TABLE OF CONTENTS

WELCOME TO THE NAGOYA PROGRAM
Important Contact Information

PROGRAM PREPARATIONS
Program Fees/Financial Aid Information

TRAVEL PREPARATIONS
Passport/Visa Information
Information for International Students
Packing and Travel Information
- Packing Tips/ Carry-on and Checked Luggage
- Travel Documents/Immediate Cash-Travel Funds

Flight and Arrival Information

THE PROGRAM
The City of Nagoya/Center for Japanese Studies

ACADEMIC INFORMATION
Use of the Japanese Language
Academic Culture/Placement in Language Courses
Courses and Credit Transfer Policy
Accessing the College Library Resources from Off-campus

LIFESTYLE ABROAD
Living Accommodations
Getting along with your Host Family
Food and Shopping
Entertainment and Recreation

FINANCIAL INFORMATION
Living Expenses
Bank Account, Travelers Checks, Credit Cards, ATMs
Spending Money/Part-time Work

COMMUNICATION INFORMATION
Mail
Telephone/Cell Phone/Skype
Computers/ E-mail

TRANSPORTATION AND TRAVELING WHILE ABROAD
Travel in Japan/Train Travel/ Cities in Japan

Travel Guides/Safety

HEALTH, INSURANCE & SAFETY

Health Care
Insurance FAQs
Health Matters

- Medical Check-ups/ Immunizations/Inoculations/ Medications
- Mental Health, Stability, and Stress/Special Accommodations
- Health and Safety in Flight/Health Tips

CULTURAL PERSPECTIVES

Being Informed about the Host Country and World Affairs
The People/ Local Customs
Racial/Gender Issues
Suggested Books/Websites

Welcome to the Nagoya Program!

Dear Dickinson-in-Nagoya Program Participant:

This **Nagoya Orientation Handbook** has been prepared to make your transition to Nagoya and the Japanese educational system a little smoother.

If you have any questions, contact the Center for Global Study and Engagement (CGSE) at (717) 245-1341 or global@dickinson.edu. The Center for Global Study and Engagement is open Monday through Friday from 8:30 am to 4:30 pm (EST).

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IMPORTANT CONTACT INFORMATION

On-site Program Contacts:
For direct calls from the U.S., use 011-81-52 and then the rest of the local phone number (make sure to drop the 0 at the front of the number); for calls made elsewhere in Japan to Nagoya, dial 052 and then the rest of the local number; for calls made within Nagoya, just dial the local number, not 052.

Center for International Education
Nanzan University
18 Yamazato-cho, Showa-ku
Nagoya, JAPAN 466-8673
Tel: (011-81) 52-832-3123
FAX: (011-81) 52-832-5490
E-mail:-cie-exchange@nanzan.ac.jp
Japanese Language program(CJS)Web site: http://www.nanzan-u.ac.jp/English/cjs/
Nanzan University Web site: http://www.ic.nanzan-u.ac.jp

Housing Section, Nanzan University
(Housing/Host-Family/Dormitory)
e-mail: cie-housing@ic.nanzan-u.ac.jp
Tel: (011 81) 52 832 3123 (office)

On-Campus Coordinator:
Professor Akiko Meguro
East Asian Studies Department
Stern Center
Dickinson College
Carlisle, PA 17013-2896
Tel: (717) 245-1437
Fax: (717) 245-1025
E-mail: meguroa@dickinson.edu

The Center for Global Study and Engagement:
Samantha Brandauer, Director of Study Abroad
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Dickinson College
P.O. Box 1773
Carlisle, PA 17013-2896
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FAX: 717-245-1688
E-mail: brandaus@dickinson.edu
E-mail: kelleymo@dickinson.edu

Major Emergency Protocol:

If you need to contact the Center for Global Study and Engagement after hours for emergency assistance in a very serious situation, call the Dickinson College Public Safety 24-Hour Hotline (**001-717-245-1111**), identify yourself and the program, describe the emergency briefly, and give a number for call back. The operator will locate the proper CGSE staff, who will return the call.

CGSE's Travel Agency:

Advantage Travel
313 East Willow Street
Syracuse, NY 13203
TEL: 1-800-788-1980 or 315-471-2222
FAX: 315-471-6264
Contact: Mary Anne Clark
maclark@advantagecny.com

Japanese Embassy in the U.S.:

Consular Section of the Embassy of Japan:
2520 Massachusetts Avenue N.W.
Washington, DC 20008
(main) Tel: (232) 238-6700 FAX: (202) 328 2187
(visa) Tel: (232) 238-6800 FAX: (202) 328 2184
Web site: http://www.us.emb-japan.go.jp/

There are also Japanese consulates in Anchorage, Atlanta, Boston, Chicago, Denver, Detroit, Honolulu, Houston, Kansas City, Los Angeles, Miami, New Orleans, New York, Portland, San Francisco, and Seattle.

PROGRAM PREPARATIONS

Program Fees/Financial Aid Information

Program Fees:
The program fee for the 2015-2016 academic year is 61,376.00; for a single semester the fee is 30,688.00. Students at Dickinson College will receive invoices from the Student Accounts Office that show credit for the $300 confirmation fee and any applicable amounts from your financial aid package.

The program fee **includes the following**: tuition and fees, room and board, and the allowance for local transportation. **Not included are:** mandatory health and accident insurance, airfare to/from Nagoya, personal expenses, and vacation travel including transportation, accommodations, food, and other personal expenses.

Arrangements for any type of monthly payment plan options should be made as soon as possible through Tuition Management Systems (1-800-722-4867, x 775, or www.afford.com). If the balance due on your account is not paid by the deadline noted on the billing, or if special arrangements have not been made with Student Accounts (Tel. 717-245-1953 or email: stuaccts@dickinson.edu), you will not be allowed to participate in the program.

Financial Aid Information:
Dickinson grant money and endowed scholarships are available only to Dickinson College students on Dickinson programs. Students from other colleges and universities should check with their own financial aid office to determine eligibility.

TRAVEL PREPARATIONS

Passport and Visa Information

The responsibility for ensuring that you have a valid passport and visa in time for your program is ultimately your responsibility.

Passport Information:

A valid passport **that does not expire for 6 months beyond the end date of the program** is required to enter any country. If your passport expires before the required validity, you will have to acquire a new passport before departure and/or before applying for a visa. **If you have not applied for your passport, you must do so immediately.** You can find more information and the passport application at the Center for Global Study and Engagement, or you can contact the Prothonotary's Office at the Cumberland County Courthouse at 717-240-6195.

If your program requires a visa, before sending your passport through the mail to apply for a visa, sign in the signature line provided with an ink pen, and also write in pencil your current address and daytime telephone number in the blank space provided opposite your photo page. This will help the U.S. Postal Service return it to you, if it should become separated from the envelope during processing. Be sure to use some traceable form of mail.

Visa Information:

A visa is a stamped endorsement placed in your passport by the embassy or consulate of a foreign government that allows you to enter that country for a specific period of time**.** Once you have been accepted by Nanzan University, the Center for Japanese Studies will apply to the Japanese embassy for your **Certificate of Eligibility,** which you need to get a visa. This Certificate of Eligibility will be sent to the Center for Global Study and Engagement and then sent to your home address. It is critical that you inform the Center for Global Study and Engagement **immediately** of any change in your address during the summer because these documents from Nanzan University will be sent by mail and you do not want to risk losing them. Since the Certificate of Eligibility usually does not arrive until late July or mid-August for fall students and mid-December for spring students, you will need to be prepared to **apply for your visa as soon as you receive the mailing**.

You can prepare your visa application ahead of time by looking up Japanese visa information and instructions at the embassy website (http://www.us.emb-japan.go.jp/).

You will need to check which consulate serves your area and may have to plan a trip there to apply for your visa in person. Be sure you have all the required documents before you go: your actual passport, money in the form the consulate requires, photos, the Certificate of Eligibility, etc. If it is usually possible to have the visa mailed to your home address. Be sure it is sent by a traceable form of mail; it is your responsibility to pay the cost of the mailing.

Information for International Students

If you are not a U.S. citizen, it is your responsibility to research your status, and whether or not you need to obtain a visa, obtain any special entry papers, or other documentation that may be

required for entry. Contact the host country embassy in your country of citizenship for assistance. Depending on the country's requirements, you may have to apply in person at that Embassy/Consulate.

SEVIS Information for International Students at Dickinson:
Since you will still be a Dickinson Student while abroad, you are required to pursue a course of study that is considered a full course load at your abroad institution in order to maintain your F-1 status. You will be registered in SEVIS each semester, just as you are while on–campus at Dickinson.
Also, please remember to have your I-20 endorsed for travel prior to your departure from campus this semester.

Packing Tips and Travel Information

Packing Tips:
When packing, keep in mind that you will probably accumulate a lot of things while abroad. However, anything you buy in Japan (especially American goods) is likely to cost 2 to 3 times more than it would cost in the U.S., and that certain U.S. brands may not be available. Pack what you need, and try to leave space in your luggage for the items that you will buy while abroad.

Depending upon their size, students might be able to buy shirts or shoes, but pants (especially for women) and jackets (for men) may be hard to find in a big enough size. You can look online to see what average clothing sizes are, but for the most part you should not depend on buying clothes in Japan.

In general, the Japanese tend to dress more formally than Americans, even when in class. For the most part, however, what you wear at Dickinson is also appropriate in Nagoya. You should avoid wearing sweatpants or shorts to classes.

Winters in Nagoya are usually dry and mild, whereas summers are hot and humid. Clothing should be comfortable and warm without being cumbersome; layers are the key to comfort and warmth. Remember, too, that you may also encounter abrupt changes in temperatures over short periods while traveling.

Here are some wardrobe suggestions:

- work around a basic scheme of coordinated colors (black and darker colors are always appropriate) to minimize the number of clothing items
- a pair of sturdy walking shoes that you have already broken in and one pair of nice shoes; hiking boots optional
- 6-8 everyday wrinkle-resistant bottoms (jeans, corduroys, skirts) in subdued colors
- 10-14 wash-and-wear shirts or blouses
- 6 pullover sweaters and sweatshirts
- Shorts (Bermuda-length preferable)
- socks and underwear, 15-18 each

- 1-3 outfits for special events (do not have to be extremely formal; ties for men)
- warm sleepwear and house shoes
- windbreaker
- a swim suit, sandals, and beach towel
- a pair of sweats for studying in your room
- 2 towels, 2 washcloths
- Backpack for traveling
- Umbrella
- **sufficient contact lenses, eyeglasses and prescription**

Other Useful Suggestions:

- a laptop computer with wireless capabilities
- a converter specifically for laptops (check your specific laptop needs; if you do not have one you can ruin your hard drive)
- a USB memory device for transferring documents and photos between computers
- 2 converters and adapters for US electronics (Tip for women: buy hairdryers there!)
- 8 extra passport photos for ID cards, etc
- International phone numbers for computer and credit cards
- Address book
- Pocket calculator for currency conversions
- Money belt/neck pouch
- space/vacuum bags (can be found at Walmart or Target and condense the amount of space you your clothing uses in your luggage)
- a travel alarm clock with extra batteries
- a portable music device with extra batteries
- playing cards
- a camera
- a travel sewing kit with safety pins
- a small supply of toiletries, including dental care products, which are expensive in Japan; women should take personal hygiene products
- enough deodorant for the entire trip (most Westerners find that Japanese deodorant is not as strong as they would like)
- a small first aid kit
- all medications (both non-prescription and prescription) need to be in their original, labeled containers. Take copies of all prescriptions with you.
- sports clothing/equipment (if you plan to play sports)
- sunscreen & sunglasses
- notebooks, school supplies, etc
- Japanese-English dictionary
- a few favorite photos from home to show new friends or decorate your room
- a few token gifts, something typically American, from Dickinson College or representative of the area in which you live in the U.S.

- public restrooms usually do not have toilet paper or paper towels; take along a supply of tissues for the first few days (you can later purchase handkerchiefs for wiping hands in Japan)

For the first few days, pack a bar of soap, toothbrush and toothpaste, and a washcloth. **If you have a particular type of toiletry that you like to use, you may want to bring it with you.**

Packing tips from the Transportation Security Administration (TSA):

- Do not pack oversized electronics (laptops, full-size video game consoles, DVD players and video cameras that use cassettes) in your checked baggage when possible. However, please be advised that you will be required to remove these items from your carry-on bag and submit them separately for x-ray screening. Small electronics, such as iPods, can remain in your carry-on.
- Prepare your 1 quart-sized, clear, plastic, zip-top bag of liquids before arriving at the airport, following the 3-1-1 guideline (place liquids into 3.4 ounce bottle or less (by volume); all bottles should be carried in one 1 quart-sized, clear, plastic, zip-top bag)
- Pack all your coats and jackets in your checked baggage when possible. All coats and jackets must go through the X-ray machine for inspection.
- Do not wrap gifts. If a security officer needs to inspect a package, they may have to unwrap your gift. Please wait until you've reached your final destination to wrap gifts.
- Undeveloped film should go in your carry-on bag. You will be able to declare film that is faster than 800-speed to a transportation security officer for physical inspection to avoid being X-rayed.
- You are required to remove footwear for X-ray screening so wear shoes that are easy to take off and put back on.
- Double check the contents of your pockets, bags, and carry-on luggage to ensure no prohibited items were inadvertently packed.
- When in doubt, leave it out. If you're not sure about whether you can bring an item through the checkpoint, put it in your checked bag or leave it at home.
- For more information, visit www.tsa.gov.

Carry-on and Checked Luggage:

BAGGAGE REGULATIONS: Call the airline directly or go online to inquire about baggage regulations. A backpack with a frame must be checked as one of these allowed pieces. (this type of "backpackers" backpack has been found useful by past participants due to the amount of traveling you will be doing). Attach a label on the outside of your luggage and place a name and address label inside.

In most cases, you are allowed one piece of carry-on luggage not to exceed 45 total inches, which must fit under the seat in front of you or in an overhead bin. Make sure that your luggage follows TSA regulations. Remember that bags should be small enough to go up narrow stairways, go down crowded train aisles, and fit on luggage racks. A coat and a handbag, briefcase, or laptop may be carried on. Also, in case your luggage is delayed for a few days, be sure to pack a change of clothes and any medicine or toiletries you would need in your carry-on bag.

LAPTOP: If you bring a laptop, it will be considered one of your carry-on items. You should purchase insurance to cover it in case it is stolen or damaged.

VALUABLES: Carry extra cash and travelers checks in a money belt or neck pouch. Do not carry all your cash in one place. Never pack money, valuables, or important documents in your checked luggage!

LOST LUGGAGE: Make a list of everything you pack, bring a copy with you and leave a copy of the list at home This will be helpful if your luggage is lost and you need to identify the items and cost of your luggage. If you experience any luggage loss or mishandling, you must file a claim with airline personnel immediately. Do not leave the airport thinking it will be easier to do it at a later time. It won't be.

Airlines don't refund lost baggage unless there are original receipts, so keep the things you care about with you at all times during travel.

Travel Documents:

Before departure you should make copies of all of your important documents. Leave one set of copies with your family and take one with you to keep in a safe place separate from your original documents.

- The information page of your passport
- Any entrance visas
- Insurance policies and contact information
- Your airline ticket
- Front and back of credit cards and phone numbers for credit card replacement (you cannot dial an 800-number from overseas so you will need a direct number).
- Travelers check numbers
- Contents of your wallet
- Prescription medications
- Rail passes

Immediate Cash/Travel Funds:

You will need some ready cash when you arrive. It is recommended that you take approximately $1,000 in cash or travelers checks to tide you over until funds can be transferred into your Japanese bank account that you will set up during orientation. You can exchange a small amount into **yen** upon landing at the airport in Nagoya. In addition, we recommend that you take $1,000 in travelers checks in $100 or higher denominations in case there is a delay in transferring funds to your account. Be sure to sign the first signature line on any travelers checks and keep a record of the numbers, both necessary for security reasons.

Setting up a bank account can be a lengthy process. Make sure to bring enough cash, or a way to get it, usually travelers checks for up to 2 months into the program. For more information, please refer to the Financial Information section of the handbook.

Flight and Arrival Information

Travel Arrangements:
Students will be responsible for making their own travel arrangements. A direct flight to Chubu Kokusai Kuukou (Centrair airport) in Nagoya is recommended. Nanzan University airport pick up will only be arranged at this airport. Northwest Airline and United Airlines offers direct flight from Detroit and San Francisco to Chubu Kokusai Kuukou.

Check the academic calendar under the "Students" tab on the Center for Global Study and Engagement website for exact dates.

In general, Japanese travel agencies offer a good price for flights to Japan. Please find some suggestions below; you may call them to inquire about pricing.

HIS travel US: http://his-usa.com/ja/top/Top.aspx
IACE travel USA: http://www.iace-usa.com/
JTB USA: http://www.jtbusa.com/

As soon as your plans are final, you are responsible for sending a copy of your itinerary (airline, flight number, departure airport and time, arrival time) to:

- **the on-campus coordinator Professor Akiko Meguro** (meguroa@dickinson.edu)
- **your host family (There is a form to fill your arrival information, which will come during break before your departure)**
- **the Center for Japanese Studies** (cjs@ic.nanzan-u.ac.jp)
- **the Center for Global Study and Engagement** via the online application system (**Studio Abroad:** http://dickinson.studioabroad.com.)

In general, passengers on international flights need to be at the airport at least 3 hours before departure. Be sure to leave yourself plenty of time because of delays created by recently increased security measures. You will need your passport to check in and when you land, so h2ave it readily available.

Host family first contact:
Upon learning the name and address of your Japanese host family, write to them in order to introduce yourself and establish contact. You may even want to call your host family. It is your responsibility to send them a flight itinerary so that they know your travel plans. Ask them the best way to send the itinerary; they may have email or you may need to send a paper copy by airmail. You should discuss the arrangements for picking you up at the airport with your host family. Also, consider bringing your host family a small gift of some sort from the United States, Dickinson, or your hometown.

Clearing Immigration and Customs:

When you arrive at Nagoya Airport, you will go through passport control and then proceed to the baggage claim area. Once you have retrieved your checked luggage, you will be checked by customs. Be patient and courteous.

You are not allowed to bring any fresh fruits, vegetables, plants, or meat into the country. Japan is also extremely strict about limiting firearms and narcotics.

Arriving in Nagoya:
After clearing immigration and customs in Nagoya:

- Students with host families will be met at the gate by the host family.
- Students who have chosen the dorm option will be met at the airport and escorted to the dormitories by a Nanzan student sent by the Center for Japanese Studies at Nanzan University.

THE PROGRAM

The City of Nagoya:
The city of Nagoya is a leading metropolis of international trade, industry, and culture. It is a very compact and conveniently located city with a highly developed subway system. Located 260 km (165 miles) southwest of Tokyo, Nagoya has a population of 2.5 million people, making it the third largest metropolitan area in Japan. Among the city's famous attractions are the Nagoya Castle, originally built in 1612, the Atsuta Shrine, and the Tokugawa Art Museum.

The Center for Japanese Studies:
The Center for Japanese Studies is part of Nanzan University, a distinguished private university founded in l949 with a student population of roughly 6,000. The Center was established in 1974; it specializes in teaching intensive Japanese language and offers area studies in English. It enrolls approximately 175 students from countries around the world, and all students have access to a large number of university facilities.

Orientation at the Center for Japanese Studies:
During orientation at the Center for Japanese Studies, students will receive a Handbook for International Students. You will be introduced to life in Japan, including the application for the student discount passes for the bus and train student discount passes (recommended for students living in the dorms), the "Alien Registration," and the Japan National Health Insurance. During this orientation, you will also learn how to open a Japanese bank account, to which Dickinson and your parents can transfer money.

ACADEMIC INFORMATION

Use of the Japanese Language:
Students are encouraged to practice the Japanese language as much as possible in and out of the classroom. Early on, students should discuss with their host families their desire to speak Japanese only during the home stay. If members of the family want to practice their English, and they usually will, insist that a certain time be set aside for the "English lessons."

Academic Culture:
Instructor/student relationships are very different in Japan from those in the U.S. In Japan, students are supposed to show great respect toward the instructor at all times. This means students are expected to dress appropriately, and activities such as eating, drinking, gum chewing, and wearing a hat are strictly prohibited during class. Class attendance is expected. If you must be absent, even in the event of illness, you must inform the Center for Japanese Studies.

Placement in Language Courses:
Students will take a language placement exam in the first days of their stay at Nanzan. Most Dickinson students place into NIJ400, and occasionally some place into NIJ500. Students who place into NIJ300 do not receive Dickinson credit for the course because the material has already been covered at Dickinson. Although the Center for Japanese Studies will allow a student whose placement is NIJ300 to enroll in the NIJ400 course, students need to realize that there is a danger of failing N IJ400 if the language is an obstacle.

Students are advised to review and prepare for the placement exams over the summer/winter break. You will have written tests. During the first week of classes, students are allowed to visit a higher level course to assess whether they have sufficient language skill to succeed in that level.

Courses and Credit Transfer Policy:
To find out more information about the courses and guidelines for studying at the Center for Japanese Studies, visit www.nanzan-u.ac.jp/English/cjs/brochure.html.

- The Center for Japanese Studies offers four basic types of courses. Successful completion of courses in the Japanese Language(NIJ) (8 Nanzan credits) will be transferred as two (2) Dickinson credits. Each successfully completed Lecture courses in Japanese seminar course, Open courses (2 Nanzan credits), will be transferred as one (1) Dickinson credit. Each course in Japanese Area Studies (3 Nanzan credits) will be transferred as one (1) Dickinson credit. Practical courses in the Japanese Arts (2 Nanzan credits) will be transferred as one-half (.5) Dickinson credit.
- A normal full-time course load is four course credits each semester. Students may not under-enroll under any circumstances.
- Dickinson students may receive up to a maximum of 4.5 course credits per one semester. Students must take one Japanese language course (equal to 2 course credits), two content courses (seminars or Japanese Area Studies courses), and an optional 0.5 credit course in Japanese arts. **Students may not take more than one (1) course per semester in the traditional Japanese arts for credit.**

- To take more than 4.5 credits per semester, a student must petition the Academic Programs and Standards Committee. If a student registers for more than the maximum courses allowed without permission from the committee, the On-campus Coordinator, their academic advisor at Dickinson, and the Center for Global Study and Engagement, the course credit will not transfer. Students will also be responsible for any additional fees for doing this.
- Only **liberal arts classes** will qualify for transfer credit.
- Generally speaking, courses must have an equivalent at Dickinson. Exceptions include classes that focus on the culture and/or history of the country in which the student is studying.
- Transfer credit will not be awarded for coursework that duplicates what a student has already completed at Dickinson.
- For courses taken at the Center for Japanese Studies, course titles and letter grades earned are recorded on the Dickinson transcript, but the grade is not computed in the GPA. To receive credit you must earn a grade equivalent to a Dickinson 'C' (2.00 on a 4.00 scale) or above. A grade of 'C-' or below will not earn credit.
- Students must consult with the on-campus coordinator, Professor Meguro, before the course registration period is over.
- Must be taken for a grade; pass/fail courses are not allowed.

Accessing College Library Resources from Dickinson Global Library:

Past Nanzan participants have commented that the Nanzan University library has an extremely small number of English-language resources. Therefore, if you do not have the resources you need, or if you have trouble getting the assistance you need for your research projects, please remember that you can access all the resources and services from Dickinson College Library no matter where you are. All you need to do is to go to the Dickinson Global Library page (http://lis.dickinson.edu/Library/Research/Global_Library/LibraryResourcePage.htm).

You can access the page on the library website under "For Students," or "For Faculty," or "Doing Research."

From the Dickinson Global Library page, you will find detailed information on

- How to find journal articles through the online databases
- How to find books and have them sent to you
- Research resources available online such as subject guides and online reference works
- And most important of all, how to get in touch with a Dickinson College librarian via phone, email, and instant messaging and get the assistance you need.

LIFESTYLE ABROAD

Living Accommodations:
The Housing Section at Nanzan University will arrange your housing accommodations. Please direct all questions or concerns about your housing assignment to the Housing Section at the email address given the Important Contact page.

Option 1: Dormitory
There are dormitories at Nanzan for international students. Dormitories open a day before orientation sessions start, but students can get into them a few days earlier by making arrangements with the Center for Japanese Studies. The Center will also arrange pick up at the airport and transportation to the dormitory for students. Students living in the dorms can eat in cafeterias and restaurants near the University. You are expected to comply with all dormitory rules regarding hours, laundry, recycling, energy conservation, visitors, and other matters.

Option 2: Host Family
Probably the greatest experience you will have while studying in Japan is living with a host family. Since you have chosen to study abroad and learn a foreign language, living with a host family will enable you to practice your language ability on a day-to-day basis. Most families who offer to host a foreign student have probably done so before, and they will help you adjust to living in a new environment.

You will have your own room with a bed or futon, bedding, and a small closet. Be diligent in observing house rules and keeping your room neat.

The most important thing to remember in order to make your stay with a Japanese family an enjoyable experience is to always be polite and respectful with every member of your host family. Remember you are living in their home and should abide by their rules. Some host families may enforce a curfew.

You should let your family know where you are at all times; it is a good idea to leave a copy of your class schedule with them. Respectful salutations are expected; whenever you leave the house, you should say **itte kimasu**. Whenever you enter the house, say **tadaima**.

Meals:
You will probably eat your meals western style. Always offer to help out in some way, such as setting the table or preparing food. Try everything that is served at least once. Take small portions; if you do not like something, you may politely decline it the next time. Always say **itadakimasu** before you begin and **gochisosama** when you finish. If you have dietary restrictions or food allergies, let your family know prior to arriving.

Food:
Eating out in Japan is very expensive; if you choose to do so, try eating the local fare. In general, mainstays are rice (**gohan**) and tea; there are also many types of noodles. Most meals include a clear soup or one with soybean base (**miso**) that is drunk from lacquered bowls; pickled vegetables are usually served with the meal. Fruit may be served as a dessert, though it can be expensive

Japanese specialties include **tempura** (battered vegetables and fish), **sukiyaki** (chopped meat and vegetables), **Kobe beef** (very expensive), **yaki-tori** (skewered meat in a barbeque sauce), **sashimi** (raw strips of fish), **sushi** (fish and sweet, vinegary rice), etc.

There are four cafeterias at the Nanzan campus; two sell traditional Japanese foods. Past students have suggested convenience stores, such as Lawson's, Circle K, SunKus and 7-Eleven, for inexpensive meals and snacks. They sell a great variety of food, including rice balls **(onigiri)** and many different kinds of bread.

There are also distinctive Japanese beverages. Brown or green tea is usually served at the end of the meal; beer is usually chilled; **sake** (rice wine), the traditional drink of the Japanese, is either sweet (**amai**), or dry (**karai**). There are more than 2,000 **sake** brands of different quality.

In Nagoya, you are likely to find vending machines that offer a wide variety of beverages including tea, coffee (both hot and cold), sports drinks, soda, and others.

Shopping:

Most shops are open from 10:00 a.m. until 6:00 or 8:00 p.m., including Sundays. Some stores accept credit cards, but most prefer cash. Be mindful that many stores will not carry clothes or shoes that can fit Americans. If you want to buy American food or other American goods, shop at **Meidi-ya** in the **Sakae** area of downtown Nagoya, but expect to pay 2 to 3 times what it would cost in the U.S.

Entertainment and Recreation:

There is a lot to do in the city of Nagoya and at Nanzan University. The university has many sports clubs and organizations. Joining in is a good way to meet people with similar interests. There is a very good sports facility (**Mizuho undojo**) near the university.

In downtown Nagoya, especially in the **Sakae** area, there are numerous restaurants, bars, and night spots. The legal drinking age in Japan is 20. Movie theaters and performance halls also exist, but they can be expensive. Sometimes student discounts are available through Nanzan University. Osu Kannon offers local shops and department stores, while Sakae has several clubs and other attractions. Both Nagoya and Sakae have shopping malls in the subway stations. Please be mindful of the train schedule and check to see when the last train departs. You need to make sure you have a safe way to get home.

Getting Along with your Host Family

Living with a host family overseas can be an intensely rewarding experience, but students need to be prepared for a period of challenging inter-cultural adjustment. Your host family has a different way of life and a different set of rules from what you are used to at your own home or on campus. Naturally, it will take you a while to feel 'at home' in this new environment. In the beginning, you may act like and be treated like a boarder. Whether you remain that way or whether you eventually

integrate yourself into the life of the household will depend upon your initiative, adaptability, and acceptance of traditional habits and attitudes toward life in general. As you interact, you will notice differences. Some of these will be easy to accept and adjust to, while others may at first feel uncomfortable. Flexibility and openness to learning the family's ways of doing things will increase your success in learning about your new culture.

Although each host family is different, be aware that host families generally expect to have an adult relationship with the students they house. They will respect your independence while remaining open to exchanging ideas and conversation. Mutual trust and open communication is essential for a successful relationship. There is no infallible recipe for the success of your home stay, but the tips below may help you to adjust more smoothly and quickly.

In the beginning...tips for daily life:

1. Do not hesitate to ask your host family questions or to start conversations with them. Remember, your family is there to help you. By starting conversations, you are initiating an immediate rapport. Hiding away in your room will communicate to the family that you do not wish to interact with them. Communication is the key to a successful relationship with your host family.

2. The first few weeks are very important in establishing a "base" with your family. Therefore, try to avoid planning long trips the first few weekends. If you really want to travel right away, day trips are a lot of fun and still leave you free time with your family. The key is to settle in before you start moving around.

3. Although you might feel awkward at first, it is very important to communicate openly with your host family. A problem that seems complicated for you to solve (the heat is not working correctly in your bedroom) may be very easy for your host family to fix (the radiator works differently than what you're used to and your host family can show you how to use it). Your host family would surely prefer that you ask for their help rather than be unhappy in their home!

4. We suggest keeping your schedule as flexible as possible in order to take advantage of family activities. By joining your family when invited, you will get to know each other better while improving your language skills at the same time.

5. Be yourself with your family and be polite. Remember, although you are living with them and would like to be a part of the family, you are still a guest in their home. Do not assume immediately that you are afforded certain privileges just because you live with them. When you eat meals with your family, ask if you can help set the table, clean up, etc. Be sure to ask to watch TV and to use the family phone. If you do not want your host family to clean your room, tell them that you will clean it yourself and ask them for what you need (vacuum cleaner, dust cloths, etc.). Be sure to leave the bathroom clean after each use.

6. Do your best not to betray your host family's trust. Respect their rules, and always ask

their permission before inviting anyone into their home. If you feel the rules of the host family are unreasonable, talk your On-campus Coordinator.

7. Be open-minded and flexible; there will be differences, so accept them. Adopt your family's patterns, such as keeping doors open or closed and being careful not to waste hot water and electricity.

Telephone:

Before using the telephone, you should ask permission and determine if there are any rules or restrictions. Generally, telephone use is more expensive overseas than in the U.S. and long, wide-ranging telephone calls are not the custom. Be aware that there is a charge for local calls, not just for long distance. Most families have only one line and no call waiting. Therefore, be considerate, learn the family's expectations, and abide by them. We recommend that you buy prepaid phone cards in Japan and use them to make international calls from public phones.

If you receive permission to use the home telephone for incoming calls, you should discuss with your host family when it is appropriate for your family and friends to call. Then you should inform your family and friends of these times as well as the time difference between the U.S. and your location. Friends should be asked not to call during mealtimes. Other means of communication, such as Skype, can be more convenient.

Electricity/Water:

The cost of electricity overseas is much higher than it is in the U.S. Your hosts will most likely be energy conscious and want to conserve energy because of a general belief in conservation. Be respectful of this in your behavior. Switch off lights and other electrical devices when you leave a room. If you come in late at night, do not leave the lights on in the corridor or hallway. Do not be impatient or annoyed when reminded about leaving lights on or about energy consumption in general. Open your curtains during the day to make use of the sun's rays.

Similarly, you may notice greater concern for water conservation as well. In most families, you may be allowed to shower (or bathe) every day, but you will soon notice that they do not do so, nor are they in the habit of taking extended showers. You should try to follow the example of those around you and remain flexible and understanding as you adjust. Do not let friends shower at your place unless you have been given permission first.

Visiting Hours:

Before inviting friends over for a visit, always ask permission from your host family and check for their plans and expectations. Consideration for others is always a good rule to follow. During the week, visitors should not remain past 9 or 10 p.m. The people you are living with have to get up early and must consider their neighbors living close by or small children in the house or building. You can expect restrictions in the number of visitors you may have at one time. Moreover, you cannot assume you will be permitted to invite friends of the opposite sex. Be sure to discuss these things with your family first so that you understand what is expected. Do not invite guests to your host family's home without their permission when your host family is absent.

Another frequent source of tension is when friends or family members arrive to visit from the U.S. Your host family is not required to accept these visitors in their (or your) rooms. Permission to have someone stay overnight would normally be an exceptional occurrence, not generally or lightly given. Do not make the mistake of regarding your room as a hotel.

Kitchen Privileges:
Kitchen privileges are usually not included in the home stay agreement, even if you are taking some meals with the family. You might want to wait awhile and observe family customs and practices in the kitchen before you ever ask permission to use it. In any case, you should not expect more than very limited use. If you are granted permission, be appreciative and remember the following useful hints:

- Restrict yourself to light cooking. If allowed to use the oven, make sure you know how it works and how to convert Celsius temperature settings (if necessary).
- Cook at reasonable (what your family considers reasonable) hours and always ask permission so that you do not interfere with the normal household cooking.
- All pans and cooking utensils should be washed and put back. The stove, oven, and other areas of the kitchen should be left spotlessly clean.
- Do not use household cooking supplies (e.g. sugar, butter, oil), unless you have first asked and received permission to do so.
- Do not forget to turn off lights and appliances when you are done.
- It is always a good idea to invite your host family to try a dish you have cooked.

Laundry:
Once more, ask your family what the arrangement is. Usually, your laundry will be done at your home stay. You should be aware that the Japanese rarely use dryers and prefer to hang up their laundry up to dry, either outside or in bathrooms.

Personal Liability Insurance:
As stated, the program does not cover you for personal liability. So, when you are using appliances and cooking in your home stay, be very cautious. Accidents do happen and you will be held personally responsible for any damage whether negligence was a factor or not.

Contractual Obligations:
Be sure you are aware of what the contractual arrangements are between the program and your host family. If there are meals involved, find out which ones they are, at what time they are served, whether you are responsible for some meals on your own, and what happens if you choose or are forced to miss one or more. If meals are included, be sure to let someone know when you cannot be there or that you might be late. In addition, find out about the schedule for changing/washing bed linens and towels.

Final Remarks: This document reviews only some aspects of life with a host family, so be aware that this new experience will require adjustment in many ways. One could say that adjustment is the

primary vehicle of cross-cultural learning. The homestay experience will reward you richly for remaining flexible, keeping an open mind, and maintaining a sense of humor. Your family will be ready to help you, but both of you must share in making your stay a success and both must realize that it takes time to establish a routine and achieve integration.

PLEASE LET SOMEONE IN THE PROGRAM KNOW, IF YOU FEEL THE TERMS OF THE ARRANGEMENT ARE NOT BEING FULFILLED. If there are difficulties, the program will serve as mediator between you and your host family.

FINANCIAL INFORMATION

Living Expenses:
During the Center for Japanese Studies orientation, students will learn how to open a Japanese bank account (please see more information in the Bank Account section below). **As soon as your bank account is active, you should e-mail the contact information for the bank and your bank account number to Professor Akiko Meguro.** When we receive this information, your first semester living allowance can be transferred directly into your Japanese bank account. Attend to this upon your arrival so that the allowance money can be transferred right away.

In the **fall semester**, students will receive a minimum of **266,000 yen for the fall semester (a total of 4 months). Your stipend is expected to cover the following:**
Food/transportation: 60,000 yen (per month) x 4 months = 240,000 yen*
National Health Insurance: 1,500 yen (per month) x 4 months = 6,000 yen
Internet: 5,000 yen (per month) x4 months= 20,000 yen
(amounts based on 2011-2012 budget)

In the **spring semester,** students will receive a minimum of **332,500 yen for the spring semester (a total of 5 months). Your stipend is expected to cover the following:**
Food/transportation: 60,000 yen (per month) x 5 months = 300,000 yen*
National Health Insurance: 1,500 yen (per month) x 5 months = 7,500 yen
Internet: 5,000 yen (per month) x5 months= 25,000 yen
(amounts based on 2011-2012 budget)

*** HOUSING FEE ARRANGEMENT (covering food and transportation):**
For those **students in a homestay**, you do not have to worry about paying to stay with your homestay family. The Center for Japanese Studies will wire money to the host family to cover your stay. Your host family will provide you with 14 meals a week. You are responsible for paying for your lunch and transportation to Nanzan University with your stipend money.

For those **students in the dormitory**, the Center for Japanese Studies will send you the money (no less than 30000yen) to cover for food, as meals are not provided at the dorm. Dorm fee will be paid by CJS.

Please note that the spring semester is 4 weeks longer than the fall semester. Therefore, be sure to budget your stipend money accordingly. The second semester allowance will not be transferred until the spring semester begins. The living allowance is intended to cover only those items indicated above when classes are in session. It is not intended to cover personal expenses, vacation travel, or food during vacation travel.

There are stipends for excursions offered by Nanzan for up to 10,000 yen per semester. Please send your receipts to the on-campus coordinator, Professor Akiko Meguro, by the end of the semester.

BANK ACCOUNT: Please open a bank account at the recommended Nagoya Ginkoo- The Bank of Nagoya. Afterwards, send the following necessary information to the on-campus coordinator, Professor Meguro, as soon as possible. This information is needed to wire the stipend money to your account.

- Bank name
- Branch name and Branch number
- Name of the account
- Account number
- Phone number of the bank
- Your address and phone number

You will have easy access to your stipend money with a cash card from the Japanese bank where you will open an account. Your parents will also be able to send funds directly into your account by wire transfer. Banks are not open for transactions on weekends, holidays, or in the evenings.

TRAVELERS CHECKS: Travelers checks are a safe way to transport money to Japan. You can cash travelers checks at most banks and at some post offices. Travelers checks should be used for accessing funds or for emergencies; not all stores will accept them as tender.

CREDIT CARDS: Having a Visa card in your name is another method of paying for things while abroad. A credit card can be very useful for big purchases: restaurants, hotels, shops, and airline tickets, or for an emergency, in which you can track your spending easily. If you plan to use a credit card while abroad, you should verify your credit limit before you depart the US. Also, in some countries you may have to show a picture ID when you pay with a credit card. In Japan, it may be hard to find someone who will accept your credit cards. You will probably not be able to use them for your everyday purchases.

ATMs: There are very limited possibilities in which you may use an ATM card to access a U.S. bank account.

However, past participants have noted that some convenience stores have ATMs, in which your bankcard may work. You may also withdraw money at the post office or at the Citibank in Sakae, where most foreign cards will be accepted.

Check with Bank and Credit Card Companies:

Before leaving the U.S., check with your local bank and credit card companies about fees for using your card overseas. If the fees are hefty, consider withdrawing larger amounts of cash from the ATM and taking only what you need and keeping the rest in a safe place.

You should notify your bank and credit card companies that you are going abroad for an extended period of time, and be sure to inform them as to which countries you intend on traveling. Otherwise, when they see charges on your card from a foreign country, they may assume that your card has been stolen and suspend your account. Keep a separate record of your credit card numbers and phone numbers of the companies so you can report theft or loss of your card quickly.

Spending Money:

Students sometimes ask how much "spending money" they should plan to have during their time abroad. As mentioned before, you should plan for an extra $2,500 per semester for personal

expenses and travel money. However, the amount spent depends on the lifestyle you adopt and how much you plan to travel.

Part Time Work:

There are no work-study opportunities in Nagoya. If you are interested in earning money, you may be able to do so through private tutoring, however, students may need to get permission for part-time work from Nanzan University (Center for Japanese Studies). Since permission will depend on the quality of the student's academic work, permission cannot be given before October or November. This means that working part-time is only possible in the second semester, not in the first semester.

COMMUNICATION INFORMATION

Students sometimes tell family/friends that they will phone home "the minute they arrive." However, plans often go awry because of plane or train delays, unavailability of an international phone line, etc. To save parents and loved ones worry, we suggest an agreement to call at the earliest convenient time, rather than promising to call at once.

E-mail, cell phones, and Skype allow students to keep in closer touch with family and friends back home than ever before. There is a good side to this, but it is possible to overdo it so that you focus too much on home to the detriment of your abroad experience. Consider writing frequent letters, postcards or a blog instead. These can be reread and kept as a record of your time abroad.

Mail:
It takes about 5 to 7 days for first-class mail to arrive in either direction. Always mark letters as airmail. You will receive mail at your home stay, so be sure to let family, friends, and the Center for Global Study and Engagement know your address as soon as possible!

Post offices in Japan are open Monday through Friday from 9 a.m. till 5 p.m.

Telephone:
International phone cards are widely available in Japan for use with public or private phones. When the time on your card runs out, you will be disconnected automatically. There is a charge for all calls from your homestay phone, whether long distance or local. Since phone bills in Japan do not identify individual call charges, making calls from home can cause friction with your host family. To avoid this, you should discuss the use of the telephone from the beginning. Make clear that you want to pay for your calls and ask for their suggestions as to how that can be done. You may be able to use a phone card on the family phone or you may need to make calls from a public phone.

One option you may want to consider is having your parents arrange for a low cost international calling service and schedule a time for your parents to call you.

The traditional Japanese telephone greeting is **moshi-moshi** (or **hai** followed by your name). While listening, keep saying **hai** to indicate that you are still on the line. To sign off, say **shitsure shimasu**.
Emergency calls are free. Just dial 110 to call the police in an emergency. Dial 119 to call an ambulance. Be aware that these numbers may not work from cell phones.

Cell Phones:
Many students purchase cellular phones while in Japan. This is an excellent way to communicate with other students on the program, to be accessible to friends and family at home, and to be reachable in the event of an emergency. It may, however, be very expensive to make international calls with your cell phone. Students can check with their current cell phone provider to see if their phone has international calling capabilities. If so, you will have to find out the procedures for using your cell phone abroad.

Some advice from past participants of the program regarding cell phones: the cheapest cell phone deal will be through **Softbank** since they offer free calls among Softbank users before 9 p.m. and after 1 a.m. Other service providers are **docomo** and **au**. Although a contracted phone often requires a two year contract, if you purchase the phone, then you do not need to sign a contract. Always do research beforehand since one of cell phone providers may be offering special student discounts.

Skype (International calls through the internet):

One of the most inexpensive ways to make international phone calls is through the Internet. Skype is one of the most common programs for this type of phone service. All that is required is access to a computer with an Internet connection and a headset or external microphone. For more information, visit the website at www.skype.com.

Computers:

A specific orientation with regards to the use of computers and e-mail will be held. The center requires students who would like to use their own computers to bring their own cables and attend a separate orientation. Look for updated information about this in Nanzan and CJS orientation materials that will be sent to you before you leave. If you decide to take a laptop with you, you should insure it adequately. You are encouraged to limit your Internet use to create a healthy balance between staying in touch with your friends and family in the U.S. and taking advantage of the time you spend.

E-mail:

CJS students can have access to e-mail for free by opening an e-mail account with Nanzan. Remember that official communications from Dickinson College (for example, instructions from the Registrar, Campus Life, or the Center for Global Study and Engagement) will be sent to your Dickinson e-mail account. If you ordinarily use another e-mail account, remember to check your Dickinson account occasionally for messages. Also, be sure to clear your Dickinson Inbox regularly so that messages can reach you.

TRANSPORTATION AND TRAVELING WHILE ABROAD

Travel in Japan:
Traveling around Japan during free time can be a learning experience in itself. There are a variety of different festivals, sightseeing attractions, cultural events, and nightlife activities to keep you busy. Listed below are some of the most frequently visited cities and their attractions. A few hotels that are relatively cheap and centrally located are also noted. An inexpensive form of accommodation is youth hostels, but you will often be subject to a curfew. Past participants have mentioned that in larger cities you may find "capsule hotels," in which there is not a room, but a bunk/capsule to sleep in. This option is cheaper than others are, but may be cramped and sparse. Also, they generally only admit men.

Train Travel:
The so-called "bullet trains" (**Shinkansen**) are super-fast, comfortable trains for long-distance travel, which you should try at least once for the experience. Railway timetables are available at any Tourist Information Center. Train stations have Romanized signs that indicate which stop you are at, plus the previous and upcoming stops.

There are many regional passes and discounts for air, train, or bus services available to both visitors and Japanese residents.

The Japan National Tourism Organization (http://www.jnto.go.jp/eng/) is also an excellent guide to traveling in Japan.

Cities in Japan:

TOKYO: Tokyo is one of the most modern and individualistic cities in Japan. Although Tokyo is highly industrialized, you still see hints of traditional Japan in its temples, shrines, and parks. Tokyo is a bustling, cosmopolitan city with great shopping and a great nightlife. Many people go to the **Shinjuku** and **Shibuya** for their outdoor markets. **Akihabara**, known as "Electric Town," offers everything from computers to cameras at bargain prices. As for the nightlife, the most popular place to go is **Roppongi** , which features a strip several miles long of stores, bars, restaurants, and clubs. Everything from karaoke to disco to McDonald's is located there. If you want to stay near Roppongi, the Asia Center of Japan is a relatively inexpensive hotel in Akasaka and is within walking distance of the train station and Roppongi. As a safety precaution, young females have been advised to be very careful about going into Roppongi at nighttime and should always have a friend with them. Past participants have noted that while Roppongi does have a good nightlife, it does not offer much culturally or historically. You are likely to encounter many foreigners in Roppongi.

Participants who have visited Tokyo suggest seeing the Imperial Palace and the nearby gardens, as well as the Meiji Shrine. Harajuku is also a nice place to visit with interesting shops and restaurants. Great for people watching, Harajuku is a gathering place for trendy Japanese youth who wear very unique fashions and outfits.

KYOTO: One of the last traditional cities in Japan is Kyoto, which is famous for its shrines, temples, and the Imperial Palace. While in Kyoto, try **yatsuhashi** (a type of dessert) and **yudofu**, which are two of Kyoto's specialties. The Tawni House and the Bakpak Hostel are centrally located and relatively inexpensive places to stay. . If you have time, you should travel to Kobe, one hour away by train. Kobe is a beautiful and exotic port city that is surrounded by mountains. Maps of Kyoto with walking routes to most of the famous temples are available at the tourist information center on the second floor of Kyoto station.

OSAKA: Another city that is popular among foreigners with similar attractions to those found in Tokyo is Osaka. Here, too, you will find many foreigners, as well as a variety of clubs, bars, restaurants, and stores.

HIROSHIMA: Hiroshima is a historical and beautiful place to visit. The Peace Park and Peace Museum both contain exhibits, memorials, and documentaries illustrating the effects of World War II on Japan. Besides its historical importance, Hiroshima is also famous for its beautiful and peaceful gardens and parks. If you have time, hop on a train and then a ferry to Miyajima where the **Torii**, the famous floating pagoda, stands tall in its waters.

> **Note**: If you plan to leave Japan in order to visit another country, make sure you go first to your Local Ward Office and get a re-entry pass. Upon your return to Japan, a "departure tax" must be paid and your fingerprints will have to be re-entered into their system.

Travel Guides:

There are many travel guides that are geared towards the student traveler, especially Let's Go or Lonely Planet. To help save money, check www.amazon.com or www.half.com for used travel books. There is also a travel company's office on the Nanzan campus, which is a good resource for travel help.

Safety:

Whenever you travel, take care of your belongings and safeguard your credit cards, cell phone, and cash at all times. One of the safer places to carry your passport and money is in a breast pouch tied at your neck or in a money belt strapped at the waist, under your shirt. A word to the wise: keep a small amount of money easily accessible so you do not have to dig into your hidden money in public.

HEALTH AND SAFETY WHILE ABROAD

Health Care

If you get sick, ask your host family for the name of a doctor. You will have to pay the required fee for the Japanese National Health Care system. Usually, you can see a doctor on a walk-in basis without making an appointment. Visits to the dentist require an appointment. Most doctors are general practitioners, as are most dentists. Since there are no private practices, any visit to the doctor will mean a visit to the hospital.

If you need to use your U.S. primary health insurance policy in addition to the Japanese coverage, you should be prepared to pay cash and get receipts to present to your U.S. insurer for reimbursement.

AIDS and STDs Overseas:
You are at the same risk for AIDS and STDs while abroad as you would be at home since your risk of infection depends on your behavior. Therefore, if you are sexually active, use good judgment and common sense. It is also highly recommended that you carry a personal supply of condoms and birth control, especially if traveling to underdeveloped regions of the world.

Japanese Health Insurance

Students on the Nagoya program are required to enroll in the Japanese National Health Insurance. The cost of this required insurance is 6,000 yen in the fall semester and 7,500 in the spring semester. The cost of this insurance will be paid by each student out of their allowance money. The Japanese National Health Insurance will cover most medical expenses you are likely to incur. It is NOT, however, a substitute for the required health and accident insurance purchased in the United States. It will also not cover you outside of Japan.

Insurance Information

Planning for your health and safety while abroad is particularly important. You want to be prepared to make the most of this opportunity and the time to ask questions is not when you are in immediate need of health care services. Take a few minutes to read over these frequently asked questions and feel free to contact the Center for Global Study and Engagement if you have additional concerns.

Do I need health insurance abroad?

Yes. Check your current policy to see if your policy covers you outside your home country. Even if your current policy covers you abroad, you may have to pay for medical treatment upfront and submit receipts for reimbursement within a certain time-frame.

What if my insurance doesn't cover me abroad?

Dickinson also covers all students studying abroad through a policy with ACE Insurance Company. This policy is a secondary policy to your primary insurance policy; however, if your standard policy doesn't cover you abroad, ACE becomes your primary policy. Students are automatically signed up for coverage and the cost is included in the program fee.

What happens if I get sick abroad?

During on-site orientation you will be given information about local doctors, clinics, and hospitals. Be sure you talk with your program director and let them know about any health issues you are experiencing; they are there to help.

Is insurance included in the cost of the program?

Yes, basic insurance is included in the cost of the program. However, you must maintain your primary policy, whether that is purchased through Dickinson or independently.

Can I take prescription medication with me?

It depends; you need to make sure it is legal. Check the consulate website of the country you are visiting—they may be able to direct you to resources advising on what drugs are accepted. If it is legal, carry the doctor's prescription and a letter stating the reason you are taking the medication and, of course, keep the medication in the original container!

What if my prescription medication is illegal?

You should talk to your doctor about changing your medication, if possible. In extreme cases, you may have to consider choosing another country to study abroad. Please investigate this early on in your process; the more time you and your doctor have to explore options the less stressful this aspect of your preparation will be!

What if I need to refill a prescription abroad?

It is illegal to mail prescription medication. Arrange with your doctor and insurance company to take enough medication with you for the duration of your studies. It can take many months to arrange this so start the process early.

Am I covered if I travel outside the host country?

You are covered by the ACE policy as long as you are outside the United States, for the duration of the program. If you travel before or after the program you should make sure your personal insurance provides adequate coverage.

Am I covered by the ACE policy if I travel before the program or after the program ends?

You are only covered by the ACE policy during the program dates. In the event you elect to extend your travel beyond the policy term you can purchase additional insurance at the link posted below. If

you have any questions please contact Tim Cummons at tcummons@rcmd.com or (800) 346-4075 ext 1452. http://www.rcmd.com/solutions-students-and-faculty

If my laptop is stolen when I'm on the program, am I covered by Dickinson insurance?

Students are not covered by Dickinson for personal liability, including the loss or theft of personal property. It is the responsibility of each program participant to purchase liability insurance, if needed. Students who bring laptops are advised to purchase adequate coverage. Check first to see whether the homeowner's insurance of your parents/guardian will cover personal liability while overseas. Normally, a copy of the police report filed at the time of loss or theft will be required by the insurer before any claim will be considered.

I am studying in a developing country, does the Dickinson ACE insurance policy cover emergency medical evacuation?

Yes, the policy covers emergency medical evacuation. However, students and their families should be aware that ACE will be responsible for when an emergency medical evacuation is necessary. If the procedure can be performed in-country (or in a neighboring country) this coverage will not pay for the student to return to their home country for the procedure.

What if I need accommodations?

Accommodations available to students with disabilities in the United States may not be available to students studying abroad. It is unlikely that you will find the same medications, medical and/or psychological care, or support services at your study abroad site that you would at home. It is also possible that some host sites abroad may not be adequately equipped for students with physical disabilities.

For you to fully assess whether you will be able to successfully complete a study abroad program, we encourage any student with special needs to review the program descriptions and to visit websites about the community in which you will be living and learning. If you wish to have assistance from Dickinson College in helping you to assess your ability to succeed in studying in a particular program or in identifying programs where more support may be available, you are encouraged to come talk to the Center for Global Study and Engagement. It is important to ask questions and do your research before you apply.

Once you determine the right program for you and, if accepted, you will be invited to self-disclose your personal needs on a medical questionnaire open to you through the on-line application system. Disclosure is completely voluntary. However, on-site staff will have a better chance to advise you of accommodations that may be possible if they are aware of your needs before you arrive on site. If you choose to study on a program and travel to an abroad site, you will be expected to fully participate in the program. Therefore, you need to inform yourself about the demands of the program in order to plan ahead and to prepare to cope with your health needs in a new environment.

I suffer from depression and/or anxiety, am I still able to study abroad?

It is strongly recommended that you consult your counselor or psychiatrist when considering study

abroad. When abroad, most students experience various states of excitement and frustration as a result of the opportunities and differences presented by the new culture. These alternating emotions are usually related to the natural phenomenon of culture shock, which occurs when people adapt to a new culture and surroundings. As you become accustomed to your new surroundings and establish a routine, these feelings will begin to subside. If homesickness, depression, or eating disorders persist, seek professional assistance and inform your program director. If you are currently seeking treatment from a mental health care provider, remember that English-speaking counseling services abroad may be limited and the terms of care will likely be different from here in the U.S.

What if I am a non-Dickinson student, do I still need coverage? Am I covered under Dickinson's health insurance?

Like Dickinson students, guest students attending Dickinson programs from other colleges and universities must have health insurance coverage. However, non-Dickinson students are not covered under Dickinson's ACE insurance policy.

Health Matters

Medical Check-ups:
Before leaving the United States, you should visit your physician, gynecologist, eye care specialist, and dentist. Make sure you are in good health before going abroad so that you can avoid any potential problems.

Immunizations/Inoculations:
Even though Japan does not require any specific immunizations, please consult with the Dickinson College Health Center or your personal physician to make sure that all of your routine inoculations are up-to-date. These include measles, mumps, rubella (MMR) and diphtheria, pertussis, and tetanus (DPT). It is strongly recommended that you also consult with your personal doctor and/or the College Health Center with regards to other inoculations (e.g., Hepatitis A and Hepatitis B) or medicines that are advisable for the country you are visiting. For more up-to-date country-specific information about immunizations and other health precautions, consult the Center for Disease Control (CDC) website at www.cdc.gov/travel/.

Medications:
Prescription/non-prescription medication(s) should be in the original container from the pharmacy and labeled with your physician's name, your name, and the medication name and dosage. **Do not transfer any medication into an unmarked container.** You should also carry a written letter or prescription from your physician verifying that this medication was prescribed by a licensed practitioner and is necessary for medical reasons. If you are on prescription medications or take particular over the counter medications, such as a certain painkiller, you should take enough with you to last the duration of your stay. It is neither advisable nor legal in some circumstances to ship medications by mail. It is your responsibility to make sure that your medications are legal in your host country. You can find this out by consulting the consulate website of the country you will be visiting. You may also want to take along some cold/flu medication, anti-diarrhea, and anti-fungal medicine. Women prone to gynecological infections should take a supply of medication.

If you carry narcotics or syringes, you should also bring a copy of the prescription and a statement

from the prescribing physician. The Center for Disease Control recommends that students with diabetes or health situations that require routine or frequent injections should carry a supply of syringes sufficient to last their stay abroad.

Mental Health, Stability, and Stress:
For students under the care of a counselor or psychiatrist, please be sure that you see him/her before you depart from the US. Participating in a study abroad program in another country will not lessen any emotional issues that you may presently be experiencing. When you are abroad, you will probably experience various states of excitement and frustration as a result of the opportunities and differences presented by the new culture. These alternating emotions are usually related to the natural phenomenon of culture shock, which occurs when people adapt to a new culture and surroundings. As you become accustomed to your new surroundings and establish a routine, these feelings will begin to subside. If homesickness, depression, or eating disorders persist, consider seeking out professional assistance.

Special Accommodations:
The accommodations available to students with disabilities in the United States may not be available to students studying abroad. It is unlikely that you will find the same medications, medical and/or psychological care, or support services at your study abroad site that you would at home. For you to fully assess whether you will be able to successfully complete a study abroad program, we encourage any student with special needs to review the program descriptions and to visit websites about the community in which you will be living and learning. If you wish for assistance from Dickinson College in helping you to assess your ability to succeed in studying in a particular program or in identifying programs where more support may be available, you are encouraged to disclose your situation on the medical forms you completed during the application process or to come talk to the Center for Global Study and Engagement. Such disclosure is completely voluntary**.** If you travel to an abroad site, you will be expected to fully participate in the program. Therefore, you need to inform yourself about the demands of the program in order to plan ahead and to prepare to cope with your health needs in a new environment.

Health and Safety in Flight:
For safety and comfort, wear loose-fitting, natural-fiber clothing during your flight. Do not wear snug-fitting or heeled footwear! If possible, avoid wearing contact lenses. Low humidity in flight tends to remove the moisture from the eye's surface. It is helpful to do seat exercises or to walk in the aisles in order to maintain good circulation. One easy exercise you can do is to tap your toes while keeping your heels on the floor. This pushes blood up your legs and reduces swelling. Tap for several minutes every hour or so.

It is always advisable to sleep during long flights. You should avoid alcoholic beverages in flight because they cause dehydration. Recycled air also has a drying effect, so you should drink only non-alcoholic beverages regularly. If you require a special diet, be sure to notify the airline at least 72 hours before departure.

The most common difficulty or problem that can result from flying is known as jet lag, which is the sudden sense of fatigue or wakefulness at the "wrong" time. Jet lag is more pronounced flying east than flying west. Veteran international flyers recommend going to bed and getting up at the customary local time from the beginning. This helps the body adjust quickly. Avoid naps until fully

adjusted to the new time zone; the body confuses naps with night sleep.

Safety

Personal Safety in Japan:
Crimes against U.S. citizens in Japan are rare. The most common offenses are purse snatching or pick-pocketing, especially in crowded places, such as trains and tourist attractions. Unwanted touching or groping of women in public places is, unfortunately, not uncommon. If this occurs, seek help. If you are out on the town, the last train, subway, or bus usually stops running between 11:30 p.m. and midnight.

Who should you turn to in an emergency? Depending on the circumstances, the answer might be your host family, the Center for Japanese Studies, direct emergency calls to the Nagoya Police, the On-Campus Coordinator at Dickinson, the Associate Director of Study Abroad, or the phone numbers on your emergency key chain for the Center for Global Study and Engagement and the Department of Public Safety. Please carry the key chain with you and carry other local contact information in your wallet.

Lost/Theft of Passport:
The loss or theft of a U.S. passport should be reported immediately to the local police and the nearest U.S. Embassy or Consulate. Soon after arrival in Nagoya, you must call the U.S. Consulate in Nagoya and ask about registering. Since the U.S. Consulate in Nagoya offers limited consular services, you may need to make an appointment to see the consular officer from Osaka-Kobe who provides consular services during monthly visits. If offered, it is recommended that you sign up for e-mail alerts that will allow you to receive updates on travel and security from the U.S. Consulate. While you may be able to register online, we recommend that you go to the Consulate as well so that you know physically where it is. The address is:

U.S. Consulate
Nishiki SIS Building 6th Floor
3-10-33 Nishiki
Naka-ku
Nagoya 460-0003
Tel: (81-52) 203-4011
FAX: (81-52) 201-4612.
Web site: http://nagoya.usconsulate.gov/

CULTURAL PERSPECTIVES

Being Informed about the Host Country and World Affairs

What do you know about your host country?

1. Can you name the capital city and the head of state?
2. Can you name the major political parties and what they stand for?
3. How is the government organized in your host country as compared to the U.S.?
4. Name five large cities, identify their location and a feature they are famous for.
5. What are the key historical events of the 20th and 21st century in your host country?
6. What are the major religions in your host country and what role do they play?
7. Who are the major literary and/or cultural figures of the last two centuries?
8. What is the state of the economy? What are its problems, successes, and how is it organized?
9. Can you identify on a map the major rivers, mountain ranges, and other significant geographical features?
10. Can you identify on a map the states, provinces, or other political subdivisions of the country?
11. How is the educational system organized and funded?
12. What is the predominant view in your host country regarding current U.S. foreign policy?

Without researching the answers, most of us would do poorly on this little quiz. However, most local people at your study abroad destinations could probably answer most of these questions about the U.S. Think about it!

Before you leave, do some serious research to educate yourself about your host country. Travel guidebooks and encyclopedias offer a respectable starting point. Read books, magazine articles, and newspapers about host country history, literature, geography, cuisine, etc. Foreign films are also a good resource. Take the initiative and get acquainted with international students on Dickinson's campus before going abroad.

No matter where you go, you will be asked hard questions about U.S. foreign policy. It is crucial that you have an understanding of what is going on internationally. Read newspapers and magazines that cover international affairs in depth. Include foreign news sources to expose yourself to other perspectives and a different set of facts abroad. The point is: you do not want to arrive abroad poorly informed or be caught off-guard by an encounter with viewpoints sharply different from your own. You especially need to be knowledgeable about the situation in Iraq and the Middle East, and how your host country and the United States stand in relation to those areas. People will have strong opinions and want to engage you in dialogue. Prepare for these situations and recognize their value as learning opportunities.

New York Times e-delivery:

The New York Times runs an email service that provides daily delivery of the International section of the New York Times to your email box! You receive a brief overview of the article and a link that takes you to the full article.

To subscribe to the service, go to http://www.nytimes.com/.

Down the left side of the page, there is a MEMBER CENTER, where E-Mail Preferences are listed. You have to "sign-up" with the NYT, which is free. Once you sign up, you can

click on a box that says "International" and you will receive an email with headlines from the NYT every day.

Now is the time to prepare for your study abroad learning experience. We urge you to engage in learning about the world now!

The People:

The Japanese people tend to be very group-oriented; they often interpret competition between individuals as something that destroys harmony. The emphasis is on belonging or inclusion rather than exclusion; devoting oneself to a group can have a useful impact. At the same time, there may be fierce competition between groups. Relationships among those in a group are sometimes just as important as the task at hand. There are always those who stand out in a group, but they are not always admired. In fact, it is not good to be singled out for praise, nor to praise oneself; modesty and humility are positive character traits.

In Japan, social conformity is less likely to be viewed as a sign of weakness of character than in the U.S... Other virtues are restraint, patience, modesty, and thoughtfulness. 'Saving face' and personal honor are very important; no one is to be publicly embarrassed or humiliated. Be aware that the Japanese will often answer 'yes' to something when they might mean 'no' in order to prevent an uncomfortable situation, or they might give an indirect response to a direct question. The Japanese can be quite rude to strangers in public places (bumping or shoving in crowded places), but they are extremely polite to people they know.

The Japanese tend to come across as formal, even rigid or inflexible. Circumlocution, formality, ceremony, ritual, and manners are vehicles they use to mask true feelings. Nonetheless, there is usually leeway for the expression of feeling and spontaneity. The Japanese do value dependence, but they also value individual initiative, perseverance, and a sense of creativity that is fostered rather than compromised by interdependence with family, friends, and colleagues. They are sensitive to the subtleties of hierarchy. The dependency of the younger, 'weaker' party is not only accepted, but it is often the focal point of a relationship.

In Japan it is important "to know the rules." Of course, to live in accordance with an intricate social code requires a certain dedication and attention to detail. The result is that you always know exactly what your social obligations are and you always know what to expect from others. At the same time, your position in the scheme of things is reasonably well defined and relatively secure. Foreigners are not expected to know all the unwritten rules connected with the social code, the **Gaijin** who demonstrates at least an awareness of the code will be respected. You cannot fit in, but you should try to adapt!

Local Customs ("Dos and Taboos"):

Japanese etiquette is about conducting oneself for a maximum of affable social interaction with a minimum of anxiety and confusion. Etiquette is not seen as confining. The following tips will help you to adapt:

- The Japanese need more space than Americans when conversing with one another. There is no touching or grabbing of the arm.
- Make limited eye contact during conversation.

- Young people might approach you to practice their command of the English language. Go out of your way to appreciate their efforts. You should compliment them, even though they will ward it off.
- It is considered impolite to keep your hands in your pockets when conversing. It indicates a lack of interest.
- In Japan, one seldom witnesses displays of affection (e.g. hugging or kissing in public). However, this is changing among Japanese youth.
- The Japanese value subtlety. Avoid speaking in a loud or demonstrative voice.
- Burping in public is considered very rude. If you have to yawn in public, cover your mouth with your hand. Also, blowing your nose loudly is frowned upon.
- The Japanese smile or laugh not only when happy, but also when apologetic, embarrassed, sad, or angry.
- The traditional greeting in Japan is bowing from the waist, a gesture known as **ojigi**. However, many people just shake hands in the Western tradition. When bowing, put your hands on your thighs and your heels together. Bow just as low and as long as the other person, but no more, which would indicate humility.
- During introductions, you generally say your last name first, then your first name (and add that you are pleased to make their acquaintance).
- Referring to persons of respect by name is complicated. If a person has a title, use the title with the last name. First names are not used as readily as in the U.S.; attaching **san** to both male and female names shows honor and respect.
- Pointing at someone with four fingers spread out and your thumb folded in is considered a rude gesture, equivalent to "giving someone the finger."
- To count on your fingers in Japan, fold your fingers into your palm, and then unfold your fingers one at a time, starting with the little finger.
- Waving your hand in front of your face indicates a negative response. You will see people do this frequently when they receive compliments. If you receive a compliment, politely deny it; do not say "Thank you!" The Japanese do not like to be singled out, which is what a compliment does.
- Sit erect with both feet on the floor. Do not cross your legs.
- When you walk (whether in the street, on stairs, or on escalators), keep to the right.
- Always leave a wet umbrella in the stand before entering a room or shop. No one will take it.
- Eating or drinking while walking is considered rude. However, recently more and more people have adopted this habit because of the fast food industry.
- Punctuality is very important and expected!
- Tipping is not widely practiced, and there is absolutely no tipping in restaurants – it is considered offensive. Even taxi drivers do not expect tips. Give small change to round off an amount.
- If you are invited to someone's home, take a small, inexpensive gift. Something from the U.S. is always appropriate. The gift should be wrapped and presented with both hands. If you receive a wrapped gift, take it with both hands. Do not open gifts in the presence of the giver!
- If you need to use a toothpick after eating, cover your mouth with your free hand while you do so.

- It is impolite to pour your own drink. Your neighbor should do the honors. Lift your cup, take a sip, and then pour for your neighbor in turn. To toast, say **kan-pai**.
- If you go to a public bath, wash and rinse at the water taps before entering the bath.
- Toilets are not always locked in public (or in private). Just knock before entering; if occupied, the person will knock back. In public toilets, you may have to bring your own paper. The traditional Japanese-style toilet is in the floor, but Western-style toilets and toilet paper are increasingly common.
- The addresses of buildings are often not sequential and may be confusing.

Racial and Gender Issues:

RACIAL ISSUES: The Japanese lay claim to a racial identity (and even an ancestral, racial homogeneity), unity, and social-group distinctiveness, which takes on added importance as their culture incorporates more foreigners. To the Japanese, a foreigner is a foreigner no matter how long one has lived in the country, how well one speaks the language or how immersed one is in the culture. There is evidence of racial discrimination against certain minority groups, such as Japanese-born Koreans and others of mixed ancestry, Ainu, Indochinese refugees, and especially against the **burakumin** (known as 'untouchables') whose numbers are estimated at 3 million or more. To say the word **burakumin** in public would be perceived as extremely offensive and may even put the speaker at risk because of its negative discriminatory connotations.

U.S. students are well accepted for the most part. Very tall students, students of color, and female students with fair hair may receive unwanted attention. Try not to react with annoyance. Remember that attention often implies curiosity and nothing more.

Perhaps the hardest thing to get used to while living in Japan is being a **Gaijin** (foreigner/outsider). Although the term is derogatory, you should be prepared to hear it often. The Japanese may stare at you or act coldly toward you. This may be annoying and insulting at first, but do not take it personally. Eventually you will learn to let it pass. If these actions start to bother you, you should talk to others who are experiencing the same feelings. At the same time, keep in mind that most Japanese people would be happy to talk to you if given the opportunity. They love to practice their English and are impressed if you speak to them in Japanese. Being a Gaijin, people are more likely to be more understanding of your mistakes in the language and customs.

GENDER ISSUES: Foreign women are occasionally sexually harassed by men, especially those who have been drinking. Incidents should be reported to the host family, and possibly to the local police. It is recommended that you go out and travel with friends.

Suggested Reading/Web Sites:

A good dictionary is a must. You should buy a Japanese-English dictionary if you do not already have one.

ELECTRONIC DICTIONARY:

An electronic dictionary is very handy tool to have. Previous students strongly recommend buying one in Japan. They are small, light-weight and easy to carry. Some dictionaries have Kanji dictionary functions in addition to English-Japanese and Japanese-English translations. These tend to cost around 20,000 yen, depending on the model. Some include handwriting recognition for kanji, but these are more expensive. You can easily find them in large electronics stores or sometimes even in large bookstores.

SUGGESTED BOOKS:

Peter Duus, Modern Japan

WEB SITES:

Dickinson in Nagoya: http://www.dickinson.edu/academics/global-campus/content/Dickinson-in-Japan/

Japanese Culture: http://www.us.emb-japan.go.jp/jicc/index.htm

Nanzan University: http://www.nanzan-u.ac.jp/

City of Nagoya: http://www.city.nagoya.jp/indexe.htm

Tokugawa Art Museum, Nagoya: http://www.tokugawa-art-museum.jp/english/index.html

News source: http://www.nhk.or.jp/daily/