Pre-Departure Orientation
Tokyo, Japan Summer 2017
April 19, 2017
Welcome to the Orientation

This presentation covers highlights that apply to everyone. Details concerning questions, problems, or situations you may have while abroad are at the links below. Bookmark them!

- **Pre-Departure Checklist** (guides, requirements, calendars, insurance, petitions, more...)
- **UCEAP Guide to Study Abroad** (includes detailed academic policies)
- **Program Guide** (details about your program)

Your signed Student Agreement confirms that you have read and understand the policies and information in these guides.

There will be a Q&A session at the end of the presentation. Please write your questions down as they arise and wait until prompted to ask them via the Questions box.
UCEAP – Systemwide Office

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In Tokyo, contact the Study Center with questions about host or UC academics, finance, housing, health, or anything else! They will know if it’s a question they can answer, or if it should go to your home UC campus or your host university. Your host university often will not understand exactly what rules or exceptions apply to UCEAP students – talk to them to make sure you have the correct information!
GETTING READY & ARRIVAL
Before You Go

- Review your program calendar on your Participants page and make travel arrangements to arrive by the Official Start Date.
- Summer students do not need a visa.
- Check the **Centers for Disease Control and Prevention (CDC)** website for health information.
- Register with U.S. Department of State **Smart Traveler Enrollment Program (STEP)**.
- Contact returnees and current participants through the **UCEAP Japan Facebook** page.
- Pack light! You can buy almost everything you need in Japan.
- Hand carry the arrival instructions from your PDC.
- Print your UCEAP **insurance card**, read both sides, and place it in your wallet.
Japan Visa

- U.S. citizens do not need a visa for stays up to 90 days.
  - Passport must be valid throughout duration of stay.
  - Need round trip ticket with return date within 90 days.
  - Must have confirmed return or onward air ticket.

- Non-U.S. citizens need to contact the Japan Consulate.
Arrival

Must arrive in Tokyo by Official Arrival Date

- **ICU Summer** – July 5 between 10 am and 6 pm
- **U of Tokyo Lab** – July 2

Narita International Airport

- Immigration
  - Disembarkation/Embarkation Card
- Baggage Claim/Customs
- Money exchange
- Luggage Delivery Service
- Transportation to Hotel or Housing (take N’Ex)
On-Site Orientations

Tokyo Study Center Orientation

- Academic Requirements
- Health & Safety
- Money and transportation
- MyEAP course registration

Campus Orientation

- Students register, submit required documents (admission letter, passport, and visa), and pick-up student ID.
- Placement exam results will determine Japanese proficiency.
- Program logistics, activities, course schedules, and on-campus student services for exchange students.
- Campus tours
Staying in Touch

As a UCEAP participant, you are obligated to:

- Contact a family member to notify them of your safe arrival
- Keep in touch and provide up-to-date contact details in MyEAP
- Check your UC email address regularly
- Provide a local cell phone number after arrival

- Send an email, text, and/or complete the Travel Signout form to notify the Study Center that you will travel out of town.
Make It Count!

While abroad, you will be a representative of not only the University of California, but also the state of California and the United States of America.

Think about what this means and how it will affect your behavior while abroad.

This is an amazing opportunity to make friends from other countries, and to make a difference in your life and in the lives of others.
Housing

- **ICU Housing**
  - On campus at Ginkgo House in twin rooms
  - Internet and utilities included
  - Linens provided
  - Meals not provided; large shared kitchen
  - Housing cost part of program fee paid to UCEAP

- **University of Tokyo Housing**
  - Weekly mansion in Takadanobaba, Tokyo in single rooms
  - Internet and utilities included
  - Linens provided
  - Meals not provided; each room has small kitchenette
  - Housing fee paid directly to weekly mansion (cash or credit card)
Money & Banking

- Currency Exchange
  - US$1 = 114 JPY
  - Passport required

- Cash
  - ATMs are the easiest way to get cash, but there will be fees added. Check with your bank before leaving for details about ATM fees while abroad.
  - Beware of counterfeit currency

- Credit Cards
  - Accepted at larger establishments

- Local Bank Account
Communication

Cell Phones and Internet Access

Foreign nationals with a temporary visitor status can get a rental cell-phone, but not a regular cell-phone with subscription plan or pre-paid cell-phone in Japan.

Resources:

- Cell-phones in Japan
- Internet in Japan
- Free Wi-Fi in Eastern Japan for Tourists (for 14 days)
- Rental Cell-phone/Wi-Fi router at Kansai International Airport (KIX)
- Rental Cell-phone/Wi-Fi router at Narita
- Rental Cell-phone/Wi-Fi router at Haneda

“ My phone service remained the same as in the US. Google’s Project Fi has international roaming at no extra cost, so long as I make calls on Wi-Fi; data is 4G LTE at $10/GB, pro-rated for actual use, same as in the US.” Summer 2016 Participant
Meals

Cafeteria-style dining halls on campus

Overall, the price of eating out in Japan can be as much as twice the cost of eating out in California. Tokyo has many restaurants and fast-food establishments, including many American fast-food restaurants. Tipping is not expected.
Transportation

WALK!
Health

- Review your **UCEAP Insurance Plan** so you understand all your health coverage and how to use it.

- Research any required medication to find out if you can obtain it in Japan, or if it is even legal! Remember, all medication must be carried in their original, labeled containers.

- If you become ill while abroad (including mental health issues):
  - Notify Study Center. They are there to help! In fact, notify the Study Center about any issue that is impacting your academic performance and/or attendance.
Safety

The crime rate in Japan is below the U.S. national average; however, travelers should exercise caution, especially in securing personal belongings. Crimes against U.S. citizens usually involve personal disputes, thefts, or vandalism. Pickpocketing is common in crowded areas including shopping and transportation centers. Every year, U.S. citizens report their passport was lost or stolen at Narita airport. Pay particular attention to your belongings while in transit.

- Traffic
  - Exercise special caution when crossing streets.

- Scams
  - You will stick out as a foreigner, and thus a mark for scams.

- Theft
  - Be aware of pick-pockets, especially in tourist areas, airports, public transportation.

- Nightlife
  - Alcohol consumption impairs our judgment and increases risky behavior, which increases the risk for crime.

- Drugs
  - Penalties for possession, use, or trafficking of illegal drugs are strict, and convicted offenders can expect severe jail sentences and fines.
Stress abroad is not unique or uncommon. There may be times when you feel UCEAP just isn’t working for you. It’s normal to feel homesick, isolated, have family or breakup issues, or academic or money concerns. You may experience emotional ups and downs, and even depression, or illness.

You may also experience “culture shock.”

Follow the lead of the locals. Exercise, journal/blog, do activities that you enjoy at home, try new activities, laugh at mistakes, make friends and get involved in the community. Learn about your new culture and try to fit in. Reach out to others.

You might even consider withdrawing, but be sure to seek advice to explore all other solutions before reaching this important decision. Consult with the Study Center and, if necessary, an onsite counselor before filing paperwork to leave. There can be academic and financial consequences.
ACADEMICS
UCEAP Academics

- **MyEAP Study List**
  
  Your MyEAP Study List is your official UC record. Make sure it accurately reflects the courses you are taking in this program. Do not enter anything into MyEAP until after you have received instructions.

- **Very intensive programs**

- **Host university registration**

- **Attendance Policy**

- **Keep all course material and assignments – you will need them to petition for major, minor, GE credit when you return to campus.**

- **Summer grades are usually available in late September.**
Tokyo Summer Programs

- **Language & Culture, International Christian University**
  - Full time intensive Japanese language study
  - Language placement exam
  - 12 quarter/8 semester UC units; letter grade only
  - [Sample Study List](#)

- **Summer Lab Research in Science, University of Tokyo**
  - Full time lab
  - Lab placements
  - 7.5 quarter/5 semester UC units; p/np only
  - [Sample Study List](#)
Returning Home

- Pay all outstanding fees to your host university and to UCEAP. Program costs, housing charges, library fines, utility bills, or more will delay the release of your grades and may block on UC registration.

- Bring home course materials to assist you in petitioning for course approval to satisfy major requirements – especially syllabi and any returned graded work, but also any other assignments that will demonstrate what you did.

- Check your airline’s luggage restrictions.

- Read about reverse culture shock and be aware of common reactions to returning home.

- Upon your return, please complete surveys or questionnaires sent to you by UCEAP! Your feedback helps us maintain the quality of the programs, and improve them for future students.

- Join the UCEAP Alumni Network!
Questions?