

Temple University, Japan Campus

Program Manual

Fall 2022
Spring 2023
Summer 2023

Temple University
Education Abroad and Overseas Campuses
200 Tuttleman Learning Center
1809 N. 13th Street
Philadelphia PA 19122
Telephone: (215) 204-0720
Fax: (215) 204-0729
study.abroad@temple.edu
studyabroad.temple.edu

Dear Temple Japan participant,

We are so pleased that you are planning to study at the Temple University, Japan Campus this coming term. As you have seen throughout this past year, many aspects of study abroad are different from previous years, considering the Covid-19 pandemic. What has not changed is our dedication to your health, safety, and education; we all look forward to offering you an enriching experience in Tokyo.

As you review this program manual, please note that this manual was written, in great detail, for pre-pandemic life in Tokyo. While many aspects of this manual remain the same, it is important to keep track of any updates provided by Education Abroad or Temple Japan staff.

On your online study abroad portal over the next few months, you will be given information about travel, arrival, and pre-departure information. You will also be enrolled in a Canvas course for your onsite orientation closer to your departure. Please review all of the posted information before you depart for Japan.

We understand that it can be difficult to keep track of program updates and changes, and we appreciate your patience and flexibility. Please continue to stay alert to updates from your program leaders and reach out when you have questions. We are here to support you in this journey.

TABLE OF CONTENTS

PRE-DEPARTURE PROCESS	1
Discord Server	1
Pre-Departure Orientations	1
Technology Systems.....	1
Contact Us.....	2
TEMPLE UNIVERSITY, JAPAN CAMPUS	3
Academic Matters.....	4
Japanese Language Program	4
Internships	5
Course Registration.....	5
Textbooks.....	6
Extending at TUJ.....	6
Transcripts for Non-Temple Students.....	6
Activities and Events	7
Housing	7
TRAVEL INFORMATION AND DOCUMENTS	7
Travel And Arrival.....	7
Passport	8
Certificate of Eligibility and Visa	8
Residency Card.....	8
Work Permit.....	9
CULTURAL ADJUSTMENT	9
Culture Shock	9
Racial and Ethnic Concerns	11
Sexual and Gender Expression Abroad	13
LIFE IN TOKYO	14
Common Cultural Differences.....	14
Communication.....	15
Order.....	15
Respect and Politeness	15
Individuality.....	15
Practical Information	16
Climate	16
Food and Dining	16
Laundry	16
Shopping	16
Transportation	16
Japan Rail Passes.....	17
Electricity	17
Business Hours in Japan.....	17
Currency.....	17
Language	17
HEALTH, SECURITY AND SAFETY ABROAD	18
International SOS	18
Assistance Centers	19

International Travel Medical Insurance	20
Emergency Evacuation and Repatriation.....	21
Health.....	22
Medical Conditions	22
Mental Health	22
Prescriptions	23
Eye Care and Over-the-Counter Medications.....	23
Allergies and Special Diets	24
Disabilities	25
Immunizations	25
Sexual Health	26
Safety	26
Student Conduct and Behavior	26
TUJ Housing Rules	27
Alcohol Consumption and Illegal Drug Use.....	27
Medical Amnesty	28
Sexual Assault, Domestic or Dating Violence, Stalking and Sexual Exploitation	28
Public Safety and Law Enforcement in Japan	29
Common Sense Precautions	30
Lost or Stolen Documents.....	30
Emergency Preparedness	30
Keeping On-Site Staff Informed	32
PACKING	32
General Guidelines.....	32
Packing Suggestions.....	33
Documents You Should Take	33
First Aid, Medicines, and Toiletries.....	33
Small Electrical Appliances.....	34
What to Leave at Home	34
FINANCES	34
Budgeting	34
Tips that May Help Reduce Food Costs	35
Currency.....	36
Budgeting and Currency Tips	37
COMMUNICATION.....	37
Information to Leave with your Family.....	38
Sending Mail and Packages to Japan	38
Contact Information.....	39
WEB RESOURCES	39
Temple University	39
Government Resources	39
Travel Resources	39
Country-Specific.....	40
Diversity Resources.....	40
Disability Resources	40
LGBTQIA Resources.....	40

PRE-DEPARTURE PROCESS

Your Program Home Page serves as the central location for all program-related information. We include due dates for all materials so you can plan accordingly.

Remember that our goal is to do as much as possible to help you prepare for your experience. You will have another orientation after you arrive in Tokyo, during which the staff will focus more on day-to-day living.

Discord Server

We also invite you to join the TUJ Discord Server to communicate with TUJ staff and other program participants and stay connected. All participants are provided with information about how to join.

Pre-Departure Orientations

We will host pre-departure orientation information sessions closer to departure. Most sessions will be recorded and the recordings will be available on your program home page.

Technology Systems

Temple students should be familiar with the computer resources available at Temple University. Non-Temple students received an overview of these services when prompted to activate their Accessnet username soon after acceptance. Below is information on how to access some Temple systems you will need to utilize before and during your time abroad.

- All program participants are assigned the following:
 - An Accessnet username (example: tun followed by five numbers), which serves as your login to all Temple University systems, as well as your email address (e.g. tup12345@temple.edu)
 - A TUID, which is a nine-digit student identification number beginning with 91 (91xxxxxx).
 -
- [TUportal](#) – the single-gateway website that leads to most of the resources listed here.
- **Self-Service Banner** – accessible through TUportal, SSB provides access to your roster, billing, grades, etc. Make sure to turn off two-step verification prior to departure.
- [TUm ail](#) – all official university communication is sent to your Temple email address (both for Temple and non-Temple students).
- [Temple University Libraries](#)
- [Canvas](#) – course management resource enabling faculty to provide course materials for students.
- [Account Management](#) – use this page to reset your password for your Accessnet account.
- [TUSafeSend](#) – Temple’s free secured file-sharing service. If you are electronically sharing any personal information such as passport copies, visa scans or transcripts, you may use this service to securely share your files.
- [TUm obile](#) (Access via searching for “TUMobile” on app stores for iPhone and Android devices.)
TUm obile provides convenient access to TUJ information:
 - Find your daily class schedule
 - Connect to Blackboard/Canvas
 - Access the Cherry & White directory

- Access TEmail
- Securely view your grades

Non-Temple students should note that you will lose access to all Temple systems shortly after the program ends.

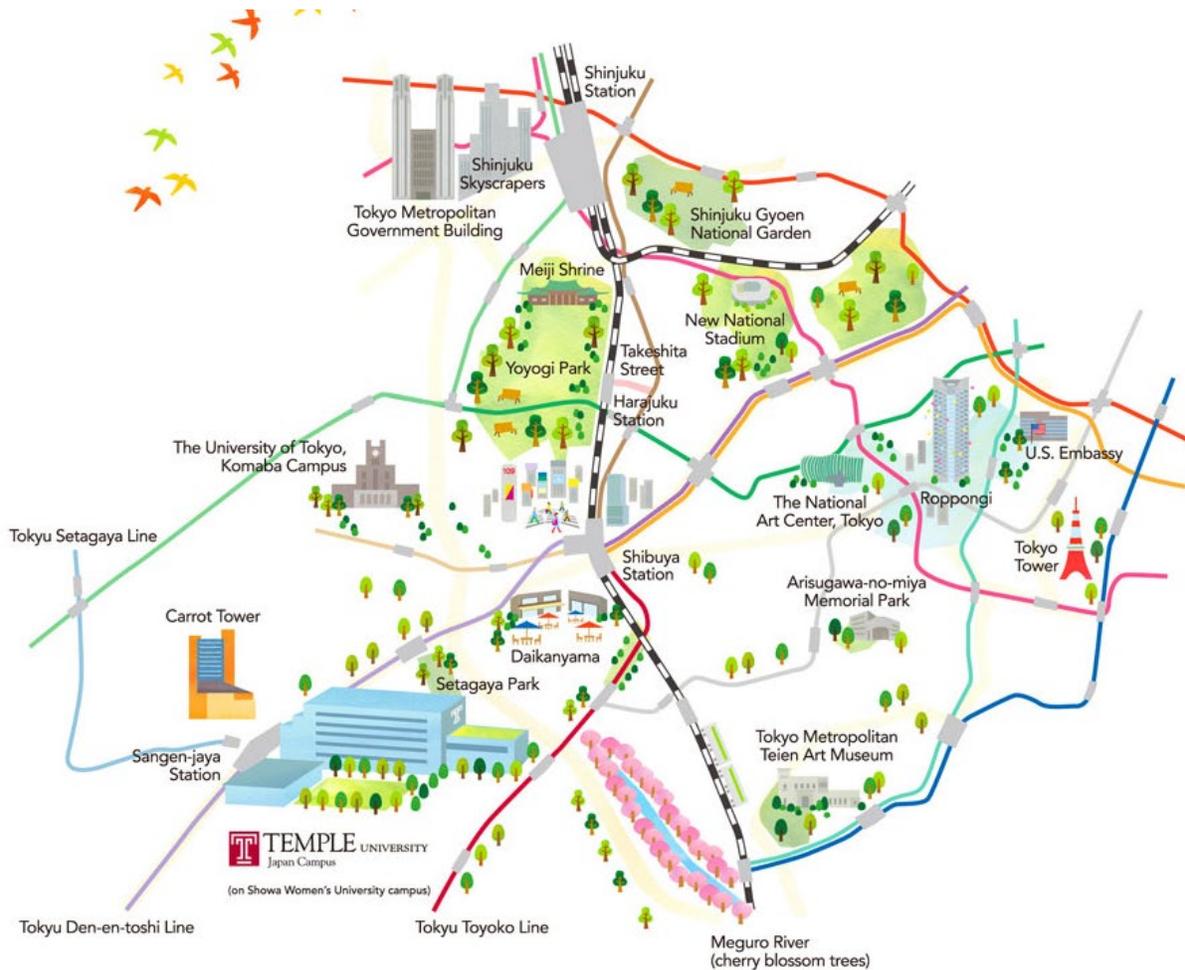
Contact Us

If you have any questions about the pre-departure process or requirements, please feel free to contact us at 215-204-0720 or study.abroad@temple.edu.

TEMPLE UNIVERSITY, JAPAN CAMPUS (TUJ)

Temple University, Japan Campus, a branch campus of Temple University in Philadelphia, hosts both short-term study abroad students and approximately 1400 degree-seeking undergraduates. Japanese students comprise approximately 40 % of TUJ's undergraduates. The student body also includes international students from about 60 countries around the world.

TUJ is located in the Setagaya neighborhood of Tokyo on the Showa Women's University campus. The Setagaya neighborhood offers easy access to public transportation, which can quickly take students to popular attractions like Shibuya, Tokyo Tower, and Harajuku. TUJ's location on a Japanese university campus allows students to have a more traditional campus feel with access to university amenities and facilities while still feeling the energy of greater Tokyo.



TUJ has all of the facilities required to provide a comfortable academic experience. You can expect to find the following on campus:

- Classrooms equipped with smartroom technology
- Faculty and administrative offices
- Teaching and Learning Center, which offers free tutoring services in a variety of subjects
- Career Development office

- Audio/video center
- A library containing over 40,000 books and 800 periodical titles. There is also a large video collection of movies and documentaries. You will be able to check out books and films with your TUJ ID card.
- [Counseling Office](#)
- Study rooms
- Student cafeteria (no meal plans or food served on campus)
- Several computer labs equipped with Windows and Mac computers. Scanners, visual media equipment, printers and laptop rental are also available.
- Wireless network

For more information on TUJ's academic and non-academic offices, please visit www.tuj.ac.jp/services/.

ACADEMIC MATTERS

Students' academic experiences abroad range widely. Many find their coursework comparable to that on their home campus, while others do not. The challenge for you, as a study abroad student, is finding a balance between your studies and your outside exploration of the culture and city. There will be more distractions than at home as you adjust to a new and exciting environment.

The average class size at TUJ is about 25 students. Degree-seeking students at TUJ choose from a variety of majors. Study abroad students are encouraged to take advantage of the Asian studies and Japanese offerings to complement courses in their majors.

Japanese Language Program

While not required, we strongly encourage study abroad students to register for a Japanese language course while abroad.

Students who have not previously completed Japanese language coursework may enroll in one of the two Japanese language courses for beginners:

- If you wish to continue Japanese language study beyond your term abroad, you'll choose **Japanese 1001: Japanese Elements I**, the first course in the Japanese language sequence.
- If you are interested in learning conversational Japanese to assist you in navigating Japan during your study abroad term, but do not intend to continue with future Japanese language coursework, you'll choose **Japanese 2000: Practical Japanese for Study Abroad Students** (Note: this course does not fulfill the pre-requisite for Japanese 1002: Elements II and is not appropriate for Japanese language minors/majors).

To ensure that students are placed in the language levels appropriate for their proficiencies, the following will apply:

Temple Students: Temple students attending TUJ as study abroad students will not have to take the language placement assessment. Temple students can register for Japanese courses for which appropriate pre-requisites are completed at Main Campus. Students who have never taken a Temple Japanese course prior to arriving at TUJ and wish to enroll in a course other than JPNS 1001: Japanese Elements I or JPNS 2000: Japanese for Study Abroad Students will be required to take the placement assessment.

Students from Non-Temple Institutions: Non-Temple students who wish to enroll in a course other than JPNS 1001: Japanese Elements I or JPNS 2000: Japanese for Study Abroad Students will be required to take the placement assessment in order to make sure they are enrolled in a proper level while at TUJ.

All Japanese courses conduct an in-class "level check" during the first-class meeting to make students aware of their current proficiency and how much effort they are expected to make. Students whose performance proves to be insufficient will receive a warning from the instructor to reconsider their class level.

Internships

TUJ's Career Development office offers credit-bearing internships with Japanese and multinational organizations in many different sectors. Detailed internship information will be posted to your Program Home Page. Many internships do not require Japanese language ability. Students who are proficient in Japanese may have additional internship opportunities. All students are welcome to apply for an internship, but they must confirm with the designated official at their institution (e.g. an academic advisor) whether the credit is eligible for transfer toward their degree.

Some of the internships that are not filled by students earning credit later become available on a non-credit basis. If you are interested in participating in a non-credit internship, you do not have to complete the internship application, internship approval form, and contract as indicated in your application. However, upon arrival, you should meet with the Career Development office at TUJ to apply for a non-credit internship.

Course Registration

Education Abroad will register you for your courses in Japan. Registration instructions are typically posted to your Program Home Page in mid- to late April for the fall semester, mid- to late October for the spring semester, and late January for the summer term.

In preparation for registration, you should meet with your academic advisor to complete the following steps.

- Discuss what courses you should take abroad, using the [course listings on TUJ's website](#) as a guide. If the courses for your study abroad term are not yet available, use the previous semesters' course listings as a guide.
- Confirm that the courses in which you enroll can be incorporated into your degree program.
- Complete a graduation review if you are nearing graduation or if your semester abroad will be your last. Also notify Education Abroad if you are graduating.
- Discuss courses you will need to take for the semester following your time abroad and confirm that your advisor will be able to communicate with you via email while you are abroad.
- Discuss alternative course options for the semester should you not be able to participate in the program as planned.
- Determine if you are able to register for courses at your home institution as a backup and if you're able to keep that registration prior to departure.
- If you are a *non-Temple student*, you should also confirm with your home college any special requirements and the number of credits you must complete abroad before submitting your course request form.

- If you are a *non-Temple student* and need syllabi for course evaluations at your home school, contact us at study.abroad@temple.edu to submit a request for syllabi.

After initial registration, if you need to drop or add courses, you will do so during the add/drop period in Tokyo. Study abroad students are responsible for confirming with their home campus advisor that any potential changes to their roster are acceptable according to the students' degree requirements and home campus policies.

We suggest that you discuss alternate course options with your home campus advisor prior to going abroad so that you know what your options are should you wish to change your roster and don't have to then consult your home campus advisor while abroad. If you decide to make changes to your roster, the Academic Advising Center at TUJ will assist you in processing these changes. Please note that advisors at the Academic Advising Center **cannot** advise you regarding which courses are acceptable for your degree requirements. Education Abroad and Temple Japan staff will not be held responsible if you request a schedule change that does not adhere to your degree requirements and home campus policies.

Textbooks

You will have the opportunity to purchase textbooks after arrival either online or at the on-campus bookstore that is open during the first week of classes.

Extending your studies at TUJ

If you decide while studying in Japan that you wish to extend your stay at TUJ, please contact Education Abroad for proper procedures. Note the following deadlines: April 1 for the fall semester, October 1 for the spring semester, and February 15 for the summer session.

Transcripts for Non-Temple Students

Non-Temple students may order official Temple University transcripts via the Temple University Registrar (<https://www.temple.edu/registrar/>) at the conclusion of their program, showing grades and semester hours of credit earned in all courses undertaken. Fees for transcripts with standard processing are currently* as follows:

- eTranscript: \$8.75
- Paper transcript: \$8.75 + shipping

**As fees may change, please refer to the Registrar's website for updated costs.*

Before requesting to have an official transcript sent to your institution, you should first do the following:

- Confirm on [TUportal](#) that all of your grades are posted.
- Ensure on [TUportal](#) that there are no holds on your account (such as a financial hold due to unpaid balance on your Temple account or a disciplinary hold due to an outstanding disciplinary matter). Please contact Education Abroad if you have questions about any holds on your account.
- Verify that your home institution will accept an eTranscript before ordering one. If your home institution does not accept eTranscripts, request a paper transcript.
- Verify with your study abroad advisor the accurate and complete physical or electronic institutional mailing address where the official transcript should be sent.

Non-Temple students also have access to their academic history and grades on [TUportal](#), and can procure an unofficial transcript through that site.

ACTIVITIES AND EVENTS

We encourage and challenge you to fully experience Japanese culture throughout your time abroad. There will be a number of cultural activities and events planned during your semester in Tokyo, beginning with on-site orientation.

At TUJ, the **Office of Student Services (OSS)** is responsible for activities, events, and other non-academic matters, such as housing.

- **On-site orientation**, which takes place between your arrival and the start of classes, is designed to introduce you to Tokyo, to Japan, and to the program; it will include sessions on academics, practical concerns, and contemporary Japanese life. The orientation is required of all program participants.
- Every semester, OSS organizes a variety of [activities, events, and excursions](#) designed to cultivate social relations among the diverse university community. When possible, you will be provided with the schedule and cost of the excursions and activities prior to departure. These may include:
 - Day trips to local festivals/events
 - Overnight excursions to areas outside of Tokyo
 - Cultural workshops introducing you to ikebana, calligraphy, tea ceremony, koto, archery or sushi-making

Students interested in participating in these activities will need to register (and pay any activity registration fees) shortly after arrival.

- [Student clubs](#) provide the chance to get involved on campus and make friends with other students.
- **Community engagement** opportunities, such as assisting at city festivals or volunteering at an after-school program for elementary school children, are offered by TUJ's [Community Relations](#) department.

HOUSING

In typical semesters, students may elect to live in a program-arranged dorm or a homestay. Some students choose to find independent housing on their own, if permitted by their home school. Students find advantages and disadvantages to each option. Detailed housing information will be posted with the Housing Request Form on your Program Home Page.

TRAVEL INFORMATION AND DOCUMENTS

Travel and Arrival

You are expected to make your own travel arrangements to and from Tokyo and must be present for the entire length of the program. If you wish to communicate with other students about travel plans, we recommend utilizing the Discord server.

Later in the pre-departure process, a flight information document will be posted on your Program Home Page. This document will include details regarding flight arrangements, including important guidelines to follow when purchasing a ticket.

Detailed information on your transition to your housing after arrival will be provided to you via email and on your program home page.

Passport

A passport is required to enter Japan and is also required for students applying for a Certificate of Eligibility and visa to study in Japan. If you need a passport within 4 weeks of the COE deadline and have not yet applied for one, please contact Education Abroad to discuss your options.

If you already have a passport, please check its expiration date. In Japan your passport must be valid for three months beyond the end date of the program in order to obtain a visa, so renew your passport now if necessary.

Visit travel.state.gov for information on how to obtain your passport.

Certificate of Eligibility (COE) and Visa

The Japanese Government requires students studying in Japan for more than 90 days to obtain a student visa to study in Japan. Before you can obtain a visa, you will need to apply for a Certificate of Eligibility (COE). Full instructions for applying for the COE are posted to your Program Home Page.

Temple University, Japan Campus was granted authority by the Japanese Bureau of Immigration to sponsor student visas. Because that authority can be revoked, TUJ takes its visa-related obligations seriously. As a visa-sponsored student, you must treat your visa status equally seriously. You are responsible for submitting all documents on time; understanding and abiding by Japanese immigration law, visa rules, and regulations; and notifying TUJ if you run into any trouble while in Japan. Additionally, you must adhere to the Student Code of Conduct (see *Student Code of Conduct* section). TUJ reserves the right to revoke visa sponsorship if a student is found to be in violation of either Japanese law or university rules and regulations.

NON-U.S. CITIZENS (this includes PERMANENT RESIDENTS OF THE U.S.): Visa requirements for non-U.S. citizens may differ from the requirements for U.S. citizens. If you are not a U.S. citizen, you should immediately begin researching visa requirements and rules for Japan, as well as for any other country you may be traveling to or through, with the local foreign embassy or consulate of that country and consult with Education Abroad. You should also check with the international student office on your home campus to determine if studies/travels abroad for this program will affect your visa status here in the U.S.

Residence Card

If you are entering Japan on a student visa, you will receive your residence card at the airport in Tokyo. The card should take an additional few minutes to prepare as part of the other administrative procedures on arrival.

Within 14 days of arrival, you will need to register at your local ward office to complete the residence card details. If you are living in the dorm, TUJ will assist you in registering at the ward office during on-site orientation.

You are legally required to carry your residence card at all times. If you fail to carry your residence card, you may be charged a fine of up to 200,000 yen. If you are asked to show your card to the police or immigration officers, you must do so.

Work Permit

Students entering Japan for the first time on a student visa are eligible to work in Japan. If you would like to obtain an off-campus part-time job in Japan (including a paid internship), you should obtain a work permit at the port of entry. The application will be included with the arrival instructions posted to your Program Home Page closer to departure. If you plan to apply for an on-campus job or participate in an unpaid internship (including one that reimburses travel), you do not need a work permit.

CULTURAL ADJUSTMENT

Many of the aspects of your study abroad experience, from meeting people, obeying the law, and staying safe, to handling money and commuting are culturally specific and in some cases will require considerable adjustment on your part. Although this adjustment can be challenging, it's part of the overall experience of studying abroad and is a major part of what distinguishes studying abroad from traveling as a tourist.

One way to make the transition easier and potentially less stressful is to arrive well informed. Even if you've studied the culture, language, or history in class, it can still be difficult to really know and understand another country without having lived there, and you probably have questions about day-to-day life and travel.

A good guidebook like [Lonely Planet](#) can be a useful source of information on everything from the country's history, local customs, and current political situation to student hangouts, nightclubs, cheap restaurants, weather, and transportation schedules.

Despite any amount of reading and studying you do ahead of time, though, you will still encounter surprises and things beyond your control. With that in mind, the key to adjustment is not only to learn about the country ahead of time but also to know that it takes time, patience, and an open mind. Instead of expecting your life abroad to be the same, go into this experience expecting it to be completely different.

Of course, many cultures *do* have things in common, but if you go into this expecting everything to be different, then you can take comfort in finding the similarities and won't be so upset by the differences. The good news is that by working through the challenges of adjusting to life abroad, you will gain a deeper understanding not only of a new culture but also of your own identity. Remember that your experience is what you make of it!

Culture Shock

Living abroad can be hard, in part because you have to make so many adjustments to your daily routine *as well as* to your preconceived notions about life abroad and your personal beliefs. Balancing these adjustments can be tricky, and sometimes students find themselves feeling overwhelmed by so much change at once.

Culture shock is defined as feelings of alienation and/or disorientation due to being in an unfamiliar cultural environment. Whether you are staying for two weeks, two months or two years, you may experience this while abroad. Experts often describe culture shock as being a linear process with four stages:

- **Honeymoon phase:** You have just arrived in your host country, and you are excited to immerse yourself in the new culture and intrigued by the differences that you encounter.
- **Negotiation phase:** Usually after a few weeks, this newness wears off and your sense of adventure gives way to aggravation over issues such as difficulty in communication or anxiety over “looking foreign” and being treated differently (for example). The smallest of obstacles might take on epic proportions.
- **Adjustment phase:** At this point, you start to adjust to cultural differences and develop new patterns of daily living that both fit with the new culture *and* work for you.
- **Mastery phase:** Most students will not be abroad long enough to reach this phase; it comes after a year (usually more) of living abroad and means that you are equally comfortable with your home culture and your “new” culture.

You may not go through all of these phases, nor are the timelines given set in stone. Some students may skip the honeymoon phase and become frustrated within days of their arrival; others may experience these feelings towards the end of their program. The intensity of culture shock may depend upon how different your host country is from your U.S. environment, but not always. While everyone experiences culture shock differently, there are some common characteristics for many people:

- Feelings of loneliness and isolation that go beyond homesickness
- Frustration or even anger over difficulty in accomplishing basic tasks such as grocery shopping, navigating public transportation, etc.
- Feelings of incompetence or feeling “stupid” because language barriers prevent effective communication
- Sleep disruption (insomnia *or* sleeping too much)
- Resentment of cultural differences between home and host country, or believing that your home culture is “superior” to the host culture
- Stereotyping of or hostility towards members of your host community
- Depression (mild to severe)

It’s important to note that if you are feeling this way, *it is usually normal!* When you grow up learning one way of life, it can be very jarring to go abroad as an adult and find yourself in a completely different environment. Even seasoned travelers can experience culture shock under the right circumstances. The good news is that you can do something about it. If you feel as though your depression or feelings aren’t normal, or if you feel as though you might hurt yourself or need professional help, contact your on-site staff or International SOS.

Ways to cope with culture shock:

- Be proactive! Research some of the cultural customs of your country before you depart. Knowledgeable students usually have an easier transition once abroad.
- Remind yourself of why you decided to study abroad. Most students enter this experience expecting it to be very different than anything at home. Studying abroad is a wonderful opportunity for personal growth and development, and at least some personal discomfort should be expected in the process. In fact, if you don’t experience any sort of culture shock, are you really challenging yourself to become a part of the culture?
- Keep your sense of humor. Being able to laugh at yourself or at your situation can be one of the best remedies.

- Develop relationships with people from your host country. Think about how you might react to a foreign student who was frustrated with U.S. culture. If they had questions, you would probably happily answer them, right? Give the people of your host country a chance—*one thing that is nearly universal is peoples’ enthusiasm to share their culture with others*. Don’t be afraid to ask your new friends about local traditions or behaviors that are frustrating or confusing to you. You can also ask on-site staff for information.
- Try not to retreat to your room or only socialize with other Americans. This can often reinforce negative feelings and make it even harder to acclimate to your new environment.
- Try to find groups or clubs similar to the ones that you were a part of back home. Just because you’re abroad doesn’t mean that you can’t enjoy many, if not all, of the same activities as you normally would.
- Contacting friends/family/support networks at home can be very helpful, particularly friends who have previously studied abroad. However, we do not recommend daily communication, as this may delay the adjustment process and serves as a daily reminder of what you are “missing” back home.

Racial and Ethnic Concerns

No two students studying abroad ever have quite the same experience, even in the same program and country. This same variety is true for students of color and those from U.S. minority ethnic or racial backgrounds. Reports from past participants vary from those who felt exhilarated by being free of the context of race relations in the U.S., to those who experienced different degrees of 'innocent' curiosity about their ethnicity, to those who felt they met both familiar and new types of ostracism and prejudice and had to learn new coping strategies. Many students reported that their difference as an American was emphasized over and above their ethnic or racial differences while studying abroad. Very few minority students conclude that racial or ethnic problems that can be encountered in other countries represent sufficient reasons for not going. On the other hand, it is wise to know what you are getting into and prepare yourself.

Japan is one of the most homogenous countries in the world. As such, there is a clear “in-group” and “out-group” in Japanese society, with native Japanese being in the in-group and foreigners and ethnic minorities considered the out-group. For a foreign student visiting Japan, this means that they are not subject to the same rules and standards that native Japanese people are (though you should do your best to learn cultural practices and taboos so as not to offend your host culture). Experiences vary widely amongst students. For example, students of Asian heritage may be expected to speak Japanese or adhere to Japanese customs, whereas students who are visibly different than Japanese people will not be expected to do the same. Regardless, Japan is an extremely polite country and most students report having positive or neutral experiences regarding race and ethnicity while abroad. Upon completion of their programs, when asked if they faced any concerns or challenges relating to race or ethnicity while in Japan, some students shared their experiences:

- “In Japan people are generally more discriminatory about race, but I never had any bad experiences relating to race-- just positivity and curiosity.”
- “None. I never felt any sort of discrimination. If anything, I shared my Hispanic culture with Japanese students to teach them about me while learning about their own cultures.”
- “As a black person just dealing with a lot of people and children staring was something new that I had to not take personally. But could get really annoying and made me self-conscious.”

- “Japan is obviously a very conservative country that only has one ethnicity so yes, it was hard to blend in and pretend to be like everyone else. But I know it cannot be helped as this is how Japan has always been so I don't really mind it.”
- “As an African American student, I thought I'd face more racism, however, I only had to deal with negative/disapproving looks from certain students and Japanese people. There was nothing outright which I was thankful for.”
- “It was kind of hard because I could pass for Japanese person. So people would just look at me strangely when I couldn't speak Japanese, or they would seem a little offended when I couldn't understand them.”
- “Not really. Quite honestly, as a black American, I felt safer in Japan than I do in America.”
- “As a black woman, I certainly at times felt very estranged, but it was never a problem.”
- “I found that being white and being with a lot of white people looking for restaurants or bars could be difficult at times. We found ourselves being rejected from places time to time due to just being foreigners.”
- “Not really. There were one or two times a certain restaurant didn't really want white people in it and my friend was denied access to a love hotel because he wasn't Japanese, but honestly, being very aware of what real discrimination looks like and even of what the inner workings or real 'soft' racism, etc., are like, I never faced any real problems while overseas. Most Japanese were overly helpful and happy and fine. It's worth noting I am a white Christian man however and that some of my other compatriots might have had a slightly different experience than I.”
- “As a black person, people stared and I got used to it. I took no offense because it is rare to see a black person in Japan. I discovered a lot about myself and I tried to interlace my culture with the Japanese culture.”
- “Sometimes native Japanese would walk past me and point while laughing and say “gaijin” (the word for foreigner). But I never felt unsafe.”
- “Of course I got weird looks for looking foreign, but I had no real problems. As a matter of fact, once people heard me speaking Japanese, I was treated especially kindly in most cases.”

Some questions and tips to think about before you leave:

- How will I be perceived in the host country? Are there any preconceived notions of people of my ethnic/racial group in the host country?
- Is there a history of ethnic/racial tension in the host country?
- How will I react if someone says or does something offensive?
- How will I react if I am mistaken for being a member of an ethnic group other than the one with which I identify?
- If someone says something insensitive, try to analyze the situation. Are they doing so out of ignorance and misunderstanding, or out of prejudice and bigotry?
- Remember that standards of “political correctness” can vary widely outside of the United States.

There are several resources available, including informational websites and student blogs (see *Web Resources*). In addition, Education Abroad can help connect you with other students who have studied abroad who can provide you with information about their experiences.

Temple deeply values diversity as a central element of its institutional culture. If something occurs during your time away, please inform your on-site staff or Education Abroad and we will do what we can to help you, while negotiating sometimes difficult cultural differences.

Sexual and Gender Expression Abroad

Cultures vary in terms of how sexual and gender identities are defined and understood. You will find that attitudes and tolerance toward gay, lesbian, bisexual, and trans issues vary from country to country, and possibly even within each country, as they do here in the U.S. Some countries are more welcoming and legally protective than the U.S., while others are less accepting and more restrictive.

Being knowledgeable about sexual identity and gender expression in the area where you will be studying will allow you to have a rewarding international experience. When researching the environment of your host country, it is important to learn about cultural norms and local manners; laws of the host country; general attitudes toward LGBTQIA persons; and the various LGBTQIA organizations, support services, and media that may serve as resources to you before, during and after your time abroad.

Japan is in many ways a conservative country. Societal gender norms and heteronormative sexual identities are expected. Marriage equality has not yet reached Japan and sexual orientation is not protected under civil rights laws, though support for LGBTQIA people and marriage equality has been growing. However, discrimination based on sexual orientation is banned in certain cities, including Tokyo. Japan's culture and religions do not have a history of hostility towards homosexuality and students with varying sexual and gender orientations will typically not be in danger of being harassed or called out in public. Still, LGBTQIA communities may be less visible than in the U.S.

Gender roles are also more conservative in Japan, with females expected to be polite, quiet, and demure. Several students have indicated this as a challenge while they were abroad, particularly if they had an internship or job in a Japanese workplace.

While students have very different experiences regarding sexual and gender expression in Japan, most students have neutral or positive experiences in Japan. When asked if they faced any concerns or challenges relating to sex or gender while in Japan, many students answered "No", but some students have shared their experiences below:

- "As a female in Japan, I certainly struggled at times in terms of equality. In the work place and just out in general, they expect us to be quiet and good."
- "I had some issues with dating abroad- nothing related to school, but I had several experiences with men making inappropriate advances. However, that being said, the situation was not very different from what I have experienced at home."
- "I felt limited due to my female gender. Also very isolated as a bisexual."
- "I felt very comfortable as a person of color and also as a member of the LGBT community."
- "It was a little difficult to end up in a culture where women are often expected to act helpless. Especially coming from the US where women empowerment is rapidly growing."
- "While Tokyo is not necessarily gay-friendly, openly gay students will not be in danger or called out in public. This dynamic does not exist in the U.S. for the most part, and LGBT+ students should be aware of it before going to Japan."

Take some time to become familiar with your host country before departure. Educating yourself on cultural attitudes towards alternative sexuality and gender expressions abroad can help ease your transition and make for a safer and more enjoyable study abroad experience. Some questions to ask:

- How does the host culture interpret and handle different sexual identities and gender expressions? If I am "out" at home, will I be able to express myself in similar ways abroad?
- If I am not open about my identity at home, will the host country provide more freedom for me? If so, how will I transition once I am back home?
- What laws exist that affect LGBTQIA persons? Are laws different for men and for women?
- Can issues related to sexuality and gender expression be discussed and debated openly?
- Are certain forms of sexual or gender expression, including displays of affection that are generally accepted in the U.S. (whether queer or straight) expected to be private in your host country?
- Where are some nearby LGBTQIA-friendly establishments? How can I find them?
- Are there local support and community networks for LGBTQIA students in the host country?

You may wish to begin your research by familiarizing yourself with campus, community and web resources dedicated to LGBTQIA issues. In addition to local resources, there are several well-known organizations that offer information and support for international travelers and/or study abroad students (see *Web Resources*). You may also discuss any concerns with your Program Manager or your home institution study abroad advisor.

LIFE IN TOKYO

Tokyo, one of the safest cities in the world, is also the largest urban center in the world. Thirty million people live within a 20-mile radius of the Imperial Palace located in the center of the city. The city of Tokyo incorporates 23 wards, 26 smaller cities, seven towns, and eight villages. It sprawls 55 miles east to west, and 15 miles north to south. The 23 wards alone enclose an area of 227 square miles.

Three central wards, Chuo, Chiyoda, and Minato define the Central Business District (CBD) of Tokyo. Every working day over two million commuters report for work in the CBD. Japan Railway's Yamanote Line forms a loop around the center of Tokyo and connects a number of other important commercial and entertainment centers such as Shinjuku, Shinagawa, Ueno, and Ikebukuro. The Yamanote loop connects 29 stations, and it takes about one hour to go around it completely. Tokyo is one of the more important financial marketplaces in the world. From the Central Business District and surrounding subdistricts, billions of dollars are transferred electronically every day.

Overall, you will find Tokyo to be a remarkably dynamic and culturally rich place to live. During your stay, don't miss the opportunity to explore the many wonderful and varied landscapes filled with both modern and traditional arts, cultures, and lifestyles. Below is information about some common cultural differences to expect, as well as practical information about climate, transportation, etc.

COMMON CULTURAL DIFFERENCES

Below are just a few of the cultural differences you can expect to experience in Japan. Some additional cultural differences are mentioned throughout this manual. We also encourage you do your own research on the many cultural differences you may experience while in Japan.

Communication

Japan is a high-context culture, which means that many things are left unsaid in communication; there is less verbally explicit communication and more internalized understanding of what is communicated. This can be difficult for a student coming from a low-context culture like the U.S. where it is much more common to be direct in communicating.

In Japan, people are often taught not to stand out, but rather to agree with others to avoid confrontation. Working in harmony with other people is therefore valued over being an independent person. Therefore, sometimes it is difficult to get a straight response when you ask a Japanese person their opinions about something. If you ask someone (for example, your host mother) her opinion concerning a certain topic, she may at first vaguely give a response that is somewhat in-line with yours. Understand that this reflects discomfort in disagreeing with you because of her belief that disagreement will undermine the inherent value of your opinion. She may want to avoid hurting or offending you by denying your opinions and ideas. By replying vaguely, she can maintain a certain harmony with you.

When the person you ask answers unclearly, one way to get their real opinion quickly is to ask the same question again. "Really? Is that so?" (Sou desuka? Honto ni?) The person may then start to share their real opinion, "well, actually..." (Jitsu wa...). Please try not to become angry at the person for withholding their opinion – this harmony is a fundamental aspect of Japanese culture that you will learn. Finally, because Japanese people rarely say "no" strongly as a first response, if they say "no" to your question more than once you can assume they really mean no. If you are making a direct request for them to do something and they say no, do not repeat your request. You can always ask OSS staff for advice on communicating.

Order

There is more emphasis placed on rules and order in Japan than in most Western cultures. You will notice organized queuing (lines) when waiting for the train, riding on escalators, etc. Schedules are followed more explicitly, and almost all trains/buses will arrive at the exact time they are expected to.

Respect and Politeness

Respect and politeness are highly valued in Japan. You are expected to treat a person who is older than you with respect and address them properly using formal speech. If you notice someone older than you standing on a train or bus, you will impress them by offering your seat.

Another example of respect in Japanese culture is how quiet everyone is on trains and buses. It is considered rude to speak loudly on public transportation or to talk on your mobile phone. Be mindful of your volume.

You will notice small examples of politeness in various settings in Japan. When paying for an item, for example, there will be a small tray in front of the register. It is considered polite to use this tray for paying, rather than handing cash directly to the cashier.

Individuality

Japan is a collectivist culture, whereas U.S. culture is individualistic. Japan is focused on the group or community. As a minor example, you won't notice Japanese customers making special individual requests for food like you would in the U.S. ("Can I have a burger without cheese but with tomatoes?")

PRACTICAL INFORMATION

Climate

The climate of Japan is temperate and resembles the east coast of the United States. The average autumn and spring Tokyo temperatures range between 59°C and 73°C. Some days, particularly in January and February, may be colder with light snowfall.

In Tokyo, May and June temperatures are spring-like, with highs in the 70's (F) and lows in the 60's (F). In July and August, highs are in the 80's (F), and lows are in the 70's (F). August is the hottest month of the year. The humidity is high between June and September, averaging about 75 percent. Most of Japan's rainfall occurs during the rainy season in June and July.

Food and Dining

There are many types of Japanese food, from sushi to udon to tempura. You will find that eating is very different and perhaps one of the most interesting aspects of Japanese culture. Though you can sometimes get a knife and fork, chopsticks are the most common eating utensils, so be prepared. Don't expect to find everything you're accustomed to eating in the U.S. readily available in Japan. Keep an open mind and try everything, but don't stress too much about the differences. Western food options are available, although sometimes more expensive. Also be aware that tipping is not commonplace in Japan. See the section *Tips that May Help to Reduce Food Costs* for more information on food.

Laundry

Dorm students will have access to coin-operated washers and dryers. Keep in mind that laundry facilities abroad are not always comparable to those in the U.S. As Japanese people typically line-dry their clothes, the need for efficient appliances is not as great. Avoid clothing that requires special handling or ironing; dry cleaning is very expensive.

Shopping

Someone once noted that "You can get anything that you want in Tokyo, provided you have enough money." Department stores will get you almost anything you want, at premium prices, of course. They are a world unto themselves, with hundreds of little boutiques contained all under one roof. Many tourist guides offer good overviews of shopping in Japan. Department stores also contain supermarkets in their basements where an extensive variety of fresh produce, baked goods, meat and poultry, and imported goods can be found. The bottom line is that you should not have too much trouble finding anything that you need, or a substitute for anything you have here in the U.S. Stores normally open around 10:00 a.m. and close around 7:00-8:00 p.m. However, clothing can be expensive in Japan, and you will find limited sizes available (it can be particularly difficult to find larger-sized clothes and shoes).

Transportation

Getting around in Tokyo is efficient but may be costly at times. Rarely will you wish to take a taxi; the price is much higher than in a typical U.S. city. The public transportation system in Japan is clean and efficient. Be aware that the bus system is not for the weak of heart – there are hardly any signs in English, and the route maps are very difficult to understand. However, you shouldn't worry about using the trains and subways to get anywhere you need to go.

Please keep in mind that as Tokyo is home to over 9 million people, and many more people come in to Tokyo for work as part of their daily commute, rush hour commuter traffic is extremely busy. You may have seen videos or images of Japanese subway station workers pushing people into subway cars in order to fit as many people as possible in one car – this is an everyday occurrence on many subway lines in Tokyo. You can expect to have little personal space if traveling into or through Tokyo during rush hour periods (Weekdays 7:00 a.m. to 9:00 a.m., 5:00 p.m. to 7:00 p.m.). If you are in a crowded train and need to get off at your stop, you can say "Sumimasen, orimasu!" ("Excuse me, I'm getting off!") and people will make some space for you to exit. If you are concerned about traveling during rush hour, you should adjust your class schedule so that you can take the train to campus outside of these times.

[Trains.jp](#) and [HyperDia](#) are two mobile apps that provide information about transportation in Tokyo. Google Maps also is a good option for transportation. When looking up how to get from one place to another, it can tell you directions to the stations, train departure and arrival times, and the fare amount you will need to pay.

Japan Rail Passes

Students often inquire about rail passes for travel throughout Japan. Although the Japan Rail System does offer a rail pass for tourists that is good for one to three weeks, it is only good for those traveling under tourist visas (not student visas). Information is available from the Japanese National Travel Organization (see *Web Resources*). Discounts on the *shinkansen* (bullet trains) are available to students holding a valid TUJ ID and can be obtained from the Facilities & General Affairs Department at TUJ.

Electricity

The standard voltage in Japan is 100v, a slight difference from the U.S. (110v). Your appliances can be used in Japan, but high wattage items like hair dryers run slowly, and clocks won't operate properly. Two-pronged plugs are the most common so you may wish to bring an adapter for three-pronged items.

Business Hours in Japan

Japanese business hours are much the same as in the U.S. Banks will be open from 9am until 3pm. Stores are generally open from 10am to 7–8pm daily.

Currency

The currency of Japan is the *yen*. A combination of coins and bills are used. Currency rates change daily, but a good rule of thumb is that ¥100 is roughly equivalent to \$1. Coins are also used more frequently than bills for smaller amounts (¥1, ¥5, ¥10, ¥50, ¥100, ¥500), so we recommend that you carry a coin purse as these coins will begin to accumulate throughout your semester abroad. Bills of higher amounts can be found as well (¥1000, ¥5000, ¥10,000). Keep in mind that some ATMs will only allow you to withdraw bills in ¥10,000 increments, which is about \$100.

LANGUAGE

In addition to familiarizing students with the country's history and culture, studying the language will provide you with the necessary skills required for communication. While previous study of Japanese language is not a requirement for program participation, returned students recommend beginning language study before arrival.

Remember that you will be in Tokyo for a few days before your Japanese class begins. During this time you will need to order food, purchase groceries and supplies, and ask for directions. Knowing basic phrases and words will help you to feel more comfortable. At a minimum, we recommend downloading the Google Translate app to assist you in daily communication, such as reading menus. You may also want to bring a Japanese phrasebook or download additional apps to help with daily communication.

We recommend that you take Japanese while in Tokyo if you are able. If not, we recommend that you set some goals for learning the language independently while there. Students who learn the most Japanese are those who are willing to talk, ask questions, make mistakes, and get out there, not necessarily the students who know the most Japanese prior to arriving in Japan. Although you have the opportunity to greatly improve your communicative skills, be realistic about your expectations for second language acquisition. While studying abroad, you can make great improvements. However, you

will need to challenge yourself by not speaking English with your peers or locals who speak English with you. Hold yourself to the goals you set before going. If you are not able to take a course, there are many foreign language resources available in bookstores and online.

In general, Japanese people are both encouraging and forgiving of those who attempt to speak the language. It is likely that you will connect with someone in a more meaningful way if you are familiar with the language.

Upon your return, consider continuing your study of Japanese at your home campus to practice and maintain your newly acquired skills.

HEALTH, SAFETY AND SECURITY ABROAD

The ability to remain healthy and safe while overseas is paramount to a successful study abroad experience and requires advance planning on your part. Although our office aims to support your preparation, it is essential that you assume responsibility for your personal planning; throughout this section, we have included a checklist of student responsibilities as they relate to health, safety and security to guide you in your preparations. If, after reviewing all the information, you have individual concerns, please contact your Program Manager.

TO DO:

- Read and carefully consider all materials issued by Education Abroad and participate fully in pre-departure orientation (in person or online).
- Be an informed traveler. Conduct your own research on the countries you plan to visit, particularly in regards to health and safety concerns, using the resources noted throughout this section.
- Keep up-to-date with world news and local news in your host country as you prepare to go abroad and while abroad.

HEALTH AND SAFETY ADVICE AND ASSISTANCE & INTERNATIONAL TRAVEL MEDICAL INSURANCE

International SOS

Temple University has partnered with International SOS, a 24-hour global company that can serve as a single contact point for all international medical, safety and security advice and assistance. International SOS can provide you with medical, safety and security advice, as well as referrals both prior to and during your study abroad program. While participating in your program abroad, International SOS can coordinate medical care, emotional support services, and emergency assistance and, whenever possible, will provide direct payment for care and coordinate with the international travel medical insurance provider so that you don't have to pay for any covered expenses. These services are described in more detail below; please review this information carefully, including the *Important Details* section.

As a participant in the Temple study abroad program, your membership is already active for pre-travel advice. Once abroad, you may access the full range of International SOS services three days prior to the official start date of your study abroad program until three days after the official end date of your study abroad program. The Temple membership number is 11BSGC000017, and the membership card is posted to your Program Home Page.

You can access International SOS' many resources in the following ways.

Website and Assistance App

The [International SOS members-only website](#) contains:

- detailed information on more than 200 countries and 300 cities;
- evaluation and analysis of health, travel and security risks;
- daily updates on travel security, disruptive incidents and situational developments;
- travel guides and cultural tips; and
- a form to sign up for proactive email alerts.

We strongly recommend you download the **International SOS Assistance app** for your smartphone, which [allows you to](#):

- obtain essential medical and security information prior to departure or while traveling;
- check-in to indicate that you are safe in your location in the event of an emergency;
- instantly call the closest International SOS Assistance Center for immediate support; and
- receive timely medical and security updates and alerts for your location and other countries of your choice.

Instructions for downloading the app are provided below.

Assistance Centers

International SOS has a worldwide network of 27 Assistance Centers that are 24/7/365 operations centers, staffed by doctors and nurses, security professionals, multi-lingual coordinators, and logistics support personnel.

If you have any physical health, mental health or security questions or concerns, minor or serious, you should contact International SOS anytime, either before you depart and/or while abroad. No issue is too small. International SOS' medical and security staff will listen to your questions and concerns and can then offer information and advice and/or provide assistance.

If you need health care while abroad, International SOS can direct you to an appropriate local healthcare provider for treatment. Also, International SOS can typically assist you in arranging an appointment with the nearest approved medical provider and in many cases can provide direct payment so that you don't have to pay up front for your care. International SOS can also help with identifying a pharmacy that sells genuine medication, and guidance with what to ask for.

You may contact an International SOS Assistance Center in one of the following ways. If contacting International SOS prior to the start of your program, identify yourself as a student who will be studying abroad through Temple University's program. Always provide Temple's membership number: 11BSGC000017.

- By email at philadelphia@internationalsos.com (In the event of an emergency, please call International SOS via the phone or the International SOS Assistance app.)
- By phone at **+1-215-942-8478**. You can call collect, even from abroad, or you can call in from any other available phone or send an email and ask for a call back.

- Via the International SOS Assistance app on your mobile phone. Enter <http://app.internationalsos.com> in your smartphone browser to download the app, and create an account by registering with your Temple email address.

Prior to your departure, you can discuss a range of matters with International SOS, including:

- health considerations specific to your destination/s, including quality and level of local healthcare
- managing a health condition and/or preventing illness while abroad;
- medical advice on vaccinations;
- available healthcare providers and specialists in your destination;
- setting up appointments for on-going care in advance for your time abroad;
- bringing required medications, equipment or supplies abroad (including whether or not they are permitted, any restrictions, traveling with medication/equipment/supplies, etc.); and
- travel safety tips and any travel safety or security concerns. You can even request a customized security report for your destination.

Once abroad, you can contact International SOS, if you need:

- health, safety or security advice.
- to speak with an experienced, Western-trained doctor or security specialist.
- a local doctor or other provider, or emotional support.
- to locate a pharmacy.
- supplies or medication or equipment (see p. 20 for important information on bringing medications to your host country).
- assistance due to the loss of travel documents.
- assistance in evaluating the care you are receiving and determining what actions must be taken to facilitate a safe and speedy recovery.
- advice on what to do or assistance in an emergency situation or critical event (emergency assistance calls can even be made on your behalf).

International Travel Medical Insurance

All students on a Temple University study abroad program will be covered by international travel medical insurance. Please refer to the [Summary of Benefits](#) for the full list of covered expenses and exclusions.

The international travel medical insurance coverage will begin three days prior to the official start date of your study abroad program and conclude three days after the official end date of your study abroad program.

If International SOS coordinates the payment for medical treatment, the claim will be paid for by the insurance company according to the terms and conditions of the policy. You will not need to submit any paperwork. Please note that if you are prescribed a medication, it is unlikely that International SOS will be able to coordinate payment and you will need to submit a claim for reimbursement.

Health and Safety Course on Canvas

All students will be enrolled in a course that details health and safety protocols while studying abroad. Information about the Temple international health insurance policy, including how to travel with prescriptions and submit claims to the insurance carrier as necessary, are included here.

Emergency Evacuation and Repatriation

In serious medical or security situations where an evacuation or repatriation is deemed necessary, upon approval from Temple, International SOS will on a best effort basis arrange for the evacuation or repatriation of members. For example, if you are hospitalized in an area where adequate medical facilities are not available, International SOS can evacuate you to a medical facility capable of providing the required care. When your condition is stabilized and International SOS has determined that it is medically advisable to bring you home or to a facility near your permanent residence, International SOS can arrange the repatriation. In a serious security situation where an evacuation is deemed necessary, International SOS can on a best effort basis evacuate members to the nearest safe and appropriate location. International SOS can also arrange for repatriation of mortal remains.

The cost for these services is typically covered through Temple's International SOS membership, with some exclusions. Coverage excludes assistance for injuries sustained during professional sports and extreme sporting activity. Please visit the Education Abroad website for the full [list of exclusions](#).

TO DO:

- Before Departure:
 - Familiarize yourself with the resources on the [International SOS website](#), and register for email alerts specific to your destination/s. Login with the Temple membership number: 11BSGC000017.
 - Contact an **International SOS Assistance Center** to discuss any physical health, mental health, or security questions or concerns (see contact information above, on the back of your membership card, or within the app).
 - Download the **International SOS Assistance app** for your smartphone (see instructions above). This is strongly recommended.
 - Save the phone number for the International SOS Assistance Center in your phone.

- Once Abroad:
 - If you are using a different smartphone for your time abroad, download the **International SOS Assistance app** and save the International Assistance Center phone number on that phone as well (see instructions above).
 - Contact an **International SOS Assistance Center** when you have any physical health, mental health, or security questions or concerns, or need assistance (see contact information above, on the back of your membership card, or within the app).

- Important Details:
 - Do not cancel your U.S. health insurance, as your international travel medical insurance only provides coverage outside of the U.S. Should you need to return home for any treatment, the international travel medical insurance will not cover you. Coverage through international travel medical insurance does not satisfy the health insurance requirements of the Affordable Care Act.
 - Prescriptions are only covered when prescribed by a doctor outside of the U.S. for a covered medical illness or injury that occurs while traveling

- You will need to pay out of pocket for prescriptions and be reimbursed by submitting a claim.
- Prescriptions for pre-existing conditions are not covered by the international travel medical insurance.
- If you plan to be abroad outside of the covered dates as defined above, we strongly recommended that you purchase international travel medical insurance coverage for your personal travel dates (that includes benefits for emergency evacuation/repatriation and repatriation of remains, neither of which are typically covered by U.S. health insurance policies). The U.S. State Department maintains a [list of some insurance providers offering international travel medical insurance coverage](#).
- Temple University does not provide any other form of accident or liability insurance in connection with the study abroad program. No costs for such accident or liability insurance premiums will be reimbursed by Temple University.

HEALTH

Medical Conditions

It is important to be both physically and mentally healthy before you go abroad. Mild physical or psychological disorders, even those well managed here in the U.S., can become serious under the stresses of life while overseas. Students often underestimate the challenges that come with transitioning to a new environment and culture, and the effect it can have on their physical and mental health.

If you have a medical condition that requires ongoing care while abroad, please discuss a plan with your doctor, Education Abroad, and International SOS before departure.

Mental Health

An increasing number of students are taking advantage of counseling services in the U.S, and also while studying abroad. Temple Japan has counseling services available on-site. You will get more details about this and other options for counseling upon arrival at Temple Japan. International SOS can also be an additional resource, as it provides telephone-based emotional support services and can refer you to a local mental health care provider outside of TUJ as well, as available. The international travel medical insurance covers mental health care. You may also wish to ask your current provider if he/she is available to connect virtually while you are abroad. We encourage you to utilize these services as soon as an issue presents itself, as delaying care often results in problems growing more severe.

Before departure, discuss with your provider any past or present mental health concerns, as well as your individual triggers, so that you are prepared to face challenges that may present themselves while abroad. Below we list some of the common factors that can affect your mental health while abroad.

- Travel stress
- Separation from friends/family
- Social pressure
- Changes in medication
- Transition to new environment/culture shock
- Adjusting to local conditions, i.e. new diet, climate, etc.
- Feelings of being alone in a foreign country
- Loss of resources from home/different resources from home
- Dramatic time changes (out of routine)
- Unexpected event (i.e. parent getting sick, relationship break-up, etc.)
- Housing differences

Most students adjust well while abroad and return to the U.S. having grown as a result of successfully handling challenges and dealing with the change and ambiguity that often accompanies the experience.

Prescriptions

If there is a medication that you must take, bring an adequate supply for your stay. Obtaining more than your usual quantity of prescriptions may require special coordination with your physician and U.S.-based health insurance company, so consult your physician well in advance. Do not plan to have U.S. prescriptions filled abroad, and do not plan to have prescription medication mailed to you once you are abroad. In most cases, mailed prescription medication will be stopped in customs.

If you take prescription medications with you, be sure to leave them in the original containers and carry a copy of the prescription and a letter from your doctor that includes the following: the name of each prescribed drug, identified by its chemical composition/generic name rather than its brand name; dosage; instructions; and reason for prescribing the drug.

Be aware that some medications are restricted or illegal abroad. In many countries, including Japan, this applies to certain prescription medications, especially narcotics and psychotropics, including some ADD/ADHD medications. Even some over-the-counter medications, such as allergy medications, may be restricted or illegal, so it is important to consult with International SOS for more details. The [U.S. State Department's Country Specific Information](#) may also address certain restrictions. If you use a medication that is prohibited in your host country, please consult your doctor and International SOS as soon as possible to discuss alternatives.

To legally bring more than one month's supply of any prescription that is not prohibited in Japan, you must apply for an import certificate called a *Yunyu Kakunin-sho*. This process is relatively easy but can take a few weeks so you should look into this immediately and allow enough time to prepare your materials, meet with your healthcare provider if necessary, and submit the documents. Visit <http://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html>. Once there, you should click the document link next to: "Q&A for those who are bringing medicines into Japan" for both the Q&A as well as the actual application form.

If you lose or unexpectedly run out of medication or other supplies while abroad, International SOS may be able to help you replace them, if available and if in accordance with local and international regulations.

Eye Care and Over-the-Counter Medications

You might want to bring over-the-counter medications from the U.S. if you prefer a specific brand of aspirin/ibuprofen, cough medicine, vitamins, allergy medication, or medicine for motion sickness.

If you wear glasses or contact lenses, take along an extra pair. In addition, just in case, be sure to have the lens prescription with you. Contact lens supplies may be more expensive abroad, so it is wise to take cleaning solution with you if possible.

TO DO:

- Schedule check-ups with your doctors/dentist/counselor and consult with International SOS to discuss:
 - Existing conditions and a plan to stay healthy while abroad
 - Prior conditions and what you would do if they resurfaced

- Medications you need to bring with you
- Any recommendations for being able to communicate about your medical condition in your host location. Depending on the severity of your medical condition, your doctor may recommend that you carry a wallet card and/or wear a medical alert bracelet in the language of your host country.
- Obtain any prescription medications you need to take with you, paying attention to restrictions on medications for any countries to which you are traveling.
- Learn how to communicate, verbally and in written form, your medical condition, allergies, etc. in the host language. International SOS can assist with written translations.
- Research care providers in your destination by contacting International SOS.
- Disclose any personal information necessary in planning for healthy and safe study abroad through the required Health Information form on your Program Home Page; discuss major concerns with your Program Manager and update your Program Manager if any of your information changes prior to departure.
- Once overseas, make good decisions: eat healthy, get enough sleep, and avoid behavior or circumstances that do not support your health.

Allergies and Special Diets

If you have any food allergies or adhere to a special diet, it is important to research food options and risks before departure and prepare as much as possible.

Some things to consider:

- In some cases, certain allergies or dietary restrictions are not common or easily understood by the host culture.
- Labeling standards and practices vary by country.
- You cannot assume that pre-packaged foods available in both the U.S. and abroad have the same ingredients.

Especially if you have a severe food allergy, it is essential that you are able to effectively communicate your needs, understand what you can and cannot eat, and feel comfortable with handling an emergency situation in your host location. As language plays a key role in this, it can be very challenging to navigate severe food allergies in a location where you aren't proficient in the host language.

TO DO:

- Discuss any challenges, risks, and a plan for managing your food allergy in your host location with International SOS and your doctor.
- As mentioned above, discuss with your doctor whether a wallet card and/or a medical alert bracelet in your host country language is advisable.
- Research local foods to find out the most common ingredients as well as local restaurants/brands that might accommodate your dietary needs.
- If possible, learn phrases in the host language that will allow you to communicate your dietary needs while grocery shopping, eating out or with your host family (if applicable).
- At minimum, carry an explanation of your dietary needs, including foods to be avoided and any other special considerations, written in the host language. Several websites offer translation card for food and drug allergies. International SOS can also assist with written translations.
- If you need special medications pertaining to severe food allergies, have them on hand prior to departure.

- Indicate all allergies or health-related dietary restrictions on your Health Information form; discuss any serious allergies or restrictions with your Program Manager. If you are unsure whether you can manage your allergy in your host location, please bring this to the attention of your Program Manager as soon as possible; your program manager can discuss options with you.
- Update your Program Manager if anything changes prior to departure.
- If you aren't comfortable preparing meals for yourself but may need to while abroad, learn basic cooking techniques and how to prepare some recipes that will be simple to prepare in your destination.
- Once abroad, inform friends/on-site staff of any serious food allergies, your reaction to them, and your emergency plan relative to them.

Disabilities

An increasing number of students with disabilities are successfully participating in study abroad opportunities. A key factor in ensuring your success abroad is anticipating what needs you will have in relation to your disability, and discussing your individual circumstances in full with the disabilities resources office at your home university, as well as with Education Abroad, long before traveling. Aspects of the program you may need to consider include arrival, living accommodations, food, classes, transportation, etc. Planning ahead improves the chances of securing the accommodations you need.

If you are not currently registered with the disabilities resources office at your home university but anticipate that you may need accommodations for a disability while participating in this program, contact your disabilities resources office as soon as possible regarding registration. If you have any questions about this, please contact our office.

In addition to our office and the disability resources available at your home university, in some cases we may refer you to International SOS for further assistance. Several organizations also provide information for travelers with disabilities, including [Mobility International USA](#).

TO DO:

- If you have a documented disability and are requesting accommodations while overseas, submit your official accommodation letter from your university to Education Abroad as soon as possible.
- In addition, please discuss your needs with your home university disabilities resource office and your Program Manager well in advance of departure.

Immunizations

For any international travel, the Centers for Disease Control and International SOS state that your routine vaccinations, such as measles/mumps/rubella (MMR), diphtheria/pertussis/tetanus (DPT), poliovirus, etc. should be up-to-date before you travel. The Centers for Disease Control (CDC) and International SOS also recommend hepatitis A and B vaccination for most international travelers. Depending on your destination and other factors, additional vaccinations, some of which require several doses, may be recommended. Plan to see a travel health practitioner several weeks before departure for destination-specific health preparations.

TO DO:

- Consult [International SOS](#) or [Centers for Disease Control](#) for the recommended immunizations specific to your destination(s), as well as location-specific health and medical considerations for travelers.
- See a travel health practitioner several weeks before departure to obtain any necessary immunizations. Student Health Services on Temple's Main Campus can provide free travel consultations (to Temple students only). Call (215) 204 -7500 to set up an appointment. There is a fee for each immunization. Non-Temple students may inquire with the health services on their own campus, their physicians, or a travel health center.

Sexual Health

Having a relationship while abroad can be a great experience, but it requires more caution than at home. You will be getting used to a new culture and your surroundings so it might be difficult to gauge someone's interest, their expectations, or ways of interacting. Be prepared and take the necessary precautions. Remove yourself from any situation that makes you uncomfortable, whether you are out at night, in a relationship, etc. Even if you think that your uneasiness may be due to a cultural difference, staying in an uncomfortable situation is not worth the risk. You will always have time to process and reassess the situation later. In her article, [Sexual Harassment and Prevention in College Students Studying Abroad](#), Nancy Newport addresses cultural sensitivity as it relates to navigating your new environment and relationships safely, noting that such issues have the potential to greatly affect the entire overseas experience.

Sexually transmitted infections and diseases, as well as unintended pregnancies are just as much a concern abroad as at home, so protect yourself and your partner in the same manner that you would when home.

Students who expect to be sexually active while abroad should be prepared and may need to consider purchasing condoms in the U.S. prior to departure, as reliable prophylactics can be difficult to find in some regions. Temple students can obtain condoms at the Wellness Resource Center.

SAFETY

Your safety is our top priority. While it is not possible to completely guarantee student safety in any location, U.S. or foreign, program participants and their families can rest assured that Education Abroad consistently monitors information from the U.S. Department of State and International SOS to ensure that program destinations meet reasonable standards for safety. On-site orientations will cover location-specific safety recommendations and emergency preparedness. In addition, your responsibility is to become an informed traveler and follow the precautions we outline in the next sections.

Student Conduct

All program participants are subject to Temple University's [Student Code of Conduct](#) while on a study abroad program. Please review the policy online.

You will be asked to sign an Assumption of Risk and Release Form that includes a statement on Personal and Academic Conduct. These documents set forth the University's standards regarding your behavior, and your signature is your agreement to abide by these standards. Temple University reserves the right to require the immediate withdrawal of any student who fails to meet the University's standards for conduct.

The simple fact of your being a foreigner and not quite knowing what is and isn't safe behavior—not being certain where and where not to go or how to act—increases the possibility that you can become a victim of a crime or a target for illegal activity. Know and obey local laws; avoid illegal-looking activity of any kind. Do not assume that just because something is legal in the United States that it is legal abroad. In many other countries, including Japan, laws are more strictly enforced than in the U.S. As a foreigner, you will likely stand out while abroad. Even when you are not interacting with your host community, you are often being observed.

Observing and practicing cultural norms and practices as much as possible will help you make a good impression even when it may be clear that you are not from your host community.

More details can be found below in the *Public Safety and Law Enforcement* section.

TUJ Housing Rules

If you plan to live in University-arranged Housing, the staff at TUJ will discuss the rules during your first week in the program. For your reference, here is the list of rules:

1. Students are personally responsible for any and all damages, missing items, or charges at the dorm or homestay. TUJ reserves the right to take disciplinary or legal measures for any damage or outstanding charges.
2. Students in University-arranged housing must abide by Temple University's Student Code of Conduct and TUJ's housing guidelines. Violations may result in the student being expelled from university housing. No refunds are given in case of expulsion.
3. TUJ's housing guidelines include important requirements, including for example, that all students must respect quiet hours; no person of the opposite sex may be in your room; smoking, overnight guests, and pets are not allowed in the dorm; and alcohol is prohibited both in and around TUJ housing. A complete copy of TUJ's housing guidelines will be distributed on arrival and is available in advance on request.
4. To ensure that all students can live safely and comfortably in the TUJ dorm, and given the problems associated with alcohol use and drug possession in Japan, TUJ Dorm Manager will conduct periodic room inspections during the course of the semester.

Alcohol Consumption and Illegal Drug Use

Many students feel a sense of freedom when studying abroad, particularly if they are underage in the U.S. but can drink legally while abroad. Unfortunately, this often leads to overconsumption of alcohol, which lowers your defenses and increases your chances of becoming a victim of a crime or making poor decisions. Be conscious of your alcohol intake and take care to not to put yourself in potentially threatening or unsafe situations. Keep in mind that your body reacts differently to alcohol in different situations and environments. If you do drink, always use the buddy system and ensure that everyone in your group is accounted for when leaving the establishment.

In many other cultures, attitudes towards alcohol and drinking are very different than in the United States. It is often uncommon and frowned upon to drink to the point of intoxication, even amongst college students; public drunkenness, for example, might be considered disrespectful, rude, and invite unwanted advances from strangers. If you choose to drink alcohol while abroad, enjoy it in moderation.

Drink spiking does occur abroad, and can lead to a dangerous situation, such as robbery, assault, etc. When going out to bars or clubs, take precautions: use the buddy system; do not drink with people you

do not know; do not accept drinks from others; and do not let your drink leave your sight. Another note of caution is to avoid American-style bars, which cater to tourists and are prime locations for pick-pocketing, drink spiking, fighting, and assault.

Do not bring, purchase, have in your possession, or use illegal substances in Japan. In addition to jeopardizing your health, safety, disciplinary status, and participation in the program, penalties related to illegal substances in Japan are very severe. See the section below on *Public Safety and Law Enforcement in Japan* for more information.

Although we stress the importance of drinking safely and not using any illegal substances, please do note Temple's medical amnesty policy below.

Medical Amnesty

The university strongly encourages students to call for medical assistance for themselves or for other individuals who are dangerously under the influence of drugs or alcohol. No student seeking medical treatment for the effects of drug or alcohol use will be subject to university discipline for violations pertaining to drug or alcohol use that are outlined in the Student Code. Medical amnesty does not apply to disciplinary action relating to any other criminal activity including but not limited to assault, property damage, or the presence of or distribution of other substances. This medical amnesty will be granted to both the intoxicated student and to the student seeking medical assistance for the intoxicated student; however, the intoxicated student will be required to participate in the university's Drug and Alcohol Education Program in order to receive medical amnesty.

Sexual Assault, Domestic or Dating Violence, Stalking and Sexual Exploitation

Temple University is committed to preventing and addressing sexual assault, domestic or dating violence, stalking, and sexual exploitation wherever it occurs. To familiarize yourself with university resources and options in the event you or someone you know experiences sexual assault, dating or domestic violence, stalking, or sexual exploitation, review the university's policy on [Preventing and Addressing Sexual Misconduct](#).

If you or a friend experiences sexual assault, domestic or dating violence, stalking or sexual exploitation while abroad, seek medical care immediately to address immediate health concerns and to obtain and preserve evidence of the crime. As time passes, evidence of such incidents can fade. By notifying the Office of Student Services other actions can be explored, such as support in contacting local authorities, class accommodations, housing changes, conduct code charges, counseling, returning back home, and other options. Reporting crimes abroad is different from reporting crime in the U.S. If you or a friend is the victim of a crime, notify an on-site staff member to discuss your options.

Counseling services are available free of charge at the TUJ Counseling Office. Counseling services may be available at mental health provider offices in Tokyo and at various other call centers, and are also available telephone through International SOS. Counseling services are covered by your international travel medical insurance. Contact the Office of Student Services at TUJ if you would like to set up an appointment or if you have any concerns about the above. Additionally, you can contact International SOS directly for advice, support and assistance.

Temple University places a high priority on student health and safety; those who report sexual misconduct or participate as a complainant, victim, or a witness in sexual misconduct investigations, or

who seek medical assistance for themselves or another, will not be subject to disciplinary sanctions for their consumption of alcohol and/or other substances.

For more details, including how to report incidents and access available resources, please visit TUJ's two relevant webpages:

[Sexual Misconduct and Harassment](#)

TO DO:

- Understand and comply with Student Code of Conduct and other rules of participation, and accept responsibility for your own decisions and actions.
- Obey host country laws.
- Review the university's policy on Preventing and Addressing Sexual Misconduct.
- Consult with International SOS for tips on sexual health and safety and any special considerations or precautions for your destination.

Public Safety and Law Enforcement in Japan

Generally speaking, Tokyo is a very safe city and violent crime is rare.

One reason Tokyo is very safe is because Japanese authorities are **much** stricter with illegal activity of any kind; laws are strictly enforced. Below are a few examples:

- Bicycles in Japan must be registered in the same way cars are in the U.S.; it is not uncommon for police to stop foreigners on bicycles and ask to see their registration paperwork so they can confirm the bicycle has not been stolen.
- Penalties for possessing, using, or trafficking in illegal drugs are severe, and convicted offenders can expect long jail sentences and fines. The possession and/or use of any drugs including but not limited to cannabis (marijuana), narcotics, psychotropic drugs, opium, stimulants, thinners, and MDMA are strictly prohibited. By law in Japan, violators will be arrested and prosecuted as criminals, and will receive severe punishment that could include imprisonment and deportation.

As a foreigner in Japan, you will stand out, which could bring extra or unwanted attention from the authorities. If you are engaged in any activity perceived to be illegal, such attention may result in you being arrested, in which case there is a high likelihood that you would be detained and held without bail (and without access to a phone or the internet) for several weeks as an investigation is conducted. Note that neither TUJ nor Temple University would be able to provide you with legal advice or would have authority to act for you in such cases.

Although Tokyo is generally a safe city, this does not mean your safety is guaranteed. Exercise the same caution in Tokyo as you would in any major U.S. city. In addition, it is wise to be cautious in all entertainment and nightlife districts throughout Japan. In Tokyo, Roppongi, Shinjuku (especially the area of Kabuki-cho), Shibuya, and Ikebukuro are entertainment districts with higher incidence of crime, particularly theft and drink-spiking.

Also, be sure to follow the list of common sense precautions below to avoid putting yourself in bad situations that could get you into trouble.

Common Sense Precautions for All Travelers

Below is a list of safety precautions to take while abroad.

- Be aware of local conditions and customs that may present health or safety risks when making daily choices and decisions.
- Keep a low profile and try not to make yourself conspicuous by dress, speech, or behavior, in ways that may identify you as a target. Do not draw attention to yourself through expensive dress, personal accessories (cameras, smart phones, etc.) or careless behavior.
- Exercise special caution when traveling in areas where you are unfamiliar with your surroundings.
- Do not agree to meet a person whom you do not know in a non-public place.
- Do not participate in professional sports or extreme sporting activity, including but not limited to skydiving; hang-gliding; parachuting; mountaineering or rock climbing; racing of any kind other than on foot; bungee-jumping; ballooning; deep sea diving utilizing hard helmet with air hose attachments; martial arts; rallying; caving;. Assistance for resulting injuries is not covered by International SOS.
- Avoid crowds, protest groups, or other potentially volatile situations, as well as restaurants and entertainment places where Americans are known to congregate.
- Inform on-site staff and your family of independent travel (weekend trips).
- Develop with your family a plan for regular communication, so that if any major events occur, you will be able to let your family know directly about your safety and well-being.
- Avoid illegal drugs and excessive or irresponsible consumption of alcohol, which can impair judgment and compromise health and safety.
- Female travelers are often more likely to encounter harassment, but uncomfortable situations can usually be avoided by taking the following precautions:
 - Avoid walking alone late at night or in questionable neighborhoods.
 - Be aware that some men from other countries tend to mistake the friendliness of American women for romantic interest, and some men perceive all American women to be easy. Be cautious of their perceptions and expectations.
- Make photocopies of documents and keep them in a safe place *separate from the originals*.
- Do not carry your passport, except when traveling. Always carry a photocopy of your passport and any necessary identification cards, as well as your emergency wallet card and International SOS membership card.
- Carry only the money and/or credit cards that you need with you, and bring your phone wherever you go in case of emergency.

Lost or Stolen Travel Documents

If your passport is lost or stolen while you are abroad, contact the nearest U.S. embassy or consulate to report it and have it replaced. You may also contact International SOS for advice.

Emergency Preparedness

Emergencies, such as natural disasters, political unrest, or terrorist activity, can happen anywhere at any time. In order to minimize danger to your health and well-being, it is extremely important to plan and prepare in advance for events that might occur while abroad.

Japan is a highly developed, affluent economy with modernized infrastructure. The level of public safety, with an extensive network of local police offices, also encourages a sense of security in daily life. Yet Japan is the most seismically active country in the world and the possibility of a major earthquake or other natural disaster, such as a typhoon, is a genuine concern that requires preparation. TUJ covers disaster preparation at orientation for all new students, but we encourage you to familiarize yourself with emergency preparedness information in advance.

As explained at the beginning of the health and safety section, International SOS provides travel advisory and emergency evacuation services. Visit the International SOS website to review country-specific information and sign up for email alerts specific to your destination(s). Contact International SOS directly for information and/or advice, or if you need assistance.

TO DO:

- Before Departure
 - Review the [U.S. Department of State Worldwide Caution](#) and any relevant country-specific information on the [International SOS website](#) and the [U.S. Department of State website](#), paying special attention to the following information about your destination(s):
 - Political security
 - Public health standards
 - Country's infrastructure e.g. transportation
 - Crime
 - Facilities
 - Likelihood of natural disasters
 - If you are a U.S. citizen or permanent resident, register with the State Department's [Smart Traveler Enrollment Program](#). In the event of an emergency, this will allow the State Department and U.S. Embassy abroad to communicate with you. If you travel to countries beyond your program site, you may register your side trips through the Smart Traveler Enrollment Program as well. Students who are not U.S. citizens or permanent residents should register with the Embassy of their home country in their study abroad location.
 - Familiarize yourself with [TUJ's Emergency Preparedness website](#) and the [U.S Embassy in Japan's Emergency Preparedness website](#). Additional Japan-specific resources can be found in the *Web Resources* section of this manual. You may also find [FEMA's website](#) and the [CDC's Emergency Preparedness and Response website](#) useful.
 - Share Education Abroad's contact information with your family so they can contact us in the event of an emergency:
 - During normal business hours: **(215) 204-0720**.
 - During non-business hours, call the Temple University Campus Safety Services office at **(215) 204-1234**. Campus Safety will contact an Education Abroad staff member, who will return the call as soon as possible.
- Once Abroad

- During on-site orientation, pay attention to emergency preparedness and protocols, and ask the staff if you are unclear about anything.
- Carry your emergency wallet card.
- Contact on-site staff and International SOS when you are facing a health or security issue.

Keeping On-site Staff Informed

If you encounter problems while abroad, it is important to consult with the on-site staff quickly, whenever possible. On-site staff members are usually in the best position to help you resolve any issues. They can assist in scheduling doctors' appointments, answer questions you may have about health or safety issues and provide general guidance in many other situations, and direct you to resources. Occasionally, students will first contact their families without speaking to someone on-site. Families will then contact Education Abroad in Philadelphia, who will then contact the staff overseas. This extra step delays resolution of the problem.

TO DO:

- Carry all important phone numbers on you.
- Notify on-site staff when you are facing a health or safety issue.
- Share Education Abroad's contact information with your family so they can contact us in the event of an emergency:
 - During normal business hours: (215) 204-0720.
 - During non-business hours, call the Temple University Campus Safety Services office at (215) 204-1234. Campus Safety will contact an Education Abroad staff member, who will return the call as soon as possible.

PACKING

First, we recommend that you **travel light**. When considering how much to bring, remember that at some point you will have to carry all of your belongings. Also keep in mind that living spaces abroad may be smaller than you are used to; storage for two large suitcases could take up a lot of room in your apartment. **This is especially true in Japan.** Essentially, you should pack as if you are going away for a few weeks, not permanently moving overseas. Some experienced travelers recommend that you gather everything you wish to take with you, then reduce this amount by one half before packing!

General Guidelines

- Check your airline's baggage and weight regulations and associated fees.
- You are typically allowed one piece of hand baggage and one personal item to carry onto the plane, and one or two checked bags. Carry-ons must fit under the seat or in the overhead compartment.
- We do not recommend taking enormous quantities of luggage with you. If you feel you absolutely need more than the amount of allowable luggage, you should compare the cost of sending it by mail with the cost of taking it with you at the onset and paying the extra-weight surcharge. (See *Sending Mail and Packages to Japan* below.)
- Review the current procedures and restrictions for carry-on items with the [Transportation Security Administration](#). Liquids are limited; weapons are prohibited.
- Keep in mind that you may purchase items abroad and bring them back to the U.S. Leave room in your luggage to accommodate.
- Pack for the weather you will experience abroad.

- **Summer:** Expect warm, sunny weather that quickly becomes hot and humid. Japan's rainy season lasts from June through mid-July, so expect frequent rainfall at that time.
- **Fall:** Expect hot, humid weather upon arrival that cools off through the semester. December is generally dry and cool, but not exceptionally cold. Typhoon season hits its peak in August-September so be prepared for occasional heavy rains or storms.
- **Spring:** Expect relatively cold, dry weather with occasional light snowfall in January and February. March and April remain cool but temperatures begin to rise by the end of April.

Whether at work, school, recreational activities, or shopping, the Japanese pay particular attention to their appearance. In general, Japanese young people are very trendy and try to follow the latest styles, but you will also see local students dressing casually in jeans and a t-shirt. Expect to bring most of the clothing you will need with you. Clothing can be expensive in Japan, and you will find limited sizes available (it can be particularly difficult to find larger-sized clothes and shoes).

Packing Suggestions

- A versatile wardrobe that can be layered to adapt to changing temperatures and needs; do not pack clothes that require dry-cleaning
- Business/professional dress for students enrolled in internships (check with your internship for dress code requirements)
- A bathrobe (for students living in housing with common facilities or in a homestay)
- A raincoat; rain boots if desired
- A good pair of comfortable walking shoes
- A pair of flip-flops or sandals that could be used at pools and public baths, on the beach, or in showers
- 1-2 bath towels
- Slippers (you will need to take off your shoes at home)
- A backpack/weekend bag
- Electrical adapters (2 prong for Japan)
- Your laptop computer (remember to pack in your carry-on)
- Extra masks for travel

Documents You Should Take

- Copies of your passport, ATM card, credit cards, driver's license, etc. in case the originals are lost or stolen. Keep them somewhere separate from the originals.
- All required documents listed in your Arrival Instructions

First Aid, Medicines, and Toiletries

You do not need to bring a large supply of toiletries unless you must use a specific brand. Many countries carry some U.S. toiletries. However, in general, U.S. products purchased abroad will cost more, so be willing to buy local products. Pack enough toiletries to last a week or two. That will give you time to familiarize yourself with your neighborhood shops and supermarkets where you may find what you need.

- Vitamins, aspirin (pain reliever), cough medicine (please see information about over-the-counter medications in the *Health and Safety* section, as some are illegal to bring into Japan)
- Any prescription drugs you may take (please see information about prescriptions in the *Health and Safety* section)

- Toiletries as needed (shampoo, soap, toothpaste, razor and blades; a semester’s worth of tampons or sanitary napkins, as it may be hard to find certain brands in Japan)
- Contraceptives (condoms and any other contraceptive you may use)
- Contact lens solution and/or other lens care products (accessible but likely more expensive abroad)

Small Electrical Appliances

If you choose to take an electrical appliance, remember that the current in Japan is different. Many appliances will operate properly in Japan, but an electric clock, for example, will not. Please see the *Life in Japan* section for information about electricity.

What to Leave at Home

- Valuables
- Unnecessary credit cards
- Social Security card, library card, or any similar cards you routinely carry in your wallet and won't need when traveling abroad
- Clothing with the American flag or other symbols of the United States
- Military clothing, even Army fatigues
- Linens. Blankets, sheets, and pillows are provided, but towels are not.
- Basic kitchen utensils. Basic cooking and kitchen utensils can be purchased relatively cheaply in Japan.
- White clothing. Some students have reported that it's difficult to keep white clothing white when traveling.

FINANCES

Budgeting

The amount of money you need for living expenses is greatly determined by:

1. The cost of living in the city where you are studying
2. Your lifestyle
3. The currency exchange rate
4. How much independent travel you plan on doing while abroad

For Japan, use the following budget as a guideline. These amounts are formulated based on previous participants’ average experiences.

	<i>Fall/Spring</i>	<i>Summer</i>
Meals (less for homestay students since some meals are included)	\$2800	\$2000
Personal expenses	\$2800	\$2500
Books and supplies	\$500	\$300

Consider your personal spending habits and the amount of independent travel you are planning. If your spending typically exceeds that of an average college student or if you are planning extensive travel outside of Tokyo, you will need to budget accordingly.

Certain things in Tokyo are expensive, but not everything is similarly priced. For example, Japanese cafes, like those in many parts of Europe, in effect rent you high cost space when they sell you something like a cup of coffee. Once you purchase your initial cup, you may stay for hours without being bothered to buy anything else. Some foods, such as beef, certain seafood, fresh fruit and imported items that are considered luxuries are very expensive. Most food prices are higher than they are in the U.S. but you will quickly learn to buy local items and items on sale in the supermarkets.

Eating out in Japan provides every sort of cuisine, with prices that range from cheap to very expensive. Neighborhood restaurants sell noodle dishes (soba, udon, ramen) for ¥600 to ¥800 and set meals for ¥700 to ¥1000. Neighborhood "pubs" serve all sorts of side order dishes at reasonable prices. Western restaurants often have luncheon specials for under ¥1000. A more elaborate evening meal in either a Japanese or Western restaurant will cost ¥2,500 to ¥4,500, not including drinks. As soon as the initial impulse to do everything immediately passes, and you settle into a routine, you will learn how to budget and spend less money.

100 yen stores offer a wide range of homeware items, and clothing stores such as Uniqlo are selling functional items comparable to U.S. items. With the amount of consumer goods available in Japan, and the rapid turnover of consumer and fashion cycles, bargains are available. Students who are careful with their money report that they are spending an average of ¥1,500 per day on food. To give you a sense of the cost differences, here are current costs for common student expenses:

- Monthly commuter train pass to campus from dorm = ¥4,400 - ¥6,300
- Average lunch = ¥700
- Average dinner = ¥2,000 – 5,000 (not including drinks!)
- Entrance fee to night club = ¥5,000 on average
- Taxi = ¥430 for first kilometer
- Cup of coffee = ¥300

Tips that May Help to Reduce Food Costs

- Eating out may be cost effective if you are planning to eat alone and depending on where you choose to eat, as the cost to make a single meal may be prohibitive. It is difficult to assemble all the components of a balanced meal on a day-by-day basis and keep costs down. It is, however, cost effective to cook if you plan ahead and make enough food for several meals, or if you share costs with a roommate or friend.
- One of the principle difficulties of eating in a cost effective way in Japan is that foreigners often attempt to reproduce their American diet, not taking into account the relative cost differences of food, and the different eating patterns of Japanese culture. Japanese tend to eat less meat, but do eat rice, noodles or bread to "fill up". Consider the cost of a rice cooker an investment in savings that will have an effect over the duration of your time abroad.
- When eating out, be careful of drink costs, which can account for a significant portion of the overall price of a meal. It is relatively easy in Japan to eat a meal for ¥1,000, but with drink prices ranging from ¥600 to 1,000 per drink, you may double the cost simply by having a couple of drinks. Usually, free refills are not provided for coffee, tea, or soft drinks.
- Consider having your largest or major meal earlier in the day. Often the same meal which costs over ¥2,000 in the evening is available as a lunch set for half the price.

- If space in your apartment/kitchen allows, plan ahead and load up: discount supermarkets offer higher volume, discount prices, and are especially useful for stocking bulk supplies of noodles, canned goods and seasoning items. Even shopping once or twice a month at these places and stockpiling groceries can help reduce costs, especially when compared to buying small volume items at convenience stores.
- Purchase pre-packed lunch items during evening hours in supermarkets. Prices for such meals are often reduced by 50% after a certain time. Keep in mind that supermarkets and restaurants often close around 8 pm.
- Consult other study abroad students: TUJ has a number of returning or long-term study abroad students and many faculty who have lived in Japan long enough to learn how to live more cost effectively.
- Consult Japanese students at TUJ: A significant portion of Temple Japan's student body is composed of Japanese students, who are often eager to share recipes and cooking tips with interested peers.

Currency

The currency of Japan is the *yen*. Most students manage their money by withdrawing cash in the local currency overseas using their ATM card for their U.S. checking account. While this may serve as your primary source of funds, we recommend diversifying your sources of currency so that you have another way to access money if your ATM card doesn't work or is lost or stolen. Additionally, many countries, including Japan, have more of a cash culture than the U.S. so do not assume you will be able to use your debit/credit card for all purchases. Tokyo is a relatively safe city; people think nothing of traveling around Tokyo with fairly large amounts of cash in their pockets. Keep in mind that services available in large cities are not always available in small towns.

There are several things you must do before deciding to rely on your ATM card:

- Check with your bank in the U.S. before going overseas to confirm that your card is usable in any country you may be visiting.
- **Tell your bank that you will be overseas**, so they do not put a hold on your ATM card when they suddenly see a change in your account behavior.
- Make sure that your card is linked to your checking account, as some travelers report that they are unable to withdraw funds from their savings accounts overseas.
- Know your PIN in numbers, as ATMs in other countries often do not have an option for punching in letters.
- Confirm your bank's fees for international use and the daily withdrawal limit. Confirm if they are able to raise withdrawal limits (even if only one time) so that you can take out more without having to pay the fees.
- Ask the bank if they will waive the service fee for using other banks' ATMs (they might not, but it is worth asking). Also ask if they have any partner banks in your location; some banks do not charge a fee for withdrawals from their international partner banks.
- In Japan, ATMs at Seven-Eleven convenience stores, post offices, and Shinsei Bank accept foreign bank cards operating on the Cirrus and PLUS systems.

Other Sources:

- **Credit cards** are honored in many places throughout the world. However, do not rely on having your credit cards take the place of cash. Inform your credit card company of your travel plans and confirm their fees for international transactions.
- **Personal checks** are difficult if not impossible to use abroad. Leave them at home.

- **International Money Orders** can be acquired at U.S Post Offices and sent to you through the mail or courier. You can exchange the IMO at the post office in Japan for the amount specified on the IMO.
- In an emergency, another option is to have your family **wire money** directly using a service like [MoneyGram](#) or [Western Union](#). See their websites for details of use.

Budgeting and Currency Tips

- Familiarize yourself with the local currency before you travel. Follow the exchange rate prior to and during your semester abroad using a currency exchange website like [Oanda](#).
- If you calculate the local equivalencies of \$1, \$5, \$10, and \$20 (and write them down if you are bad with numbers), you should feel more comfortable during your first few days of travel.
- Watch spending and stick to a budget during the first part of the program; wait until the end to purchase souvenirs and gifts.
- You may want to obtain some cash in yen from your bank before departing for abroad. (Most travelers, however, are able to obtain yen from ATMs at the airport without problems.)

COMMUNICATION

Once you settle into a routine abroad, we recommend establishing a plan for communication with family or friends at home. Deciding to touch base once or twice a week, for example, can give you a chance to catch up with your family and to share the experiences of studying abroad. However, we do not recommend daily communication. In many cases daily communication delays the adjustment process, serving as a daily reminder of what you are “missing” back home. Extensive communication can also take up free time that you would otherwise have to explore your new environment.

Families are often concerned when they do not hear from their student immediately after arrival. This concern is natural, but in most cases, students are not able to make international phone calls from the airport. We encourage you to contact your family within 24 hours of arrival. Please be assured that Temple University will always notify family if there is a serious problem.

Students studying abroad on all Temple programs are **required** to have a working smartphone capable of making calls outside of data/wifi in case of emergency.

Below we list the recommended methods of obtaining voice and data cell phone service while abroad.

- **Prepaid SIM card purchase:** Several companies in Japan offer SIM cards to students. This allows students to use their unlocked U.S. phones while obtaining a Japanese phone number. Some companies allow you to rent the SIM card online for pickup and activation at different locations in Japan, such as at the airport or at a store. For more information on each plan, visit the links below.
 - [SoftBank](#)
 - [Sakura Mobile](#)
 - [GTN Mobile](#)
 - [Mobal](#)
- **Adding an international plan to your U.S. number:** Many U.S. carriers have international plans that extend coverage to other areas of the world. This is the most popular option for students

studying abroad in Japan. Prices vary based on carrier and service offered. Some students decide to get international voice and data plans, which for a monthly fee, include a limited amount of voice, texting, and data. Other services offer pay-as-you-go plans, where you only pay a fee per-minute for the calls that you make.

As you are required to have voice calling capabilities, data-only SIM cards are not acceptable for the program. However, students may obtain a Pocket Wi-Fi device to use data for everyday communication if they have a pay-as-you-go or other international plan.

Apps and programs that are commonly used to stay connected in Japan include the following.

- [Google Duo](#) and FaceTime are two apps that allow users to make regular and video calls over data or Wi-Fi.
- [Line](#) is the most popular messaging app in Japan. This app allows you to make calls (including group calls) and send messages to anyone on your friends list over data or Wi-Fi. We strongly suggest downloading this app before departure. You must have this app downloaded before arriving in Japan – you will show this to the Immigration Inspector upon arrival.
- [Whatsapp](#) is another popular app used to text message users for free when connected to data or Wi-Fi.

Information to Leave with Your Family

You should be sure to leave the following information with your parents or a family member:

- The address and phone number of Education Abroad in Philadelphia. See below.
- The address and phone number of Temple University, Japan Campus (see below) and your housing facility (address and contact information distributed prior to departure).
- It is a good idea to leave your checking account, savings account, and social security numbers along with copies of your passport and your credit cards in your family's keeping, too. This goes for any other similar numbers or information you think might be needed during your absence.

Sending Packages and Mail to Japan

Please use the following guidelines if you expect to receive mail or packages in Japan.

- First, all mail and packages can be sent to your housing address. More information will be provided to you during your on-site and dorm orientations.
- Clearly mark the customs declaration to indicate that the items are old, used and personal belongings of the addressee.
- Be sure to insure anything of value and be prepared to pay handling or customs fees for any packages sent. If you have any items sent to you that are stopped in customs, you will be required to travel to Tokyo Narita airport (approximately two hours from Tokyo) to retrieve them.
- Do not have medication mailed to you unless absolutely necessary, as it will likely be stopped in customs.
- Do not have anything sent in advance of your arrival in Tokyo.
- Be sure to get everything in writing and keep copies. If your family mails things to you after your departure, they should send you a copy of all invoices, receipts, etc., and keep the original copies themselves.

Contact Information

The phone numbers for each housing facility will be provided prior to departure. If necessary, you may also be reached through TUJ.

*Please note that the 81 is the country code for Japan. To dial from the U.S., you must first dial 011, followed by 81 and the number. If dialing within Japan, omit the 81 and put a 0 in front of the number you are calling.

Temple University

Education Abroad and Overseas Campuses

200 Tuttleman Learning Center

1809 N 13th Street

Philadelphia PA 19122

Telephone: (215) 204-0720

Fax: (215) 204-0729

study.abroad@temple.edu

studyabroad.temple.edu

Temple University, Japan Campus

1-14-29 Taishido

Setagaya-ku

Tokyo, Japan 154-0004

Phone: +81-3-5441-9800

Fax: +81-3-5441-9811

Emergency Contact

If you experience an emergency while abroad, you should call the TUJ emergency number you will receive during on-site orientation. If your family needs to reach someone in the U.S. outside of business hours, they can call (215) 204-1234. Campus Safety will contact an Education Abroad staff member, who will return the call as soon as possible.

WEB RESOURCES

Temple University

University Registrar (transcripts)

www.temple.edu/registrar

Student Health Services

www.temple.edu/studenthealth

Wellness Resource Center

www.temple.edu/studentaffairs/heart/

Tuttleman Counseling Services

studentaffairs.temple.edu/tuttleman-counseling-services

Government Resources

U.S. State Department Travel Website

travel.state.gov

Smart Traveler Enrollment Program

travel.state.gov/content/travel/en/international-travel/before-you-go/step.html

Traveler's Information

travel.state.gov/content/passports/english/go.html

Travel Warnings and Alerts

travel.state.gov/content/passports/english/alertswarnings.html

Country-Specific Information

travel.state.gov/content/passports/english/country.html

U.S. Embassies Abroad

usembassy.gov

Students Abroad

studentsabroad.state.gov

Centers for Disease Control

www.cdc.gov/travel/

Transportation Security Administration

www.tsa.gov

Federal Emergency Management Agency

www.fema.gov

Travel Resources

International SOS (Temple member

www.internationalsos.com/MasterPortal/default.aspx?membnum=11BSGC000017

#11BSGC000017)

Currency converter

www.oanda.com/currency/converter/

MoneyGram

www.moneygram.com

Western Union	www.westernunion.com
World Electric Guide (converter/adaptor information)	worldstandards.eu/electricity/plug-voltage-by-country/
Skype (internet phone software)	www.skype.com
SelectWisely (translation cards for allergies, special diets, and medical needs)	www.selectwisely.com

Country-Specific

Japanese National Travel Organization (JNTO)	www.jnto.go.jp/eng
Where in Tokyo	whereintokyo.com
Time Out (Tokyo events)	www.timeout.com/tokyo
Tokyo Narita Airport (official website)	www.narita-airport.jp/en
Japan Tourist Information	www.japan-guide.com
Metropolis	www.metropolis.co.jp
Asahi Shimbun	www.asahi.com/english/
Daily Yomiuri online	the-japan-news.com/
Japan Times online	www.japantimes.co.jp
Tokyo Notice Board	www.tokyonoticeboard.co.jp
Real Tokyo	www.realtokyo.co.jp
Black Tokyo	www.blacktokyo.com
Tokyo Food Page	www.bento.com/tokyofood.html

General Diversity Resources

DiversityAbroad.com	www.diversityabroad.com
AllAbroad.us	allabroad.us/
Brown University's <i>Diversity Issues in Study Abroad</i> Booklet (PDF)	www.brown.edu/academics/college/special-programs/international-study/sites/brown.edu.academics.college.special-programs.international-study/files/uploads/diversity_st_abroad01.pdf
The Center for Global Education PLATO	www.globaled.us/plato

Disability Resources

Temple University Disability Resources & Services	www.temple.edu/disability/
Mobility International USA	www.miusa.org/
U.S. State Department Students Abroad Website	travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations/students.html
Centers for Disease Control Information for Travelers with Disabilities	wwwnc.cdc.gov/travel/page/disability
University of Minnesota's Access Abroad Stories	umabroad.umn.edu/students/experiences

LGBTQI Resources

U.S. Department of State Students Abroad Website	studentsabroad.state.gov/smarttravel/forglbttravelers.php
NAFSA's Rainbow Special Interest Group	www.rainbowsig.org/
International Lesbian, Gay, Bisexual, Trans and Intersex Association	www.ilga.org/

International Gay & Lesbian Human Rights
Commission
Global Gayz
The National Center for Transgender Equality's
Travel Considerations

www.iglhrc.org

www.globalgayz.com

transequality.org/Issues/travel.html