

# Sonoda Women's University

園田学園女子大学

## Incoming Exchange Student Guidebook

Information on Studying, Living and Traveling in Japan

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園田学園女子大学国際交流センター

### Basic Costs in Japan

Below are a few costs for common items in Japan. You can use this to help budget for your trip.

<p><b>Meals</b></p> <p>university cafeteria lunch: ¥500            restaurant lunch: ¥700-¥1500            restaurant dinner: ¥1000-¥2000            takeaway meal: ¥700-¥1000            supermarket readymade meal: ¥400-¥1000</p>	<p><b>Transportation</b></p> <p>Hotel to downtown Kobe (Sannomiya) via Hanshin Railway: ¥260            Hotel to downtown Osaka (Umeda) via Hanshin Railway: ¥240            Osaka to Tokyo Shinkansen: ¥16000            Osaka to Hiroshima Shinkansen: ¥11000            Osaka &amp; Hiroshima 5 day rail pass: ¥15000</p>
<p><b>Eating Out</b></p> <p>basic bowl of ramen: ¥600            special bowl of ramen: ¥1000            all you can eat yakiniku: ¥3000            delivery 1 topping large pizza: ¥2500            basic pork okonomiyaki: ¥700            tuna nigiri sushi (mid-range, 2p): ¥350            Starbucks grande latte: ¥410            McDonalds Big Mac set: ¥670            soft drink: ¥400            standard beer: ¥600            Student night out with drinks: ¥3000-¥6000</p>	<p><b>Markets and Convenience Stores</b></p> <p>basic tuna rice ball: ¥120            small bag of candy: ¥120            1 convenience store banana: ¥100            bag of mikan oranges: ¥300            bag of potato chips: ¥200            ham and egg sandwich: ¥250            lunch noodle salad: ¥400            a mixed nigiri sushi set: ¥500            500ml drink - vending machine: ¥160            500ml drink - supermarket: ¥130            standard beer: ¥220</p>
<p><b>Daily Goods</b></p> <p>Box of tissues: ¥200            Toothpaste: ¥250            shampoo: ¥500            Over the counter cold medicine: ¥2000</p>	<p><b>Gifts &amp; Souvenirs</b></p> <p>Typical food based gifts: ¥600~¥1500            pocket hand towel: ¥500            keychain or souvenir pen: ¥500            t-shirt: ¥3500</p>
<p><b>Entertainment</b></p> <p>hot spring bathhouse entrance: ¥800            Ferris wheel ride: ¥800-¥1500            movie tickets: ¥1700            aquarium entrance: ¥2000            Universal Studios Japan entrance: ¥7400</p>	<p><b>Others</b></p> <p>iPad Pro 9.7in: ¥66800            3GB Data SIM: ¥4000            basic unlocked android phone: ¥10000            capsule hotel: ¥4500/night            dorm room in a hostel: ¥3500/night</p>

※All prices listed in Japan in stores must have the pre-tax (税別) and post-tax (税込) costs displayed. Short term visitors can shop tax free if the total cost of goods is over ¥5000 at participating stores

## SIM CARDS

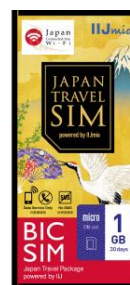
NOTE: All prepaid tourist SIM cards in Japan are DATA ONLY... no phone or SMS ability.

NOTE: Some cards require you to register with your passport after doing the APN settings.

You have two options for SIM cards order online for delivery to hotel or airport or purchase upon arrival at the airport or electronics store. Prepurchasing your card online seems to be the best option if you are not afraid about picking it up and delivery. If you want to purchase a card upon arrival, the electronics stores near the major train stations and tourist centers are typically cheaper. Yodobashi Camera or Bic Camera are the best options.



Bmobile is probably the best deal available at the moment but you need to order it online  
bmobile: <http://www.bmobile.ne.jp/english/>



Sonet and IJmio also sell SIM Cards at stores and vending machines. They have been popular among exchange students in the past.

This is an example of what is for sale at Narita (NRT), Haneda (HND) or Kansai (KIX):  
<https://www.jalabc.com/en/data-sim-mobile/sim-cards.html>

Prices change often so doing your own research is recommended. New Zealand students have also mentioned that international roaming options are also affordable so please check with your home carrier before coming to Japan.

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We hope you are getting excited for your trip to Sonoda Gakuen and Japan. Whether you will be staying with us for a long time or only a few weeks there are a few things you should bring with you. Please read over this list carefully; it will help you have a pleasant stay.

**Clothing.**

Sonoda Gakuen is located in the Kansai region of Japan. Here in the city we have four distinct seasons with hot, humid summers and mild winters. For those of you coming to Japan from the Southern Hemisphere please remember the seasons are opposite. Outside of winter, it will be more humid than you are expecting. Clothing is very affordable in Japan so buying any items you need here is also an option. Note: It can be harder to find larger sized clothing or shoes bigger than 27cm.

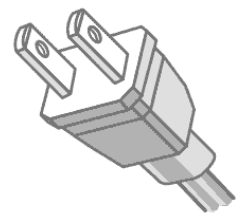
**Weather**

	<b>Spring (Mar-May)</b>	<b>Summer (June-Aug)</b>	<b>Fall (Sep-Nov)</b>	<b>Winter (Dec-Feb)</b>
<b>Min/Max (°C)</b>	8/18	20/37	15/28	3/12
<b>Humidity</b>	High	High	High to Fair	Fair / Dry
<b>Rainfall (mm)</b>	130	150	120	50

June is the rainiest month while December has the least amount of rain. There is some rainfall for an average of 15 days a month. Around Sonoda Women's University snow does fall in the winter, but it rarely accumulates.

**Electronics.**

Japan uses a "Type A" plug. The mains electricity is 100V at 50Hz/60Hz. If your electrical appliance or power adapter says "100-240V" or "100V" and "50-60Hz" on it you can use it in Japan with only an adaptor to change the type (shape) of the plug. If it only says "240V" for example you will need a more expensive power converter. USB cables and chargers for popular electronics are very cheap in Japan so buying them here is also an option.



type A plug



will NOT work

will work

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### Packing List

Please prepare these things or plan on purchasing them in Japan

Item	Spring	Summer	Fall	Winter
Heavy winter coat (preferably wind and water resistant)				X
Sunhat	X	X	X	
Light waterproof jacket	X	X	X	
Sweatshirt, hoodie, or sweater	X		X	X
Long underwear or thick tights				X
Thick socks				X
Multiple pairs of socks <sup>1</sup>	X	X	X	X
Comfortable walking shoes <sup>2</sup>	X	X	X	X
Shoes that you can take off and put on easily	X	X	X	X
Bathing suit <sup>3</sup>		X		
Track suit, room wear and/or pajamas	X	X	X	X
Scarf				X
A less casual outfit for ceremonies or presentations at school <sup>4</sup>	X	X	X	X
Shorts	X	X	X	
Jeans / pants <sup>5</sup>	X	X	X	X
Long skirt or dress	X	X	X	X
Long sleeve shirts	X		X	X
Short sleeve shirts	X	X	X	
Hand towels / small towels <sup>6</sup>	X	X	X	X
Daypack / backpack	X	X	X	X
Deodorant <sup>7</sup>	X	X	X	X
Sunscreen		X	X	
Photocopy of passport and other critical identifying documents	X	X	X	X
Printed copies of return e-tickets	X	X	X	X
Small souvenirs or gifts <sup>8</sup>	X	X	X	X
Goods needed for cultural exchange lessons	X	X	X	X
<b>***Small weekend bag / duffel bag***<sup>9</sup></b>	<b>Exchange trips with weekend homestays</b>			

<sup>1</sup> Holes in socks are considered rude especially as you will be taking your shoes off to enter many places.

<sup>2</sup> Sizes over 27cm can be difficult to find so bringing shoes is recommended if you have larger feet.

<sup>3</sup> Bathing suits can be found, but they are expensive and larger sizes are rare.

<sup>4</sup> This does not be extremely fancy or a full suit.

<sup>5</sup> It is good to have a range from casual jeans to "business formal" pants or skirts.

<sup>6</sup> Often Japanese restrooms have paper towels to dry your hands with.

<sup>7</sup> Western style deodorant is difficult to near impossible to find in Japan.

<sup>8</sup> Gift giving is an important part of Japanese culture. Bring one special gift for your homestay if applicable and also bring smaller gifts to pass out to people you befriend during your stay. Locally made products, candies, and easily transportable foods are recommended. Tourist souvenirs are also fine. Meat products like beef jerky will be confiscated by Japanese customs if found.

<sup>9</sup> It is required that you leave your suitcase at the hotel or university during the weekend homestays.

## Amagasaki

Sonoda Gakuen is located in Amagasaki City. Amagasaki is a mixed residential and industrial city. The city gets more and more industrial as it gets closer to the Osaka Bay but there are residential areas throughout the city. The population as of 2014 is 460,000 people in an area of about 50km<sup>2</sup>. The mayor of Amagasaki is Kazumi Inamura an independent formally of the Green Party. The city's image is middle class and industrial, especially when compared to Nishinomiya and Ashiya to the west.

The city is bordered on the west by the Mukogawa River and Nishinomiya City. On the east, Amagasaki is bordered by Osaka somewhat defined by the Kanzakigawa River. To the south the city extends into Osaka Bay. All of this land has been reclaimed over hundreds of years. The natural shoreline was generally around the Hanshin Railway Line. To the north there is a haphazard border with Itami City and Toyonaka City. Although part of Hyogo Prefecture, Amagasaki is closer to Osaka. Interesting fact, Amagasaki shares the same telephone area code (06) as Osaka instead of having a separate one as other surrounding cities do.

The city has a few focal points centered on major train stations. Both JR Amagasaki and Hanshin Amagasaki have large shopping malls connected to the stations, hotels, and multistory apartment mansions<sup>10</sup>. Hanshin Amagasaki also connects to the Sanwa shopping street, one of the largest in the nation. Tsukaguchi, where Sonoda Gakuen is, and Tachibana are also focal points in the city.

In the southwest of the city is Amagsaki Center Pool, this is a boat racing facility for the betting game called *Kyotei*. Horseracing (keiba 競馬) is done at the Sonoda Racecourse in the northeast. Other attractions in the city is the city sports park (Sogoundokouen 総合運動公園) and the Amagasaki Fishing Park (Utsurikouen 魚釣り公園) where the Mukogawa River meets the Osaka Bay. Amagasaki, while being a nice place to live, does not have the attractions of nearby cities Osaka, Kobe or even Nishinomiya which has a major baseball stadium.



Former Amagasaki City Bus Mascot "Amako"

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<sup>10</sup> Mansion is a loan word from English meaning large apartment building.

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Money and Banking

Japan is a cash based society. It is not uncommon for people to carry around more than USD \$1,000 in cash on them. Credit cards are still not universally accepted throughout the country. Do not expect to be able to pay by credit card. Shops in large malls, department stores and some chain restaurants will take cards. Most supermarkets, convenience stores, family run restaurants and shops can only accept cash as payment. In stores that do take cards Visa and MasterCard are the most common. Some stores also take Union Pay, American Express and JCB. Cards issued from abroad are commonly accepted with a signature. PIN codes are only needed for making cash withdrawals or some automated transactions (e.g. buying express and shinkansen<sup>11</sup> tickets)



\*This sticker is placed on a Japan Post Bank ATM.

Foreign ATM cards also only work at select ATMs across the country. They are always accepted at

Japanese Post Bank and Seven Bank ATMs. Japanese Post Bank ATMs are found in every post office. Even if the post office is closed you still can access the ATMs



on weekends and holidays. Hours vary by location. Seven Bank ATMs are located in every 7-11 Convenience Store, including the one in front of Sonoda Women's University. Service hours are almost 24hours except for a small period of time around midnight that varies by card. Neither of these ATMs have a fee, however your local bank or credit card might charge you a fee per usage. Please check with your bank or credit card issuing company for more information. Sometimes both Japanese Post Bank and Seven Bank ATMs can also be found in large train stations, department stores and shopping malls. Seven Bank also has a smartphone app for free listing all of their locations. See the following link: <http://www.sevenbank.co.jp/english/personal/atm/app/>



<sup>11</sup> Shinkansen (新幹線) is the common name for “bullet train” which is not used in vernacular speech in Japan.

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### Operating Instructions for Seven Bank ATMs

#### Withdrawing with a Visa card

**Step 1**  
Insert the card.  
\* Insert the card with the magnetic stripe down.

**Step 2**  
Select the language you're using the ATM in.

**Step 3**  
Select the "Withdrawal" button.

**Step 4**  
Select the account you are withdrawing from.

**Step 5**  
Enter your PIN number and press "ENTER".

**Step 6**  
Select the amount of money (Japanese Yen) you are withdrawing.

**Step 7**  
Take the cash out of the ATM.  
\* Don't forget to take out your card and the ATM receipt.

The ATM screen and the receipt are available in four languages: English, Korean, Chinese, and Portuguese.

#### ATM Usage Notes

- The limit per withdrawal for international issued cards is 100,000 yen.  
The limit per withdrawal for UnionPay card, however, is 200,000 yen.
- Note, for transactions that incur service charges, a fee is charged for the number of transactions.
- If the withdrawal limit is exceeded, reduce the withdrawal amount and perform the transaction again.
- If an incorrect PIN error is triggered, contact the company that issued the card.
- ATMs may not be available due to system maintenance etc.

(screen capture from Seven Bank homepage)



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International ATM Map



Japanese Currency

Bills for 1000, 5000 and 10,000 yen are in wide circulation. You might come across a 2,000 yen bill but they are quite rare. Most vending machines only take 1,000 yen bills. Coins come in 1, 5, 10, 50, 100 and 500 yen. Vending machines do not take 1 and 5 yen coins.



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### Manners

Japan's sometimes confusing manners are an obstacle course for anyone who has decided to travel here. Thankfully, for short or long term exchange students, most Japanese people are very forgiving. No one expects tourist and exchange students to understand and follow all of the manners, but there are a few major ones that everyone should follow to make their stay a pleasant one.

- **Shoes:** Shoes should be taken off when entering a home, some hotels and in other facilities. The entrance will almost always have a small step up indicating the point where outdoor shoes must be removed. In most schools, from kindergarten to high school, indoor shoes must be worn. Guests will be provided with slippers in this case. Inside houses a small step up also means that slippers should be taken off. Only socks or bear feet are permitted on traditional tatami floors.
- **Clothing:** Japanese clothing is actually quite modest and conservative in many ways despite the short skirts favored by some young women. Low cut dresses and tops in particular might attract unwanted attention in both work and casual situations. Socks and tights with holes in the feet are also considered rude. All exchange students should bring something more formal but still comfortable to wear for the presentation and closing ceremony.
- **Cell Phones:** Talking on your cellphone on the train or in public is considered quite rude. If you must take a call on a train it is best to make it short and talk quietly. In a crowded public space people typically walk to an empty corner to take their call. Also, on trains cellphones should be set to their silent or vibrate only mode. This is typically called "manner mode" on Japanese phones.
- **Public Consumption of Food:** Eating while walking is uncommon in Japan. On the commuter train eating anything more than a small candy or gum is discouraged. However, on longer routes or the shinkansen, people are encouraged to eat a meal on the train.
- **In a group:** Japan is a busy place with many busy people. In a group if you stop please try to congregate in a place that does not inhibit movement around you.
- **Meals:** Wait for everyone to get their meals before you begin eating, especially at restaurants and with drinks. Chopsticks should not be pointed at people or stabbed into food. In particular never stab your chopsticks into rice and leave them there.
- **Greetings:** The simple good morning and greetings like that is very important in Japanese culture. Even if you do not speak any Japanese try your best to greet people cheerfully and with a slight bow.
- **Host family considerations:** In a host family situation it is important to try your best to see everything from the host's view. Japanese people, in general, dislike direct confrontations and

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will most likely never mention any thing you do which was taken as rude. This makes it very difficult to mediate sometimes. Do your best to ask permission and look at what the other family members are doing to see what is and what is not acceptable in your host family. Also, it is very important to bring a gift for the host family.

### Bathing

Bathing in Japan is an important part of the culture here. Baths are poured once and shared among the family members. Traditionally the father gets to use the water first, but in reality the order of who uses the baths is up to each family. The bath is for soaking and relaxing only. Washing of with soap and shampoo is done in the shower before entering the bath. Towels should not be put into the bathwater and do your best to dry yourself before leaving the as to not track water out of the bath.

### Public Baths

Public baths and hot springs (sento 銭湯 and onsen 温泉) have extra manners to be aware of. These are typically found on posters written in multiple languages. If you are in a host family they will likely take you to a hot spring of some type during your stay. These are gender separated, but you will be required to be nude to enter



Image: Wikipedia user MC MasterChef



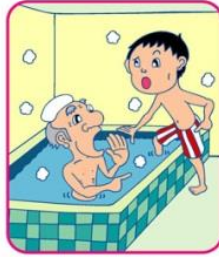
Image: Wikipedia user sanmai

the baths. For many visitors to Japan this is a highlight of their trip, but it is also a source of nervousness. As this is a common thing in Japanese society, group nudity is not a big issue and is definitely not a sexualized or body shaming experience. It is very much an everyday thing for most people and guests should try to think of it like that. Public bathing is part of the bonding rituals that help create the peaceful society that Japan is famous for. Besides all of that, it is the most relaxing thing you can imagine. The typical

Japanese bath is 41°C so do be careful about overexposure. Depending on the type of bath you might need to bring your own soap and shampoo. It is common to bring a change of clothes, a big towel for afterwards, a small towel for use in the bathing area, toothpaste and a toothbrush plus any other toiletries that you need. It is polite for women who are menstruating to refrain from entering the baths either at home (using the shower is fine) or in a hot spring. Lastly, other than typical sento people with tattoos are not allowed. Please make sure to tell your host family and the SWUIEC if you have a tattoo so we can plan accordingly.

## 入浴する前にごらんください

Look! Before you go in ...



浴室に入るときには  
パンツを脱いでください

Please take off your underwear  
before you go in.

请脱掉内裤后进入浴室

목욕탕에서는 팬티를  
벗어 주십시오



湯船に入る前に汚れた体を  
洗い流してください

Please wash yourself well before  
getting into the tub.

请洗干净身体后进入池内

탕 안에 들어가실 때는 간단히  
몸을 씻어 주십시오



湯船にタオルは  
入れないでください

Please keep your towel  
out of the tub.

请不要把毛巾带入池内

탕 안에서는 타올을  
사용하지 마십시오



シャワーは座って使い、  
使わないときは湯水を止めてください

Please use the shower while sitting,  
and turn it off when you don't use it.

请坐着使用淋浴，  
在不用时请关掉热水

샤워는 앉아서 사용하시고, 사용하  
지 않을 때는 온수를 꺼 주십시오



洗濯は  
ご遠慮ください

Please refrain from washing  
your clothes or underwear.

请不要在浴室内洗衣服

세탁은 금해 주시기 바랍니다



更衣場に戻る際には  
濡れた体をふいてください

Please wipe yourself off before  
coming out to the dressing area.

请擦干身上的水后回到更衣室

탕안에서 나오실 때는  
젖은 몸을 닦아 주십시오

 東京都公衆浴場業生活衛生同業組合

<http://www.1010.or.jp>

Image: Sento Manners Poster, Tokyo Public Bathhouse Association

### Toilets

Sadly you will not find the magical high tech toilets in at Sonoda Gakuen, but you will run into them in hotel rooms, host families, and stores. In houses and places where you have taken your shoes off when you enter there will be special slippers for use in the toilets. Make sure not to wear them out of the toilet room. Do not worry if you do so, everyone will get a big laugh about it. Printed on the flushing handle or remote control on more expensive models is a 大 for big and a 小 for small. Many toilets have a water spigot at the top for washing your hands with the water that is filling the tank. Sometimes there is soap but it is not customary to always use soap after using the toilet. Most public toilets do not have hand towels including those at Sonoda Gakuen so most people carry a small pocket towel with them at all times. Some, mostly older train station, restrooms do not have toilet paper. Make sure to check in the stall if you need any. Tissues will almost always be for sale in a machine near the entrance for ¥50.

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### Western Style (sitting) 洋式

Western style toilets are the same back home but many also have a heated seat and automated bidet called a *washlet*. There should be icons for the rear, women's, and stop buttons. Besides that there are settings for the strength of the water, the heat of the water and the heat of the seat. The most expensive models also have massage and air dry features.



Image: Wikipedia user Poco a poco

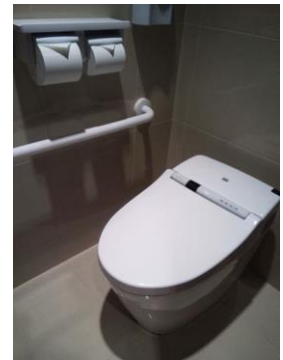


Image: Wikipedia  
user 浪速丹治

### Japanese Style (squatting) 和式

Japanese style toilets are still common in older buildings and there is a good chance that you will encounter one during your stay. You use them by squatting forward facing the tank with the door behind you.

## Websites for Manners

### \*General Etiquette\*

These are very, very basic tips: <https://www.japan-guide.com/e/e622.html>

This one is a good place to start: <https://www.gooverseas.com/blog/tips-for-living-with-a-japanese-host-family>

This one is a bit more in-depth and funny. Tofugu is a good reference for all things Japan:

<https://www.tofugu.com/japan/japanese-etiquette/>

### \*Public baths / Hot Springs

(From David's Website)\*

General info: <http://www.iloveyu.jp/basicguide/>

Manners & Risks: <http://www.iloveyu.jp/manners-risks>



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### The Japanese Language

Japanese is ranked as one of the most difficult languages to master, but thankfully the pronunciation and grammar is relatively easy. Basically the language works in a subject – object – verb order however the subject is often dropped. Singular and plural nouns are also not differentiated. There are levels of politeness that change depending on the status of the person. There is a common form of Tokyo Japanese that is promoted by the government, however regional dialects are powerful. At and around Sonoda you will hear a combination of common Japanese and Kansai dialect. While both Kansai and common Japanese is easily understandable some dialects like those in Iwate Prefecture or Kagoshima Prefecture are unintelligible even to native speakers.

### Written Japanese

Japanese is written in 4 scripts, 3 of which are used in conjunction with each other. Chinese characters are called Kanji (漢字) most of these are similar their Chinese counterparts but some have been developed in Japan. Each Kanji has multiple ways it could be vocalized. The first script children used is Hiragana (ひらがな) this is used in place of Kanji or in conjunction with Kanji. Each character represents a vowel + a consonant, or a vowel + 2 consonants. Next is Katakana (カタカナ) which works the same way as Hiragana, but is used for foreign words or sounds like “oomph” or “bark.” Both Hiragana and Katakana have been used for native Japanese words that do not have a Kanji counterpart such as particles. Lastly Japanese also use Romanji (ローマ字) which is the transliteration of Japanese into Latin (AKA Roman) script. This is used mostly for the benefit of non-Japanese speakers and Japanese language learners. There are various methods of Romanji so sometimes “ち” can be Romanized as “chi” and “ti.” The former is more prevalent. Chinese written language came to Japan sometime around 2,500 years ago along with Buddhism via the Korean peninsula. Kanji was adapted to fit the Japanese language however imperfectly. Initially Katakana was developed to be used at pronunciation guides and with official documents while hiragana was later developed for casual writing.



Image: An exchange student trying Japanese calligraphy

Order from top to bottom, right to left

Combo Hiragana										
にゃ	ちゃ	しゃ	きゃ	な	た	さ	か	あ	"ah" like in "car"	
nya	cha	sha	kya	na	ta	sa	ka	a		
にゅ	ちゅ	しゅ	きゅ	に	ち	し	き	い	"i" like in "key"	
nyu	chu	shu	kyu	ni	chi	shi	ki	i		
にょ	ちょ	しよ	きよ	ぬ	つ	す	く	う	"u" like in "moo"	
nyo	cho	sho	kyo	nu	tsu	su	ku	u		
ぎゃ	りゃ	みゃ	ひゃ	ね	て	せ	け	え	"eh" like in "edge"	
gya	rya	mya	hya	ne	te	se	ke	e		
ぎゅ	りゅ	みゅ	ひゅ	の	と	そ	こ	お	"oh" like in "jo"	
gyu	ryu	myu	hyu	no	to	so	ko	o		
ぎょ	りょ	みょ	ひょ	ん	わ	ら	や	ま	は	n
gyo	ryo	myo	hyo		wa	ra	ya	ma	ha	
びゃ	びゃ	ぢゃ	じゃ			り		み	ひ	ri
pya	bya	dzya	jya					mi	hi	
びゅ	びゅ	ぢゅ	じゅ			る	ゆ	む	ふ	ru
pyu	byu	dzyu	jyu				yu	mu	hu	
びょ	びょ	ぢょ	じょ			れ		め	へ	re
pyo	byo	dzyo	jyo					me	he	
					を	ろ	よ	も	ほ	wo
						ro	yo	mo	ho	

Dakuten				
ば	ぼ	だ	ざ	が
pa	ba	da	za	ga
び	び	ぢ	じ	ぎ
pi	bi	dzi	ji	gi
ぶ	ぶ	づ	ず	ぐ
pu	bu	dzu	zu	gu
べ	べ	で	ぜ	げ
pe	be	de	ze	ge
ぼ	ぼ	ど	ぞ	ご
po	bo	do	zo	go

Hiragana Chart

Image: Hiragana Chart from Tofugu.com

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Combo Katakana				Order from top to bottom, right to left							
ニャ	チャ	シャ	キヤ	ナ	タ	サ	カ	ア	"ah" like in "car"		
nya	cha	sha	kya	na	ta	sa	ka	a			
ニュ	チュ	シュ	キュ	ニ	チ	シ	キ	イ	"i" like in "key"		
nyu	chu	shu	kyu	ni	chi	shi	ki	i			
ニョ	チョ	ショ	キョ	ヌ	ツ	ス	ク	ウ	"u" like in "moo"		
nyo	cho	sho	kyo	nu	tsu	su	ku	u			
ギャ	リャ	ミャ	ヒャ	ネ	テ	セ	ケ	エ	"eh" like in "edge"		
gya	rya	mya	hya	ne	te	se	ke	e			
ギユ	リュ	ミュ	ヒユ	ノ	ト	ソ	コ	オ	"oh" like in "oh"		
gyu	ryu	myu	hyu	no	to	so	ko	o			
ギョ	リョ	ミョ	ヒョ	ン	ワ	ラ	ヤ	マ	ハ		
gyo	ryo	myo	hyo	n	wa	ra	ya	ma	ha		
ピャ	ビャ	ヂャ	ジャ			リ		ミ	ヒ		
pya	bya	dzya	jya			ri		mi	hi		
ピユ	ビユ	ヂユ	ジュ			ル	ユ	ム	フ		
pyu	byu	dzyu	jyu			ru	yu	mu	hu		
ピョ	ビョ	ヂョ	ジョ			レ		メ	ヘ		
pyo	byo	dzyo	jyo			re		me	he		
						ヲ	ロ	ヨ	モ	ホ	
						wo	ro	yo	mo	ho	

Dakuten				
パ	バ	ダ	ザ	ガ
pa	ba	da	za	ga
ピ	ビ	ヂ	ジ	ギ
pi	bi	dzi	ji	gi
プ	ブ	ヅ	ズ	グ
pu	bu	dzu	zu	gu
ペ	ベ	デ	ゼ	ゲ
pe	be	de	ze	ge
ポ	ボ	ド	ゾ	ゴ
po	bo	do	zo	go

Image: Katakana Chart from Tofugu.com

Greetings & Daily Words

good morning	Ohaiyo Gosaimazu	おはようございます
good afternoon	konnichiwa	こんにちは
good evening/night	konbanwa	こんばんは
Hello (on a phone)	moshi-moshi	もしもし
excuse me	sumimasen	すみません
sorry (casual)	gomen	ごめん
sorry (polite)	gomennasai	ごめんなさい
"let's eat" prior to eating	itadakimasu	いただきます
"we ate" after eating	gochisosama	ごちそうさま
yes / no	hai / iie	はい / いいえ



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Important Kanji

<b>days of the week</b>			tea	茶	cha
Sunday	日曜日	nichiyobi	water	水	mizu
Monday	月曜日	getsuyobi	coffee	コーヒー	kohi
Tuesday	火曜日	kayobi	alcohol	酒	sake
Thursday	水曜日	suiyobi	milk	牛乳	gyunyu
Friday	木曜日	mokuyobi	sugar	砂糖	sato
Saturday	土曜日	doyobi	shellfish	貝	kai
<b>numbers</b>			<b>others</b>		
1	一	ichi	woman	女	onna
2	二	ni	man	男	otoko
3	三	san	entrance	入口	iriguchi
4	四	shi	exit	出口	deguchi
5	五	go	small	小	sho
6	六	roku	middle	中	chu
7	七	nana/shichi	large	大	dai
8	八	hachi	year	年	nen
9	九	kyu	month	月	getsu
10	十	jyu	day	日	niche
20	二十	nijyu	hour	時	ji
100	百	hyaku	minute	分	pun/fun
200	二百	nihyaku	city	市	shi
1,000	千	sen	sky	空	sora
2,000	二千	nisen	river	川	kawa
10,000	万	man	mountain	山	yama
20,000	二万	niman	train	電車	densha
<b>food</b>			car	車	kuruma
chicken	鶏肉	toriniku	station	駅	eki
beef	牛肉	gyuniku	left	左	hidari
pork	豚肉	butaniku	right	右	migi
fish	魚肉	gyoniku	book	本	hon
meat	肉	niku	desk	机	tsukue
rice	米・ごはん	kome/gohan	chalkboard	黒板	kokuban
bread	パン	pan	chair	椅子	isu

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### Japanese Titles

Japanese never address each other using their first names in formal situations. First names and nicknames can be used in casual, familiar, or group situations. There are a great number of titles and most of these are only used for last names but some can be added to first names.

さん	san	general use polite form
様	sama	more elevated polite form
先生	sensei	teacher / doctor
教授	kyoju	professor
ちゃん	chan	used for younger girls in a casual manner with the first name
君	kun	used for younger boys in a casual manner with the first name

### Extra School words

principal	校長先生	koucho sensei
vice principal	教頭先生	kyoto sensei
Japanese	国語	kokugo (lit. country language)
English	英語	eigo
math	数学	sugaku
science	理科	rikai
PE	体育	taiiku
social studies	社会	shakai
calligraphy	書道	shodo
art	美術	bijyutsu
school lunch	給食	kyushoku
student	学生・生徒	gakusei / seito
preschool (day care)	保育園	hoikuen
kindergarten	幼稚園	yochien
elementary school	小学校	shogakko
junior high school	中学校	chugakko
high school	高校	koko
2 year college	短大	tandai
4 year college/university	大学	daigaku

## Incoming Exchange Student Guidebook

### Links from David

Here are some places and things I personally recommend for you enjoy or to make your time here more enjoyable.

- 1) Fukuchiyama Rail Line Hike:

<http://sleepytako.blogspot.com/2012/08/abandoned-fukuchiyama-line.html>

From my old, old blog. The course is now open to the public.

- 2) Kono-san Hike:

[https://www.yamakei-online.com/cl\\_record/detail.php?id=42201](https://www.yamakei-online.com/cl_record/detail.php?id=42201)

<https://www.yamareco.com/modules/yamareco/detail-1159571.html>

An easy hike with a great view, large rocks, waterfalls and more

<http://www.pref.osaka.lg.jp/midori/midori/g07-ikoikomapuriba.html>

いこいこまつぶ° (hiking map by Osaka prefecture with a lot of good routes)

- 3) Hiking in the mountains above Kobe (Mt Rokko)

<http://www.yamareco.com/modules/yamainfo/bookinfo.php?bid=52>

Great map for exploring the Rokko Mountains

<https://www.yamareco.com/modules/yamareco/detail-1263714.html>

Easier hike using a bus to get most of the way up then down to Arima Onsen

- 4) Tanisenotsuribashi (longest pedestrian suspension bridge in Japan):

<https://www.visitnara.jp/venues/A00541/>

One way to get there

<https://www.narakotsu.co.jp/language/kr/local/totsukawa.html>

- 5) Kansai Railway Network Map (ask for it at information counters across Kansai):

<http://www.hanshin.co.jp/global/en/images/map/rosenmap.pdf>

- 6) 青春18きっぷ° Seishun18Kippu:

<https://www.japan-guide.com/e/e2362.html>

- 7) Saikoku 33 Pilgrimage 西国33:

[http://www.taleofgenji.org/saigoku\\_pilgrimage.html](http://www.taleofgenji.org/saigoku_pilgrimage.html)

- 8) Apps & Websites (Apple App Store links, I use the Android versions)

(ア) 乗り換え案内:

<https://itunes.apple.com/jp/app/%E4%B9%97%E6%8F%9B%E6%A1%88%E5%86%85/id299490481?mt=8>

(イ) 駅.Locky

<https://itunes.apple.com/jp/app/%E9%A7%85->

[locky-%E3%82%AB%E3%82%A6%E3%83%B3%E3%83%88%E3%83%80%E3%82%A6%E3%83%B3%E5%9E%8B%E6%99%82%E5%88%BB%E8%A1%A8/id335126084?mt=8](https://itunes.apple.com/jp/app/%E9%A7%85-locky-%E3%82%AB%E3%82%A6%E3%83%B3%E3%83%88%E3%83%80%E3%82%A6%E3%83%B3%E5%9E%8B%E6%99%82%E5%88%BB%E8%A1%A8/id335126084?mt=8)

(ウ) Rail Map

<https://itunes.apple.com/jp/app/rail-map/id1077627714?l=en&mt=8>

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(工) Rakuten Travel (Hotel Booking)

<https://travel.rakuten.co.jp/>

(オ) じゃらん (Hotel Booking)

<https://www.jalan.net/>

(カ) Bosai.net

<http://bosai.net/>

(キ) Weathernews

<https://itunes.apple.com/jp/app/%E5%A4%A9%E6%B0%97%E4%BA%88%E5%A0%B1%E3%82%A6%E3%82%A7%E3%82%B6%E3%83%BC%E3%83%8B%E3%83%A5%E3%83%BC%E3%82%B9%E3%82%BF%E3%83%83%E3%83%81/id302955766?l=en&mt=8>

(ク) NHK World:

<https://www3.nhk.or.jp/nhkworld/en/app/>

(ケ) NHK News & Bosai:

[https://www3.nhk.or.jp/news/news\\_bousai\\_app/index.html](https://www3.nhk.or.jp/news/news_bousai_app/index.html)

(コ) Rikaikun

<https://chrome.google.com/webstore/detail/rikaikun/jipdnfibhldikgcjhfnomkfpcebammhp?hl=en>

(サ) WWWJDIC

<http://nihongo.monash.edu/cgi-bin/wwwjdic?1C>

(シ) アルク

<https://www.alc.co.jp/>

(ス) Kanji Search Site

<https://kanji.sljfaq.org/mr.html>

(セ) Rikai

<http://www.rikai.com/perl/Home.pl>

(ソ) 7-11 ATM Search (best ATMs for international cards)

<https://www.sevenbank.co.jp/english/personal/atm/app/>

## Google Map

A Google Map with places mentioned in this Guidebook and more is available online for viewing at:

<https://goo.gl/MOECJw>

