

JAPAN

Immersion—Japan Universities

Contemporary Japan, International Christian University

Engineering and Science in English, Tohoku University

Graduate Studies in International Relations, University of Tokyo

Lab Research in Engineering and Science, Osaka University

Language and Culture, Doshisha University

Language and Culture, Tsuru University

2011–2012 Program Guide





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*Pregnancy includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth.



► To get this guide on your smart phone, scan the QR code above.

YOUR UCEAP NETWORK

EAP Online

Bookmark your [Participants](#) program page; it contains vital resources and requirements you need to know before you go abroad, including the Predeparture Checklist, *UCEAP Guide to Study Abroad*, Program Calendar, EAP Student Budgets and Payment Vouchers, and policies.

Local EAP Support

Campus EAP Office

The Campus EAP Office coordinates recruitment, student selection, orientation, and academic advising, and serves as your primary contact during the application process.

UCEAP Systemwide Office

The UCEAP Systemwide Office establishes and operates programs and coordinates EAP administration for all UC campuses from its headquarters in Goleta, California. You will work closely with the following Systemwide Office staff:

Program Advisors communicate program information, both academic and operational, to students and campuses, and coordinate and provide academic and administrative support in all aspects of your participation.

Operations Specialists coordinate the logistics of the program. Document requirements, visa application instructions, health and safety precautions, placement and acceptance by the host institution, arrival and on-site orientation, and housing arrangements are examples of program details the Operations Specialists coordinate.

Academic Specialists advise on academic policies; review and record courses taken abroad for UC credit; process student registrations, petitions, and grades; and document and maintain students' academic records.

Student Finance Accountants assist primarily with EAP statements, program fee collection, and financial aid disbursements (in conjunction with your campus Financial Aid Office).

Contact Information

Program Advisor

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Study Center Abroad

EAP programs in Japan are administered from the EAP Study Center in Tokyo by local staff and a UC faculty member who serves as Study Center Director. In addition, local advisors and international student centers or offices are available at each host university. EAP staff and the Study Center Director help with academic matters, assist with housing, and provide information about cultural activities.

Study Center of the University of California, Tokyo
International Christian University
3-10-2 Osawa, Mitaka
Tokyo 181-8585, Japan

Phone (calling from the U.S.): (011-81-422) 33-3118

Cell phone (after-hour emergencies): (011-81) 90-9950-9411

E-mail: all@uctsc.org

Web: www.uctsc.org

Phone Number Codes

U.S. international code **011**

(dial this to call from the U.S.)

Japan country code **81**

Mitaka (ICU) city code **422**

Tokyo city code **3**

Approximate Time Difference

Add 17 hours (December–March)

Add 16 hours (April–November)

“ EAP STUDENTS SAY...

In Japanese classrooms, students don't ask the professors questions as we do at UC.

Your classes will probably be smaller than what you're used to.

Punctuality is critical in Japan. You have to be on time to class.

Japan is very formal. It's taboo to call your professors by first name. There are definitely different standards for rudeness.

The academic system is much different from that of the U.S. The unique aspects of the Japanese system are themselves a topic worthy of study, and I rate my exposure to this system as the most valuable aspect of my time in Japan.

”**ACADEMIC INFORMATION****Academic Culture****Student Behavior**

Japan is a country where courtesy and behavioral propriety are extremely important in all social interactions. Be respectful toward teachers at all times and sensitive to the cultural styles and ethics of Japanese society.

Your behavior is a reflection on both UC and the U.S. and may be taken as representative of all Americans. You are expected to make a good impression and enable EAP to run the program for future UC students.

Follow the example set by the Japanese students. Japanese students do not eat, drink, chew gum, or use cell phones in class. They are seated and quiet when the professor enters the room, and they remain seated until class is over. Student attire is casual but neat.

If you have questions about what is considered acceptable behavior in Japan, talk to the Study Center Director and staff. You cannot assume that Japanese people will correct you for unacceptable or offensive behavior. Japanese professors and acquaintances may not point out inappropriate behavior; however, any actions out of the ordinary will be noticed and can negatively impact you and the program.

Courses and Grading

You are required to attend all class meetings, mandatory field trips, and other academic events. Attendance is mandatory unless you are explicitly excused for a valid reason. Many faculty members monitor and consider attendance when determining the course grade. Travel, family visits, relationships, and work responsibilities are not valid reasons for missing class.

In order to be successful academically, you must take the initiative. Take personal responsibility for your education, formulate clear academic goals, and then pursue those goals with determination rather than depending solely on UC or host university requirements for direction. Japanese university courses typically have less structure than courses at UC. Professors rarely provide syllabi and, even if they do, may change the content of the course during the term. Check with each professor about specific course requirements, paper deadlines, exam dates, and any other matters related to your academic responsibilities.

The UC unit value of courses offered in Japanese universities varies widely and does not necessarily match the particular unit scheme of any UC campus. The unit value of a course is often less than the standard quarter or semester course at UC. In some cases, courses on a similar theme may be combined to fulfill a UC campus requirement.

Discuss questions related to grades or other classroom matters and appropriate plans for handling them with the EAP Study Center Director. It is not the Japanese custom for instructors to give detailed comments on written work and final papers, and exams are not usually returned; the grade itself is generally considered appropriate and adequate feedback. You may inquire about your progress in a class, but do not discuss grades with your professors unless invited to do so; otherwise, it may appear that you are trying to negotiate your grade, which is frowned upon.

“ EAP STUDENTS SAY...

I had a wonderful learning experience inside and out of the classroom. My academic experience was heightened through lectures from a Japanese perspective. Classes, new friends, social interactions, and overall experiences were fantastic, but it's also what you make it.

My professor and fellow students made great efforts to come with me to every location I visited, which opened many doors I would not have been able to open myself.

”

Beware of rumors about lenient grading at Japanese institutions. Some of the host universities are notably similar to UC in their standards and grading system. Language courses in particular can be more demanding than at UC and the grading is often rigorous. In many cases, poor grades are the result of excessive absences, tardiness, missing assignments, and lack of communication between UC students and instructors. If you experience difficulties with your language courses, inquire with the Study Center for tutoring assistance.

To avoid a failing grade for a dropped course:

- Keep the Study Center informed of any changes in course selection at the host university.
- Follow EAP procedures for dropping a course.

Grades are reported by the host university administration or by host university professors to the EAP Study Center Director, who reviews them and assigns the final UC grades. Once grades are available, they are processed by the EAP Systemwide Office (as a group, not individually) and sent to the UC campus registrars.

- For more information about grades, see the [Academic Information](#) chapter of the *UCEAP Guide to Study Abroad*.

Internships

You may find an opportunity to participate in an internship while in Japan. Some are short-term internships during the semester break while others are ongoing during the academic year. Expect to locate an internship on your own, without assistance from EAP. One resource for internship opportunities is [HyperCampus](#), an Internet-based clearinghouse for exchange of information among colleges and industry.

As the Japanese workplace can be formal, plan to have appropriate attire if you are considering an internship.

In the past, some students have found internships with such entities as Panasonic, Asahi Beverage, and the U.S. embassy. Internships at the U.S. embassy require application and security clearance with the Department of State prior to departure. Deadlines may be early, so begin these preparations well in advance of departure if you are interested.

Summary of Programs

The following programs are outlined in this guide. You are responsible for reading all sections specific to your program.

Immersion – Japan Universities

- Hitotsubashi University
- International Christian University (ICU)
- Keio University
- Osaka University
- Tohoku University
- University of Tokyo
- University of Tsukuba
- Waseda University

Contemporary Japan, International Christian University

Engineering and Science in English, Tohoku University

Graduate Studies in International Relations, University of Tokyo

Lab Research in Engineering and Science, Osaka University

Language and Culture, Doshisha University

Language and Culture, Tsuru University

“ EAP STUDENTS SAY...

I was surprised by the group orientation and strict work ethic of the kenkyushitsu. It helps if you expect this and make friends with the other lab members.



Intensive Language Program

- All ILP courses are taken for a letter grade; the pass/no pass grade option is not permitted.

The immersion program begins with a required summer intensive language program (ILP). Based on your host institution, you will either be at the ILP at the International Christian University or the ILP organized by the Tokyo Study Center.

The ILP provides Japanese language at the beginning, intermediate, and advanced level. All students take a placement test.

Following the ILP, there is a break ranging from a few days to two weeks, depending on your host university calendar.

While on EAP, you are required to take a full-time course of study and enroll in **12 UC quarter units during the ILP**. If you are concerned about reaching the graduation unit ceiling, you may use the variable unit option to reduce ILP units to no fewer than 3 without any reduction in course work. See the [Academic Information](#) chapter of the *UCEAP Guide to Study Abroad* for more information on the variable unit option.

ILP at International Christian University

If you are placed at ICU or the University of Tsukuba, you will be in the ILP at International Christian University (ICU). The six-week ILP is approximately 20 hours of intensive language instruction per week at the basic, intermediate, or advanced level and earns up to 12 UC quarter units. Classes are in the morning. Afternoons are devoted to fieldwork, personal study, and consultation with instructors.

In addition to the ILP, you will participate in the Cultural Enrichment Program. This program consists of field trips and cultural events that present various facets of Japan. It includes demonstrations of traditional Japanese arts; visits to factories, financial institutions, temples, and parks; and a weekly series of Japanese films and lectures by ICU professors and other specialists in the Tokyo area.

Optional ILP trips are planned by ICU for weekends (participation is not required). These trips usually include a visit to Mt. Fuji, a day of Zen meditation, and a night of Kabuki. Costs range from about \$20 to \$50 per trip. These optional trips are not included in the EAP Student Budget. You would be responsible for paying these costs.

ILP Organized by the Tokyo Study Center

If you are placed at Doshisha, Hitotsubashi, Keio, Osaka, Tohoku, the University of Tokyo, or Waseda you will be in the ILP organized by the Tokyo Study Center.

During the six-week ILP, you will attend language instruction classes for about four hours a day Monday through Friday and earn up to 12 UC quarter units. You will meet with other students in small groups that may occasionally convene in larger sections to discuss topics such as seminar presentation, writing reports, and taking lecture notes. Instruction is complemented by the use of language CDs and videos.

“ EAP STUDENTS SAY... ”

The zemi (seminar) system at Hitotsubashi is unique. The professor is your advisor. Your zemi ten (seminar members) are your study peers, friends, and a big part of your college social life. Alumni of your zemi are important ties to future recruitment and advice.

The zemi system ensured that we weren't just foreigners, but actual students and participants with Japanese people. In my zemi I got to do a field study about the Ainu ethnic group, which was something I couldn't have done in the States.

”

Immersion – Japan Universities

- Hitotsubashi University
- International Christian University (ICU)
- Keio University
- Osaka University
- Tohoku University
- University of Tokyo
- University of Tsukuba
- Waseda University

Minimum Requirements:

- Summer ILP: 12 UC quarter units
- 18 UC quarter units per semester or 12 per quarter (University of Tsukuba and ICU only)

Additional requirements for each university are listed below.

If you have advanced Japanese language skills (three years or more) you may be able to attend regular university courses (mostly taught in Japanese) in a wide variety of majors.

Hitotsubashi University

EAP students at Hitotsubashi study primarily in the social sciences, law, business, and economics, although other fields are available. Native or near-native Japanese fluency is required. Course work is taught in Japanese.

International students at Hitotsubashi become members of the main student body. With the exception of a Japanese language program, the university offers a very limited number of courses exclusively for international students.

A special feature of Hitotsubashi is the *zemi* (seminar) system. *Zemi* is an abbreviation of the German pronunciation of seminar, on which the Japanese model is based. The *zemi* system differs from Japanese higher education's usual focus on mass education. To participate, you must have a clear academic focus within the social sciences and Japanese language proficiency at the intermediate level or higher.

All Hitotsubashi students are required to participate in seminars, which encourage individual development and expression as well as foster close and often lifelong personal relationships among students and faculty members. Eligible students may affiliate with one of the *zemi* for intensive academic training.

The *zemi* is a year-long course taken consecutively in the junior and senior years. While a *zemi* normally comprises 10 to 15 students, some exceptionally popular *zemi* may hold up to 25 students. Students study under one professor who acts as academic advisor, mentor, and instructor.

The *zemi* goes beyond academic instruction; it often develops into a close-knit, communal group for social life in Japan. The concept that a *zemi* is a place for personal development as well as academic training has been a tradition over the generations. In addition to academic work, *zemi* members enjoy a variety of activities together both on and off campus.

“EAP STUDENTS SAY...

Take time to learn the vocabulary words in your subject area. Often it was easy to think, 'I don't have to learn these because I can write my paper in English.'

”

International Christian University (ICU)

The year program at ICU consists mainly of Japanese studies. Most language courses are 12 UC quarter units. Japanese language study constitutes from one-half to two-thirds of the course load each quarter.

Additional Requirements: At least one course in the Japanese language sequence during each of the three quarters.

- ▶ You may request an exception to the Japanese language requirement (from both the Study Center and the EAP Systemwide Office) only if you have advanced language skills, in which case you can substitute a non-language course taught in Japanese in any of the divisions of the College of Liberal Arts.

An intensive Japanese language immersion program that meets four hours daily is available each quarter and offers an intensive and thorough foundation in spoken and written Japanese for academic purposes. It includes field trips and joint activities with Japanese students, as well as audiovisual work in the language laboratory and computer-assisted instruction. If you choose this option, you are advised to take only Japanese language for the quarter in which you have enrolled.

Several of the ICU courses offered in English are through the Japan Studies Program, which includes a three-term core course sequence that teaches Japanese studies from various perspectives. You may take individual courses in the Japan Studies Program or work toward a certificate for completion of a required program of courses (Japanese language courses and six or seven other courses related to Japan, including the core course series).

Some courses are taught in a combination of Japanese and English and are indicated as such in the ICU course catalog. You are encouraged to consider these courses, as they serve as an introduction to the Japanese system of higher education.

To succeed in the language classes, you must attend class regularly and submit assignments on time. Grading standards are strict and comparable to those used at UC.

Keio University

You will take Japanese language and Japanese studies courses taught in English. As an exchange student, you will be affiliated with the International Center. If you pass the rigorous placement exam, you may take regular Keio University courses taught in Japanese and continue advanced language instruction.

Additional Requirements: At least seven courses taught in English (worth 2 Keio units each) and Japanese language courses. You can take up to four Japanese language courses (worth 1 Keio unit each).

Recommended courses include economics, global studies, and international and area studies.

“ EAP STUDENTS SAY...

At Tohoku I was placed in the linguistics department. In addition to furthering my study of linguistics, this gave me a group to belong to. A group makes all the difference in the world. It was with the people in my department that I went out to karaoke on Fridays, celebrated the New Year, experienced ohanami (cherry blossom viewing), and watched the fireworks near Obon. My department colleagues came to think of me, not as the foreigner they happened to know, but as one of their number who happened to be a foreigner.

”

Osaka University

EAP has expanded its original focus on engineering and economics to additional academic areas. With the necessary Japanese language ability (native or near-native), you can take a wide range of courses in most fields. You may select and attend classes that are originally intended for Japanese students.

If you choose to study economics, one of Osaka's strengths, a strong math and economics background is essential. Emphasis is placed on individual initiative. In addition to Japanese language courses, you may take a year-long seminar on the Japanese economy and complete a substantial thesis.

See the [Lab Research in Engineering and Science, Osaka University](#) section in this guide for information on that program.

Tohoku University

The year program at Tohoku is for students fluent in Japanese or those with one to three years of Japanese who prefer to focus on research instead of taking course work. Students with advanced language skills (three or more years of language study and native or near-native ability) take regular lecture courses in Japanese and undertake research.

Many fields are available. You must be academically focused within your major field of study. Generally, UC students focus on Japanese language and courses in Japanese. You may choose to engage in a significant research and writing project on a Japanese topic of your interest. The study normally is made in the context of a year-long seminar taken with a Tohoku University faculty advisor.

See the [Engineering and Science in English, Tohoku University](#) section in this guide for information on that program.

The University of Tokyo

Unless you are fluent in Japanese, you will spend time in research groups and language study; you will not take regular courses. If you have adequate language skills, you may substitute regular courses taught in Japanese for the language requirement.

Engineering Program

If you have a strong interest in engineering, related sciences, or architecture, you may conduct research in an area of your choice with guidance from a professor in that field. Most learning and interaction with other students take place in the laboratory research unit (*kenkyushitsu*) through a mentor process rather than in formal classroom settings. If your language ability permits, you may take lecture courses taught in Japanese, which vary from fundamental engineering courses to in-depth ones in more specialized fields. Some of these courses use English-language textbooks, and professors are available to assist in English during office hours. Students usually take about one-third of their course work in lecture courses, one-third in language study, and one-third in research, although they may spend up to two-thirds of their time in independent study and research through the *kenkyushitsu*.

The University of Tokyo is particularly appropriate for graduate students in engineering and engineering sciences. Graduate students take one or two courses in Japanese, if language skills permit, but spend the majority of their time in independent study and research.

“ EAP STUDENTS SAY...

My classes were conducted in Japanese. It's really important to have enough Japanese to understand lectures. I spent a lot of time reading English texts on similar subjects. Some of my classes were very demanding. It was especially hard when the reading materials were in Japanese, but most of the professors were friendly and willing to give me special assistance.

”

University of Tsukuba

All courses are taught in English in the Junior Year at Tsukuba Program (JTP). The program resides in the university's College of International Studies. A faculty member is assigned to each JTP student as an academic advisor. Explore the possibility of independent study under the supervision of the academic advisor.

With advanced language skills, you may take regular University of Tsukuba courses taught in Japanese but will be expected to select the majority of your course work from the JTP courses.

During the quarter the academic program consists of:

- **Japanese language courses held at the International Student Center.** Language study continues during the fall quarter. JTP offers five levels of intermediate Japanese including reading, writing, speaking, listening, and *kanji*. With advanced skills, you can take advanced Japanese language courses that focus on writing and reading and are offered as regular courses.
- **Specialized courses taught in English** that examine from a comparative perspective Japanese government, politics, economy, society, and culture; intercultural economy; communication; and international education.
- **Regular Tsukuba courses taught in English** include courses in the social sciences and international studies, environmental sciences, and marine studies.
- **Courses taught in Japanese** across a broad range of disciplines for students with sufficient Japanese language skills.

Waseda University

You will take courses through the Waseda School of International Studies (SILS). Courses outside of SILS are not open to EAP students. SILS offers Japanese language study and a variety of course work taught in English in many subject areas.

Contemporary Japan, International Christian University

This fall program is taught in English and focuses on the culture of post-World War II Japan, its international influence and contributions, and its social and cultural phenomena, including the language and art of Japanese popular culture. You will explore recent changes that have been taking place in Japan and how such changes are reflected in a variety of cultural representations. The required core course and regular ICU courses tailored to the program provide an understanding of contemporary Japanese social and cultural manifestations in all their historic and contextual complexity. Japanese language study is available as well as course work from the regular ICU curriculum taught in English or Japanese.

Required:

- 16 UC quarter units for UC quarter campus students
- 19.5 UC quarter units for UC semester campus students in order to earn a semester's credit and participation in an independent study course that counts towards your 19.5 units
- Core course (must be taken for a letter grade)
- One additional course chosen from the specific curriculum for the program (usually 4 quarter units) or an intensive language course

Engineering and Science in English, Tohoku University

Juniors and seniors with limited or no Japanese language background take the Tohoku University Junior Year Program in English (JYPE) for the full academic year or the spring semester.

You will participate in laboratory research with Japanese students, conduct individual research projects, write reports (in English), and take regular course work in English. Lecture courses meet once a week; Japanese language classes of various levels meet twice a week.

If you have the necessary academic background, you may take courses in addition to engineering from the regular offerings of the JYPE program in fields such as geophysics, evolution and ecology, agricultural economics in Japan, and Japanese business. Japanese students are actively encouraged to take part in the classes offered in English and interact with the foreign students.

Required:

- 18 UC quarter units each semester for students who attend the ILP
- 21 to 24 UC quarter units each semester for students who do not attend the ILP
- Research component

“ EAP STUDENTS SAY... ”

Know what classes you need to take for your major and be aware of how the units will be applied at UC. Pick your classes carefully. I found it was better to take classes from regular faculty than temporary visiting faculty. Figure out how your classes will fit in with your major.



Graduate Studies in International Relations, University of Tokyo

This program is designed for master's students in the UCSD Graduate School of International Relations and Pacific Studies.

Courses offered by the Graduate School of Public Policy (GraSPP) faculty are listed by the following groups: basic, topics, practical training, case studies, research paper, and research thesis. Courses in the basic and topics categories are also classified by three subject areas: law, politics, and economics.

Japanese language study is not required. The University of Tokyo International Center provides Japanese language courses while graduate schools/faculties also offer their own Japanese language programs.

Graduate students are responsible for meeting their specific requirements as outlined on their Graduate Student Agreement (GSAG).

Lab Research in Engineering and Science, Osaka University

This lab research program in English or Japanese for international students promotes creative competencies through a wide range of research directions and hands-on laboratory experience. It is sponsored by the schools of Sciences, Engineering, and Engineering Sciences and offers research themes in nanotechnology and molecular science, life sciences and biotechnology, engineering and robotics, computing and information science, and advanced material science. You will be assigned to a particular research group. Under the close supervision of the faculty, you will conduct thematic studies through experiments, peer consultation, group work, and interactive discussions.

Required:

- 21 UC quarter units of research
- You may take regular Osaka University courses only in addition to the lab research. You may not reduce the amount of lab research.

Language and Culture, Doshisha University

The Center for Japanese Language offers beginning to advanced Japanese language study at eight levels. It also provides a limited number of courses in Japanese culture and society and intercultural communication taught in English. You will primarily take language instruction along with a few Japanese area studies elective courses that are taught in Japanese or English. If you have the requisite language skills to pass the rigorous placement exam at Doshisha, you may be able to take some regular courses taught in Japanese.

The program offers opportunities to study traditional culture such as calligraphy, tea ceremonies, and shrine festivals.

Required:

- 21 UC quarter units

Language and Culture, Tsuru University

This program is designed for students who have at least one year of university-level Japanese. Courses are taught in simplified Japanese. It provides an opportunity for you to accelerate your language learning and develop a good understanding of contemporary Japan. You may complete as much as a full year of university-level Japanese on this program.

Units

You will earn approximately 26 UC quarter units for the 18-week program. If you need to take less than the full load of units, you may use the variable unit option to reduce your total units to 21 UC quarter units. The initial intensive language courses may be reduced to a total of no fewer than 5 units using the variable unit option.

Language Study

You will take a language placement test following orientation. During the initial seven-week intensive language segment, language instruction is four hours a day, five days a week. During the remainder of the semester, you will continue Japanese language study for four and a half hours per week (divided into three courses). The pass/no pass grade option is not permitted for the language courses.

Required Courses

- Two intensive language courses of 5 units each
- Three regular semester language courses of 2 units each
- Three core courses of 2 units each: 1) Japanese Literature and Culture, 2) Japanese History and Society, and 3) Japanese Politics and Economy.
- Two electives of 2 units each (may include independent study or a third language course). Past electives include: Classical Japanese Literature, Modern Japanese Literature, Japanese Cultural History, Contemporary Japanese Society, Japanese Politics and Economy, Environmental Sociology, Environment and Ecology, Calligraphy, and Elementary School Teaching Experience.

Additional Features

In addition to core courses and language study, you have the opportunity to spend one to two hours a week in local high schools assisting teachers of English and American culture.

You may also participate in a special cultural program, which includes monthly lectures about Japan and the Japanese language presented by speakers from outside the university; extracurricular activities with Tsuru University student volunteers (for example, a traditional tea ceremony, flower arranging, or calligraphy); and field trips to local schools, factories, government offices, Mt. Fuji, the theater, sumo tournaments, and Zen temples.

Independent Study

As one of the electives, you may be able to undertake an independent study project in Japanese or Asian studies under the direction of a Tsuru professor; however, resources in English are limited and resources for independent study topics are difficult to find. See your Campus EAP Advisor or your campus library for information on access to the California Digital Library.

EXTENDING EAP PARTICIPATION

Plan Ahead to Extend

You are encouraged to extend your program with EAP at any time. Discuss the possibility of extension with the EAP Academic Liaison Officer.

Approval of extension is based on a number of factors, including space at the host university, academic and behavioral performance, and the support of your UC campus department. New incoming EAP students receive priority for spaces before extending students.

Before departure, submit an approved **Departmental and College Pre-Approval to Extend** (DPA) form to your Campus EAP Office. The Academic Liaison Officer will later submit a **Request for Final Approval** (RFA) form in order to activate the extension request. If you do not submit an approved DPA before departure, submit a Petition to Extend form, which requires campus and department approval and can take one to six weeks to process.

If you extend your participation remember to extend your visa prior to your original visa expiration date.

- **Once your extension is approved, notification will be sent to your home campus registrar, Financial Aid Office, and Campus EAP Office. For information about the steps you need to take in regards to finances, see the **Extension of Participation** chapter of the *UCEAP Guide to Study Abroad*.**

“EAP STUDENTS SAY...

Don't feel that you have to be different because you're a foreigner. Try your best to blend in, learn customs and appropriate behavior, and you will learn much more about life in Japan.

”

CULTURAL AWARENESS

Educate Yourself

Get acquainted with your new host city, country, and culture before you leave the U.S. Travel guides and travel-related websites, such as [Lonely Planet](#) and [UrbanLowdown](#), are excellent resources. The references in this chapter will help you prepare before departure. Take a preparatory course in Japanese history, Asian history, or political science.

The bookstore Kinokuniya has an abundant supply of Japanese literature; it has branches in San Francisco, San Jose, Costa Mesa, and Los Angeles.

Recommended Newspapers and Magazines

Keep up with current events by reading articles in newspapers, magazines, and journals:

- [The Asahi Shimbun](#)
- [Far Eastern Economic Review](#)
- [The Japan Times](#)
- [Daily Yomiuri](#)
- [onlinenewspapers.com](#)

Recommended Collections and Books

Adelstein, Jake	<i>Tokyo Vice</i> , New York: Knopf, 2009.
Dower, John	<i>Embracing Defeat: Japan in the Aftermath of World War II</i> , New York: Norton W. W. & Company, 2000.
Nathan, John	<i>Japan Unbound: A Volatile Nation's Quest for Pride and Purpose</i> , Houghton Mifflin Harcourt, 2004.
Seidenstecker, Edward	<i>Tokyo: From Edo to Showa, the Emergence of the World's Greatest City</i> , Tokyo: Tuttle Publishing, 2010.
Schirokauer, Conrad and Suzanne Gay, David Lurie	<i>A Brief History of Japanese Civilization</i> , 2nd ed., Fort Worth: Thomson/Wadsworth, 2006.
White, Merry I.	<i>Perfectly Japanese: Making Families in an Era of Upheaval</i> , Berkeley: University of California Press, 2002.
Yamashita, Karen Tei	<i>Circle K Cycles</i> , Minneapolis: Coffee House Press, 2001.
Yoda, Tomiko and Harry Harootunian, eds.	<i>Japan after Japan: Social and Cultural Life from the Recessionary 1990s to the Present</i> , Durham: Duke University Press, 2006.

“ EAP STUDENTS SAY...

Watch the oldest Japanese people in the room; see how they behave and follow their lead.

Be conscious of your surroundings so that you can blend into the Japanese culture.

”

- ▶ Refer to the EAP [Substance Abuse Policy](#) for details.

Social Conduct

Respect

Japanese culture is undergoing rapid change that can be seen in the younger generation. However, the more durable traditions include veneration of the elderly, subservience of women, and propriety. You may experience behaviors that would be considered discriminatory in the U.S. but are considered acceptable in Japanese society. Try to observe such behaviors impartially to avoid applying American standards and expectations to the Japanese in their culture.

Social conduct in Japan is regulated more by custom than by written law. For example, the Japanese have a distinct sense of what is proper to discuss. The Japanese will also ask many personal questions, merely out of curiosity. Do not take it as an insult. If you do not feel comfortable answering questions, politely sidestep them.

In Japan, American frankness can be interpreted as rude. Be conscious of this and respect Japanese social expectations.

The Japanese are a group-oriented society. Whereas the West emphasizes individualism, Japanese activities are often outgrowths of some group, family, profession, school, or community.

Japan is a country with a high population density. To function well in this society, Japanese people show great respect for the personal space of others. Shouting or speaking loudly is considered rude; communicate subtly. A useful rule of thumb to follow is that if noise can be heard outside of the walls of your room, it is too loud. Japanese culture uses many gestures to communicate, many of which differ in meaning from those used in California. Public displays of affection are an affront to many Japanese.

Punctuality is essential in Japan; it is rude to be late.

Drugs and Alcohol

Never feel pressured to drink. The Study Center can help you to devise polite and friendly ways to avoid drinking without avoiding the camaraderie associated with it.

Although drug use among Japanese is low, alcohol use is greatly tolerated. It is common to see intoxicated people in late-night trains and at stations. Vending machines sell beer and sake. Japanese law, however, prohibits minors (those younger than 20 years of age) from drinking alcohol. UC students who are of legal age are advised to use their own judgment and not display any intoxicated behavior in public places. Students who continually abuse drinking, behave disorderly, or cause problems for their housing or host university will face disciplinary action by UCEAP.

Smoking

While the anti-smoking campaign is slowly spreading, Japan is still a smoker's haven. Recently, some areas in central Tokyo have passed regulation that bans smoking in public places such as roads and parks. It is common to see many smokers inside and outside buildings although many restaurants now have nonsmoking sections. Even if the restaurant does not have one, it may be possible to be seated at a table in an area where there are fewer smokers. Smokers should be aware of areas where they can smoke outside. The law prohibits purchase and smoking of cigarettes to minors (persons under the age of twenty).

Improve Your Language Skills

The more Japanese you know before departure, the more rewarding your time abroad will be. Prior to departure, work to improve your written and spoken Japanese. If you have no prior Japanese language background, gain some familiarity with **hiragana and katakana**.

Following are some good ways to prepare:

- Read aloud (anything in Japanese) for 20 minutes at a time; read progressively faster, maintaining correct pronunciation.
- Try a Japanese language computer or video game.
- Keep up-to-date on Japanese current events by reading articles in newspapers, magazines, and journals.
- Practice Japanese phrases picked up from conversations and reading.
- Listen to Japanese language CDs.
- Seek out people fluent in Japanese for conversations and vocabulary practice.
- Keep a journal of Japanese phrases, expressions, whole sentences, and structures to add to your vocabulary.
- Watch Japanese movies. Watch once with the subtitles, then turn the subtitles off and watch again. Focus on movies in contemporary settings rather than historical dramas.

Advanced Students

- Read Japanese newspapers and magazines, using a dictionary as necessary.
- Read two books in Japanese, one fiction and one non-fiction.
- Read a book in Japanese in your major.
- Practice writing about your major field and other interests in Japanese.

► Additional information about passports, visas, and other required documents is provided in the [UCEAP Guide to Study Abroad](#) and EAP Predeparture Checklist.

ARRIVAL & ORIENTATION

Travel Documents

Japanese Citizenship

Per Japanese governmental regulations, if you have Japanese citizenship you must enter Japan as a Japanese citizen, even if you have dual nationality with another country. If you are affected by this regulation, provide the UCEAP Systemwide Office with a copy of your Japanese passport.

Visa

► Students with Japanese citizenship do not need a visa to enter Japan.

Non-Japanese citizens will obtain a student visa in the U.S. prior to departure. Do not enter Japan without a student visa.

About two to four weeks prior to departure, you will receive a “Certificate of Eligibility” from the UCEAP Systemwide Office. With this document, apply for a student visa at the Japan consulate as directed in the EAP online [Predeparture Checklist](#).

Alien Registration

An Alien Registration Card is required of foreigners who stay in Japan longer than 90 days. After arrival, you are required to register with the local city hall and obtain an Alien Registration Card. You must carry the Alien Registration Card at all times as police or other authorities may request to see it. The Tokyo Study Center will assist you with this process.

Photocopies

It is easier to replace lost or stolen documents if you have photocopies. Make photocopies of all important documents, including passport photo pages, vaccination certificates, travelers check receipts, airline tickets, student ID, birth certificate, credit cards (front and back), etc., then leave a set of copies at home with a parent or guardian and pack a set in various pieces of luggage. Spending a few moments copying documents now can save time and energy if something is lost or stolen.

“ EAP STUDENTS SAY...

Take as little as possible and mix 'n' match clothing for variety. Lugging baggage around is a drag.

Take clothes that you can layer. It gets cold!

Definitely bring a Japanese phrase book like the one by Berlitz. It's very helpful for expressions you'll use a lot.

Bring heavy-duty mosquito spray if you go to ICU during the fall; they are vicious.

Bring mosquito repellent, rain boots, and warm clothing for fall in Japan. Everyone in my program wishes they had brought these or more of these. Multivitamins are essential as well since vegetables and fruits are expensive!

”

Packing Tips

You can find almost everything you need in Japan.

Essential

- Dressy outfit (sport coat, tie, dress, etc.) for academic or formal events
- Small, lightweight gifts (see [Gifts](#) in this chapter)
- Warm clothing for winter
- Shoes that slip on and off easily
- Comfortable walking shoes
- Prescription medications (see the [Health](#) chapter of this guide for information on transporting prescriptions abroad)
- Travel guide
- Pictures of family, friends, and the UC campus to share with new friends

Optional

- Laptop (highly recommended by EAP returnees)
- Plug adapter if you take a laptop (outlets in Japan are different)
- Photos of your family, friends, hometown, or campus
- Multivitamins, headache medicine, aspirin, and other analgesics
- Paperback novels to read and exchange with friends (English language books are expensive in Japan)

Climate and Dress

- ▶ **The EAP Student Budget does not include funds for the purchase of clothing abroad.**

The climate in Japan is hot and humid in the summer and cold in the winter. During the early summer you will experience *tsuyu*, a rainy season characterized by overcast skies and frequent drizzle. There are many mosquitoes at this time. The *tsuyu* ends in mid-July when the humid summer heat sets in.

Winter temperatures rarely fall below freezing (except in Sendai), although the chill factor from strong winter winds makes it seem much colder. It is particularly cold indoors, where central heating is either unavailable or limited. The best defense is to layer clothes and wear warm underwear, sweaters, scarves, socks, and slippers. If you are going to Sendai, be prepared for snow and cold conditions. Buildings are often cold, with the exception of major department stores or subways, where it is usually a little too warm for comfort.

Japanese people are generally well dressed, and stylish and formal trends are found particularly in downtown university areas. Women wear skirts and dresses more often than at UC. The typical UC wardrobe is fine for everyday wear on the suburban campuses. Clothing in Japan is often expensive and difficult to find in large and tall sizes. Women taller than 5'7" and men taller than 5'10" may have difficulty finding clothing in stores.

“ EAP STUDENTS SAY... ”

Take gifts to give to the new Japanese friends you will meet.



Shoes are very important in Japan. Japanese people take off their shoes every time they enter a home; therefore, it is best to have shoes that slip on and off easily. Take clean socks without holes.

You may find yourself walking a great deal more than you do at home. Take sturdy shoes that will last for your term abroad. Normally, Japanese shoes go up to size 7½ for women and 8½ for men. It is difficult, and often more costly, to find larger sizes.

Gifts

It is customary to take small gifts when visiting people in Japan. Gift suggestions include U.S. and hometown items; pictures of UC or your hometown; T-shirts with city, state, campus, or team logos; baseball caps with sports logos; decals; something edible from California like See's Candies, almonds, pistachios, or dried fruits; postcards of places in California; and other tourist-type items.

In Japan, the quality of a gift's wrapping is as important as the gift itself. Inexpensive gifts may be balanced out by the special care you take with wrapping and presentation with nice paper, bows, special boxes, or gift bags.

Electrical Items

Voltage in the Kanto area is 100 volts, 50 cycles AC. The voltage is slightly lower, so electric motors (such as hair dryers) run slower than in California.

Three-pin plugs are not used in Japan; two flat-pin plugs are used instead. Purchase a plug adapter beforehand (if needed).

Contact Lenses

Various brands of saline solution, daily cleaners, enzyme removers, and solutions for the heat method of disinfecting lenses are available in Japan. Take an extra pair of contacts or glasses and the prescription in case either is needed while abroad.

Official EAP Start Date

You are responsible for making your own transportation arrangements to and from Japan (even if you are on financial aid) and for arriving on the Official EAP Start Date. This includes reserving and purchasing airline tickets (purchase a changeable ticket). Standby tickets are not acceptable.

Program dates and arrival information are posted on the EAP website. Failure to appear on the Official Start Date is cause for dismissal from the program (Student Agreement, Section 10). When traveling, always carry your passport, visa, ticket, prescription medications, and money. Never put valuables in your checked luggage.

The program start date can change due to unforeseen circumstances. You are responsible for making modifications to your travel itinerary to accommodate such changes. EAP is not responsible for unrecoverable transportation charges you may incur for travel arrangements. To stay informed of program changes, update MyEAP with any changes to your contact information (mailing address, e-mail, and phone number).

Financial Aid Students

Your financial aid package is based partly on the EAP Student Budget for the program. The estimated round-trip airfare is based on the cost of a changeable student fare to Japan. If your travel costs are greater than the airfare estimate in the EAP Student Budget, notify your financial aid counselors. Neither EAP nor the Financial Aid Office can guarantee that the additional cost will be funded by financial aid.

Orientation

You are required to attend all orientation activities, which cover such topics as:

- banking, transportation, medical facilities, and housing;
- academic advising including academic requirements, which vary by program; and
- the specifics of your MyEAP course registration, which varies by program. You will register for courses after orientation based on the Study Center instructions.

LOCAL TRANSPORTATION

All cities in Japan have excellent public transportation and students have no trouble getting around. The Tokyo area may be confusing initially because of its vastness and complexity. As with most major transportation systems, the biggest problems are the crowds and the expense, which can be minimized by avoiding rush-hour travel times and by using subway and private lines.

If you have a long commute, you might find a bike useful for travel between home and the train station. It is your responsibility to learn your rights and obligations as a cyclist abroad.

Operating Motor Vehicles

You are strongly discouraged from driving cars, scooters, or motorcycles due to serious legal and insurance issues. Trains provide exceptional transit in and between most cities. EAP assumes no financial or legal aid responsibilities should you be involved in an accident while operating a motor vehicle.

► It is important that you carefully read all of the information available in the [UCEAP Guide to Study Abroad](#) and discuss it with the person who will assist you with your finances while you are abroad.

FINANCIAL INFORMATION

Understanding Your Finances

Understanding your finances before, during, and after EAP is crucial to having a successful time abroad. The following list outlines just a few of the many things you will need to know before departure.

Detailed information on the following topics can be found in the [Money Matters](#) chapter of the [UCEAP Guide to Study Abroad](#):

- Contact information for finance questions
- How to estimate the cost of your program
- Budget instructions and information
- How to and who can make payments to EAP
- EAP student account information
- Banking before and after arrival
- Fees and penalties
- Loan information
- How financial aid works while on EAP (how do I get my financial aid from my home campus and how are my fees paid)
- Various forms (e.g., direct deposit, etc.)

MyEAP Student Account

Your MyEAP Student Account is similar to your home campus Financial account. It will be available as soon as you are selected for your program in MyEAP. The fees that you owe UCEAP are posted to your account, and you can make payments through this account using e-checks or credit cards (MasterCard or Discover). Fees will be applied after your program predeparture withdrawal date, which is listed in MyEAP.

EAP Student Budget

Carefully review your [EAP Student Budget](#).

Your EAP Student Budget lists the fees you will pay to UCEAP and an estimate of the personal expenses you will need to plan for. It does not include the cost of recreational travel or personal entertainment. The fees due to UCEAP will be posted to your MyEAP Student Account after your program predeparture withdrawal date. Program fees are subject to change. View your EAP Student Budget frequently.

Instructions

- **Download** and **print** your EAP Student Budget and Payment Vouchers.
- Note the deadlines on the Payment Vouchers.
- Give the EAP Student Budget and Payment Vouchers to the person responsible for paying your EAP bills. Sign them up for Third Party Authorization so they can make payments online.

For further information see the [Money Matters](#) chapter of the [UCEAP Guide to Study Abroad](#) and the Money Matters tab of your Participants Portal. If you are on financial aid, see also the [EAP Financial Information](#) web page.

- ▶ The official currency unit in Japan is the yen (abbreviated ¥ or JPY).
- ▶ Get used to carrying more cash in Japan than you would in the U.S. Checks are not widely used, and credit cards are not as frequently accepted as in the U.S.

“EAP STUDENTS SAY...

The price of food and everything else in Japan is very high!

If you'd like to use an ATM card from a bank at home, there are Citibanks all around Tokyo that accept those cards. The post office usually has an international ATM that you can use.

”

Handling Money Abroad

Initial Expenses

If possible, take money for the semester in the form of travelers checks. You can cash them at any post office or at banks that have exchange sections. Travelers checks are safer than cash because identification is required to cash travelers checks. Travelers checks in U.S. dollars are easier to cash than those in yen denominations.

In summer 2010, Western Union resumed service in Japan, offering cash-to-cash transfers across 200 countries and territories to and from some areas in Japan. You can find more information in English at www.westernunion.com and in Japanese at www.travelex.jp

Banking

- ▶ Since Citibank has offices in the U.S. and Japan, you can access your account in both countries.

Banking and financial customs in Japan are different from those in the U.S. Almost all purchases are made in cash, although credit cards are accepted at hotels and some restaurants. You can purchase yen at the airport (either in the U.S. or Japan). U.S. dollar-denominated and yen-denominated travelers checks are accepted in Japan. Yen checks are negotiable only at the banks through which they are written or through a bank at which you have an account. Personal checks are not accepted by stores, universities, apartments, or dormitories. Depositing a U.S. check into a Japanese bank account is not recommended since the transaction may take up to two months to clear and there is a high service fee.

Japanese Bank Account

One way to handle finances is to open an account at a Japanese bank, which is free of charge. Most banks have branches throughout the country and issue account holders an ATM card for use at the branches. In addition, you can use another bank's ATM for a fee.

Most banks are open weekdays (9 a.m. to 3 p.m.) and closed on weekends and national holidays. ATM hours are usually weekdays from 8:45 a.m. to 6 pm, and there is an extra fee outside of those hours. On weekends, ATMs may be used until 5 p.m. for a fee of U.S. \$1 to \$3 per transaction. Some convenience stores have ATMs connected to major banks. Verify this information with your bank when you open an account.

ATM Cards from the U.S.

Prior to departure, ask your bank or card company if you can access your U.S. account in Japan using your ATM card and personal identification number (PIN) from abroad to access funds in your U.S. account. In addition, find out if ATMs are accessible in the area where you will reside in Japan. The cash amount you will be able to withdraw from an ATM in Japan is limited to the amount you can withdraw in America rounded down to the closest ¥10,000.

ATMs at 7-Eleven convenience stores across Japan accept many international debit or credit cards. According to 7-Eleven, most Plus and Cirrus cards should work, including Visa, MasterCard, Maestro, American Express, JCB, and UnionPay cards. The service charge differs depending on the card. This service is available in most regions of Japan, including most of Honshu, all of Hokkaido, and much of Kyushu.

“ EAP STUDENTS SAY...

Japan is pretty expensive, so bring more money than you think you will need. It is better to overestimate than underestimate.

”**Post Office Accounts**

It is possible to open a savings account at a post office. With this type of account, you can withdraw money at post offices throughout Japan for free. Major post offices have facilities for exchanging cash and travelers checks. In addition, many post offices have ATMs. These ATMs are usually open longer hours than the bank, and you can withdraw money from these ATMs on the weekends for free.

Transferring Money Overseas

Money can be cabled from an American bank to your Japanese account in about a week. Money is first cabled from the American bank to the central office of the Japanese bank; the funds are then transferred by mail to the local branch, where it is made available. The process can be expedited by two or three days for an extra fee by having the money cabled directly to the branch office.

The basic charge for the procedure is set by the American bank. Determine the charges before departure and verify that your American bank can transfer funds in this manner.

Credit Cards

Visa and MasterCard are widely accepted in Japan at larger stores. The MasterCard logo is not used in Japan (the logos of affiliated Japanese cards are used instead). The American Express card is seldom accepted by merchants.

COMMUNICATIONS ABROAD

Cell Phones

Most UC students use cell phones. U.S. cell phones do not work in Japan. Purchase a phone in Japan to ensure compatibility with the Japanese phone system. There will be a session on cell phones during the on-site orientation.

If you would like to buy a cell phone, you are required to show your passport, student ID card, and a certificate of your address for registration. You can pay monthly charges with a credit card. Purchasing a cell phone can be expensive. The initial cost to sign up is at least 10,000 yen. If you are under 20 years old, you will need a copy of a parent's or guardian's identification (a passport or state-issued driver's license), along with a parental consent form.

Skype and International Calls

Voiceover Internet Protocol (VoIP), the technology for transmitting voice conversations via the Internet, is popular with students who take a laptop abroad. Social networking software such as **Skype** is commonly used to make free or low-cost calls over the Internet. Many returnees report that they used Skype once a week to connect with family in the U.S.

Prepaid international calling cards are often sold from vending machines next to phone booths or in convenience stores like 7-Eleven and Lawson. You can make international calls from public phones that are covered with a gold-colored plate. Dial 0051 to reach the international operator.

E-mail and Computers

E-mail accounts and computer facilities are available at all Japanese host institutions, but access varies at each university. You will receive additional information when you arrive. Take your own laptop if possible—EAP returnees report that they are useful.

Mail

Post boxes in Japan are reddish orange in color and often have two slots: one slot is for domestic letters and post cards, and the other slot is for everything else. The post office has a red logo of a capital "T" with a horizontal line over it. More information (including postage rates and services) can be found on the [Japan Post website](#).

You can also find international delivery companies such as FedEx and DHL in major cities throughout Japan. EMS (Express Mail Service) is an additional international mail service offered by the Japanese post office. A letter to the U.S. can be delivered in about five days.

“ EAP STUDENTS SAY...

Living in a dorm helps you to integrate, but it's also important to make an effort. Speak in Japanese. It doesn't matter how little you know or how stupid you may feel.

Student clubs are a must.



- ▶ **Be sure to pay all utility bills before leaving Japan. If EAP pays unpaid bills on your behalf, your transcript and registration at UC will be blocked until the bill is repaid.**

HOUSING & MEALS

Living arrangements vary by host institution. Some universities arrange dormitory accommodations prior to your arrival, while others assist with off-campus apartment searches after arrival. You may also arrange private apartment or homestay accommodations. EAP does not provide assistance with this (but the host institution may). Japanese prices for rent and food are among the highest in the world. Program-specific information is provided in the EAP Student Budget.

The shortage of space and the high cost of land have made housing a major problem for most urban Japanese universities. Be prepared for life in an urban environment, different from many UC campus settings. The commute from the dorm to the university is often more than an hour each way.

The UC academic calendar does not correspond to the Japanese academic year, which begins in April, making it difficult to be assigned Japanese roommates.

Married student housing at most universities is difficult to arrange and is often nonexistent. If you plan on taking your spouse to Japan, arrange to live in an apartment.

University Dormitories

Most UC students move off campus sophomore year and only experience dorm life as freshmen. The differences in dorm life between UC and universities in Japan will take some adjustment. Dormitories are not for everyone. The dormitories have little privacy and dorm-like atmosphere. Past participants liken dorm life to that of a fraternity or sorority, in which you are expected to actively participate in dorm activities.

Residence hall life on campus is important to the Japanese students. UC students often arrive in Japan with little knowledge of the history of residential college life and are slow to integrate into related activities. You may have lived mostly off campus, so it is important to adapt to local residence hall culture if you are to make the most of your experience.

Living in a dormitory is a challenge in cross-cultural adaptation. Flexibility, cooperation, consideration, and sensitivity are critical for success. The dormitories have a number of written and unwritten regulations and protocol when rules are broken. You may be forgiven for violations because you are *gaijin* (foreigner), when Japanese students would not; however, these allowances are not license to disregard dormitory regulations and requirements. Despite the fact that there is little privacy and you may be continually obliged to sacrifice personal preferences to those of the group, the dormitories provide a unique glimpse into Japanese life, and many EAP students consider the dorm experience an important aspect of their year abroad.

Although sometimes far from campus and cramped by American standards, dormitories are relatively inexpensive. You will have to provide your own bedding and some minor furnishings. Dormitories are segregated by sex at some host universities, and visitors of the opposite sex may not be allowed in common rooms. Some women's dormitories have curfews. Residents do all the cleaning themselves.

“EAP STUDENTS SAY...

I learned a lot of Japanese outside of the classroom through interactions with friends. Definitely do at least one homestay. You will learn a lot about Japanese culture and the families are great!

”

Apartments

Apartments offer more privacy, independence, and flexibility than dormitories. Students on short-term programs (six months or less) will have difficulty finding apartments as most leases are long-term only. Local students usually rent a one-bedroom flat on a two-year lease, which costs about 55,000 yen to 80,000 yen per month.

A major disadvantage of private apartments is their expense and the large initial cash payment. Expect to spend an additional \$3,000 to \$4,000 for housing deposits (about half to two-thirds of which is nonrefundable). Apartments are unfurnished.

When you rent an apartment, you will pay the rent, deposits, real-estate agent's commission and so on. In all, the deposits and fees total about five or six times the monthly rent, as outlined below.

- Nonrefundable key deposit (*reikin*), paid to the landlord for renting the apartment, equal to one to two months' rent in Tokyo and northern part of Japan and six to ten months' rent in western parts of Japan, including Kyoto or Osaka.
- A damage deposit (*shikikin*) is paid to the landlord as a security against unpaid rent. This deposit is refunded when the tenant vacates the premises after all costs of repairs have been subtracted. However, this money is often used for repairs (e.g., recovering the *tatami* and sliding doors or cleaning), and it is likely that there will be no refund. The usual amount is two months' rent.
- A nonrefundable realtor's fee equal to one month of rent (if you use a realtor, which is often unavoidable).

Even if an apartment is sublet from someone else, these fees must be paid anew. Also consider utility fees.

Homestays

Homestays offer a great opportunity to practice Japanese language skills and learn firsthand about home life in Japan. Depending on the situation, 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 have a personal connection in Japan, you are encouraged to explore a homestay option.

Some homestays occur outside of the large Japanese cities, enabling students to experience a different side of Japan. Many homestay students cultivate close relationships with their host families and return throughout the year to visit with them. Past participants have been enthusiastic about the experience and its benefits to their language acquisition.

Whether for a week, a weekend, or longer, participants in homestay programs usually have obligations to help with English instruction.

International Houses

International houses are similar to apartments; you are free to come and go as you please and will have your own room. Some dorms have shared kitchens and bathrooms and others have accommodations that are like studio apartments, with a small cooking area, refrigerator, and private bath. Living in an international house is a good compromise between living in a dorm and having an apartment; you have your freedom without the higher costs of an apartment. Most international houses have regulations and some have curfews.

Intensive Language Program (ILP) Housing

(For year students going to Hitotsubashi, Keio, Osaka, Tohoku, the University of Tokyo, or Waseda)

During the ILP, you will be housed at a facility managed by Weekly Mansion Tokyo. The Weekly Mansion Tokyo is in Sugamo, about a 25-minute commute from the ILP.

Weekly Mansion Tokyo is a private company that provides short-term rental apartments throughout Japan. These single rooms have a private bathroom, bed, air-conditioner, television, phone, closet, and kitchenette. Common laundry facilities are available. There is no curfew and no meals are provided. There is a front desk open during business hours.

Some students are able to move into their academic year housing during the ILP. If it is possible for you to move early, the Study Center will notify you and provide instructions. If you move into your academic year housing during the ILP, the Weekly Mansion housing fee will be credited.

At a Glance

- Housing is prearranged and you are notified before departure.
- The cost for ILP summer housing and partial meals (if available) is collected in fees that you pay to EAP.
- You will pay Weekly Mansion for your phone expenses.
- Internet hookups are available in the individual rooms. The cost for Internet access is included in the room charge. You may also use the ILP computer lab during regular business hours.
- Phones are available in the rooms and relatively inexpensive prepaid calling cards are available. Most UC students use cell phones.
- Linens are provided. The fee is included in the rent.

► **ICU Year Students:** You will not have housing for two weeks at the end of the ICU summer ILP and before housing opens for the academic year. The ICU year Student Budget accounts for this. The Study Center will assist you in finding temporary accommodations.

ICU Summer ILP Housing

(For ICU year and Tsukuba fall students)

During the ILP at ICU, you will be housed on or off campus in a dorm. ICU arranges dorm housing.

Both Global House and Keyaki House are located on campus and are coed dorms consisting of separate living units. Each has four private rooms with a bed, desk, chair, and closet; air-conditioning; a common living area, shower, and toilet; and a small kitchen with a refrigerator, microwave oven, and washing machine. Japanese roommates are not available during the ICU ILP since they are on summer vacation. EAP students are placed with other international students.

Kyoritsu Maintenance

Kyoritsu Maintenance is a private off-campus company that runs student dorms for Japanese and international students in major cities throughout Japan. Each dorm has head residents, usually married couples, who oversee daily operations and provide the residents with assistance when needed. Rooms are furnished singles, each containing a desk, air-conditioner, bed, closet, bookshelf, and phone. Common facilities include a kitchenette, bathroom, coin-operated laundry machines, and shower. Room rent includes breakfast and dinner daily except on Sundays and holidays. There is usually a curfew. Anticipate a 45- to 90-minute commute from the dorms to ICU.

At a Glance

- You will apply for housing before departure when you complete the Predeparture Checklist.
- The fees will be applied to your EAP student account. If you live in the Kyoritsu dorm, you will also pay the dorm monthly for phone charges. Utility fees are included in the rent.
- Keyaki House has Internet hookups and you may be able to arrange service independently. You can use the computers and Internet in the ICU library or in the computer lab during business hours. If you live in the Kyoritsu dorm, you can set up your own Internet connection.
- There are no phones in the rooms in Global and Keyaki House. You can use a public pay phone to make off-campus and international calls. Phones are available in all Kyoritsu dorm rooms. Most UC students use cell phones.
- Most students eat at the ICU cafeteria or nearby restaurants. In Keyaki House, you can cook in a shared kitchen. In the Kyoritsu dorm, you will receive breakfast and dinner daily as part of your rental fee.
- Basic linens are provided in Keyaki House. This includes a pillow, pillowcase, sheets, comforter, and duvet cover. The fee is included in the ICU summer housing costs. The Kyoritsu dorms also provide linens, and the fee is included in the rent. Linens are changed two to three times per month, depending on the dorm.

Doshisha University Housing

You will be placed in a weekly mansion that is prearranged by the Tokyo Study Center. All of the apartments have a hotel-like setting. Single rooms with private bathrooms, no curfew, and overnight guests may be possible up to one person. No meals are provided, but each room is equipped with a small kitchenette, and cooking utensils are available.

Apartments are owned by Good Life Co., a private company that manages many rental facilities throughout Japan. You will be placed in a building located in the downtown Kyoto area, conveniently located near Doshisha University Imadegawa campus and also close to other popular areas in Kyoto.

If you do not wish to stay in the prearranged housing, you will need to make your own housing arrangements and payments.

At a Glance

- You will receive payment instructions with an acceptance letter and be requested to wire the housing fee prior to your departure.
- All rooms are equipped with Internet access.
- There is no phone in the rooms. UC students use cell phones.
- Linens are provided and included in the rent.

Hitotsubashi University Housing

If you hold a Japanese passport, it is unlikely you will be allowed to live in the on-campus International House (Kunitachi campus). Instead, Hitotsubashi will arrange off-campus housing at the International Village in Kodaira, where both Japanese and international students live.

You will live in either the International House (Kunitachi campus) or the International Village in Kodaira. It has 54 single rooms for international students with shared showers, kitchen, and lounge area. The International Village is off campus in the nearby city of Kodaira. The residence complex consists of five dorm buildings, a guest house, research centers, and a spacious cafeteria. It houses both Japanese and international students from local universities in the area. It is located about 30 minutes away from the Hitotsubashi campus. The single rooms have private toilets; kitchen and shower facilities are shared.

At a Glance

- Hitotsubashi prearranges housing for you. Rooms in the two dormitories are assigned by a random lottery process. You cannot choose which dormitory or room you will be placed in.
- You will open a Japanese bank account after arrival in Japan. The rent will be automatically deducted every month from your Japanese bank account. See the EAP Student Budget for estimated housing costs.
- All rooms are equipped for Internet access. To access Internet in the room, you must sign a private contract with a service provider. Each resident is responsible for his/her own Internet bill. It may take a few weeks to set up the Internet service for your room.
- There are phones in the rooms that can be used free of charge to make room to room calls within the dormitory. You are responsible for the cost of all outside calls.
- Cooking is not permitted in individual rooms, but there are shared kitchens. You can also eat at the university cafeteria and in nearby restaurants.
- Linens are available for rent.

International Christian University Housing

Roughly 40 percent of the EAP group can be accommodated on campus in ICU dorms. The remainder find housing on their own. You will find out if you have been allocated dorm space for the academic year during the ILP, so be prepared for one of the more expensive options. Dorm housing for men is especially difficult to obtain.

ICU has international dorms called Global House and Keyaki House, which are both available to students for the academic year and has increased housing capacity. Global House allows you to live a more private life with fewer social activities. In Global House, you may not get as much interaction with other students as you would in the regular ICU dorms. In Keyaki House, you will share a room with a local or international student.

If you are assigned a room in a dorm, you must remain there for the entire semester. If you leave before the end of the term, you are responsible for paying rent for the remainder of the term. It is difficult to find students to move into the dorm for the winter term, and if a new renter is not found, you may also be responsible for the cost of the room during the winter term. Finding a new renter for the spring term is easier, since that is when new students enroll at ICU. If you feel you must move, first discuss your situation with the Study Center.

The residence hall is not only a place to live, but a place to socialize. The dorms often have their own athletic teams that regularly compete against other dorms, and they see themselves as important units of campus life. The campus is buzzing with activity every evening and on weekends that is, in part, driven by residence hall relationships. There is little privacy in the dorms, and you will most likely share a room. The *sempai* (one's senior) and *kohai* (one's junior) relationships must be carefully observed in all dormitories. As a new addition to the dormitory, you will be a *kohai* and required to show appropriate respect to others.

ICU fall students will be assigned in a new complex called Dialog House, which is located on campus. This seven-story building includes a new cafeteria, convenience store, lodging facility for students and visiting scholars, and various student offices. Rooms are shared between two people. Payment is made in yen upon arrival (credit cards or traveler's checks are not accepted).

At a Glance

- You apply during the winter when you complete the ICU application. You will be informed about your academic year housing during the summer ILP. ICU dorms vote on which students to admit, and some students are not accepted.
- Pay the landlord or dorm directly in Japanese yen when you move in. See the EAP Student Budget for estimated housing costs.
- Rooms are equipped with Internet access.
- There are no private phone lines in individual rooms. You can make local and international calls from public phone booths on the ICU campus. Most students use cell phones.
- Cooking is not permitted in the rooms in ICU dorms. There is a shared kitchen. Women's dorms and Keyaki House are well equipped with appliances for cooking. Limited cooking facilities are available in the men's dorms. In Global House, you can cook in a kitchen shared with three other people in your unit. Most students eat at the ICU cafeteria or nearby restaurants.
- Linens are not provided. You can rent sheets, pillows, and blankets.

Keio University Housing

Most EAP students attending Keio University will be placed in university-affiliated apartments or dorms. The apartments are located in large blocks, or buildings, where other international students also rent rooms. The apartments range in price and are expected to cost between 45,000 and 65,200 yen per month. Utilities are included in the monthly rent.

The distance between the apartments and Mita campus varies, but the average commute is about one hour or longer. Keio's urban location in downtown Tokyo means that affordable housing requires a commute. Amenities in the apartments vary, but most of them include a desk, bed, chair, bookshelf, closet, and bath and shower facilities. The apartments also have a common area that is shared by all students.

You may be placed in one of the Kyoritsu Maintenance dorms depending on space availability. Kyoritsu dorms are located about 30 to 60 minutes by train from campus. See [Kyoritsu Maintenance](#) in this chapter for details about the Kyoritsu dorms.

At a Glance

- Applications will be provided during the summer when you arrive in Japan for the ILP.
- You will pay the apartment manager or dorm manager in Japanese yen when you move in. See the EAP Student Budget for estimated housing costs.
- There are computer and Internet hookups available in the rooms. You will need to sign up with an Internet service provider and you are responsible for all charges.
- The dorm has a shared phone line for all residents. You are responsible for all phone charges. Most students purchase a cell phone after arrival.
- The apartments have kitchenettes for cooking or a shared kitchen.
- You can purchase linens during the ILP.
- Coin-operated washing machines are available for use.

Osaka University Housing

When you apply to Osaka University, you can request academic year housing in your application. You can learn more about the housing options at the Osaka University housing website. Note that the commute time from dorms to campus can be up to one hour each way.

Male EAP students are housed in company dorms or in the Osaka University Foreign Student House (FSH). FSH features single rooms in two-room units. The rooms are furnished with a desk, chair, bed, bookshelf, refrigerator, closet, desk lamp, and phone. The rooms are air-conditioned. You will share a shower and sink with another student in the unit. Residents share kitchenettes, bathrooms, a common room, reading room, and the laundry room.

Women live in the Osaka University International House (I-House) or rent private apartments. I-House provides housing to a wide variety of international students, including professors, couples, and families. You will live in a single room furnished with the same items as FSH (above), except a bathtub is provided in the rooms instead of a shower. The main I-House is located near the Toyonaka campus, and UC students are usually placed in this dorm (not in the one near the Suita campus). The Toyonaka I-House offers the opportunity to participate in many activities, including holiday parties, *Ikebana* classes, and tea ceremony classes.

Students participating in the Lab Research, Engineering and Science program (Frontier Lab) will have different housing than the above options. Details are provided in the Osaka University application.

At a Glance

- You request housing in the Osaka University application. Details are finalized during the summer before the academic year begins.
- You will pay for your housing when you move in. Be prepared to pay for a semester at a time in yen directly to the dorm. Utilities (electric, gas, and water) are paid separately each month. See the EAP Student Budget for estimated housing costs.
- All rooms are equipped for Internet access. You need to sign up with an Internet service provider and you are responsible for all charges.
- There are phones in the rooms. You are responsible for all phone charges.
- Cooking is not permitted in FSH rooms (the men's dorm). Each building has a shared kitchen. At I-House (women's dorm), each room has a kitchen and refrigerator. In both locations students obtain their own kitchen items for cooking.
- You can purchase your own linens or rent bedding monthly.

Tohoku University Housing

- ▶ Students holding Japanese passports are not allowed to live in the Tohoku University International House and should be prepared to locate alternative housing.

Most EAP students in Tohoku stay at the International House and commute via campus shuttle, bus, or bicycle. Each single room is more like a small, one-room apartment than a dorm room. The International House provides housing for international students and researchers and serves as a forum for international communication. Most residents are foreign students from other parts of Asia. The International House usually becomes available for occupancy in late September. Rooms are single and each has a kitchen, refrigerator, closet, desk, chair, and phone. Heaters are provided for the colder months. There are common shower rooms, toilets, and laundry facilities.

At a Glance

- Non-Japanese EAP students at Tohoku are placed in the International House; there is no application form.
- You pay the International House directly (in yen) when you move in. Utilities are paid separately. Be prepared to pay for a semester at a time. See the EAP Student Budget for estimated housing costs.
- You can use the phone line for an Internet connection. You must sign up with an Internet service provider on your own. You are responsible for all charges.
- There are phones in the rooms. You are responsible for all phone charges.
- Each room has a small kitchen and a refrigerator. You must obtain cooking utensils. A small grocery store and a convenience store are located close to the International House.
- You can purchase your own linens or rent bedding monthly.

► The University of Tsukuba campus is very large and spread out so it is common to see students biking or walking very long distances between classes.

University of Tsukuba Housing

On-campus dorms are spartan, furnished with beds, desks, and chairs. There are several shared bathrooms in the building as well as lounges, common laundry rooms, and kitchenettes on each floor. Washing machines and dryers are free, but you supply the detergent. A dining hall, public bath, shops, barber shop, and beauty parlor are located in the commons near the dorm.

The dorms are open during the winter break, but they are not heated 24 hours per day. Students usually travel or visit friends during this time. Purchase a small heater for your room. Heat in the building is centralized and is turned off at 10 p.m. every night, which makes it cold. Published materials from Tsukuba may say that the dorms close in March, but as an EAP student you can stay in the dorm until the program ends in June.

Private apartments near campus are available with reasonable rent (30,000–50,000 yen per month), and many EAP and Tsukuba students live off campus.

There are real-estate agencies around the Tsukuba campus that are quite familiar with local and international students. Although the rent is higher than the on-campus dorm, living in a private apartment is an option that some UC students consider. Apartments located in the “Amakubo” area are particularly popular among students, as it is located next to the campus and a 5–10 minute walk to the classrooms.

At a Glance

- On-campus dorm housing is prearranged for EAP students. Married students cannot live in the dorm and must find their own apartment off campus.
- You will pay the dorm manager directly in Japanese yen when you arrive. A payment for three months’ rent is required at one time and includes gas and water. You will also pay for electricity on a monthly basis. See the EAP Student Budget for estimated housing costs.
- There are computer Internet hookups in the rooms.
- There is a phone in each room. EAP students prefer to use cell phones.
- Cooking is not permitted in the rooms; however, there is a shared kitchen. You will need to obtain your own cooking utensils and store them in your room. There is no storage in the kitchen.
- You will be provided with a mattress, a pillow, two blankets, two sheets, and a pillowcase. There is a linen service twice a month.
- There are a limited number of shared showers in the dorms. The public bath, used by all Tsukuba students, is located in a different building and open from 5 a.m.-10:30 p.m. on weekdays and from 5 a.m.-9 p.m. on Saturdays and Sundays. You pay each time you shower (about ¥200). Some students join private nearby gyms and use the shower facilities there.
- Past EAP students have expressed dissatisfaction about the spartan conditions in the Tsukuba dorms; however, many students consider dorm life to be an important aspect of their experience in Japan. While the cost is relatively inexpensive, most students have found the dorms to be of lower quality than they have experienced on a UC campus. The shower situation, in particular, has caused difficulties. In addition, most students found the shared common rooms (kitchen, bathroom, etc.) to be frequently dirty. The common rooms are cleaned by students, and each student is responsible for taking part in the cleaning process. You will need to clean your own room before moving in.

Tsuru University Housing

Tsuru University arranges apartments that are within walking distance to the campus. You will live in the same apartment building as other UC students. A homestay option is also available.

Each single-unit apartment has a kitchenette, private bath, and is furnished with a bed, bedding, table, chair, refrigerator, small stove, linens, washing machine, air-conditioner, TV, rice cooker, toaster oven, and kitchen utensils. There is a small balcony where clothes can be hung to dry.

The entrance to the apartment, as with most Japanese homes, contains a small *genkan* (foyer). In the *genkan*, you should remove your shoes. Shoes are not worn in the apartment.

In the hallway leading to the bedroom is the kitchen. The kitchen has a narrow sink and small counter on one side. The bathroom and shower room is also off the hallway, all neatly compressed into a small but usable space. The main room, a combination bedroom and living room, has a built-in closet. A small table is provided for studying.

The apartment flooring is *tatami*. *Tatami* is somewhat fragile; it is a reed-like mat about three feet by six feet in dimension and about two and a half to three inches thick. The interior of the mat is a layer of bundled straw and over that is woven matting. Shoes (even slippers) are not worn on *tatami* to keep it fresh, unworn, and clean. You will sleep on a futon on the *tatami* flooring.

At a Glance

- You apply for housing when you complete the EAP Predeparture Checklist (including the Tsuru University application). No separate application is needed. You will receive your apartment address and room number prior to departure.
- All students, even those on financial aid, make their own housing payments. Rent is due monthly in Japanese yen directly to the apartment manager. Consult the EAP Student Budget for the expected cost of housing. Utilities are paid to Tsuru University in cash and are expected to be about ¥17,000 per month. Utilities include gas, water, electric, phone line (for Internet access), phone usage, and Internet.
- The apartment rooms are wired for computers. After arrival you can pay for your own phone line for Internet access.
- There are no phones in the rooms. Students usually obtain cell phones.
- Cooking is permitted in the rooms. The Tsuru campus has a student cafeteria (open from 9 a.m.–4 p.m.) with a tea counter (first floor, administrative center). The cafeteria is a comfortable place to get together with friends and eat.
- Bedding is provided, but you need to obtain your own towels. You can purchase towels and other household items after arrival.
- Tsuru University commits a considerable amount of money to subsidize apartments for EAP students and keep them available each semester. Short-term students cannot rent private apartments in Japan, and Tsuru has signed contracts to reserve apartments for UCEAP. You are expected to take good care of the apartment and all the items furnished by Tsuru, as future students will use the same apartment and furnishings. You must replace any broken, damaged, or lost items, and your apartment must be thoroughly cleaned prior to departure, just as it was when you arrived.

The University of Tokyo Housing

Some students stay in the University of Tokyo International Lodges in Shirokanedai or in Komaba dorm; both are approximately 30 to 45 minutes from the main campus in Hongo. The International Lodges have year-long contracts. Other possibilities include the Wakeijuku dormitory or privately-arranged apartments. Students accompanied by a spouse and/or children must find housing on their own.

You may also be assigned housing in one of three off-campus dormitories owned by the University of Tokyo. There are four other affiliated off-campus dormitories, most of which are an apartment-type setting for graduate students. These dormitories are all located about 60–90 minutes away from campus. Housing assignments are determined by the University of Tokyo and announced in early September (after arrival in Japan).

Possible dormitory placements include:

- Dormitories owned by the University of Tokyo: Shirokanedai International Lodge, Komaba International Lodge, and Mitaka International Hall of Residence
- Dormitories affiliated with the University of Tokyo: Tokyo International Exchange Center in Odaiba, Azalea House, UT Engineering, Kotesashi Apartment and, for male students, the Wakeijuku dormitory

For more information, visit the [University of Tokyo](#) website.

Komaba and Shirokanedai International Lodges offer single rooms, each with an individual shower and toilet, air-conditioner, kitchenette, small refrigerator, bed, desk, chair, bookshelf, and closet. Residents of the lodges are mostly international students and researchers of the University of Tokyo. A shared laundry room with coin-operated washing machines and dryers is available at both lodges. Meals are not provided.

Mitaka International Hall of Residence, which accommodates 567 students, is for both international and Japanese students and is located approximately 60 minutes away from the Hongo campus. The majority of residents are Japanese students. This dormitory was established to promote a day-to-day international exchange and, in this context, Japanese graduate students operate a “Tutor Room” to help all international students in many ways, including advising on academic matters or answering any other questions outside of class. Each room contains the basic essentials: bed, desk and chair, closet, kitchenette, air-conditioning, private shower, and toilet. Phone service in your room is available at your own expense. You must obtain your own linens.

Wakeijuku is a men’s dormitory located approximately 40 minutes from the Hongo campus. Wakeijuku offers rooms for international and local Japanese students who go to different universities in Tokyo. Students are interviewed before they are accepted by the dormitory. Residents must obey the rules and philosophy of the dormitory and are expected to engage in dorm activities. All rooms are air-conditioned single rooms equipped with a bed, desk, chair, bookshelf, closet, and phone. Breakfast and dinner are served seven days a week.

► Students holding Japanese passports are not allowed in the University of Tokyo international student dormitories. Due to late arrival in September, Japanese citizens cannot find spaces in the regular dormitories, as they are quickly filled in April. Students with Japanese passports should apply for the Wakeijuku dormitory or find apartment housing on their own.

“EAP STUDENTS SAY...

If you don't like seafood this will be tough.

”

At a Glance

- Housing in the dormitories is prearranged for EAP students, except those who are Japanese citizens. You will likely receive your housing assignment during the summer ILP before you begin the academic year.
- For the Komaba and Shirokanedai International Lodges, be prepared to pay a nonrefundable deposit of 10,000–15,000 yen and the rent for a full semester when you move in. At Wakeijuku, you will pay a refundable deposit equivalent to one month's rent when you move in. See the EAP Student Budget for estimated housing costs. You will make payments in Japanese yen directly to the dormitory or apartment manager.
- There are no computer and Internet hookups in the rooms. However, you can use the phone line for Internet access. You must sign up with an Internet service provider on your own. You will be responsible for all charges.
- There are phones in the rooms. You are responsible for the cost of all incoming and outgoing calls.
- Each room at Komaba International Lodge and Shirokanedai International Lodge has a kitchenette where you can cook. You will have to provide your own cooking utensils. Cooking is not permitted in Wakeijuku rooms.
- Neither the Komaba International Lodge nor the Shirokanedai International Lodge provide bed linens. At Wakeijuku, you can rent linens for a monthly fee.

Waseda University Housing

You will live in a dormitory with Japanese and international students. Housing applications are included with the acceptance letter and is on a first come, first served basis. A homestay option is also available. For more information on housing options at Waseda, visit their [website](#).

Meals

Japanese universities have cafeteria-style dining halls on campus that are open to all students. Overall, the price of eating out in Japan can be as much as twice the cost of eating out in California. Major cities have numerous restaurants and fast-food establishments, including many American fast-food restaurants. Tipping is not expected.

The price of groceries tends to be high in Japan, especially for imported foods, meats, and fruits.

See the EAP Student Budget for estimated costs.

“EAP STUDENTS SAY...

What really lasts after we leave is the relationship we've developed with our friends and professors in Japan. Invest time in relationships with Japanese people. They will last a lifetime.

Clubs offer the best way to meet Japanese students. But join just one club—you'll be judged on how seriously you take the commitment. Sign-ups occur during the first week of the semester.

Traveling is expensive but worthwhile. You can get a student discount, and it's eye-opening to see Japan. Try to meet Japanese people and not just be with the international students all the time.

It's expensive to travel in the country, but I think it's really worth it because there's so much more to Japan than the big cities.

”

- ▶ The EAP Student Budget does not include funds for recreational travel abroad.

EXTRACURRICULAR ACTIVITIES

Get Involved

Participating in extracurricular cultural and social activities while on EAP is an excellent way to meet people, improve your language skills, and integrate more fully into the community. Join sports, musical, theater, or arts groups; volunteer at local organizations; attend lectures and receptions held in academic and community circles; and get the most out of your time abroad.

Past EAP students with no Japanese language skills reported feeling lonely, frustrated, or isolated since they could communicate only with other English-speaking students. It is up to you to get the most from this experience. Extra effort will bring satisfying results in intercultural sharing and will greatly enhance your time in Japan. This is a one-time opportunity, so make the most of it.

Campus Club Activities

Club activity is an important part of student life in Japan. Club participation is taken seriously and regular attendance is expected of those who join. Each university offers a rich variety of student club activities. Past EAP participants have joined martial arts clubs (karate, judo, aikido, and kendo), sports clubs, sport teams, and clubs for tea ceremony, drama, music, dance, flower arranging, and international relations. While each club varies, most EAP students have found clubs to be friendly and felt that membership provided an excellent way to meet Japanese students and practice Japanese.

Whatever club you join, it is imperative that you respect the *sempai/kohai* relationship. You must accept the role of a *kohai*. Although you may be tempted to suggest a better way of doing something in a club, this would be a social and cultural blunder; such a suggestion (especially if correct) will embarrass the *sempai* for being corrected by a *kohai*. However, once you have established yourself as a team player, diplomatic suggestions and input may be well received.

Employment

Working while on the program is not recommended. However, you may work up to 14 hours per week, provided you receive the proper employment permits from the Japanese Immigration Office, the host institution, and the Study Center Director. It is illegal for foreign students on a student visa to work without this permit, even tutoring English. It is not permissible to miss a class, field trip, or other academic activity because of a job. Any student who does take a job must inform the employer that there will be times when he or she will miss work due to classes, field trips, etc. Remember that Japanese language courses, club activities, and dormitory activities are time-consuming and demanding.

Recreational Travel

Besides the national holidays, you will have breaks during the year. Travel is an excellent complement to the academic program. Experiencing and hearing regional dialects will enhance your understanding of the Japanese language.

You are required to inform Study Center staff about your travel plans, especially if you leave for more than a weekend. An emergency may arise at the Study Center or at home that may make it necessary to reach you promptly. This is also important due to tight immigration control. For your convenience, there is a Sign-Out form in MyEAP.

► In addition to the following sections, read the Health and Safety chapters of the *UCEAP Guide to Study Abroad* and the U.S. Centers for Disease Control and Prevention (CDC) *Travelers' Health* web page.

HEALTH

Physical Health

Stay healthy and avoid lowering your body's resistance. The change in diet and climate may cause an upset stomach and possibly diarrhea until you adjust to the new environment. Wash your hands with soap and water frequently. If you suffer from allergies, be prepared for sinus illness that may be worse than in the U.S.

If you feel sick or have a medical emergency, seek medical attention and contact the Study Center immediately. Study Center staff can recommend a clinic to visit, provide the necessary medical insurance claim forms to complete, and assist if arrangements need to be made with your professors due to extended absence from class.

The Tokyo Study Center recommends the [Sanno Hospital](#) for students in the Tokyo Area. This hospital is located relatively close to the Keio campus, and professional English interpreters are available at no additional cost.

Infectious Diseases

UCEAP continually monitors information from the CDC and World Health Organization in addition to host university and country resources, and will work closely with experts on UC campuses to provide timely and current information to you as needed. Regarding avian flu, it is important that you exercise care and avoid poultry farms, contact with animals in live food markets, any surfaces that appear to be contaminated with feces or fluids from poultry or other animals, and eat only thoroughly cooked poultry products. In the event of a pandemic, UCEAP's ability to assist students abroad may be severely limited by restrictions on local and international movement imposed by foreign governments or the United States for public health reasons.

Refer to the EAP [Current Alerts](#) web page for updated information on avian flu and H1N1 swine flu.

Prescription Medications

Refer to the [Health](#) chapter of the *UCEAP Guide to Study Abroad*.

If you require prescription medications, contact the UCEAP assistance provider, Europ Assistance, at (866) 451-7606 to ensure that your medication is legal and/or available in Japan. According to the U.S. Department of State, certain medications, including some commonly prescribed for depression and Attention Deficient Disorder (ADD), are not widely available. Decisions on what medications may be imported legally into Japan are made by the Japanese Government. It is illegal to enter Japan with some over-the-counter medicines commonly used in the United States, including inhalers and some allergy and sinus medications. Specifically, products that contain stimulants (medicines that contain pseudoephedrine, such as Actifed, Sudafed, and Vicks inhalers), or codeine are prohibited. Up to a two-months' supply of allowable over-the-counter medication and up to a four-months' supply of allowable vitamins may be taken into Japan duty-free.

Some U.S. prescription medications cannot be imported into Japan, even when accompanied by a customs declaration and a copy of the prescription. Japanese customs officials have detained travelers carrying prohibited items, sometimes for several weeks. Japanese customs officials do not make on-the-spot humanitarian exceptions for medicines that are prohibited in Japan.

Generally, up to one month's supply of allowable prescription medicine may be taken into Japan. Carry a copy of your doctor's prescription and a letter stating the purpose of the drug. If you must carry more than one month's supply, or if you are carrying syringes, you may be required to fill out a customs declaration form before entering Japan.

Some popular medications legal in the U.S., such as Prozac, are sold illegally in Japan on the black market. You are subject to arrest and imprisonment if you purchase such drugs illegally while in Japan.

Medical Insurance

You must pay for medical services at the time they are rendered, but will be reimbursed after submitting the proper insurance claim forms and receipts (see the **Insurance** tab of your **Participants** program page for forms and instructions). After arrival in Japan, you are required to purchase the mandatory Japanese national health insurance (*Kokumin Kenko Hoken*), which will give you access to the best medical treatment available in Japan. During orientation, the EAP Study Center will provide more information about national health insurance and assist you in this process. The cost of the Japanese national health insurance is included in the "incidentals" line of the EAP Student Budget Worksheet. You will need to pay for this insurance out of pocket in yen soon after arrival.

Emotional Health

Speak with returnees and gather as much information as possible before you leave for Japan.

Do not be surprised to think, "It's not what I expected." Expect the unexpected. Life in Japan is fast-paced with large crowds, noise, and long commuting times. Entertainment costs and prices can be high. For someone on a tight budget and with limited free time, a year in Japan may necessitate a more deprived lifestyle. For diversion, students find that regular activities, such as involvement with an interest group like a chorus or hiking club, or study of traditional dance, archery, or calligraphy, offer a break from textbooks and opportunities to practice using Japanese. Ask locals for insight and acknowledge that this as a valuable learning experience.

Culture shock and homesick feelings are normal. It is easy to become worn down from physical and mental stress due to the vastly different environment. To counter this, eat well, stay hydrated, get plenty of rest, share concerns with the Study Center, and be open and accepting of the differences you encounter. It will make your stay more enjoyable as you adapt to the new environment.

SAFETY

You are encouraged to read [A Safe Trip Abroad](#) issued by the Department of State.

Crime

The crime threat level throughout Japan is considered low. However, the U.S. embassy advises that low-threat does not mean no-threat. Violent crimes, while rare, do exist. In general, however, if you exercise the same prudence and caution that you would in any large urban area in the U.S., you may have an incident-free stay. Recently, there have been increased incidents of stalking in Japan, and local police and neighborhood groups have become more involved. Be aware of your surroundings, practice good safety habits, and immediately contact the Study Center if you are the focus of any unwanted attention.

You will need to use common sense and follow precautions against theft, robbery, and assault. Lock your apartment door and windows, and keep valuable items in a bank safe deposit box. Observe normal precautions when returning home late in the evening. The [U.S. Embassy in Tokyo](#) also posts updates on safety precautions in Japan.

Sexual assaults do not happen often but do occur, and females may be randomly targeted. Some U.S. citizens report that Japanese police procedures appear to be less sensitive and responsive to a victim's concerns compared to the procedures in the United States, particularly in cases of sexual assault or when both the victim and the perpetrator are foreigners. Few victim assistance resources exist in major urban areas, and they are generally unavailable in rural areas. Investigations of sexual assault crimes are often conducted without female police officers present, and police typically ask about the victim's sexual history and previous relationships.

Hate-related violent crimes rarely occur, though some U.S. citizens have reported being the target of comments or actions because of their nationality or their race.

Drink-spiking has routinely led to robbery and has also resulted in physical and sexual assaults. In most drink-spiking reports, the victim unknowingly drinks a beverage that has been mixed with a drug, which renders the victim unconscious or dazed for several hours. During this time the victim's credit card is used for large purchases or the card is stolen. Some victims regain consciousness in the bar or club; other victims may awaken on the street.

Criminal Penalties

While in Japan, as in any foreign country, you are subject to that country's laws and regulations, which sometimes differ significantly from those in the U.S. Americans are not protected by U.S. laws while in Japan. Penalties for breaking the law abroad can be more severe than those enforced in the U.S. for similar offenses. Persons violating the law, even unknowingly, may be expelled, arrested, or imprisoned. Penalties for possession, use, or trafficking of illegal drugs are strict, and convicted offenders can expect severe jail sentences and fines. If you are charged with such offenses, UCEAP would not be able to intervene on your behalf.

Earthquakes

Japan is in a very seismically active region. Each year, there are more than 1,500 earthquakes in Japan.

Earthquakes are not limited to any particular area of the country; most go unnoticed but the probability of a severe and damaging earthquake is high. The Tokyo metropolitan area experiences daily tremors of varying intensities. In the event of a major earthquake, the government will issue a declaration of warning (state of emergency). Everyone within range of the warning is advised to refrain from the use of cars and telephones. Emergency actions include:

- Turn off the stove and other heat sources.
- Open doors to ensure an exit; this is particularly important in a multi-level building.
- Crouch under a solid table or desk to protect yourself from falling objects.
- Stay indoors during the initial tremor. Venture outside after the danger of falling objects (window panes or signboards) is over. Once outside, protect your head.
- Keep clear of concrete walls, gateposts, and vending machines.

More details on self-preparedness are available on the U.S. Federal Emergency Management Agency (FEMA) website at www.fema.gov

Road and Traffic Safety

All roads in Japan are paved and marked.

Most intercity and overland travel in Japan is by train and there is an adequate police presence at the stations and on the trains to ensure passenger security.

Buses and trains are usually very crowded, especially during rush hours. To maximize the number of riders, white-gloved attendants physically push passengers into rail cars.

Crowded trains provide opportunities for pickpockets and other thieves. Safeguard valuables and remain aware of your surroundings and personal belongings to avoid becoming a victim of petty crime.

Women may encounter *chikans* (gropers), who tend to be most active on public transit during the evening commute. To mitigate the problem, some trains now have female-only cars. See the following tips for more information.

Tips for Women

Occasionally, women (and sometimes men) are inappropriately touched by men (called *chikan* or “perverts”) on crowded trains. This is a crime. The best way to avoid this is to avoid riding on crowded trains or seek out the “women only” train cars. If you encounter these criminals on the trains, firmly say *yamete kudasai* (stop it!) to the suspected person.

Follow Study Center advice on safety and security and take precautions as if you were in the U.S.

“EAP STUDENTS SAY...

If you are a woman, be careful of groping by men in crowded trains. If this happens, just push the roaming hand away. Don't be afraid to be assertive.

”

Emergency Contacts

What Constitutes an Emergency?

Emergencies are circumstances out of the ordinary, unplanned, or unexpected, which threaten the health, safety, and well-being of you and/or your fellow students. The following are considered true emergencies:

- Any situation that places a student or students at risk, including illness or harm, or other traumatic incidents that require immediate response
- A student who has been arrested
- Civil unrest or a natural disaster in the host country

In an Emergency

Contact local emergency services first and then contact the following:

If you are in the U.S.

- During office hours (8 a.m.–5 p.m. Pacific Time): Contact the Operations Specialist at the EAP Systemwide Office
- After office hours: Call the 24-hour emergency phone number at (805) 893-4762

If you are abroad

The police may be reached by telephone at **110**. Emergency medical care, the fire department, the life squad, and ambulance services can be reached by dialing **119**.

U.S. Embassy in Tokyo
1-10-5 Akasaka, Minato-ku
Tokyo 107-8420 JAPAN

Phone (general switchboard): (03) 3224-5000

Phone (visa information): (03) 5354-4033

Fax: (03) 3505-1862

Carry the local emergency contact information at all times. If you have a health or safety emergency and do not have access to local or Study Center emergency contact information, call the EAP 24-hour emergency phone number.