Pre-Departure Orientation
Japan
Keio, Hitotsubashi, and Waseda Universities
2017 - 18
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 wait until prompted to ask questions via the Questions box.

This presentation will be posted to your PDC.
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Tokyo Study Center

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 the Tokyo Study Center to make sure you have the correct information!
GETTING READY & ARRIVAL
Before You Go

- Review the program calendar on your Participants page and make travel arrangements to arrive by the official start date.
- Obtain your student visa as required. Follow the instructions on the PDC.
- 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. Packing tips are in your Program Guide.
- Hand carry the arrival instructions from your PDC.
- Print your **UCEAP Travel Insurance card**, read both sides, and place it in your wallet.
Japan Visa

- **U.S. citizens**
  - Passport must be valid throughout duration of stay.
  - Acceptance letter
  - No fee
  - San Francisco or Los Angeles

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

*Must arrive in Tokyo in early September*

Narita or Haneda Airport

- Immigration
  - Disembarkation/Embarkation Card
- Baggage Claim/Customs
- Money exchange
- Luggage Delivery Service
  (need address in Japanese where you will be staying)
- Transportation – details in arrival instructions
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.
LIVING ABROAD
University dorms and International Houses

- Shared kitchens, laundry rooms, common areas
- Linens – rent or purchase
- Dorm rules – Curfew, guest policy
- Pay for rent monthly
- Commute – can be an hour each way

Apartments

- Make your own arrangements


- Make your own arrangements
- A homestay family may speak little or no English. Be prepared to abide by the host family’s rules and customs and to participate in family activities as appropriate. Make every effort to fit in with your family. It is appropriate to bring a gift to the host family.

If you choose apartment or homestay, let your school know that you do not need campus housing.
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

There is a 100 yen store near the ICU campus, making it very easy to save money. ~UCEAP returnee
Communication

Cell Phones and Internet Access

Most students use their US-based phones.

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 campuses
- No meal plans
- Vegetarian options
- Kitchen in dorms

You can find ingredients to make your favorite Japanese foods like sushi, takoyaki or okonomiyaki easily in any supermarket.
Transportation

- Railway
- Subway
- Buses
- Taxis
- Bicycle
- Suica Card
- Smartphone app

In Japan, it's an unspoken rule to be quiet on buses and trains as a courtesy to others.
Activities

- Welcome and farewell parties
- Japanese cultural events
- School festivals, etc.
- Clubs, sports, societies
- Each university has a list on their website

In Japan, there will be opportunity to join clubs and circles. Clubs are more intense than circles, and you should look for these extracurriculars according to what you are looking for. If you want to join a strenuous group, join a club. If you want a very laid back group where attendance is not mandatory, then a circle would be better. ~ Hitotsubashi student

I definitely recommend joining a club! It can make a huge difference to your experience. ~ Keio student
Health

- Review your **UCEAP Travel 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. You play an active role in protecting your personal health, safety, and well-being.

- **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.
Cultural Adjustment

- Make it count! This is an amazing opportunity to meet people from other societies, make friends from other countries, and to make a difference in your life and in the lives of others.

- 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.

See your Program Guide for information about cultural awareness, packing tips, weather, and more tips on daily living.

The bookstore Kinokuniya is a good source of Japanese literature; it has branches in San Francisco, San Jose, Santa Monica, Costa Mesa, and Los Angeles.
ACADEMICS
Universities

Hitotsubashi
National University
6,000+ students – 700+ international students
Zemi

Keio
First Private University in Japan
33,000+ students – 900+ international students
(6 campuses in Tokyo - Mita and Shona Fujisawa)
Jitsugaku (実学) - Science in the truest sense of the word and a powerful tool in Keio University’s never-ending search for practical solutions to real-life problems.

Waseda
Private Research University
52,000+ students – 5,000+ international students
Located in Shinjuku

Japan Year Student Quotes
“For an elective course, I was able to go to the place that I chose and actually draw out maps for the region. This is rare as I was not able to take many hands on classes in UC.

Buddhism class provided opportunity to meditate with the professor as well as field trip. History class also offered field trip. In Japanese cinema class, we were able to lead a discussion style lecture while watching the movie.

I took a cultural adaptation class that discussed how people adapt to new cultures, a class which was very useful and informative for adjusting to living in Japan.”
Courses

- Course Registration
  - After classes begin – sit in on many classes first to see what you like
  - Add/drop period

- Japanese Language Study
  - Required unless you’re already fluent and take course taught in Japanese
  - Language placement exam – study to be prepared
  - Amount of units will vary depending on your language level and program (5 to 18)
  - Intermediate and Advanced
  - Tutorials

- Courses Taught in Japanese or English
  - A minimum of three years of Japanese language study is needed to successfully take courses taught in Japanese. It is your responsibility to determine if your language level suffices to take courses taught in Japanese.
  - Courses taught in both languages
  - Low unit courses
Your MyEAP Study List is your official UC record. Courses will be on your UC transcript with course titles, subject areas, course numbers, units, and grades which are calculated into your UC cumulative GPA.

- **Requirements**
  - 21 quarter/14 semester units per semester minimum. See Program Guide for sample study lists
  - Maximum of 1/3rd (33%) of units on the pass/no pass grading option. This is done in MyEAP only.

- Final grades based on attendance, exams, papers, projects, presentations, tutorials, lab work, etc.

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

- Grades available in late October to early November
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 sent to you by UCEAP! Your feedback helps us maintain the quality of the programs, and improve them for future students.
- Join our UCEAP Alumni Network!
Questions?