

UNIVERSITY OF WISCONSIN EAU CLAIRE

CENTER FOR INTERNATIONAL EDUCATION

Study Abroad



NAGASAKI, JAPAN
FALL 2019

Program Guide

TABLE OF CONTENTS

General Information.....	2
The Program	2
USAC	2
The Location	2
The University	2
Academic Calendar	2
Fall Semester Early Out Option	3
Academics	3
Program Prerequisites	3
Program Acceptance	3
Pre-departure Academic Planning	3
Course Equivalencies	4
Japanese Language Class	4
Japan Studies Classes	5
Seminars in Traditional Japanese Arts	5
Credits and Course Load	5
Grades & Transcripts.....	5
Money Matters.....	5
Currency Exchange	6
Money in Japan	6
Cash.....	6
Opening a Bank Account	6
Traveler's Checks	6
Credit Cards.....	6
Debit Cards.....	7
Scholarships	7
Japanese Ministry of Education (AIEJ)	7
Bridging Scholarships	7
Freeman Fellows Scholarship	8
Health & Safety	8
Before You Go	8

Restrictions on Medications in Japan	8
Campus Medical Facilities.....	9
911 Equivalent in Japan	9
Emergency Contacts	9
Safety in Japan	9
Required Documents	10
Visa	10
Visa for Japan	10
Packing Tips	11
Weather/Clothing.....	11
What to Pack	11
Appliances	11
Gift Suggestions.....	11
Getting to Japan.....	12
Travel Arrangements	12
Immigration/Customs	12
Early Arrivals.....	12
Orientation	12
Airport Departure Tax.....	12
Housing.....	12
Dormitory – Ampelos.....	12
Homestay	13
Meals	13
The Home Stay Bathroom	14
Community Involvement	14
Conversation Partners.....	14
Extracurricular Activities	14
Field Trips	15
Communication.....	15
Mailing.....	15
Time Difference.....	15
Telephone.....	15
Cell Phones	15

Computer Access	15
Bringing a Laptop.....	16
E-mail	16
Language.....	16
Cultural Notes	17
A Brief History of Japan	17
Geography.....	18
Weather.....	18
People.....	18
Religion	18
Cultural Concepts.....	18
Government	19
Customs and Etiquette	19
Travel While Abroad	20
Tourist Information.....	20
Train Travel	20
Buses	21
Air Travel	21
Japan Travel Phone.....	21
Where to Stay	21
Contact Names & Addresses	22
Web Resources: Japan	23

CONGRATULATIONS on being conditionally accepted to the UW-Eau Claire study abroad program in Nagasaki, Japan. 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
Getting to know oneself
Developing different perspectives on U.S. culture
Gaining self-confidence and independence
Learning skills for the future international job market

This program guide is to be used together with the general Study Abroad Handbook that you also received online. The Handbook has information that is valid for all study abroad programs. This guide will provide you with specific information for the Nagasaki program. It is designed to complement the 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 one resource to answer all of your questions. Your Peer Advisor will e-mail additional information throughout the semester. We also strongly encourage you to contact the study abroad staff, your Peer Advisor, past program participants, and Japanese 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 goals of students studying abroad include advancement in future profession; desire 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 Japanese culture, yet you are going to be with a group of international students, how can you ensure that you do not spend too much time with other U.S. Americans or international students?

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

GENERAL INFORMATION

The Program

UW-Eau Claire and University Studies Abroad Consortium (USAC) entered into a cooperative agreement for the Nagasaki, Japan program beginning in the 2015-2016 academic year. The program is located at Nagasaki University of Foreign Studies (NUFS), which is a division of Nagasaki Gaidai. You will be a student in the Japan Studies in Nagasaki (JASIN) program. The JASIN program is specially designed to give the opportunity for students from other countries to study and live in Japan. The students are mostly from the U.S., France, Canada, Britain, and Germany.

USAC

USAC (whose offices are located at the University of Nevada-Reno) works with several member universities. These member universities guide the consortium and assist USAC with registration and transcript issuance for students participating on USAC programs.

You will be receiving information directly from USAC via your student "Gateway" account. The CIE is not copied on these messages.

The Location

Nagasaki, a city of around 429,000 people on the western island of Kyushu, is built around a natural harbor and climbs up the surrounding steep hills. The city boasts spectacular views and proximity to natural sights such as its rugged coastline, beaches, islands, volcanic mountains, and a national park. Despite ravages of World War II and the atomic bombing, Nagasaki continues to be a major tourist

destination in Japan, with a rich and vibrant cultural life that includes plays, concerts, exhibits, and performances throughout the year.

The University

Nagasaki University of Foreign Studies (NUFS), where the JASIN program is housed, is a division of Nagasaki Gaidai. NUFS is a private university and has around 800 students. Nearly 40% of the student body on this campus is from other countries, making the educational experience a very diverse environment. Many of the local students are English majors trying to improve their English skills.

The campus had newer facilities built in 1996 and is located on the northern border of Nagasaki City and its suburb of Togitsu. In addition to air-conditioned classrooms and a gymnasium, the campus houses a Multimedia Center with two computer-assisted instruction (CAI) labs as well as language laboratories.

The campus is served daily by local bus services.

Academic Calendar

Do not make travel plans until you have been officially accepted to the Nagasaki program.

Depart U.S. for those requesting staff escort from Fukuoka to Nagasaki	September 15-16
Arrival Date in Fukuoka	September 16-17
Orientation/Move into housing	September 18
First Day of Classes	September 27

Last Day of Classes for those on early assessment	December 20
Move Out Date for those on early assessment	December 21
Regular fall term classes end	February 7
Regular fall term move-out	February 8

*Dates are subject to change. To see a recent program calendar, please see USAC's website and click on the term you will be abroad.
<https://usac.edu/study-abroad-programs/japan/nagasaki/calendars/2019/fall>

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.

ACADEMICS

There is additional information on maintaining program eligibility, as well as 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 program, you must be a currently-enrolled, degree-seeking undergraduate UW-Eau Claire student. **You need to be in good academic standing and have a minimum cumulative GPA of 2.8.** Previous Japanese language study is not required.

Program Acceptance

All applicants are conditionally accepted by UW-Eau Claire and USAC. Final acceptance is made by a JASIN faculty committee in Nagasaki. Applications are accepted on a rolling basis. Your JASIN application will be made available to you on your USAC Gateway account. Depending on which housing you would like, your application deadline may vary so be sure to pay attention to the posted dates in your Gateway account.

As a part of the JASIN application, you will need to complete more items and send them (either via email or postal mail) directly to USAC. USAC will send your application to JASIN. **Your official transcript has already been sent to USAC, so you do NOT have to order another.**

Students can expect to receive information on their acceptance about four months prior to departure (late November for spring students; late May for fall students).

Pre-departure Academic Planning

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.

All courses are taken alongside Japanese and international students. You can find a general list of courses offered on the program by visiting the JASIN web site:

<http://www.nagasaki-gaigo.ac.jp/studying-abroad/jasin/classes/?lang=en> Please note that this is a sample listing. Although historically courses do not change much from semester to semester or year to year, the exact courses offered are determined each semester.

The semester prior to your departure, you should make an appointment with your academic advisor to plan your semester or year at Nagasaki. When you meet with your advisor, you should bring the Nagasaki course listing from the JASIN Web site, your degree audit, and the link to the UW-Eau Claire transfer equivalency (see Course Equivalencies section). Using these materials, you should develop a semester plan, as well as select a few back up courses.

You should bring the plan that you developed with your advisor, the course equivalency list, and your degree audit with you to Nagasaki as you will use it to register. **You will not finalize your registration until you arrive at Nagasaki and take the Japanese placement exam.**

Course Equivalencies

For information about how specific Nagasaki courses have transferred back to UW-Eau Claire, go to:

https://my.uwec.edu/psp/PUBLIC/EMPLOYEE/HRMS/c/EAU_SS_CUSTOM.EAU_TRNCRDWZ.GBL. Search for Japan and then select Nagasaki College of Foreign Lang. If a course appears on the list, it has already been reviewed by the appropriate UW-Eau Claire department chair, and the equivalency listed is what you will receive upon successful completion of the course.

Please keep in mind that this is a historical record of past course equivalencies. There is no guarantee that the same courses will be offered in the future, or that they will be offered during the term in which you are abroad.

Course equivalencies for any Nagasaki courses not yet evaluated by UW-Eau Claire will be done AFTER your actual registration at Nagasaki. This saves the Registrar's Office and department chairs hours of evaluating courses that no one actually takes. **Please note that you cannot assume that a course you are taking will transfer back in the way you want it to just because the course description sounds similar to a course taught at UW-Eau Claire.** All course equivalency decisions are made by UW-Eau Claire department chairs and are not official until the Registrar's Office receives the equivalency, with the chair's signature on it.

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.

Credits and Course Load

Credits earned on the Nagasaki program are considered UW-Eau Claire resident credits. The classes you take abroad will count towards the total credits needed for graduation, **and grades will be figured into your UW-Eau Claire GPA.** During the term, students take between 12 and 18 semester credits. Dropping below full-time status may result in loss of financial aid and/or insurance coverage and must be approved by both the Nagasaki and the UW-Eau Claire, Center for International Education. Going over 18 credits will require you to pay additional UW-Eau Claire tuition.

Grades & Transcripts

USAC will forward your Nagasaki transcript to UW-Eau Claire with a letter of explanation. Nagasaki uses the following grading scale:

S = A

A = A

B = B

C = C

F = F

The grades reported on your Nagasaki transcript are the same grades that will appear on your UW-Eau Claire transcript. Please be aware that Nagasaki does not employ pluses or minuses in their grading scale. **Note that UW-Eau Claire students are not allowed to take classes pass/fail, and that grades from Japan are figured into your UW-Eau Claire GPA.**

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 the Study Abroad Handbook.

Cost Estimate

You can find the most current Cost Estimate for your program, in easily printable format, on the [CIE Nagasaki webpage](#). Be sure you are looking at the correct term. Remember that the cost estimate includes what you pay to UW-Eau Claire, what you pay to NUFS, what you pay to USAC, and what you pay directly to other vendors.

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/>.

Money in Japan

Japan is a much more cash-oriented society than the U.S. Therefore, past participants of the Nagasaki program suggest using several methods to ensure that you can access your money, including having some yen upon arrival, opening a bank account, having a credit and a debit card, and having traveler's checks. Details are given below.

Cash

Remember that you will want some yen in cash to take with you, to pay for small expenses you may encounter prior to establishing your bank account. We do not have a recommendation

from USAC/JASIN on the amount of cash to bring. However, Kansai Gaidai, our other Japanese university partner, recommends that students arrive with at least 30,000 yen in cash (about \$300 USD).

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.

Traveler's Checks

Traveler's checks are increasingly rare and difficult to use. They generally must be cashed at a major bank, although, in some countries, post offices also offer this service, and **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.

Credit Cards

Use of credit cards in Japan is much more limited than in the U.S. If you do bring a credit card, past students who have studied in Japan suggest Visa or MasterCard. American Express is not as widely accepted. In Japan, credit cards are not commonly accepted, and people deal mostly in cash. You can keep your money in your account at the Post Office and request a cash card with a 4-digit PIN. You can also withdraw funds from your U.S. account using your debit card if you have a 4-digit PIN number. This will make money management a lot easier for you. 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.

Debit Cards

You will find that the most common place for ATMs is Japanese post offices. There is a post office within walking distance of campus where students can withdraw money. Post offices in Japan also function as banks and their ATM machines are connected to most major networks. They even have menus in English. The transaction fee is basically what your home bank charges and the exchange rate is quite good. You slip in your card, type in your PIN, enter the amount you would like to withdraw in yen, and presto...you have money!

A few other things to note about ATM use 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.

SCHOLARSHIPS

In addition to the scholarship & financial aid information listed in your Study Abroad Handbook, there are a few scholarships that specifically support students on programs in Japan. These scholarships are generally competitive and will require that you spend a fair amount of time on the applications. Begin

early. The Study Abroad Coordinators are happy to review drafts of your application, as long as you give them enough time before the deadline.

Japanese Ministry of Education (AIEJ)

The Japanese Ministry of Education has a scholarship program for international students studying in Japan **for a full academic year**. Full year students are automatically considered. It covers round-trip transportation, a "settling in" allowance, and a monthly stipend towards cost of living. Preference is given to students with previous study of Japanese.

Bridging Scholarships

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 next application period will be for students studying in Japan beginning in Spring 2017; applications are due October 10, 2016.

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> for application deadlines and forms.

Freeman Fellows 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>.

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 the Study Abroad Handbook.

Before You Go

In addition to the general health precautions listed in your Study Abroad Handbook, you should consult your physician or a travel clinic to see if you should receive hepatitis A, typhoid, or Japanese encephalitis protection, depending upon the type of travel you plan. Other vaccinations may also be recommended, particularly if you plan to travel outside of Japan.

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.

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

Campus Medical Facilities

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 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.

911 Equivalent in Japan

If you are in an emergency 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.

The U.S. State Department also provides a list of [911 numbers abroad](#). Plan and research numbers before you go.

Emergency Contacts

General emergency procedures are described in the *Study Abroad Handbook*, and the JASIN program has a director who is available for consultation if difficulties arise. You will receive an emergency contact card at orientation; be sure to keep it in your wallet at all times. The information is also on the *Contact Names & Addresses* page of this guide.

If you are traveling outside the framework of the academic program, you may not be able to contact the JASIN director for help.

If an emergency should arise while traveling, the U.S. embassies and/or consulates can offer some assistance. They will assist in the following:

- provide a list of local physicians and lawyers
- contact next of kin in event of emergency
- aid during civil unrest or natural disaster
- contact relations on your behalf to request funds or guidance in an emergency.

Safety in Japan

Information on crime, road safety, drug penalties, and terrorist activity in Japan is included in the *Consular Information Sheet* which can be found in your Learning Content on your UWEC Study Abroad application. Information specific to Nagasaki will be given during the orientation there.

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.** In particular, never walk alone at night to/from the train station and always have a travel companion.

REQUIRED DOCUMENTS

Passport and additional visa information is included in your Study Abroad Handbook.

Visa

A visa is official permission to temporarily reside in another country and is granted by the government of that country. The CIE will post basic information about the current visa options for U.S. citizens for study in Japan to the Learning Content section of your online study abroad account during the semester prior to departure. **However, it is your responsibility to keep up-to-date about student visa requirements for Japan, and if required, to apply for and receive a visa from a Japanese consulate or embassy 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.

Visa for Japan

You will need a student visa for your time in Japan. A visa is official permission to temporarily reside in another country and is granted by the government of that country.

It is your responsibility to obtain a student visa from the Japanese government. Instructions and required forms will be given to you at orientation. 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.

IMPORTANT: You cannot apply for your student visa until you receive your Certificate of Eligibility. **If you enter Japan as a tourist or on any other type of visa, you must leave Japan to apply for your student visa and re-enter with the proper visa. It cannot be issued within the country.** It is therefore strongly recommended that you do not plan to travel in Japan prior to receiving your student visa.

If you plan to travel outside of Japan while you are abroad, you should verify visa requirements for each country by contacting the nearest consulate or your travel agency. Many countries do not require visas for tourist visits of less than three months, but you need to know the rules!

PACKING TIPS

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

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.

Look at the [geography and climate](#) section on Wikipedia for average temperatures and rainfall information.

What to Pack

Your Peer Advisor will send a suggested packing list in one of the weekly emails in the semester prior to departure.

Appliances

The electric current in Western Japan is 100 volts and the plugs used there 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. Most types of electrical appliances are available in Japan and it may be your best bet to purchase necessary devices after you arrive in Japan. Interface devices that connect to other larger devices, such as the cord that includes a current converter that is used to recharge your laptop computer, can also be purchased in Japan for approximately 8000 yen, which will convert the 100-volt current to whatever your devices need.

Gift Suggestions

You are encouraged to bring "omiyage" to Japan. These "small gifts" are important in Japanese culture. This is especially important if you live with a Japanese family, but you will also want them if you are invited to a home. Some suggestions include:

- clothing and items with UW-Eau Claire logos
- cookbooks/U.S. American recipes – with metric conversions
- regional foods to make a special dinner
- calendars with U.S. scenery
- pen-and-ink drawings or professional-quality photographs of areas in the U.S. (check the Local Store for local artists)
- Jelly Belly candy gift set; Andes mints (made in WI!)

- Soaps made from local ingredients (Local Store has some of these)

GETTING TO JAPAN

Travel Arrangements

It is your responsibility to make travel arrangements to Japan*. 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.

*** We recommend that you do not make your travel arrangements until you have been accepted to the program by Nagasaki, dates have been confirmed and/or you have secured your visa to Japan.** If you feel that you can't wait until you get your visa, we recommend that you purchase a ticket with a low cancellation and change fee.

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.

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.

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.

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.

HOUSING

All housing fees will be paid directly to the NUFS program in Nagasaki.

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.

Meals

Dormitory

You are required to have the meal plan (breakfast and dinner) for the first three months of your program. After that, you are free 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: 1) 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.
2) It is considered very rude to point at people or stab your food with your chopsticks.

A few other 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.")

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!

COMMUNITY INVOLVEMENT

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.

COMMUNICATION

Information on accessing/forwarding your UW-Eau Claire email address and on using your computer for international phone calls is in the Study Abroad Handbook.

Mailing

Airmail generally takes 7-10 days (or longer) from the U.S. to Nagasaki. You may have to pay a small "customs inspection fee" to the post office to claim your parcel. Don't be surprised if customs opens your package to inspect it.

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.

Telephone

From the U.S. to Japan: First dial 011, which is the international dialing code. Next, you dial 81, the country code for Japan, and the rest of the number.

From Japan to the U.S.: To call the United States while you are abroad using a calling card

or calling collect, you must dial an access code to get an operator.

Cell Phones

Cell phones are extremely popular in Japan, and especially so among college students. Virtually every Japanese student has one. In addition, they have been popular with the foreign students because not only will you be out and about most of the day, but they also afford you privacy and help you avoid awkward telephone use problems while you are in your host family's home. Another advantage is they allow people from your home country to call you and actually connect with you, whereas it is very difficult for them to call you at a fixed line and actually catch you there at the same time.

If you bring your phone from home, **be sure to have it unlocked by your U.S. carrier** so that you are allowed to put a Japanese SIM card in it.

Computer Access

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.

Bringing a Laptop

Most students who own a laptop computer bring it to Japan. It is not necessary to use your laptop at the college since there is easy access to the many computers at the college. You can access the university's network and wireless internet from several locations. Note that you will need to prove that you have name-brand and licensed anti-virus software installed on your computer. A laptop would allow you to work at home since your host family may not have a computer, or it may not be convenient for you to use their computer.

It is also relatively easy and cheap to purchase a cell phone with an adapter and a service that would allow you to connect your laptop wireless internet. If your host family has an internet connection, you should not expect to use it to connect your laptop to the Internet.

Internet connection service is available from the dormitory rooms for about 1,000 yen per month.

E-mail

You will have access to the Internet through the university's computers, so you can use a web account to check your email. Or you will be given an email address on the college's server, if you request one, during orientation. Details about setting up an account will be given during orientation in Japan.

Language

Communication is obviously an issue 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."

CULTURAL NOTES

A Brief History of Japan

30,000 BC – First evidence of humans in Japan

700's – Nara Period. First emergence of a strong centralized state. Capital located in Nara, Japan. Buddhism becomes widely accepted and many temples are built that still stand today.

794 – Heian Period. Capital moved to Heian-kyo (modern-day Kyoto). Japanese art and literature flourish (the lyrics to Japan's national anthem date to this time).

1185 – Kamakura Period. The first shogun (military leader) is appointed and moves government control to Kamakura, near modern-day Tokyo. Japan is under shogunist military rule. Zen Buddhism is introduced.

1467 – Onin Wars begin the Warring-States Period. For ~ 100 years, Japan's feudal warlords rule their respective domains and no national unity exists.

1500's – Portuguese Jesuit missionaries, the first western people in Japan, begin trade agreements.

1582 – Oda Nobunaga begins re-uniting Japan. He is followed by Toyotomi Hideyoshi and then Tokugawa Ieyasu, who ultimately unites the warring groups in Japan.

1600 – Battle of Sekigahara. Tokugawa Ieyasu takes control of the once-more shogunist government and begins the 300-year Tokugawa Period. Japan is at peace and relatively isolated from the rest of the world during this period.

1854 – Comm. Matthew Perry (U.S.) forces Japan to open to the rest of the world. Following a chaotic social and political revolution, the emperor Meiji becomes the head of the government, the first emperor with power since the 1180's.

1905 – Japan proves military and economic power by defeating Russia in the Sino-Japanese War.

1941 – The Pearl Harbor, HI bombings begin World War II in the Pacific Ocean, between the United States and Japan.

1945 – The U.S. drops the first (and only) atomic bombs used in warfare on Hiroshima and Nagasaki in August. Japan surrenders, and the United States begins occupation until 1952.

1970's and 1980's – Japan's economy expands at record-breaking levels and the economy becomes the second-largest in the world.

1990 – Economic collapse. Japan plunges into a decade-long recession.

2011 – Japan suffers the strongest earthquake in its recorded history. The 9.0 earthquake created a tsunami and also caused a nuclear meltdown.

Geography

Area: 144,689 square miles (about the size of California)

Japan is a volcanic island chain, so the terrain is mostly mountainous. While there are several active volcanoes in Japan, the greater natural hazard is from earthquakes. Major earthquakes are rare; the last recorded major earthquake was in 2011.

Japan consists of four main islands: Honshu, Hokkaido, Kyushu and Shikoku. There are over 3,000 adjacent islands.

Honshu is the largest island in Japan. It lies in between the other three islands. Major cities include Tokyo, Osaka, Kyoto, Hiroshima, and Kobe.

Hokkaido is the second largest island. It was actually not considered part of Japan until the 1800s.

Kyushu is the third largest island and is at the southern tip of Honshu. It is famous for its hot springs and several important historical sites. Major cities include Nagasaki and Fukuoka.

Shikoku is the smallest island and lies just south of the western part of Honshu.

Weather

Japan's weather is milder than Wisconsin. The lows tend to be in the low-30's and the highs can get up to the 90's. In Hokkaido and on the west coast, snow is common during the winter. All of the islands get a lot of rain during the summer months.

People

Japan's population is fairly homogenous, with the largest ethnic population being the Yamato (people descended from those who lived on the main islands of Japan – e.g. not Hokkaido). There are a fair number of Chinese, Koreans, Filipinos and other foreign residents as well. Most of the residents speak Japanese as their first language.

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 *gaijin* 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.

Government

Government Type: Constitutional monarchy, although the emperor has very little power.

Current Emperor: Akihito

Current Prime Minister: Shinzo Abe

Japan's legislative body is called the Diet and it is located in Tokyo. The government is historically influenced by Chinese law and is also heavily based on German and American law.

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!

TRAVEL WHILE ABROAD

Here is specific information about travel in Japan to supplement the 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

There are two Japanese airlines: Japan Air Line <http://www.jal.co.jp/en/> and All Nippon Airways <http://www.ana.co.jp/eng/>.

Japan Travel Phone

The JNTO operates an English-language traveler's hotline inside Japan. Information is available from the JNTO. Japan Railways also has an English-language hotline which provides information on train departure times and transfers.

Where to Stay

Past students report staying primarily in Japanese-style hotels or youth hostels. They provide basic accommodation: usually just a futon, TV, and closet for your clothes. The bathroom is always community-style, shared with other guests.

CONTACT NAMES & ADDRESSES

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

JASIN PROGRAM at NAGASAKI UNIVERSITY OF FOREIGN STUDIES

Tomoko Mohri
Nagasaki University of Foreign Studies
Telephone: 011 81 95 840 2002
Fax: 011 81 95 40 2001
Email: jasin@tc.nagasaki-gaigo.ac.jp

JAPANESE CONSULATE IN U.S.

Consulate General of Japan at Chicago
737 N. Michigan Ave. Suite 1100
Chicago, IL 60611
Tel.: (312) 280 0400
Fax: (312) 280-9568
<http://www.chicago.us.emb-japan.go.jp/>

USAC

Cydney Giroux
Program Advisor
Telephone (775) 682-5849
Email: cydney.giroux@usac.edu

U.S. CONSULATE IN JAPAN

U.S. Consulate in Fukuoka
5-26 Ohori 2-chome, Chuo-ku
Fukuoka 810-0052
Telephone: 81-92-751-9331
<https://jp.usembassy.gov/embassy-consulates/fukuoka/>

U.W. EAU CLAIRE

Center for International Education
Jenna Krosch
Study Abroad Coordinator
kroschjm@uwec.edu
3 Schofield Hall
University of Wisconsin-Eau Claire
105 Garfield Avenue
Eau Claire, WI 54702
Phone: (715) 836-4411
Fax: (715) 836-4948

OTHER RESOURCES

The U.S. Department of State offers useful tips for living and traveling abroad at the following site: - <http://www.travel.state.gov>

WEB RESOURCES: JAPAN

City
Nagasaki Travel Guide: https://www.japan-guide.com/e/e2162.html
Lonely Planet: Nagasaki: https://www.lonelyplanet.com/japan/kyushu/nagasaki
Culture
About Japan: http://en.wikipedia.org/wiki/Japan
Japanese Food 101: http://www.japanesefood101.com/
Japanese Culture Guide: http://www.japan-guide.com/e/e622.html
JapaneseArt.org: http://www.japaneseart.org/
Country
Japan: http://www.worldtravelguide.net/japan
Japanese Rail Pass: http://www.japanrailpass.net/eng/en001.html
Lonely Planet: Japan: https://www.lonelyplanet.com/japan

