Embassy and U.S. consulates in Japan cannot assist in obtaining Chinese visas. More information is available on the [Country Specific Information page for China](#). Entry requirements for Hong Kong are available on [this webpage](#) as well.

**HIV/AIDS Restrictions:** The U.S. Department of State is unaware of any HIV/AIDS entry restrictions for visitors or foreign residents of Japan.

Information about [dual nationality](#) or the [prevention of international child abduction](#) can be found on our website. For further information about customs regulations, please read our [Customs Information page](#).

#### **SAFETY AND SECURITY:**

The Government of Japan maintains heightened security measures at key facilities and ports of entry as antiterrorism precautions. At times, these security measures may increase because of regional tensions. The Government of Japan is vigilant in tracking terrorist threat indicators and remains at a high state of alert. You can contact local police substations (koban) and police emergency dispatchers (tel. 110) to report any suspicious activity.

Our offices in Japan communicate threat information through the [Smart Traveler Enrollment](#)

[Program](#) (STEP), post current threat information on the [U.S. Embassy's American Citizens Services \(ACS\) webpage](#), and disseminate relevant information via Twitter ([@ACSTokyo](#)). If you reside in or visit Japan, we encourage you to enroll in [STEP](#), so that the Embassy can keep you up-to-date with important safety and security announcements.

To stay connected:

- Enroll in the [Smart Traveler Enrollment Program](#) so we can keep you up to date with important safety and security announcements.
- Follow the Bureau of Consular Affairs on [Twitter](#) and [Facebook](#).
- Bookmark the [Bureau of Consular Affairs website](#), which contains the current [Travel Warnings and Travel Alerts](#) as well as the [Worldwide Caution](#).
- Follow the U.S. Embassy ACS Unit in Tokyo on [Twitter](#) and [Facebook](#) and visit the [Embassy's website](#).
- In the event of an emergency, contact us at 1-888-407-4747 toll-free within the United States and Canada, or via a regular toll line, 1-202-501-4444, from other countries.
- Take some time before traveling to consider your personal security and checking for useful tips for [traveling safely abroad](#).

**CRIME:** The general crime rate in Japan is well below the U.S. national average. Crimes against U.S. citizens in Japan usually involve personal disputes, theft, or vandalism. Violent crime is rare, but it does exist. Robberies committed after a victim has been drugged from a spiked drink are increasing (see below). Sexual assaults are not often reported, but they do occur, and females may be randomly targeted. Hate-related violent crimes rarely occur, although some U.S. citizens have reported being the target of discrimination because of their nationality or their race. U.S. citizens have reported incidents of pick pocketing in crowded shopping areas, on trains, and at airports. Every year, a number of U.S. citizens report their passports lost or stolen at international

airports, especially passports that were carried in their pockets.

Some U.S. citizens report that Japanese police procedures appear to be less sensitive and responsive to a victim's concerns compared to the procedures in the United States, particularly in cases of domestic violence or sexual assault, or when both the victim and the perpetrator are foreigners. Few victim's assistance resources or battered women's shelters exist in major urban areas, and they are generally unavailable in rural areas. Investigations of sexual assault crimes are often conducted without female police officers present, and police typically ask about the victim's sexual history and previous relationships. The quality of Japanese-English interpretation services can vary, and this has been a problem for some U.S. citizen victims.

Don't buy counterfeit or pirated goods, even if they are widely available. Not only are such goods illegal in the United States, if you purchase them you may also be breaking local law.

Concerns Regarding Roppongi, Kabuki-cho and other Entertainment and Nightlife Districts in Tokyo:

- Roppongi and Kabuki-cho are entertainment districts in Tokyo that cater to foreign clientele and are considered high-risk areas for crime, particularly misappropriation of credit card information in bars to make fraudulent credit card charges. Other high-risk areas for crime in the Tokyo area include Shibuya and Ikebukuro. However, you should use caution in all entertainment and nightlife districts throughout Japan. Incidents involving U.S. citizens in these areas include physical and sexual assaults, drug overdoses, theft of purses, wallets, cash and credit cards at bars or clubs, and drugs allegedly slipped into drinks.
- Drink spiking at bars and entertainment venues, especially in areas such as Roppongi and Kabuki-cho, near Shinjuku, has routinely

led to robbery and has also resulted in physical and sexual assaults. In most drink-spiking reports, the victim unknowingly drinks a beverage that has been mixed with a drug that makes the victim unconscious or dazed for several hours, during which time the victim's credit card is stolen or used for large purchases. Some victims regain consciousness in the bar or club; other victims may awaken on the street or in other unknown locations. Several U.S. citizens have also reported being charged exorbitant bar tabs in some bars and clubs in Roppongi and Kabuki-cho and other entertainment and nightlife districts. Although firearms and brandishing knives in public are illegal in Japan, U.S. citizens have reported being threatened with gun or knife violence in such venues so that they will pay bar tabs or withdraw money. U.S. citizens have also reported of being beaten when they have refused to pay or hand over money.

There have been recent reports of U.S. citizens being forcibly taken to ATMs and robbed, or made to withdraw funds after being unable to pay exorbitant bar tabs. Please be aware that Roppongi, Kabuki-cho, and other entertainment and nightlife districts have also been the scenes of violence between criminal syndicates.

We urge you to keep these incidents in mind and use caution in all entertainment areas and nightlife districts. If you believe that you are a victim of crime, you must file a police report at the nearest police station before you leave Japan. The Japanese police do not provide you a copy of the police report, but they issue a report number. You can provide this report number to your credit card company in order to confirm the incident with the police. The Japanese police cannot accept reports filed from overseas.

**VICTIMS OF CRIME:** If you or someone you know becomes the victim of a crime abroad, you should

contact the local police and the nearest U.S. embassy or consulate. We can:

- Replace a stolen passport.
- Help you find appropriate medical care if you are the victim of violent crimes such as assault or rape.
- Put you in contact with the appropriate police authorities, and if you want us to, we can contact family members or friends.
- Help you understand the local criminal justice process and direct you to local attorneys, although it is important to remember that local authorities are responsible for investigating and prosecuting the crime.

The local equivalents to the "911" emergency line in Japan are 110 (police) or 119 (ambulance/fire).

**Contacting Police, Fire and Ambulance Services:** You can reach the police throughout Japan by dialing 110. Fire and ambulance services can be contacted by dialing 119. Note that English-speaking dispatchers may not be available. Please review advice on [how to call for help](#). If you need assistance, you should be able to describe your address/location in Japanese or find someone who can do so, since few police officers speak English.

Please see our [information for victims of crime](#), including possible victim compensation programs in the United States.

#### **LOCAL LAWS & SPECIAL CIRCUMSTANCES:**

**CRIMINAL PENALTIES:** While you are traveling in another country, you are subject to its laws even if you are a U.S. citizen. Foreign laws and legal systems can be vastly different from our own. If you violate Japanese law, even unknowingly, you may be arrested, imprisoned, or deported. If you are arrested in Japan, even for a minor offense, you may be held in detention without bail for several months or more during the investigation and legal proceedings.



Penalties for possessing, using, or trafficking in illegal drugs, including marijuana and synthetic drugs, are severe, and convicted offenders can expect long jail sentences and fines. Japanese authorities aggressively pursue drug smugglers with sophisticated detection equipment, "sniffing" dogs, and other methods. When entering Japan, you and your luggage will be screened at ports of entry. Incoming and outgoing mail, as well as international packages sent via DHL or FedEx, is also checked carefully. In most drug cases, suspects are detained and barred from receiving visitors or corresponding with anyone other than a lawyer or a U.S. consular officer until after the first hearing, which at times has not taken place for a year.

In Japan, you may be taken in for questioning if you don't have your passport or Japanese residence card to show your identity and visa status. You must carry your U.S. passport or Japanese Residence Card (Zairyu Kado) with you at all times so that if questioned by local officials, you can prove your identity, citizenship, and immigration status. Under Japanese law, the police may stop any person on the street at any time and demand to see identification. If you do not have with you either a passport or valid Japanese Residence Card, you are subject to arrest.

It is illegal for you to work in Japan while in tourist or visa-waiver status. Overstaying your visa or working illegally may lead to fines of several thousands of dollars, and in some cases, re-entry bans can be as long as ten years, or indefinitely for drug offenders. Japanese work visas are not transferable and are issued outside of Japan for a specific job with a specific employer at a specific place of employment. Japanese authorities do not allow foreigners to change their immigration status from visa-waiver status to work status while in Japan. If you violate your visa status in Japan, you may be subject to arrest, which can involve several weeks or months of incarceration, followed by conviction and imprisonment or deportation. If you are deported,

you will have to pay, in most cases, the cost of deportation, including legal expenses and airfare. For additional information please see [Japan's Immigration Control and Refugee Recognition Act](#) and contact the Japanese Embassy or nearest Japanese consulate in the United States for more information.

If you break local laws in Japan, your U.S. passport won't help you avoid arrest or prosecution.

There are also some things that might be legal in the country you visit, but still illegal in the United States. You can be [prosecuted in the United States](#) for engaging in sexual conduct with children or for using or disseminating child pornography in a foreign country regardless of the legality of these activities under that country's laws. Counterfeit and pirated goods are illegal in the United States, and if you purchase them in a foreign country, you may be breaking local law as well.

You must always carry identity documents with you while visiting Japan. In Japan, you may be taken in for questioning or arrested if you don't have your passport or Japanese residence card to show your identity and visa status. Driving under the influence of alcohol could also land you immediately in jail. The blood-alcohol limit in Japan is approximately 0.03%, less than the amount of alcohol in a single glass of beer. Punishments can be up to 10,000 USD in fines and up to five years in prison.

Possession of a gun or ammunition is a crime in Japan. Possession of a knife with a locking blade, or a folding blade that is longer than 5.5 cm (a little more than two inches), is illegal in Japan. U.S. citizens and U.S. military personnel have been arrested and detained for more than 10 days for carrying pocket knives that are legal in the United States but illegal in Japan.

[A list of English-speaking lawyers](#) located throughout Japan is available on our [website](#).

**Arrest notifications in Japan:** Generally, when you are arrested in Japan, the police will ask if you would like the U.S. Embassy or a consulate to be notified of your arrest. To ensure that the United States is aware of your circumstances, request that the police and prison officials notify the nearest U.S. embassy or consulate as soon as you are arrested or detained overseas.

In accordance with the U.S.-Japan Consular Convention, U.S. consular officers are generally notified within 24 hours of the arrest of a U.S. citizen if the U.S. citizen requests consular notification.

**Confiscation of Prescription Drugs and Other Medication:** The Japanese government decides which medications may be imported legally into Japan. The Embassy and consulates of Japan in the United States have limited information available and do not have a comprehensive lists of specific medications or ingredients.

You can bring up to a two-month supply of allowable over-the-counter medications and up to a two-month supply of allowable vitamins into Japan duty-free. However, it is illegal to bring into Japan some over-the-counter medicines commonly used in the United States, including inhalers and some allergy and sinus medications. Specifically, products that contain stimulants (medicines that contain pseudoephedrine, such as Actifed, Sudafed, and Vicks inhalers) or codeine are prohibited. You can generally bring up to one month's supply of allowable prescription medicine into Japan. You must bring a copy of your doctor's prescription as well as a letter stating the purpose of the drug. However, some U.S. prescription medications cannot be imported into Japan, even when accompanied by a customs declaration and a copy of the prescription. You should not mail prescription medicines, including insulin and injectors, without obtaining an import certification called "Yakkan-Syomei" from the Ministry of Health, Labor, and

Welfare. Please see more [information on importing medicines](#) into Japan.

Japanese physicians can often prescribe similar, but not identical, substitutes for medicines available in the United States. See the [list of English-speaking medical facilities](#) throughout Japan on our website. Some popular medications that are legal in the United States, such as Prozac and Viagra, are sold illegally in Japan on the black market. You risk arrest and imprisonment if you purchase such drugs illegally while in Japan.

If you plan to travel to Japan carrying prescription and non-prescription medications, you should consult the [Japanese Embassy or a Japanese consulate](#) in the United States before leaving the United States to confirm whether or not you will be allowed to bring the particular medication into Japan.

**Pets:** The Japanese [Animal Quarantine Service](#) (AQS) sets procedures for importing pets. At a minimum, the process will take seven to eight months, though the process can take up to a year before a pet may enter Japan. Advance planning is critical. You can find more information about [importing a pet into Japan](#) or information about [exporting a pet from Japan](#) on our embassy website.

**Living and Travel Expenses:** Japan's cost of living is one of the highest in the world. The use of credit/debit cards is not widespread, particularly outside major cities. While there are ATMs in Japan, most are not open 24 hours a day, and only a very limited number accept U.S.-issued cards. ATMs at major airports, foreign bank branches, Japanese post offices, 7-11 stores, and some convenience stores are more likely to accept foreign cards than are those at other locations. You should make sure that you have access to sufficient funds through credit cards, debit cards, or cash to carry out your travel, and you should know how to contact your banking or credit card establishments in an emergency.

[Western Union](#) money transfer service is available at [Travelex](#) offices in major cities. Paypal is available for international money transfer. For more information on this service, please [click here](#). Please see our website for [additional information on financial arrangements in Japan](#).

Taxi fares from airports to downtown Osaka and Tokyo can cost hundreds of dollars; bus fare can run 40 USD or more. The airport departure fee is generally included in the ticket prices for flights departing from international airports in Japan. Bus fare between Narita (Tokyo) International Airport and Haneda Airport in Tokyo is approximately 40 USD and takes from 90 to 120 minutes.

**English Help and Information Lines:** As a tourist or foreign resident in Japan, you can have access to valuable information, including professional counseling, through help and information telephone hotlines. [TELL](#) provides English-speaking counseling and referrals at 03-5774-0992. The [Japan Help Line](#) provides similar assistance nationwide at 0570-000-911 (domestic), 813-3435-8017 (international).

**Disaster Preparedness:** Japan is faced with the ever-present danger of deadly earthquakes, tsunamis, and typhoons. Japan is one of the most seismically active locations in the world; minor tremors are felt regularly throughout the islands. On March 11, 2011, an earthquake registering 9.0 on the Richter scale struck the northeastern coast of Japan and triggered tsunami waves that caused extensive damage to life and property and severely damaged the Fukushima Daiichi Nuclear Power Plant. Additional information on the aftermath of the March 11 earthquake is available on the [U.S. Embassy's American Citizens Services \(ACS\) webpage](#).

While responsibility for caring for disaster victims, including foreigners, rests with the Japanese authorities, one of the first things you should do upon arriving in Japan is to learn about earthquake and disaster preparedness from hotel or local

government officials. Self-preparedness information is available on the [U.S. Embassy's American Citizens Services \(ACS\) webpage](#) and on the [U.S. Federal Emergency Management Agency \(FEMA\) home page](#).

**Radiation:** Fukushima Daiichi Nuclear Power Plant: The Government of Japan continues to closely monitor the conditions at and around the Fukushima Daiichi Nuclear Power Plant. In addition, in September 2012, Japan established an independent organization to oversee the safety of its nuclear reactors, the [Nuclear Regulation Authority](#).

We recommend that U.S. citizens observe the evacuation orders and travel restrictions put into place by the Government of Japan for areas surrounding Fukushima Daiichi Nuclear Power Plant, as described by the Japanese government on the following [map](#) (Japanese version [map](#)). For a more detailed description of the differences in travel restrictions between the various zones [click here](#). Those considering travel to affected areas in Fukushima Prefecture should consult with local authorities to receive current guidance on expected levels of radiation and recommendations for reducing exposure to radiation in these areas.

Additional information about radiation and its effects on human health may be found at the following websites:

[Radiation, Health and Food Safety Information Post-Fukushima](#)  
[CDC Radiation Emergency Japan 2011 Earthquake](#)  
[EPA Understanding Radiation: Overview](#)  
[Japan Secretariat: Great East Japan Earthquake](#)  
[U.S. Department of Defense: Operation Tomodachi Registry](#)

Please note that many of the coastal areas in the Fukushima, Iwate, and Miyagi Prefectures affected by the earthquake/tsunami/nuclear disaster in 2011 are still undergoing significant reconstruction. If you wish to travel to these areas, you should exercise caution as you may experience disruption in travel or

infrastructure. We recommend that you contact local authorities, or travel/accommodation service providers in advance.

If you are a woman traveling abroad, please review our travel tips for [Women Travelers](#)

**LGBTQ RIGHTS:** There are no legal restrictions on same-sex sexual relations or the organization of LGBTQ events in Japan. While in recent years, open members of Japan's LGBTQ community have made social strides including winning elections to public office, LGBTQ activists warned that Japan remains an unwelcome place for sexual minorities. Japanese scholars have described Japan as being on the whole "more tolerant of sexual minorities than other countries in Asia," but they say that same-sex sexual behavior remains stigmatized in Japanese society. While overt violence against members of the LGBTQ community is rare, scholars note that many LGBTQ Japanese opt to remain anonymous to avoid bullying, harassment, or professional repercussions, resulting in social isolation. For more detailed information about LGBTQ rights in Japan, you may review the [State Department's Country Reports on Human Rights Practices](#). For further information on Lesbian, Gay, Bisexual and Transgender (LGBTQ) travel, please read our [LGBTQ Travel Information](#) page.

**ACCESSIBILITY:** While in Japan, individuals with disabilities may find accessibility and accommodation very different from what they are in the United States. Although Japan's accessibility laws mandate that new construction projects for public use include provisions for persons with disabilities, older buildings are not likely to have been retrofitted for accessibility. At major train stations, airports, and hotels, travelers with disabilities should encounter few accessibility problems. Accessibility at other public facilities continues to improve through the installation of elevators and wheelchair ramps. However, travelers should note that many smaller stations are inaccessible to those who cannot climb

stairs. Most major urban hotels have wheelchair accessible rooms, while smaller "business hotels" and traditional Japanese-style inns may not accommodate wheelchair users.

Information on travel in Japan for travelers with disabilities is available at Tesco Premium Search Co., Ltd. website "[the Travel Guide for Wheelchair Users](#)." U.S. citizen travelers in wheelchairs should be aware that wheelchairs must be no more than 120 centimeters in length/height and no more than 70 centimeters in width in order to be allowed in trains. Accessibility information regarding the East Japan Railway Company is also available at [the company's website](#). Reduced train fares for individuals with disabilities are not available for temporary visitors to Japan. If you do not speak Japanese, you may wish to ask your travel agent to make advance arrangements for your travel in Japan.

#### **HEALTH:**

While medical care in Japan is good, English-speaking physicians and medical facilities that cater to U.S. citizens' expectations are expensive and not widespread. Japan has a national health insurance system which is available only to those foreigners with long-term visas for Japan. National health insurance does not pay for medical evacuation. Medical caregivers in Japan require payment in full at the time of treatment or concrete proof of ability to pay before they will treat a foreigner who is not a member of the national health insurance plan.

U.S.-style and standard psychiatric care can be difficult to locate in major urban centers in Japan and generally is not available outside of Japan's major cities. Extended [psychiatric care for foreigners in Japan](#) is difficult to obtain at any price.

U.S. prescriptions are not honored in Japan, so if you need ongoing prescription medicine, you should arrive with a sufficient supply for your stay in Japan or enough until you are able to see a local care provider. Certain medications, including some

commonly prescribed for depression and Attention Deficient Hyperactivity Disorder (ADHD), are not widely available. Please see the section above entitled, "Confiscation of Prescription Drugs and Other Medication," regarding the importation of medicine into Japan. Also see [information on importing medicines into Japan](#) and a [list of medical facilities in Japan](#) with English-speaking staff.

You can find detailed information on vaccinations and other health precautions, on the [Centers for Diseases Control \(CDC\) website](#). For information

about outbreaks of infectious diseases abroad, consult the [World Health Organization \(WHO\) website](#). The WHO website also contains additional health information for travelers, including [detailed country-specific health information](#).

Emergency Assistance: Within Japan, please dial 110 for police, and 119 for ambulance. For roadside assistance, please contact the Japan Automobile Federation (JAF) at 03-5730-0111 in Tokyo, 072-645-0111 in Osaka, 011-857-8139 in Sapporo, 092-841-5000 in Fukuoka, or 098-877-9163 in Okinawa.