

# A5 JAPAN TOUR

*November 2018*



# ITINERARY

## **November 15**

Depart USA at 1130a

## **November 16**

Land in Tokyo at 345p

Check into hotel, walk around hotel  
neighborhood  
Dinner

## **November 17**

AM Training  
Meiji Shinto Shrine  
Harajyuku & Animal Cafes

## **November 18**

Imperial Palace East Gardens  
Sumo Museum  
PM Match

## **November 19**

Tsukiji Fish Market  
Asakusa Sensoji Temple  
PM Match

## **November 20**

Travel to Yamanashi  
PM Training in Yamanashi  
Dinner

## **November 21**

Bike Tour around Lake Kawaguchi  
Oishi Park  
Music Forest  
Traditional Region Specialty Dinner (Houtou Noodle)

## **November 22**

Cable Car to Mount Tenjo to view Fuji  
PM Match

## **November 23**

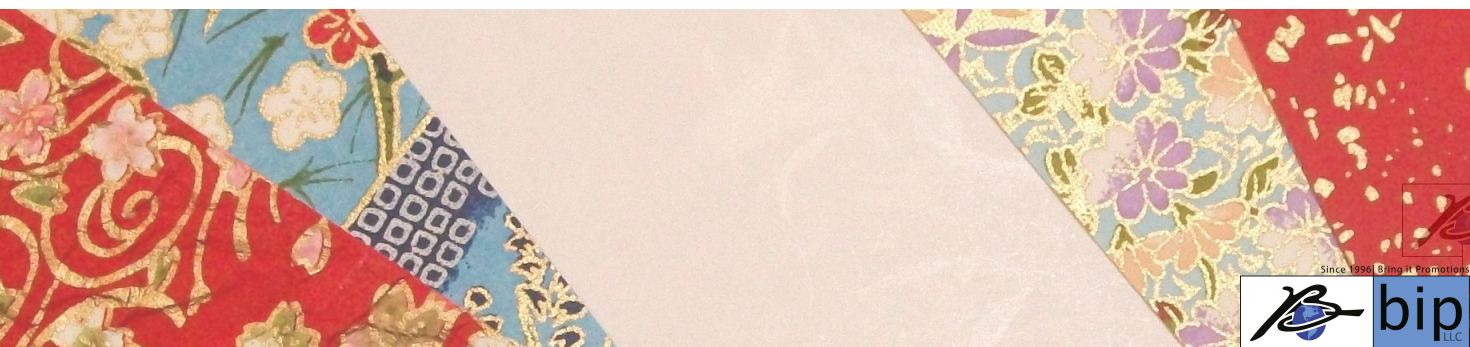
Travel to Tokyo  
Check into Hotel  
Shibuya Crossing & Shopping  
Shabu Shabu Dinner

## **November 24**

Traditional Tea Ceremony  
PM Match

## **November 25**

Depart for USA



# THE BASICS

**Capital:** Tokyo

**Flag:** White background with red circle in the center

**Telephone Country Code:** +81

**Land:** This chain of islands is located in Northeast Asia and is part of the geologic "Ring of Fire". The four main islands of Japan are Hokkaido, Honshu, Shikoku, and Kyushu.

**Highest Point:** Mt. Fuji (3,776m/12,388.5 ft)

**Population:** 127,417,244; Tokyo alone has 34,997,000

**Religion:** Mainly Shinto and Buddhism

**Head of State:** Emperor Akihito

**Government:** Parliamentary democracy with a constitutional monarchy

**Currency:** Japanese Yen, 1 JPY=0.0088 US Dollar

**Time Zones:** There is only one time zone for Japan and there is no daylight savings time

**Important #s:**

Ambulance: 119

Fire Department: 119

Information: 104

Police: 110

**U.S. Embassy Tokyo**

1-10-5 Akasaka

Minato-ku, Tokyo 107-8420 Japan

Phone: 03-3224-5000

# THE BASICS

Temperatures will be very mild in November in Japan. Temperatures will range from 50 degrees to 70 degrees. Temperatures will drop at night, so please pack accordingly. Temperatures will be cooler near Mt. Fuji with highs of about 60 degrees.

There is no specific dress code for visiting Temples, but modesty should be applied to all outfits. It would be inappropriate to wear short shorts to the temple or around the city.

There is no such thing as “fashionably late” in Japan, so please be on time.

Smoking is very common in Japan-much more so than in the United States and Europe. Try to avoid walking behind smokers or standing near them in public places if the smoke bothers you. Smoking has been outlawed in certain public areas and you can ask someone to cease if they are smoking in that area. Most Japanese will comply.

Japan is a compact country. There are a lot of people living in a relatively small area. Hotels and restaurants may be much smaller or tightly packed than you are used to. Many times in countries like this, the beds are practically touching in a double room.

Japan is mostly a cash based society. It is important to carry some cash on you, as credit cards may not be accepted everywhere.

There aren't many trash cans around the city. If you take a coffee or snack to go, be prepared to carry it or stash it in your bag.

Most public restrooms will have toilet paper, but it's always a good idea to carry a pack of tissues just in case. Add wipes or hand sanitizer to the list too.





# BASIC PHRASES

**Hello** Kon nichi wa こんにちは。

**How are you?** O-genki desu ka? お元気ですか。

**Fine, thank you.** Genki desu. Arigatō. 元気です。ありがとうございます。

**What is your name?** O-namae wa nan desu ka? お名前は何ですか。

**My name is** \_\_\_\_ . Watashi no namae wa \_\_\_\_ desu. 私の名前は \_\_\_\_ です。

**Nice to meet you** Hajime mashite. 始めまして。

**Please** Dōzo. どうぞ。

**Thank you** Arigatō. ありがとう。

**You're welcome** Dō itashi mashite. どういたしまして。

**Yes** Hai. (high) はい。

**No** lie. (ee-eh) いいえ。

**Excuse me** Sumima sen. すみません。

**I'm sorry** Gomen nasai. ごめんなさい。

**Goodbye** Sayōnara. さようなら。

**I can't speak Japanese [well].** Nihongo wa [amari] hanase masen. 日本語は(あまり)話せません。

**Do you speak English?** Eigo o hanasi masuka? 英語を話しますか。

**Good morning** Ohayō gozaimasu. おはようございます。

**Good night** Oyasuminasai. おやすみなさい。

**I don't understand** Wakarima sen. わかりません。

# DO'S & DON'TS

## DO

- Take off your shoes before stepping up into a house, or into some schools and restaurants, and then put on the slippers provided
- Wash and rinse yourself before getting into a Japanese bath
- Try to learn some basic Japanese phrases
  - Address people by their surnames and correct title. It is considered rude and embarrassing to use given names in public situations, even among friends.
  - When meeting someone new, wait for them to offer a hand to shake or begin to bow. Follow suit here and bow if they bow. Men place arms at their side and bow, whereas women are to cross their hands in front of them and bow.
- Before eating a meal and after finishing it, be sure to hank your host for the meal and their company with a small bow. This is considered good table manners.
- Drive and walk on the left side
  - Water is safe to drink
- Remove shoes before entering a Temple and some businesses and restaurants.

## DON'T

- It is impolite to walk on Japanese straw mats (tatami) while wearing slippers-take them off
  - It is bad manners to stick your chopsticks into your rice bowl, pass or pick up food from communal dishes with your used chopsticks.
- Use your feet to point at something
- Take pictures inside the actual Temples. The Temple Grounds are fine.
- Don't speak on your cell phones on trains and buses (and turn your ringer off). People usually sleep, read, or listen to music quietly.
- Do not litter!
- Do not blow your nose at the table
- Don't wear short shorts or anything that shows too much skin around the town and especially when visiting temples.
- Do not pour your own glass. Companions traditionally pour drinks for each other and pouring your own in pointing out that your companions are not attentive.
- In a temple, there usually is a raised threshold. It's often as high as eight inches. One must not step on it but over it. This is a common theme all over Asia. It is considered highly disrespectful to step on the threshold.



# SUGGESTED PACKING LIST

- A conservative outfit for visiting temples (Men- you are not required to wear pants, but you will see Japanese men wearing them all around, rather than shorts)
- Small amount of emergency cash, credit card, or debit card to withdraw cash
- Copy of passport or picture on your phone
- If desired, activation of international services on your cell phone
  - Comfortable walking shoes
  - Sunscreen, hat, sunglasses
  - Water bottle
- All necessary chargers, electronics, etc.
- Snacks for time spent traveling or during matches
- T-shirts you may want to trade with Japanese teams
  - Toiletries
- Nausea or other necessary medicines
  - Feminine products
  - Plenty of socks
  - Travel first aid kit



# FREQUENTLY ASKED QUESTIONS

## **What is the weather like?**

The weather will be similar to that of the United States in November. Temperatures will be mild, ranging from 50-70 degrees in Tokyo and from 40-60 degrees near Mount Fuji. Temperatures will drop at night, so please pack accordingly. You will need a jacket especially while near Fuji and during the bike around the lake.

## **Currency & ATMs**

Japan's currency is the Japanese Yen. 1 USD equals about 109 JPY. There are ATMs available everywhere. We typically recommend just withdrawing from a local ATM upon arrival-please note there will be a withdrawal fee (\$5-10), so withdrawing once during the trip is ideal. Please contact your bank to put a travel notice on your card before leaving the US.

There will be fees if you decide to bring USD and exchange it as well.

CASH is still KING in Japan. Credit Cards will be accepted at some restaurants and stores, but it is important to have cash just in case. Especially for vending machines around the city and purchasing snacks from vendors.

## **Is the water safe to drink?**

The water in Japan is safe to drink. Japan has high standards and an intensive filtering system for their water. Restaurants may serve water in a pitcher. This is fine to drink. Bottled water is always great (you can purchase in 711 on practically every corner or from a vending machine).

## **What should I expect in terms of food?**

Seafood is common in Japan, served grilled or raw as sushi or sashimi. Other staples are rice, miso soup, and noodles. Beef dishes are common as well as adaptations from other nations such as Ramen, dumplings and gyoza. There will be lots of options for great food! Some ingredients will be different that you are used to, so we suggest bringing something to combat an upset stomach...just in case!

## **Will I need a power adapter?**

The plug types are the same in Japan as the United States. Therefore you will not need an adapter, but you may need a voltage converter if you are bringing an appliance like a hair straightener, shaver, etc. You can find these on Amazon. For more information, please see <https://www.power-plugs-sockets.com/us/japan/>

In Japan the power sockets are of type A and B. When living in the United States of America you don't need a power plug adapter in Japan. Your power plugs fit. We recommend you to pack a 3 to 2 prong adapter in case type B sockets are not available.

## **Will my cell phone work overseas?**

To avoid extraordinary costs, be sure to check your international rate plan with your cell phone provider. During travel, also be sure to turn your roaming off and use an apps like Skype or Apple's FaceTime to call. Also limit the use of your smart phone to areas locations that have wifi when possible to save money.

You will have WiFi at all hotels and WiFi is offered at many cafes and restaurants.