

LIMA SISTER CITIES

JAPAN 2020

ORIENTATION INFO TRAINING PACKET

Lima, Ohio



Harima-cho, Japan

Congratulations on being chosen as a Lima Sister Cities Assc. Japan trip delegate.

In this handout you will learn about the culture, customs, places we may visit, packing checklist, airport procedures and much more useful information.

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Our trip date and and important dates:

Orientation Dates: _____

Leave for Japan: _____ Return to USA: _____

Time we meet to leave for Airport: _____ Location: _____

Flight Information: _____

Estimated Return time/ date : _____ Location: _____

Other Dates and Info: _____

History of our relationship with Harima-cho Japan:

Lima's Sister Cities Association was formed in 1995 to establish sister city relationships with one or more foreign cities to promote greater understanding and appreciation for diverse cultures and to celebrate Lima's growing participation in a global community.

Through the exchange of information, the development of personal relationships among representatives of the cities and wide public attention to the culture and economy of her sister cities, Lima aims to foster a bond between these cities that extends across the full social, racial and economic spectrum of our community.

The association aims to:

- Introduce the Lima Community to the people, culture and economy of comparable foreign cities.
- Facilitate the Development of extensive personal relationships between a cross-section of the Lima Social and economic community and its sister cities.

What is expected of our delegates:

Prior to the trip, the student delegates and their parents, and guests will be required to participate in several group orientations to acclimate them to the Japanese culture and customs. The students and guest will experience all phases of Japanese life during their visit. While in Japan, they will participate in Japanese traditions, attend Japanese schools, stay in a Japanese home, and share American culture with their new Japanese friends. We will also visit some famous and historical sites.

Passports and ID's

To obtain a passport there are several components to your application that you will need to bring with you to the post office: Google Nearest location for convenience.

1. A completed DS-11 form. Go online to the U.S. Department of State website to fill out the form. ...
2. Two passport photos. ...
3. Proof that you are a U.S. citizen. ...
4. Proof of your identity. ...
5. Fee payment.



Required Additional Documents Needed for a Minors to obtain a Passport

1. Minors Proof of Citizenship (Birth Certificate by City, County or State of birth)
2. Evidence of Parental Relationship.
3. Parental Consent (If one parent is applying) ...

How long does it take to get a passport in Ohio?

4 to 6 weeks average but could take longer if a heavy volume of applications

There are two kinds of passport services when visiting the Ohio passport offices. You can apply for regular passport service that generally takes 4 to 6 weeks or you can request expedited passport services that may take 2 or 3 weeks. Regional passport agencies can process passports in as little as 24 hours.

Government ID's and Driver's license:

Beginning October 1, 2020, the federal government will no longer consider standard driver licenses and identification cards as sufficient forms of identification for air travel. TSA will require a federally compliant driver license, identification card or another acceptable form of identification (such as a US passport or military ID) to fly within the U.S.

Customers will receive their driver's license or ID card by mail. Print production of the cards, in a high security printing environment, reduces the potential for fraud and identity theft.

- Your new DL-ID card will be received in the mail about 10 business days after visiting a Deputy Registrar agency.
- Your new driver license or identification card will be mailed in a plain, white envelope.
- To monitor and track your mail, the U.S. Postal Service offers a free service called Informed Delivery. To learn more or to sign up for the service, please visit <https://informedelivery.usps.com>.

COMPLIANT card



Meets national travel security requirements - a federally Compliant form of identification will be required to fly commercially or to access federal facilities or military bases.

Obtaining a Compliant card **requires more identity documents** than the Standard Card. You will need to provide documents to prove the following:

- full legal name
- date of birth
- social security number
- proof of Ohio residency
- proof of legal presence

STANDARD card



Does not meet national travel security requirements - a Standard card will need to be used in conjunction with a passport or other acceptable documents approved by the Transportation Security Administration (TSA), in order to fly commercially or to access a federal facility or military base. www.tsa.gov/travel/security-screening/identification.

The Standard card does not require additional identity documents, **unless** the DL-ID is being issued for the first time.

Travel plans:

On this trip we will use multiple forms of transit, Planes, Trains, Subways system, Automobiles. It is important that we work as a group to help each other to ensure we stay together preventing anyone being lost or separated from the group..

-Planes: We will encounter international customs, ticket gates, keeping track of boarding passes, baggage claims potential delays, layovers ect...

-Trains: Our group will purchase passes upon arrival in Japan. These passes will be used for the entire week. Travelers are required to keep track of their own ticket as they will need to be shown at the gates. Secondary tickets will also be purchased by the trip leaders for alternate travel.



-Subways: This is a self-service process at a ticket kiosk.

1. Find your destination and the corresponding fare on the map above the vending machine. The map shows the train lines and stations of the region. Ticket prices are shown beside each station.
2. Insert the money into the vending machine. Most machines accept coins of 10, 50, 100 and 500 yen and bills of 1000 yen. Many machines also accept larger bills.
3. Select the number of tickets that you wish to buy. The default is one, so if you are traveling alone, you can skip this step.
4. Press the button that shows the amount for your ticket.
5. Collect the ticket(s) and change.



-City Busses

Ticketing for busses is handled in the same way as the subway system with kiosks.



Arriving in Foreign Country Customs and Immigration:

When entering another country you are required to show a passport that states your citizenship. You will also have to fill out a customs form.

You are required to make a written declaration about your belongings. You must submit one copy of Customs declaration forms to a Customs inspector when you enter Japan.

Custom Declarations



All visitors to Japan are required to fill out a written customs declaration that will be presented to a customs officer upon arrival in Japan. Most often, these written forms are available on airplanes arriving to a Japanese port of entry. If you do not receive a form on your flight, they are also available in the arrival

halls of Japanese airport terminal. ***Photos are not permitted in customs area***

Recommended Youth stay close to chaperones while in customs *

Red and Green Channels

Upon arrival in Japan, visitors will proceed through one of two channels:

- The green channel is for visitors who have nothing to declare – visitors who are transporting goods at or under the limits declared by customs.
- The red channel is for all other visitors i.e. those who may be transporting goods in excess of the limit customs has set – multiple bottles of alcohol or excessive cartons of cigarettes, for example

We will do this as a group so we will be able to help each other out with forms. We will end up in separate immigration lines. Due to it speeding up the process. Then we will

wait till the whole group gets thru.

*** **TIP** Do not make an itemized list of everything, We have seen in years past that on student did this and had gifts confiscated (example: Jack's Links Beef Jerky) only had an issue due to Customs seeing word beef. If you are asked, declare, "gifts, snacks and personal belongings" to avoid any issues.

Hot Spot Rental and Phone Service:

The LSCA Organization will rent a hot spot unit so we can update our trip and be in contact with the Board Members. We will also have it on bus trips and train rides so trip members can be in contact with family.

Trip members may rent their own units if they choose to for convenience and homestay.

Most newer smartphones are international compatible and may work in other countries. To find out contact your service provider and to get detailed Pricing and availability.



Travel Etiquette

-Riding the train

Wait for passengers to exit before entering the train. Be careful not to block the door at stations, especially if the train is crowded. Put backpacks onto the baggage shelves or on the floor next to your feet where they do not bother other passengers.

Most passengers on Japanese trains are either reading, sleeping or using their mobile phones. Talking on mobile phones inside trains, however, is forbidden, except in the entrance sections of shinkansen and limited express trains.

Upcoming stations and connecting lines are announced in Japanese. On shinkansen and some other lines frequently used by foreign visitors, the announcements are also made in English. Shinkansen and other newer trains have electronic signs in each car that display the upcoming station.



Food Etiquette:

When eating from small bowls, it is correct manner to pick up the bowl with your hand and lead it close to your mouth when eating from it; however, larger types of dishes should generally not be picked up.

When eating from shared dishes (as it is commonly done at some restaurants such as izakaya), it is polite to use the opposite end of your chopsticks or dedicated serving chopsticks for moving food.

Blowing your nose at the table, burping and audible munching are considered bad manners in Japan.



On the other hand, it is considered good style to empty your dishes to the last grain of rice. If there are food items that you do not like or cannot eat, replacements may be available at restaurants or ryokan if you tell them in advance. Otherwise, it is advisable to leave the items on the dish.

After finishing your meal, it is generally good manner to return all your dishes to how they were at the start of the meal. This includes replacing the lids on dishes and putting your chopsticks back on the chopstick rest or in its paper holder. Conclude the meal with the phrase "gochisōsama deshita" ("thank you for the feast") which includes gratitude not only towards the cook but also the ingredients consumed.

How to eat rice

Hold the rice bowl in one hand and chopsticks in the other. Lift the bowl towards your mouth while eating. Do not pour soy sauce over white, cooked rice.

How to eat sushi

Pour some soy sauce into the small dish provided. It is considered bad manners to waste soy sauce, so try not to pour more sauce than you will be using. You do not need to add wasabi into the soy sauce, as sushi pieces that go well with wasabi will contain it already. However, if you choose to add wasabi, use only a small amount so as not to offend the sushi chef. If you do not like wasabi, you can request that none is added into your sushi.

In general, *you are supposed to eat a sushi piece in one bite*. Attempts to separate a piece into two generally end in the destruction of the beautifully prepared sushi.

Hands or chopsticks can be used to eat sushi.

How to eat miso soup

Drink the miso soup out of the bowl as if it were a cup, and fish out the solid food pieces with your chopsticks.

How to eat big pieces of food

(e.g. prawn tempura, tofu, korokke)

Separate into bite sized pieces with your chopsticks (this takes some exercise), or just bite off a piece and put the rest back onto your plate.

How to eat noodles

Using your chopsticks, lead the noodles into your mouth. You may want to try to copy the slurping sound of people around you if you are dining in a noodle shop.

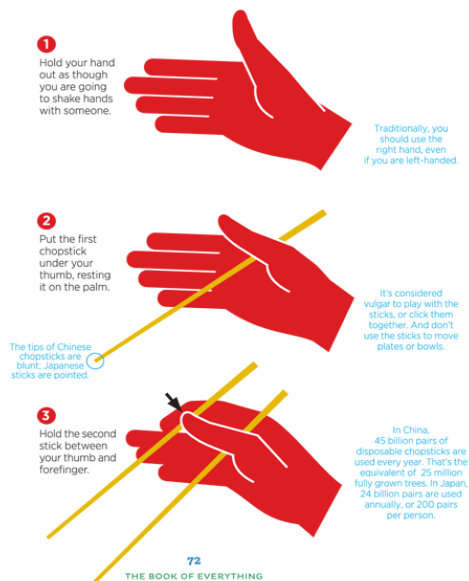
Rather than being bad manner, slurping noodles is considered evidence of enjoying the meal and enhances the flavor.

Chop Sticks:

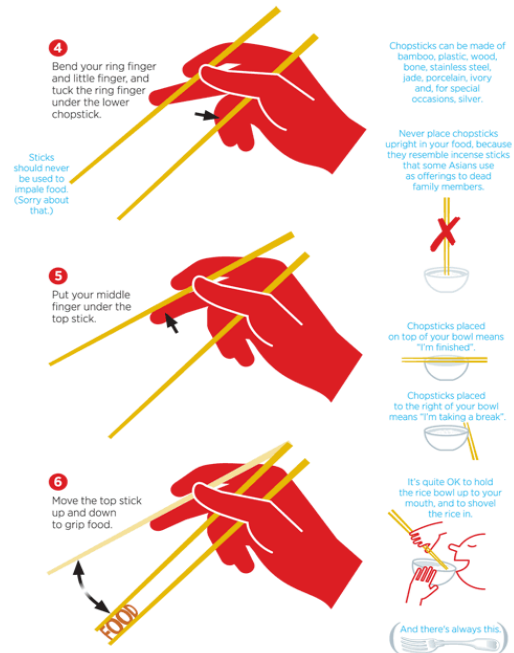
Chopsticks are probably the most versatile utensil ever. It's a fork, knife, pair of tongs, a whisk, and a steamer stand (just place them in your wok and they'll hold your bowl above water) all rolled into one.

How to use chopsticks

Chopsticks originated in China in the Shang Dynasty (1600-1046 BC) and were first used for cooking—the earliest ones found were bronze—not as eating utensils. In China, Taiwan, Japan, Korea and Vietnam there are variations in styles, materials and etiquette, but here's a basic guide to holding them, with some facts about history and manners.



72 THE BOOK OF EVERYTHING



73 ETIQUETTE

Currency Exchange and Money Etiquette

-Where to exchange your US Dollar for Yen

This can be done many ways and places following will be a list of ways and places.

1. Check at you local bank or credit union. (chase bank has done this in the past)
2. At the airport, there are multiple currency exchange locations
3. Using a bank card at an ATM in Foreign Country you are visiting
4. Ordering Currency online

Cost to exchange will very at each location

-If you plan to use a credit or debit card be sure to contact your provider about chargers and to notify them that you will be out of the country so the do not think it is stolen and lock you out of being able to use it



-Use the Tray

Many stores will have small trays to place the money in when paying for an item, rather than handing it directly to the cashier. If you spot such a tray be sure to put the money in there as disregarding it is somewhat rude. Another thing to keep in mind is that most people pay with cash and few places accept credit cards besides the 'superstores' or expensive restaurants and [hotels](#). Always be sure to carry enough cash with you to cover your expenses.

What it all boils down to is cleanliness and courtesy. Some sales clerks will wear gloves to pick up the change. If you leave the money in the tray, you won't have to touch each other's fingers to pass the money along.

It'll also be easier to pick up the change if it's contained in those money trays. The trays sometimes have a special material that lets you pick up coins more easily. And when they are contained, they won't be rolling around.



Further, if shopkeepers want to go the extra mile, they have the option of picking up the tray with both their hands and handing it over to you as a sign of respect.

**** If you are someplace getting food do not tip that is an American tradition and it is considered offensive in Japanese culture ****

100 Yen is equal to about 1 US Dollar



Figure the Yen amount

1)  ¥ _____

2)  ¥ _____

3)  ¥ _____

4)  ¥ _____

5)  ¥ _____

6)  ¥ _____

7)  ¥ _____

Buddy System and Group Travel

As with many things, there is safety in numbers. Students should often employ the use of the buddy system. Traveling in groups, especially at night will deter unwanted attention. Tourists are easy targets for pickpockets and thieves even though Japan has a low crime rate still keep a watchful eye out for others in the group.

Hotels and Lodging

Western vs Traditional

Traditional Japanese accommodation

Rooms at a Traditional Ryokan

When entering your traditional Japanese-style ryokan room, you may be surprised at what you find – or don't find!

Unlike hotel rooms, traditional Japanese-style ryokan rooms have very little furniture. In fact, when you walk in chances are that all you will see is a low central table, and some traditional zaisu (chairs without legs).



The flooring is tatami matting, which is both aesthetically pleasing and comfortable to walk, sit or lay on.

But you may be wondering: where are the beds? Don't worry, we will discuss traditional Japanese-style bedding below.

As for the bathrooms: if you're staying at a luxury ryokan, you'll have your own private en suite bathroom, as you would expect.

But at many very traditional ryokans (even at some fairly luxurious ones), your room may not have an en suite bathroom.

Traditional Futon Bedding

The word futon is originally a Japanese word, and refers to the type of bedding you'll experience at most ryokans. Don't be misled by the word, as Japanese-style futon are quite unlike futons in Europe or the Americas!

As you will have noticed when you first entered your room (described above), upon entering a traditional Japanese-style room, you won't see any bedding.



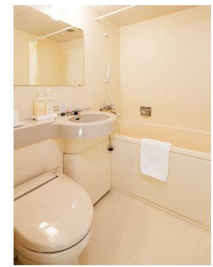
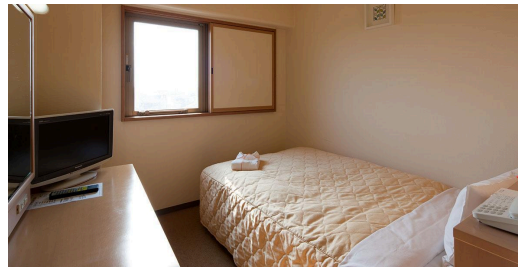
While you're at dinner enjoying your kaiseki feast, ryokan staff will discreetly visit your room and lay out your plush Japanese-style bedding for you.

To most travelers, the futon mattress is surprisingly plush and comfortable, and the down comforter is also very warm – making for an extremely restful night of sleep for most.

However, if you are concerned about this type of sleeping arrangement, it's worth noting that many high-end ryokans have begun incorporating some western-style elements – such as western-style beds – into their rooms. If having a western-style bed is a priority for you, simply take this into account when selecting a ryokan.

Western Japanese accommodation

A western style room and lodging would be very similar to what you are accustomed to here in the US. It would contain bed, desk, tv and traditional flooring, rooms are smaller than what you would be accustomed to in the US.



The bathrooms smaller in a hotel environment and may be around 130 sq ft total room size

Comfort of the Futon

Japanese futons are quite different than western-style futons which feature thick mattresses on wood or metal frames that can convert from a bed to seating. Japanese futons can be very comfortable and cozy while providing a good night's rest. Even if you do not choose to use Japanese bedding every night during your visit, a trip to Japan is incomplete without at least sampling the traditional Japanese way of sleeping



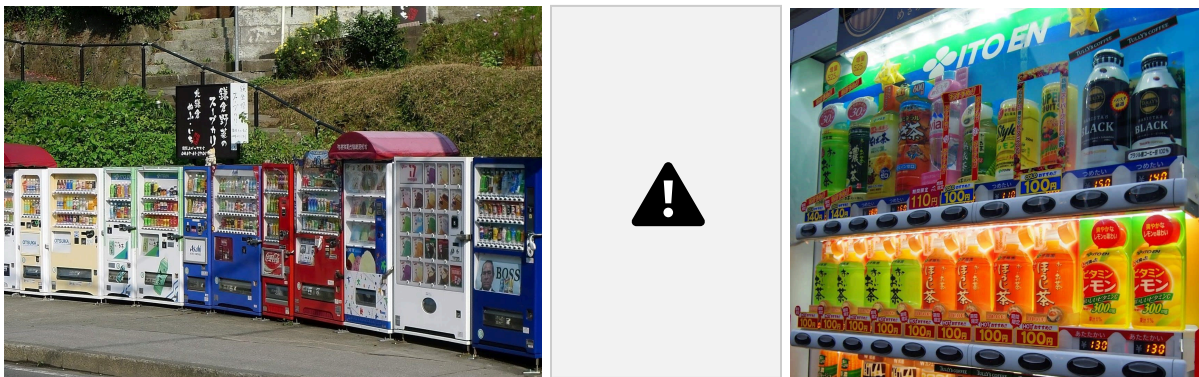
Food, Vending, Convenience Stores

It's hard to even go one block down the street without running into a vending machine.

They are literally on every block, at least in major cities like this one, and what they sell is way different from our variety packs of chips, cookies, candy bars and sodas.

You will mostly see liquids: hot coffees and teas, soups, fruit juices, water, cold beer and even some mixed cocktails. In larger cities they may contain clothes, novitie items and more.

There are just under 5 million vending machines in Japan, according to the Japan Times



We will be passing many convenience stores in Japan and we will visit many as well they are very handy and convenient. The food it value priced and tasty as well.

We will see 7 iHoldings (7 eleven in the states) Lawsons, and Family Mart



Restrooms

Using Traditional Japanese vs Western-Style Toilets

There's a big difference between a traditional Japanese toilet and the Western style to which Americans are accustomed.

The Japanese toilet is sunken into the ground, with a hood covering part of it to prevent water from splashing up when you flush. To use it, you squat or kneel facing the hood with your legs on either side of the toilet. A lever or button near the hood flushes the toilet.



The Western-style toilet looks almost exactly as you would expect in Western countries but is often electronic and features several buttons with various wash and dry functions for men and women. If the seat feels warm when you sit down, it probably has a heated seat function. The traditional Japanese toilet is still used in the majority of public restrooms throughout Japan

Basic features of common found Japanese Toilets

The most basic feature is the integrated bidet, a nozzle the size of a pencil that comes out from underneath the toilet seat and squirts water. It has two settings: one for washing the anus and one for the bidet. The former is called posterior wash, general use, or family cleaning, and the latter is known as feminine cleaning, feminine wash or simply bidet. At no point does the nozzle actually touch the body of the user.



The nozzle is also self-cleaning and cleans itself before and after operation. The user can select to wash the private areas by pressing the corresponding button on the control panel. Usually the same nozzle is used for both operations, but at a different position of the nozzle head, and using different openings in the nozzle to squirt water at a different angle to aim for the correct spot. Occasionally, two nozzles are used, each dedicated for one area.



Japanese Spas aka Public Bath:

These tips apply to both onsen and to regular baths.

No bathing suits allowed. Some onsen are gender-separated, and some are communal. Regardless, swimsuits are simply not permitted. If for any reason this sounds unappealing to you, another option is a ryokan with private onsen – a great solution for many travelers.

Wash yourself thoroughly before entering. When going to an onsen, first you'll pass through a changing room, where you will disrobe and place your garments (everything but your small onsen towel) in the basket provided. Then continue into the shower area, where you'll find



shampoo, conditioner and body wash. Rather than standing while you shower, you sit on a short stool and shower there. Once you have thoroughly bathed, then it's time to head out to the onsen itself.

Don't let the small towel into the onsen water. You'll be given two towels: one large and one small. The large one is for fully drying off after your relaxing soak (leave it in the changing room). Take the small towel with you out to the onsen, however it's important to not let the towel touch the water. Most people use the little towel to discreetly cover themselves while walking from the shower area to the onsen waters, and then place it on their head, tie it around their forehead, or lay it somewhere near the edge of the bath. There is no hard and fast rule, other than to keep it out of the onsen.

How to Bathe

The very essence of the bathing routine is as below for both hot spring and public baths.

1. Take off clothes in change room
2. Rinse or wash body
3. Soak in bath
4. Relax and enjoy!

Be observant. Watch the people around you so that you know what is going on. Most places follow these general guidelines but some do differ slightly. The main thing is to remember to keep the bath water separate from the washing water, and be polite and courteous to other bathers



Slipper Etiquette:

Slippers are provided by the host. If you are not wearing socks, it is polite to bring a fresh pair of socks to wear after removing your outdoor shoes because entering someone's house barefoot is not considered well mannered, although acceptable in informal situations. Slippers can generally be worn anywhere indoors except when entering rooms with tatami floor.

Remove your slippers before stepping onto tatami and place them neatly outside the tatami room.



Furthermore, separate toilet slippers are often provided for use inside washrooms. The regular slippers are left outside the door when using the washroom. Don't forget to remove your toilet slippers after usage, a common faux pas among foreign travelers.



Shoes are also removed at schools and special locations, you will notice upon entering they will have shoe storage and a slipper rack.

City Visit

When we arrive in Harima-cho We are the guest of honor we will be wined and dined and given many gifts we will visit there beautiful city. We will meet the Mayor, take a tour of the local schools and meet students, and participate in classes



Tea Ceremony

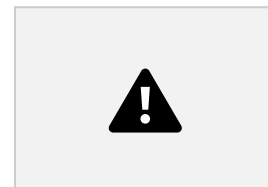
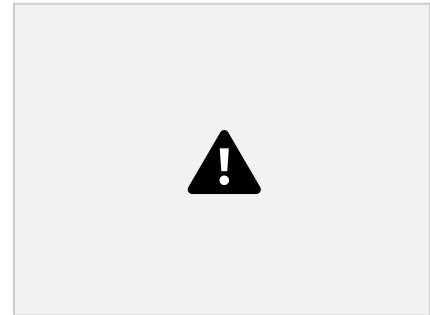
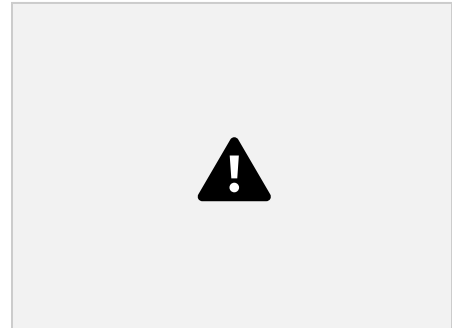
The Japanese tea ceremony is called Chanoyu, Sado or simply Ocha in Japanese. It is a choreographic ritual of preparing and serving Japanese green tea, called Matcha, together with traditional Japanese sweets to balance with the bitter taste of the tea. Preparing tea in this ceremony means pouring all one's attention into the predefined movements. The whole process is not about drinking tea, but is about aesthetics, preparing a bowl of tea from one's heart. The host of the ceremony always considers the guests with every movement and gesture. Even the placement of the tea

utensils is considered from the guests view point (angle), especially the main guests called the Shokyaku.

The Japanese tea ceremony is an artistic pastime unique to Japan that features the serving and drinking of Matcha, a powdered Japanese green tea. Though Japanese green-tea had been introduced to Japan from China around the 8th century, Matcha powdered green-tea did not reach Japan until the end of the 12th century. The practice of holding social gatherings to drink Matcha spread among the upper class from about the 14th century. Gradually one of the main purposes of these gatherings, which took place in a Shoin (study room), became the appreciation of Chinese paintings and crafts in a serene atmosphere.

Having witnessed or taken part in the Japanese Tea Ceremony only once, one will come to understand that in Japan, serving tea is an art and a spiritual discipline. As an art, The Tea Ceremony is an occasion to appreciate the simplicity of the tea room's design, the feel of the Chawan in the hand, the company of friends, and simply a moment of purity.

As a discipline, aesthetic contemplation of flower arranging, ceramics, calligraphy, and the roots of the Tea Ceremony which go all the way back to the twelfth century is required. The ritual preparation requires the person hosting a tea party to know how to cook a special meal (Kaiseki), how to arrange the flowers which will be placed in the alcove (Tokonoma). When choosing utensils and other vessels, the host (Teishu) has to consider the rank and type to make sure that they will stand out .



What is the tea ceremony

The tea ceremony involves preparing powdered green tea for guests according to custom and enjoying its austerity quietly and serenely.

Chado(the way of tea) is one of Japan's cultural traditions, and it is connected with various fields of art, including flowers, ceramics, architecture, gardening, cooking, textiles, etc.

In Japan, a highly developed spiritual culture has matured through a bowl of powdered green tea.

Chado is also deeply influenced by Zen Buddhism.

In a sense, the ideal spirit of chado is a religious mind. And so we should respect everyone and everything without distinction of status or rank.

In chado, the spiritual aspect is most important. I will be happy if you are able to feel the heart of chado behind the form and procedure of drinking tea.

There are some manners for drinking powdered green tea.

The guests eat sweets before given the tea.

- * When the tea is served, place the chawan (a tea bowl) in front of you inside the tatami(mat) edging, bow and say, "Thank you for the tea." to the host.
- * Take the chawan with your right hand, place the chawan on your left palm, bow your head slightly to express thanks.
- * Turn the chawan clockwise twice, then drink the tea to the last sip.
- * Wipe the place where you drank from with your right thumb and index finger.
- * Turn the chawan back so that the front faces you and place the chawan in front of you outside the tatami edging.
- * The host's assistant will come to take the chawan.

* You both bow.

In the 12th century, the original form of drinking powdered green tea was brought to Japan from China and in 16th century, Sen Rikyu established the foundations of chado as we know them today. After the death of Rikyu, his pupils have passed on his way of tea.

By learning chado, we seek to obtain an ultimate peace of mind.

Chado is based on Japanese thinking and manners. If you have some knowledge of chado, you can behave politely, get used to, and understand Japanese manners easily.

Welcome Party:

We will meet at the town hall , when the time comes they will introduce our group of delegates and guest in front of the H.I.F.A. (Harima-cho International Friendship Association) that are in attendance. In years past H.I.F.A has performed for us and Presented a gift to our city. We then present a gift to the city of Harima-cho.

At the end of the evening we meet our home stay family and then travel home with them.



Homestay:

All youth Home-Stay delegations include adult chaperones. The students are placed in Japanese homes and stay with families during the exchange. Each Japanese family applies and is reviewed by the Harima-cho International Friendship Association (HIFA) before being selected as a host family. Our children's safety is the top priority of the LSCA as well as the HIFA.

Host Gifts:

It is customary to give a gift to each member of the house. We would also recommend having a few small extra gifts incase they invite guests over to meet you or extended family come to meet you.

You should also wrap each item. It is part of the Japanese customs and traditions. From previous trips we have found that some of the following items make great gifts for your Hosts.

- Beef Jerky
- US Beers Craft Micro Brewery
- Most items from Cracker Barrel
- Space aka NASA items (space Ice cream, Tee Shirt)
- State fridge magnet
- US Snacks
- Trail Mix (very popular)
- Puppy Chow
- Granola Bars
- Items to make Smores (can be done in Microwave)
- Ohio State Items (slippers, towels, shirts, magnets, water bottles)
- Use imagination.....
- Peel off stickers if made in China *** just a side note to look for***
- Look for items made in the USA
- They love handmade items and handmade craft items
- Jams
- Maple Syrup
- Apple Butter



Places we may Visit

Hiroshima Atom Bomb Museum

The permanent exhibition starts from the “Introductory Exhibit” on the third floor of the East Building. Then visitors view the “Reality of the Atomic Bombing” and “Gallery” in the Main Building, and go back to the East Building to explore the “Dangers of Nuclear Weapons” on the 3rd floor and “Hiroshima History” on the 2nd floor.

The permanent exhibition of the Main Building displays personal belongings left behind by the victims, photos, pictures and other exhibits depicting the A-bomb disaster and conveys what really happened on August 6, 1945.

In the East Building, along with the permanent exhibits on the danger of nuclear weapons and history of Hiroshima, visitors may access video testimonies of the A-bomb survivors and temporary exhibitions which are held in the special exhibition room on the 1st floor and in the temporary exhibition room in the basement.

*The East Building and the Main Building respectively reopened in April 2017 and April 2019.

Eiga “Movie Village” Movie Theme park

If Disneyland is a theme park of the magical world of the Disney, then Toei Uzumasa Eigamura, also known as Kyoto Studio Park is a theme park of the historical world of the samurai era. “Eigamura (映画村)” can be direct translated to “Movie Village”. It is an actual movie set, where actual movie shooting are occasionally being conducted at various parts of the park. The park recaptures the scenery and setting of the Edo and Meiji period.

The Uzumasa area of Kyoto, used to be dubbed as the “Hollywood of Japan” due to a lot of film studios that used to be there once upon a time, but as time flies, the number of these studios dropped. Toei Company, one of the main giants in the filming industries decided to turn the movie set into a theme park, with the idea to preserve the tradition of the Japanese filming industries.

As a theme park and a movie set, it is also not wrong for you to also consider that Toei Eigamura as a movie museum, where they have a number of movie-related museums that highlights the history of Kyoto’s movie industries, techniques and tricks in movie shooting, sword fighting stunts, and many more.

Incase if you are wondering, Toei is famous for making period drama (or Edo or Meiji period), Tokusatsu series (Kamen Rider and the likes), and other films and animations.

Toei Uzumasa Eigamura Movie Set

Owned by Toei Kyoto Studios, the largest film studio in Japan, this is the only theme park where you can roam freely around the movie sets. Walking around these film sets, with the park’s staff and attendants wearing historical costumes and attires, it easily adds-in the historical atmosphere of the place.

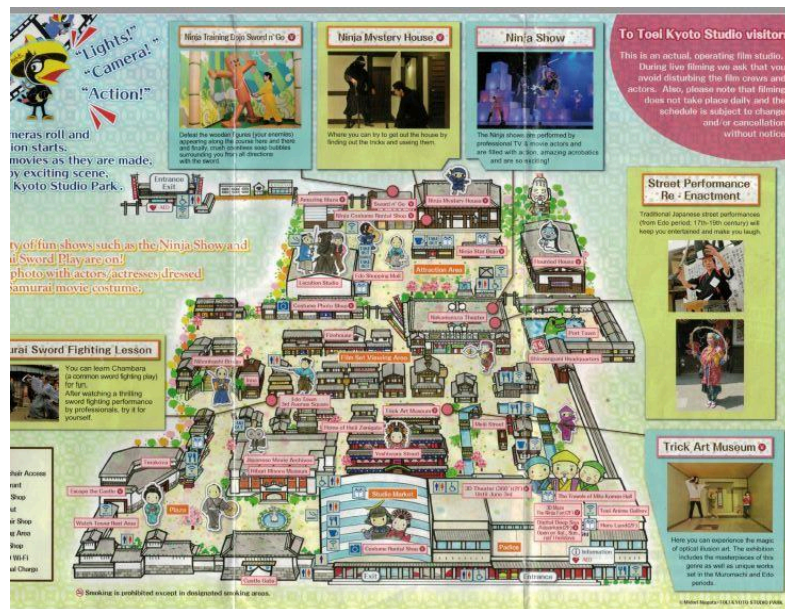


If you feel out of place and wanted to blend in with the atmosphere of the movie set, there are various attires

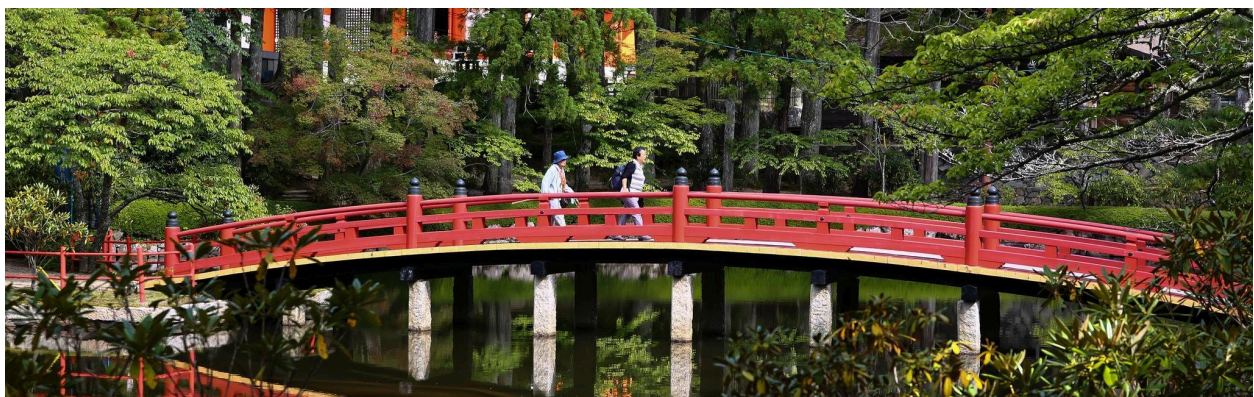
that you can dress up in, and get your photo taken as a samurai, ninja, or geisha. You can also rent out some period style costumes to wear around the park. Imagine yourself being a part of the film set, it is definitely fun experience, especially when you came in a group of friends or family.

If you are lucky, you might come across an actual film shooting, and you can see all the actors and stuntmen in action. The movie set is used a lot across the year for filming historical movies and TV drama. Who know you might meet up with Oguri Shun during one of his movie shootings?

Speaking of Oguri Shun, dear Gintama fans out there, right now, there's an attraction that highlights the real set of the 2nd live-action movie of Gintama!!!



Koyasan



Koyasan is one of the premier destinations for Buddhist pilgrims in Japan, and is considered one of the holiest sites in the country. It was chosen 1,200 years ago by the monk Kobo-Daishi for its lotus-like geography — a shallow valley nestled into a

mountain — to be the headquarters of Esoteric Shingon Buddhism. The religion, which dates to the Tang dynasty, places an emphasis on daily ritual as a means of reaching enlightenment in an immediate, practicable way, developing what several monks described as a “Buddha nature.” Over the course of the last century, the religion’s birthplace has also attracted an increasing number of visitors without any background in Buddhism — visitors who seek out mountains, peace, history, or just a fleeting connection with the mysticism of another time.



Miyajima

Miyajima (宮島) is a small island less than an hour outside the city of Hiroshima. It is most famous for its giant torii gate, which at high tide seems to float on the water. The sight is ranked as one of Japan's three best views.

While officially named Itsukushima, the island is more commonly referred to as Miyajima, Japanese for "shrine island". This is because the island is so closely related to its key shrine, Itsukushima Shrine, in the public's mind. Like the torii gate, the shrine's main buildings are built over water.

Miyajima is a romantic place, best enjoyed by staying overnight at one of the island's ryokan. While there are usually many day tourists, in the evening the area becomes much quieter and more peaceful. There are also wild deer on the island that have become accustomed to people. In the day the deer wander around the same sites as the tourists, and in the evening they sleep along the walking paths.



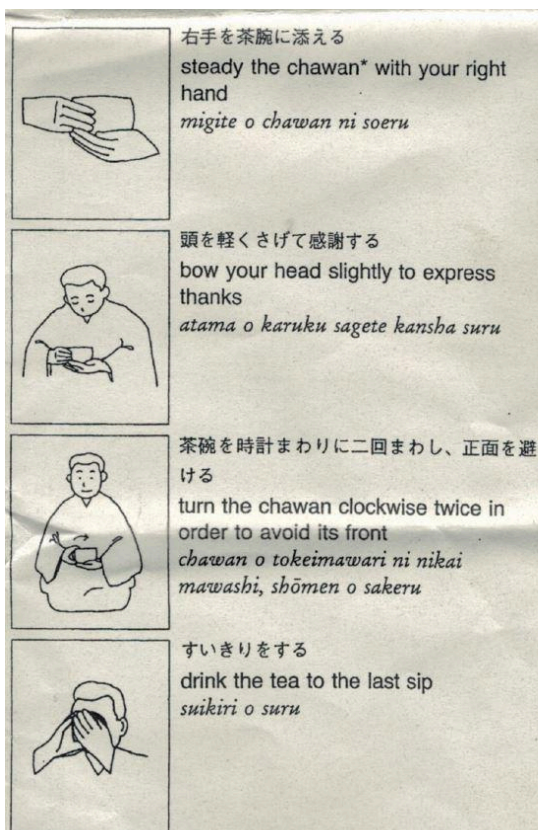
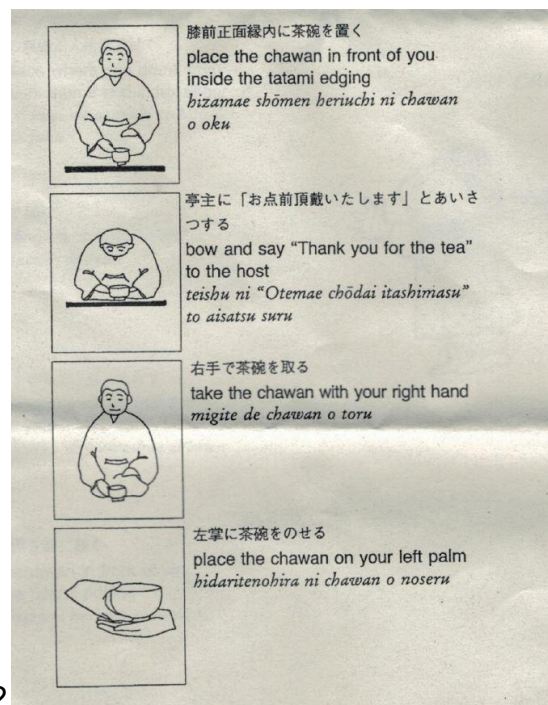
Shrine started renovation in June of 2019

Tea Ceremony



1

2



3 ★ chawan = teabowl



★ kaishi = packet of paper

4

Viewing the chawan



両手を畳につく
place your palms on the tatami*
ryôte o tatami ni tsuku



茶碗を拝見する
take a closer view of the chawan*
chawan o haiken suru



両手で持ち上げる
pick it up with both your hands
ryôte de mochiageru



両肘を膝の上につく
rest your elbows on your knees
ryōhiji o hiza no ue ni tsuku

★ tatami = (tatami) mat ★ chawan = teabowl

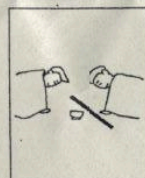
Returning the chawan (when there is a host's assistant)



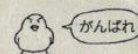
正面を半東にたす
turn the front toward the host's
assistant
shōmen o hantō ni tadasu



半東が茶碗を取りにくる
the host's assistant comes to take the
chawan
hantō ga chawan o tori ni kuru



お互いにおじぎをする
you both bow
otagai ni ojigi o suru



※ Description of Personal Effects
(If all your answers to 1. and 3. of side A are "No",
you need not fill in this section.)

You need not fill in unaccompanied articles in this column.

* Customer use only	Yes
---------------------	-----

- ① Narcotic drugs, stimulants, marijuana, opium, psychotropic substances, MDMA, designer drugs.
- ② Firearms such as pistols, revolvers and machine guns, and bullets or parts thereof.
- ③ Explosives, gunpowder, materials for chemical weapons, germs such as anthrax.
- ④ Counterfeit, altered or imitated coins, bank notes or securities, and forged credit cards.
- ⑤ Obscene or immoral materials, and child pornography.
- ⑥ Articles which infringe upon intellectual property rights, (patent, utility model, design, trademark, copyright, neighboring right, etc.)

* They are required to be checked at the Animal/Plant Quarantine Counter prior to Customs inspection.

- * 3 bottles (760ml as a bottle) of alcoholic beverages,
- * Cigarettes: 400 cigarettes (Regardless of Japan-made or foreign-made.)
- * There is no duty-free allowance for alcoholic beverages and tobacco products for those under 20 years old.
- * All goods for personal use other than the above items with a total overseas market value not exceeding 200,000 yen.
- * When the price of an article exceeds 200,000 yen, duties and/or taxes will be imposed on its entire value.
- * As for children under 6 years old, duty-free allowances are limited to the articles owned for their personal use.

Japan Customs
Customs Form C No.5360-6

Declaration of Personal Effects and Unaccompanied Articles

Please fill in the following information and submit to Customs.

(Only one written declaration per family is required.)

Flight No./Name of Vessel			Point of embarkation	
Date of Arrival in Japan	Year	Month	Day	
Name	Last name (or Surname)		First & middle name	
Address in Japan (Accommodation)				
Tel	()			
Nationality	Occupation			
Date of Birth	Year	Month	Day	
Passport No.				
Number of Family members Traveling with You	Over 20 years old	6-19 years old	Under 6 years old	

※ Please answer with a "✓" mark to the following questions.

① Narcotic drugs, Firearms, Explosives and other Prohibited item(s) ☐

(Please refer to 1. of side B.)

② Meat products, Vegetables, Fruits, Animals, Plants and other Restricted item(s) (Please refer to 2. of side B.) ☐

③ Gold bullion or products of gold ☐

④ Goods (purchases, souvenirs, gifts) exceeding duty-free allowance (Please refer to 3. of side B.) ☐

⑤ Commercial goods or samples ☐

⑥ Any items you have been requested from someone else to bring into Japan ☐

* If your answer to any of the questions above is "Yes", please list your belongings in "Description of Personal Effects" on side B.

* If you choose "Yes", please submit "DECLARATION OF CARRYING OF MEANS OF PAYMENT, ETC." to Customs.

* If you have any unaccompanied articles, please submit this Declaration Form in duplicate. Unaccompanied articles shall be imported within 6 months from the date of your arrival. The sealed declaration must be presented at the time of clearance of the unaccompanied articles.

As regulated by laws and regulations concerned, you are required to declare all the articles that you have purchased abroad or in departures/arrivals duty-free shops in Japan and are bringing into Japan. Any false declaration or failure to declare may be subject to penalty in laws and regulations concerned.

I declare that the above particulars are true and correct.
Signature



(-A-)

Japan Customs
Customs Form C No.5360-0**CUSTOMS DECLARATION****Declaration of Personal Effects and Unaccompanied Articles**Please fill in the following information and submit to Customs.
(Only one written declaration per family is required.)

Flight No./Name of Vessel	Point of embarkation	
Date of Arrival in Japan	Year	Month Day
Name	Last name (or Surname) First & middle name	
Address in Japan (Accommodation)	Tel. ()	
Nationality	Occupation	
Date of Birth	Year	Month Day
Passport No.		
Number of Family members Travelling with You	Over 20 years old	0-19 years old Under 6 years old

※ Please answer with a "✓" mark to the following questions.

- 1. Are you bringing the following into Japan ?** Yes No
- ① Narcotic drugs, Firearms, Explosives and other Prohibited item(s) (Please refer to 1. of side B.) ☐ ☐
- ② Meat products, Vegetables, Fruits, Animals, Plants and other Restricted item(s) (Please refer to 2. of side B.) ☐ ☐
- ③ Gold bullion or products of gold ☐ ☐
- ④ Goods (purchases, souvenirs, gifts) exceeding duty-free allowance (Please refer to 3. of side B.) ☐ ☐
- ⑤ Commercial goods or samples ☐ ☐
- ⑥ Any items you have been requested from someone else to bring into Japan ☐ ☐

※ If your answer to any of the questions above is "Yes", please list your belongings in "Description of Personal Effects" on side B.

- 2. Cash, Checks (including T/C), Promissory Notes, Securities which exceed the amount of 1,000,000 yen or its equivalent, or precious metals, etc, exceeding 1kg.** Yes No
- ☐ ☐

※ If you choose "Yes", please submit "DECLARATION OF CARRYING OF MEANS OF PAYMENT, ETC" to Customs.

- 3. Do you have Unaccompanied Articles ?** Yes (PKG(s)) No
- ☐ ☐

※ If you have any unaccompanied articles, please submit this Declaration Form in duplicate. Unaccompanied articles shall be imported within 6 months from the date of your arrival. The sealed declaration must be presented at the time of clearance of the unaccompanied articles.**【NOTICE】**

As regulated by laws and regulations concerned, you are required to declare all the articles that you have purchased abroad or in departures/arrivals duty-free shops in Japan and are bringing into Japan. Any false declaration or failure to declare may be subject to penalty in laws and regulations concerned.

I declare that the above particulars are true and correct.
Signature

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Japan Customs
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Nationality	Occupation	
Date of Birth	Year	Month Day
Passport No.		
Number of Family members Travelling with You	Over 20 years old	0-19 years old Under 6 years old

※ Please answer with a "✓" mark to the following questions.

- 1. Are you bringing the following into Japan ?** Yes No
- ① Narcotic drugs, Firearms, Explosives and other Prohibited item(s) (Please refer to 1. of side B.) ☐ ☐
- ② Meat products, Vegetables, Fruits, Animals, Plants and other Restricted item(s) (Please refer to 2. of side B.) ☐ ☐
- ③ Gold bullion or products of gold ☐ ☐
- ④ Goods (purchases, souvenirs, gifts) exceeding duty-free allowance (Please refer to 3. of side B.) ☐ ☐
- ⑤ Commercial goods or samples ☐ ☐
- ⑥ Any items you have been requested from someone else to bring into Japan ☐ ☐

※ If your answer to any of the questions above is "Yes", please list your belongings in "Description of Personal Effects" on side B.

- 2. Cash, Checks (including T/C), Promissory Notes, Securities which exceed the amount of 1,000,000 yen or its equivalent, or precious metals, etc, exceeding 1kg.** Yes No
- ☐ ☐

※ If you choose "Yes", please submit "DECLARATION OF CARRYING OF MEANS OF PAYMENT, ETC" to Customs.

- 3. Do you have Unaccompanied Articles ?** Yes (PKG(s)) No
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I declare that the above particulars are true and correct.
Signature

CHOPSTICKS

What NOT to do

やってはいけないお箸のマナー



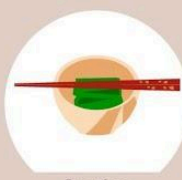
Shoveling

かき箸
Bringing a dish up to your mouth and rapidly pushing food into it using your chopsticks.



Standing

立て箸
Sticking your chopsticks upright in your rice is the way a bowl of rice is offered to the spirit of a dead person, or at the bedside of the deceased.



Resting

渡し箸
Resting your chopsticks on your bowl during your meal. This actually indicates that you are done with your meal.



Skewering

刺し箸
Impaling food with your chopsticks.



Biting

くわえ箸
Holding your chopsticks in your mouth.



Drumming

叩き箸
Tapping your chopsticks against the dishes or table.



Double Grabbing

二人箸
Two people eating food from the same dish at the same time.



Rummaging

こじ箸
Rummaging a dish for only the things you like.



Pointing

指し箸
Pointing your chopsticks directly at someone else.



Hovering

迷い箸
Moving your chopsticks over various dishes, while deciding which to choose.



Burying

込み箸
Using your chopsticks to push food that is already in your mouth further back.



Touching

空箸
Touching food with your chopsticks that you do not intend to take.



One Hand

持ち箸
Putting the hand that is holding your chopsticks in contact with a dish.



Transferring

箸渡し
Transferring food from one pair of chopsticks to another.



Waving

振り箸
Shaking off food that is attached to the tips of your chopsticks.



Licking

ねぶり箸
Grabbing bits of food from the tip of the chopstick with your tongue.



Searching

探り箸
Searching for specific food items in your food by swirling your chopsticks around.



Pulling

寄せ箸
Drawing a dish towards you with your chopsticks.



How to use CHOPSTICKS

- 1 Hold the first chopstick firm and stationary in fixed positions.
- 2 The second chopstick is held like a pencil with the tips of thumb, index and middle fingers. Manipulate this chopstick to meet the first chopstick.
- 3 This manipulation will form "V" to pick up the food.



JAPANESE PHRASES FOR TOURISTS

HELLO

こんにちは

KONNICHIIWA

GOOD MORNING

おはようございます

OHAYOU GOZAIMAS

GOOD EVENING

こんばんは

KONBANWA

GOOD BYE

さようなら

SAYONARA

PLEASE

ください

KUDASAI

THANK YOU

ありがとうございます

ARIGATO GOZAIMAS

HOW ARE YOU?

お元気ですか?

O GENKI DES KA?

I'M FINE, THANKS

はい、元気です

HAI, GENKI DES

EXCUSE ME

すみません

SUMIMASEN

MY NAME IS...

私は...です

WATASHI WA...DES

YES

はい

HAI

NO

いいえ

IIE

I'D LIKE...

...をください

...O KUDASAI

WHAT IS THIS?

これは何ですか?

KORE WA NAN DES KA?

HOW MUCH IS THIS?

いくらですか?

IKURA DES KA?

THE BILL, PLEASE

お勘定をお願いします

OKANJO WO ONEGAISHIMAS

DO YOU ACCEPT CREDIT CARD?

クレジットカード
は使えますか?

KUREJITTO KADO WA TSUKAEMAS KA?

WHERE IS THE TOILET?

トイレはどこですか?

TOIRE WA DO KO DES KA?

DO YOU SPEAK ENGLISH?

英語を話せますか?

EIGO GA HANASEMAS KA?

CAN YOU TRANSLATE THIS FOR ME?

訳してください?

YAKUSHITE KUDASAI?

I DON'T UNDERSTAND

分かりません

WAKARIMASEN

HELP!

たすけて!

TASKETE!

1

2

3

4

5

6

7

8

9

10

一

二

三

四

五

六

七

八

九

十

ICHI

NI

SAN

YON

GO

ROKU

NANA

HACHI

KYUU

JUU

[illegible]

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes:

[illegible]

Phrases:

You may see US Celebrities in Japanese TV commercials

Pronunciation Guide:
Japanese consists of consonant + vowel. Use the sound of the consonant and add it to the pronunciation of the vowels listed below.

Examples:
sushi → sooshee
sashimi → sahsheemee
sake → sahkeh

About this Cheatsheet
This cheatsheet is designed for people who have never taken any Japanese before. It's perfect for someone traveling to Japan without any prior knowledge, because all you need to use it is a dictionary to look up vocab words to fill in the blanks!

Common Phrases / Words

すみません sumimasen	excuse me / I'm sorry
ごめんなさい gomen-nasai	I'm sorry
ありがとうございます arigatou gozaimasu	Thank you
おはようございます ohayou gozaimasu	Good Morning
こんにちは kon-nichi-wa	Hello / Good afternoon
こんばんは kon-ban-wa	Good evening
さよなら sayonara	Good bye (jaa mata = 'see you later')
はらへった hara hetta	I'm hungry



Fill in the blank

Where is (the)...
どこですか? wa doko desu ka?
ex. toire (bathroom), tokyo, hoteu (hotel), chikatetsu (subway), densha (train), takushi (taxi), konbini (convenience store), [name]-san (someone's name, also used instead of 'you')

Can you draw a map?
地図を書いてくれませんか? chizu o kaite kuremasen ka?
Don't understand? follow up Q!

I want to go to...
どこに行きたい? ni ittai
ex. hoteu+name (hotel+name), tokyo, eki (station), narita kuukou (narita airport). "Can I draw a map" is above!

I am...
私は...です watashi wa...desu
Add an adjective or name in this blank.
ex. Jon (or another name), samui (cold), atatakai (warm).

I can't eat...
食べられない ga taberarenai
Any food you can't eat goes here.
ex. sushi, sakana (fish), niku (meat), pinatsu (peanuts), tako (octopus), yasai (vegetables)

Do you have...?
ありますか? ga arimasuka?
Alternate food instead of the above food?
ex. sushi, sakana (fish), niku (meat), pinatsu (peanuts), tako (octopus), yasai (vegetables)

I can't drink...
飲めません ga nomemasen
Put a drink in the blank for "I can't drink..."
ex. biru (beer), sake (rice wine)

This cheatsheet was made by ToJugu.com and sponsored by the incredible website eduEdu.com, where you can study Japanese with live teachers online for less than \$1 a day!



Doodle Page :)

Packing Check List

Complete Travel Packing Checklist



Destination:

Number of Days/Nights:

Weather:

Essentials:

Travel Documents:

- ☐ Photo ID / Driver's License
- ☐ Passport / Visa
- ☐ Boarding Passes
(printed or electronic)
- ☐ Confirmation Receipts
(printed or electronic) (hotel, train, bus, rental car, event tickets)
- ☐ Emergency Docs
(health insurance card, allergy list, emergency contact)

Funds:

- ☐ Wallet
- ☐ Credit Cards
- ☐ Cash

Other:

- ☐ Cell Phone + Charger
- ☐ Keys
- ☐ Glasses / Contacts
- ☐ Rx Medication

Personal Comfort:

- ☐ Neck Pillow
- ☐ Warm Layer (shawl, sweater)
- ☐ Warm Socks
- ☐ Eye Mask
- ☐ Headphones / Earplugs
- ☐ Book / Magazines
- ☐ Water Bottle
- ☐ Snacks / Gum
- ☐ Change of Clothes

Electronics:

- ☐ Laptop
- ☐ iPad / Tablet
- ☐ E-reader
- ☐ Camera
- ☐ All Chargers
- ☐ Adapters / Converters

Toiletries:

- ☐ Toothbrush & Toothpaste
- ☐ Body Wash / Soap
- ☐ Facewash
- ☐ Deodorant
- ☐ Eye drops / Contact Solution
- ☐ Shampoo & Conditioner
- ☐ Hand / Body Lotion

Health & Beauty:

- ☐ Basic Medications
(headache, allergy, stomach upset, motion sickness, sleep aid)
- ☐ Basic First Aid
(band-aids, antibiotic ointment)
- ☐ Vitamins
- ☐ Sunscreen
- ☐ Shaving Items
- ☐ Hair Product
(gel, mousse, cream, paste)
- ☐ Hair Tools
(blowdryer, straightener)
- ☐ Brush, Hair Ties, Bobby Pins
- ☐ Makeup
- ☐ Perfume / Cologne
- ☐ Feminine Care Items
- ☐ Tweezers
- ☐ Q-tips, Tissues, Cotton
- ☐ Rounds
- ☐ Nail Polish

Accessories:

- ☐ Accessories:
- ☐ Sunglasses
- ☐ Watch
- ☐ Jewelry
- ☐ Belts
- ☐ Scarf
- ☐ Hat
- ☐ Purses
- ☐ Umbrella

Clothing:

- ☐ Casual Tops _____
- ☐ Dress Tops _____
- ☐ T-shirts _____
- ☐ Jeans _____
- ☐ Casual Pants _____
- ☐ Dress Pants _____
- ☐ Shorts _____
- ☐ Dresses _____
- ☐ Skirts _____
- ☐ Blazers & Suit Coats _____
- ☐ Ties & Pocket Squares _____
- ☐ Sweaters _____
- ☐ Outerwear (Coat/Jacket) _____
- ☐ Activewear _____
- ☐ Swimwear & Cover-Ups _____
- ☐ Pajamas & Loungewear _____
- ☐ Underwear _____
- ☐ Socks _____
- ☐ Bras _____
- ☐ Tights / Hosiery _____

Shoes:

- ☐ Tennis Shoes
- ☐ Dress Shoes / Heels
- ☐ Flats
- ☐ Sandals
- ☐ Boots
- ☐ Specialty
(water shoes, cycling shoes, hiking boots)

Notes:

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