

The 23rd Japan-America Grassroots Summit in Shimane, Japan

Shimane Summit Guide

July 1st – July 8th, 2013



The 23rd Japan-America Grassroots Summit
Shimane Volunteer Committee

John Manjiro Whitfield Commemorative
Center for International Exchange (CIE)

July 2nd and July 3rd
Hotel Ichibata Tel: +81-(0)852-22-0188

July 7th
Tamatsukuri Grand Hotel CHOSEIKAKU Tel: +81-(0)852-62-0711 or
Tamai Bekkan Tel: +81-(0)852-62-0524

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Shimane Summit General Itinerary

July 1 st (Monday)			
Depart airport in America and fly to Narita (Airline and flight vary from person to person)			
July 2 nd (Tuesday)			
Narita Airport (Earlier Arrival)		Narita Airport (Later Arrival)	
13:33	UA 79 from EWR arrives at Terminal 1	15:15	UA 802 from LAX arrives at Terminal 1
13:55	AA 175 from DFW arrives at Terminal 2	15:30	UA 139 from DEN arrives at Terminal 1
14:05	UA 837 from SFO arrives at Terminal 1		KNT staff meet you in the arrival lobby.
	Volunteers wearing green kimono jacket meet you in the arrival lobby.		
15:20	Bus No. 1 & 2 leaves <u>“Terminal 2”</u>	Approx. 16:30	KNT staff will take care of your moving to Haneda airport, using regular Airport Limousine Bus
15:30	Bus No. 3 leaves <u>“Terminal 1”</u> for Haneda Airport.		
16:30	Bus No.1 & 2 arrive at Haneda Terminal 1 for the connection to Izumo airport.	17:45	Arrives at Haneda and check in the domestic flight.
16:30	Bus No.3 arrives at Haneda Terminal 2 for the connection to Yonago airport.		Free time until the departure of the flight. You may have light dinner in the airport.
	Check-in the domestic flights. Free time until the departure of the domestic flights. You may have light dinner in the airport.		
18:25	JL 1671 leaves for Izumo airport from Terminal 1	20:05	NH 819 leaves for Yonago airport from Terminal 2
18:25	NH 817 leaves for Yonago airport from Terminal 2	21:25	NH 819 arrives at Yonago airport
19:45	JL 1671 arrives at Izumo airport		Volunteer will meet you in the arrival lobby and take care of you moving to Hotel Ichibata.
19:45	NH 817 arrives at Yonago airport		
	Volunteers will meet you in the arrival lobby, and take care of your moving to Hotel Ichibata.		

21:30	Arrive at Hotel Ichibata Registration at Summit Desk and check in. <i>(Dinner "bento" box will be provided)</i>	22:30	Arrive at Hotel Ichibata Registration at Summit Desk and check in. <i>(Dinner "bento" box will be provided)</i>
<i>< Overnight at Hotel Ichibata in Matsue ></i>			
July 3rd (Wednesday)			
6:30 – 8:30	Breakfast		
8:30 - 9:45	Morning Lectures at "Ume no ma" room on the 2 nd floor 8:30 – 9:05 Lafcadio Hearn, New Orleans, and Matsue by Prof. Bon Koizumi 9:05 – 9:40 "Escape from Manchuria" by Prof. Paul Maruyama		
10:00 – 14:30	Departure to the optional local tours (The participants of Tour A, Deep in the Heart of Matsue, will be divided into the 3 groups, and each group departs at different time)		
14:30 – 15:30	Short rest in the hotel		
15:30	Depart for the Opening Ceremony at Izumo Grand Shrine		
16:30 – 17:15	Prayer at Izumo Grand Shrine		
17:30 – 18:30	Opening Ceremony at Kari-haiden of Izumo Grand Shrine		
18:30 – 19:00	Move to Shimane Winery by bus		
19:00 – 20:30	Opening Reception at Shimane Winery		
21:00	Move back to Hotel Ichibata		
<i>< Overnight at Hotel Ichibata in Matsue ></i>			
July 4th (Thursday)			
6:30 – 8:30	Breakfast and Check out by 8:30		
Approx. 9:00	Depart for the local session areas <i>(Bus departure information will be available at the Summit Desk)</i>		
	Arrive in Local Session Area. Local Session Program starts		
<i>< Homestay ></i>			
July 5th (Friday) and 6th (Saturday)			
	Local Session Program		
<i>< Homestay ></i>			
July 7th (Sunday)			
By 15:00	Come back to Matsue by bus and leave the luggage at Hotel Choseikaku or Hotel Tamai Bekkan in Tamatsukuri Hot Spring (If your host's house is close to Matsue, your host may take you back to Matsue. You can send your suitcase to the next visiting place by express		

	courier service at the hotels)		
16:00	Meeting at Matsue English Garden		
16:00 – 18:20	Closing Ceremony and Reception		
18:30	Leave for Tamatsukuri Hot Springs		
19:00	Arrive at Choseikaku or Tamai Bekkan in Tamatsukuri Hot Spring Free time		
< Overnight at Hotel Choseikaku or Hotel Tamai Bekkan >			
July 8th (Monday)			
6:30 –	Breakfast and check out		
JAL flight to Haneda		ANA flight to Haneda	
08:00	Depart Choseikaku or Tamai Bekkan for Izumo Airport by bus	07:30	Depart Choseikaku or Tamai Bekkan for Yonago airport by bus
09:35 – 11:00 (JL 1664)	Fly to Haneda	09:00 – 10:20 (NH 814)	Fly to Haneda
Meet a travel agent in the arrival lobby of Terminal 1, and ride on the Airport Limousine Bus to Narita Airport Terminal 2.		Meet a travel agent in the arrival lobby of Terminal 2, and ride on the Airport Limousine Bus to Narita Airport Terminal 1.	
Leave Narita for America		Leave Narita for America	

Please note this itinerary may be subject to change.

Itinerary

- Post Summit Optional Program

Post Summit Optional Program

OP1 Kyoto & Tokyo

Hotel Keihan Kyoto

Address: 31 Higashikujo-nishisannou-cho, Minami, Kyoto, 601-8003

Phone: +81-75-661-0321

Fax: +81-75-661-0987

E-mail: hkk1@hotelkeihan-kyoto.com

Shinagawa Prince Hotel

10-30 Takanawa 4-chome, Minato-ku, Tokyo, 108-8611 Japan

Tel: +81-3-3440-1111

<http://www.princehotels.com/en/shinagawa/>

※ **Volunteer Tour Leader : Mr. Nobuyuki Mori**

※ **Breakfast at hotels and all meals at host's house are included.**

July 8 th (Mon)	
07:30	Depart Choseikaku and Tamai Bekkan Hotel by bus for the Matsue Station
08:55 – 13:50	Ride on the Express Bus to Kyoto Station from Matsue
13:50 -	Meet volunteers at Kyoto Station Lunch Check in Hotel Keihan
Evening	Kyoto Gion Corner Experience http://www.kyoto-gioncorner.com/global/en.html < Stay at Hotel Keihan Kyoto >
July 9 th (Tue)	
Morning Afternoon	Program in Kyoto Meet host families < Homestay >
July 10 th (Wed)	
Morning Afternoon Evening	Program in Kyoto Program in Kyoto Potluck Party < Homestay >

July 11 th (Thu)	
08:45	Check out Hotel and walk to the Kyoto Station
09:29 – 12:03	Ride on Shinkansen “Hikari 514”, bullet train, to Shinagawa (Tokyo)
After the arrival at Shinagawa	Walk to Shinagawa Prince Hotel and check in. Free time ※ Reserve the Airport Limousine Bus to Narita of your departure day in the hotel lobby. <p style="text-align: right;">< Stay at Shinagawa Prince Hotel ></p>
July 12 th (Fri) or your departure day for America	
More than 3 hours before the departure time of your Int'l flight	Depart Shinagawa Prince Hotel and move to Narita Airport by Airport Limousine Bus
	Fly back to America

※ There is no space in Train (from Kyoto to Tokyo) to place your big suitcase. You should send it by express courier service (Takkyu-bin) to Shinagawa Prince Hotel from Tamatsukuri hot spring or Kyoto. Volunteers at Tamatsukuri and Kyoto will help you to send it.

(The courier will deliver your bag to the designated place with around \$20 per a suitcase. The fee depends on the weight and size of the luggage.)

Itinerary

- Post Summit Optional Program

Post Summit Optional Program

OP 2 Hiroshima, Kochi & Tokyo

Hotel Sunroute Hiroshima

3-3-1 Ote-machi, Naka-ku, Hiroshima City, Hiroshima, Japan 730-0051
TEL: 81-82-249-3600 / FAX: 81-82-249-3677
<http://www.sunroutehotel.jp/hiroshima/en/index.html>

Shinagawa Prince Hotel

10-30 Takanawa 4-chome, Minato-ku, Tokyo, 108-8611 Japan
Tel: +81-3-3440-1111
<http://www.princehotels.com/en/shinagawa/>

※ **Volunteer Tour Leader : Mr. Kiyoshi Hirata**

※ **Breakfast at hotels and all meals at host's house are included.**

July 8 th (Mon)	
07:30	Depart Choseikaku and Tamai Bekkan Hotel by bus for the Matsue Station
08:25 – 11:17	Ride on the Express Bus to Hiroshima Bus Center from Matsue
11:17 -	Meet volunteers at Hiroshima Bus Center Lunch and Check in Hotel Sunroute Hiroshima
Afternoon Evening	Sightseeing of Miyajima and Hiroshima Peace Memorial “Okonomiyaki Dinner” at Okonomi Village < Stay at Hotel Sunroute Hiroshima >
July 9 th (Tue)	
07:00 08:00 – 11:51 11:51 -	Hotel check out and move to Hiroshima Bus Center Ride on the express bus to Kochi from Hiroshima Bus Center Meet volunteers at Kochi Station Kochi Program Starts < Homestay >
July 10 th (Wed)	
Morning	Program in Kochi

Afternoon	Program in Kochi <p style="text-align: right;">< Homestay ></p>
July 11th (Thu)	
09:45 – 11:05 (JL1484) or 10:35 – 11:55 (NH 564)	Go to Kochi airport with host Fly to Haneda Airport Meet CIE staff or volunteer at the Haneda Arrival Lobby
12:30 – Approx 13:00	Ride on Keihin Kyuko train to Shinagawa Arrive at Shinagawa Station and check in Shinagawa Prince Hotel Free Time ※ Reserve the Airport Limousine Bus to Narita of your departure day in the hotel lobby. <p style="text-align: right;">< Stay at Shinagawa Prince Hotel ></p>
July 12th (Fri) or your departure day for America	
More than 3 hours before the departure time of your Int'l flight	Depart Shinagawa Prince Hotel and move to Narita Airport by Airport Limousine Bus
	Fly back to America

Itinerary

- Post Summit Optional Program

Post Summit Optional Program **OP5 Tokyo Free Time**

Shinagawa Prince Hotel

10-30 Takanawa 4-chome, Minato-ku, Tokyo, 108-8611 Japan

Tel: +81-3-3440-1111

<http://www.princehotels.com/en/shinagawa/>

※ **Breakfast is included.**

July 8 th (Mon)			
JAL flight to Haneda		ANA flight to Haneda	
8:00	Depart Choseikaku or Tamai Bekkan for Izumo airport by bus	07:30	Depart Choseikaku or Tamai Bekkan for Yonago airport by bus
09:35 – 11:00 (JL 1664)	Fly to Haneda	09:00 – 10:20 (NH 814)	Fly to Haneda
Ride on the Keihin Kyuko train to Shinagawa Station. (Ms. Hiroko Todoroki of CIE will attend)		Ride on the Keihin Kyuko train to Shinagawa Station (Ms. Eiko Matsuda of CIE will attend)	
Approx. 12:00	Check in Shinagawa Prince Hotel Free Time ※ Reserve the Airport Limousine Bus to Narita of your departure day in the hotel lobby. < Stay at Shinagawa Prince Hotel >		
July 12 th (Fri) or your departure day for America			
More than 3 hours before the departure time of your Int'l flight	Depart Shinagawa Prince Hotel and move to Narita Airport by Airport Limousine Bus		
	Fly back to America		

PREPARATION – BAGGAGE –

◆ ◆ ◆ Baggage Allowance ◆ ◆ ◆

When traveling internationally, baggage policies and fees differ from airline to airline. Allowances for carry-on bags and checked luggage for international flights must be verified with each airline.

Any piece over the baggage allowance or baggage that exceeds the size and/or weight limitations will be subject to additional charges.

Restrictions and allowances can change without notice, so be sure and verify the information by contacting your airline.



American Airlines

TEL: 800-772-7117

<http://www.aa.com/>

Number of Bags Allowed	Size and Weight Per Bag Allowed
One personal item*: No charge	Overall dimensions of 36 in/91 cm
One bag carry-on: No charge	Overall dimensions of 45 in/115 cm → 22" x 14 "x 9" or 56 x 36 x 23 cm
Two bags checked. No charge	Overall dimensions of 62 in/158 cm 50 lbs./23 kgs

***Personal item** - includes: purse, briefcase, laptop bag OR a similar item and must fit under the seat in front of you.

United Airlines

TEL: 800-864-8331

<http://www.united.com/>

Number of Bags Allowed	Size and Weight Per Bag Allowed
One personal item*: No charge	Overall dimensions of 36 in → No larger than 9" x 10" x 17"
One bag carry-on: No charge	Overall dimensions of 45 in/114 cm → 14" x 9" x 22" or 23 x 35 x 56 cm
<u>One</u> bag checked. No charge**	Overall dimensions of 62 in/158 cm 50 lbs./23 kgs

***Personal Items:** such as a shoulder bag, backpack, laptop bag or other small item.

****Second checked bag service charges:** \$100 or 9,000 JPY (Japan to / from USA)

■ Checked Baggage Tips and Information

- All checked baggage will be screened by the TSA.
- Only use a lock that is identified as a "TSA-recognized locking mechanism." For more information, visit the TSA Web site.
- Your name and address must be on the outside of your baggage. Name tags are available at all airport baggage check-in locations.
- Put your name and address on the inside of your baggage too.
- Don't over pack. Bulging bags are not sufficiently constructed to support excess weight and may split during transport.
- Do not pack fragile items inside your checked luggage.



PREPARATION – BAGGAGE –

◆◆◆ Restricted Items ◆◆◆

For the safety and security of the traveling public, the Transportation Security Administration (TSA), the Federal Aviation Administration (FAA) and/or airlines have prohibited certain items from being brought onto airplanes in carry-on and/or checked bags. To help you plan ahead and avoid the potential of additional screening, be sure to check out the prohibited items list below and pack accordingly.



“You CAN NOT bring...”

- ◆ Sharp Objects
- ◆ Sporting Goods
- ◆ Guns & Firearms
- ◆ Tools
- ◆ Martial Arts & Self Defense Items
- ◆ Explosive & Flammable Materials, Disabling Chemicals & Other Dangerous Items
- ◆ Other Items such as Flammable liquid, Gel, or Aerosol Paint, etc.

✂For the detailed information of these items, visit TSA’s website.

TSA

TEL: 866-289-9673

<http://www.tsa.gov/>

◆◆◆ Liquid Rules ◆◆◆

Liquids, aerosols and gels, in limited quantities, are safe to bring aboard an aircraft. Each traveler is allowed one bag in order to limit the total volume of liquids, aerosols and gels. Consolidating products into one bag and X-raying them separately from the carry-on bag enables security officers to quickly clear all items.



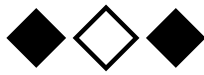
■ 3-1-1 for carry-ons

<p>3 3 ounces* or less size containers of liquid or gel. *More than 3 ounces permitted in checked baggage.</p> <p>Container size is a security measure.</p> 	<p>1 1 quart-size, clear plastic, zip-top bag holding 3 ounces or less containers.</p> <p>Bag limits total volume per person.</p> 	<p>1 1 bag per traveler placed in the security bin.</p> <p>Isolating liquids speeds screening.</p> 
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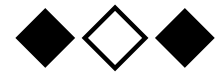
■ Declare larger liquids

Medications, baby formula and food, and breast milk are allowed in reasonable quantities exceeding 3.4 ounces and are not required to be in the zip-top bag. Declare these items for inspection at the checkpoint. Officers may need to open these items to conduct additional screening.

PREPARATION – PACKING –



Clothes and Belongings



■ Clothing

- Most of the clothing you pack should be casual and comfortable, e.g. casual trousers/ shorts and t-shirts/ polo shirts.
- Trousers or skirts which allow easy movement will be useful when sitting on the floor.
- Check your itinerary before you pack. In most cases comfortable walking shoes will be a must.
- Light layers are good for staying cool in the heat. One or two light sweaters or jackets will keep you warm in air-conditioned interiors.
- You will often need to remove your shoes inside so pack shoes or sandals that are easy to put on and take off.
- The weather is likely to vary between sun and showers, so pack a sun-hat, sun-glasses and a folding umbrella.
- If you pack one change of business casual clothes, such as Dress shirt (tie optional) for men, skirt or smart trousers and top for women, it may be useful for the occasional formal visit.



Dress Code at Izumo Taisha Shrine – Opening Ceremony

The opening ceremony is held in Izumo Grand Shrine, which is a very sacred place. Although it is unnecessary to wear formal suits, dresses, or jackets for the ceremony, your outfit should not be too casual and rough as a Japanese manner. There is no specific rule, but please refer the following guidance.

Please avoid: Jeans, Shorts, Short skirt, Sandals, T-shirt, and Sleeveless shirt/top

You are allowed to wear: Pants, Slacks, Shirt, Polo shirt, a Skirt which is not too short, sneakers.

※For more information, email to CIE office in Japan: manjiro@manjiro.or.jp

■ Toiletries and Pharmacy Items

If necessary, you will be able to purchase toiletries and pharmacy items in Japan. However, you are advised to bring with you anything you use or take regularly. Consider bringing the following:



- | | |
|--|---|
| <input type="checkbox"/> Travel sickness tablets | <input type="checkbox"/> Mosquito repellent and bite relief |
| <input type="checkbox"/> Cold and flu medicine | <input type="checkbox"/> Antihistamines |
| <input type="checkbox"/> Painkillers | <input type="checkbox"/> High SPF sun-screen |
| <input type="checkbox"/> Sleeping pills/tablets | <input type="checkbox"/> Medicine for indigestion, diarrhea, constipation |

PREPARATION – PACKING –

■ Money

Japan is still a cash society, and outside of large hotels and restaurants, you may find yourself unable to use a credit card. Japan is a relatively safe country, and it is common to carry around even large amounts of cash. However, of course, you must be careful to look after your belongings.



Although it is possible to withdraw cash in Japan (see below), participants are asked to try to bring enough yen in cash to cover necessary expenses.

NOTE: You can exchange your dollar to yen at the arrival lobby of Narita Airport, **HOWEVER, most of you have to change the flights in very limited time, and so you are strongly recommended to exchange your dollar to yen BEFORE you leave the U.S.**

As of 05/29/2013, the exchange rate is ¥101.66 to the dollar. For up-to-minute rate check <http://www.xe.com>

Withdrawing cash in Japan

You can withdraw money with the credit card or cash card published by the overseas institution in Japan Post Bank ATMs. *Single transaction withdrawal limit will be 200,000 Yen as of May 27, 2013.

Japan Post Bank provides cash withdrawal services for credit cards and cash cards issued by overseas financial institutions. Cards bearing the VISA, VISAELECTRON, PLUS, MasterCard, Maestro, Cirrus, American Express, Diners Club, JCB, China Unionpay and DISCOVER can make withdrawals at Japan Post Bank ATMs.

*Refer to the sign for each brand mark below.

*Some Maestro cards with IC chips are temporarily unable to make withdrawals at all ATMs located in Japan (including Japan Post Bank ATMs) from April 19, 2013.

MasterCard is providing information to customers on their website. For information on usage of cards, please consult the card issuing financial institution.

Need Cash?
International ATM Service

※Balance inquiry is not available.
※Transaction fee may be charged.



In order to use international ATMs, ensure the following BEFORE leaving for Japan:

- Make sure that your credit or debit card can be used abroad.
- Inquire what fees and daily and/or monthly limits are associated with international withdrawals.
- Remember your card's secret 4-digit PIN.
- Notify your bank that you are going to use your card overseas, since many banks will block a card which is suddenly used abroad, suspecting a fraud.

PREPARATION – PACKING –

■ Rental Phone

It must be difficult for most of you to rent a cell phone upon your arrival at the airport in Japan, because time is very short for the transit to Shimane. Therefore, if you need a cell phone in Japan, you are recommended to arrange the rent-a-phone **BEFORE** you leave the U.S. The following addresses are useful website about rental phones.



Rentafone Japan: <http://www.rentafonejapan.com/>

Rentafone Japan provides convenient and low-cost mobile/ cell phone rental for short-term visitors to Japan. Free incoming calls. Free shipping. You need to apply BEFORE your departure, then they'll deliver your cell phone to the hotel you stay in Japan.

Cellular Abroad: <http://www.cellularabroad.com/phone-rentals-japan>

Cellular Abroad's prepaid cell phone service for Japan is ideal for those who desire an easy way to keep in touch while traveling to Japan. You can rent OR buy a Japan cell phone BEFORE your departure.

Your Mobile phone in Japan

Contact your mobile phone provider to see if your phone will work in Japan. Compatible networks are typically available for phones in the 3G model, although more models are becoming available for use in Japan. Be aware that the charges for using your phone in a foreign country are exorbitant.



■ INTERNET access in Japan

In Japan, you will find many Wi-Fi signals which you can enjoy browsing the internet. Please note they often require a password for security reasons. (In an effort to prevent internet-related crimes, service providers are required to identify whom they are providing the services to. Some require long-term contracts which normally are limited to residents of Japan.) Also, most accommodations are Wi-Fi internet-ready, but some hotels, especially in remote areas, they only serve wired access. In general, Japanese style hotels at hot spring sites do not offer the internet service in the room, but in the lobby.

For more general information about Internet Access in Japan, please check the following website.

National Tourism Organization (JNTO)

<http://www.jnto.go.jp/eng/arrange/essential/internet.html>

◆ Free WiFi, “SHIMANE_WiFi”

Shimane Prefectural Government provides free “SHIMANE_WiFi” at several major sightseeing places and public meeting areas, such as airports, museums, etc., in Shimane.



PREPARATION – PACKING –

■ Gifts

It is a good idea to bring some inexpensive gifts for your home stay family. Your hosts will be excited to receive anything American, especially if it is local to the area you are from. Some ideas for gifts are:



- | | |
|--|--|
| <input type="checkbox"/> picture postcards from your home town | <input type="checkbox"/> picture books |
| <input type="checkbox"/> refrigerator magnets | <input type="checkbox"/> T-shirts |
| <input type="checkbox"/> American sports wear/ paraphernalia | <input type="checkbox"/> baseball caps |
| <input type="checkbox"/> local cookies or candy | <input type="checkbox"/> stickers |

◆◇◆ Packing Checklist ◇◇◆

<input type="checkbox"/> Comfortable clothes <input type="checkbox"/> One set of business casual clothes <input type="checkbox"/> Easy-to-put-on shoes/ sandals <input type="checkbox"/> Socks <input type="checkbox"/> Copy of passport (carry separately from passport) <input type="checkbox"/> Plug adapter <input type="checkbox"/> Sunglasses, hat <input type="checkbox"/> Backpack and money purse/belt <input type="checkbox"/> Tote bag/Travel bag for 2~3 nights(*)	<input type="checkbox"/> Japanese YEN <input type="checkbox"/> Small gifts <input type="checkbox"/> Toiletries and medicines <input type="checkbox"/> High SPF sunscreen <input type="checkbox"/> Mosquito repellent <input type="checkbox"/> Folded Umbrella <input type="checkbox"/> Small towels or handkerchiefs (**) <input type="checkbox"/> Alarm clock/ watch
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(*) With large suitcase, it is very difficult to take local trains and travel around in Japan. Therefore, after the summit, some of you will be recommended to send your suitcase or any large items to your next destination.

(**) In Japan, it is very common to have small towel or handkerchief with you, as the public restrooms do not offer the paper towels very often.

PREPARATION – BACKGROUNDS –

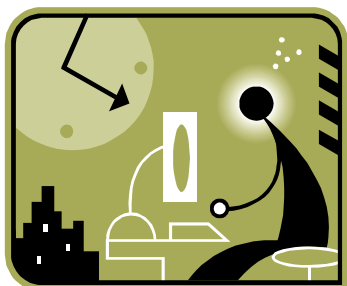
◆◇◆ Climate in Shimane ◇◇◆

In early summer, most parts of Japan get visited by a rainy season. It lasts from the beginning of June and typically ends in the first half of July. It is hot and humid in most of Japan, and just standing outdoors can make you sweat. Air conditioning is widely used in Japan, so it may be a good idea to bring a light sweater or stole with you. The sun can also be quite bright, so sun block may be needed.



■ Time Difference

Japan is 8 hours ahead of G.M.T. Daylight saving is not practiced in Japan.



Time Difference	
New York, Washington DC	-13 hrs
Chicago	-14 hrs
Denver	-15 hrs
Los Angeles, San Francisco	-16 hrs

Caution! Heat Stroke!

Heat Stroke (Necchusho) is a series of physical illnesses caused by high internal and external body temperatures. Small children and elders, as well as people working or playing sports in a fairly high temperature environment, are in danger of getting Necchusho. Though not a high percentage, Necchusho continues to cause deaths in Japan, especially during the summer.

How you can avoid

- Do not go outside if the temperature is high and you do not feel well
- Constantly hydrate yourself by drinking water and taking rest breaks
- Wear caps and hats outside to avoid direct sunlight
- Avoid clothes with dark colors (they store heat)
-



If you get Symptoms

If you or someone around you gets necchusho or shows symptoms, immediately consult your host family or the summit volunteers!!!

SYMPTOMS:

Spasm, Cramping of muscles, Fainting, Increased breathing, Spasm of lips, Dizziness, Decreased blood pressure, Increased heart beat and pulse, Excessive perspiration, etc.

◆◆◆ Japanese Conversation ◆◆◆

Learning a little Japanese is one of the best ways to prepare for your trip. The phrases on this page cover the basics. If you are interested in learning more, please see **online resources** such as “Easy Japanese” (www.easyjapanese.org), or “Jim Breen’s Japanese Pages” (www.csse.monash.edu.au/~jwb/japanese.html).

■ Essential Japanese Phrases

Note: it is helpful to think of the pronunciation as similar to Italian.

a: as in grazie i: as in pizza u: as in uno e: as in spaghetti o: as in oliva

Where you see two vowels together just pronounce each in turn. E.g. ai= a + i sounds like the English word “eye”.

The consonant g is always hard, as in spaghetti, not as in gene.

Japanese is broken up into sounds each ending in a vowel (exception is “n”). Pronounce each sound in turn and afford the same amount of time to each, e.g. Arigatou gozaimasu= a-ri-ga-to-u go-za-i-ma-su

thank you	arigatou gozaimasu
Excuse me	sumimasen
how do you do/ nice to meet you	hajimemashite
let’s get on well together (commonly said)	douzo yoroshiku onegai shimasu
good morning	ohayou gozaimasu
hello (good day)/ good evening	konnichiwa/ konbanwa
good night	oyasumi nasai
I don’t understand	wakarimasen
How much is this?	kore wa ikura desu ka?
I like ga suki desu
(I’d like)... please	... kudasai
Please (go ahead)	douzo
this is delicious!/ this is fun!/ this is interesting!	oishii desu!/ tanoshii desu!/ omoshiroi desu!
Please teach me	oshiete kudasai

NB Learn the bold part of the phrase first. It’s the important part that will make you understood.

■ Useful Japanese Phrases during your homestay

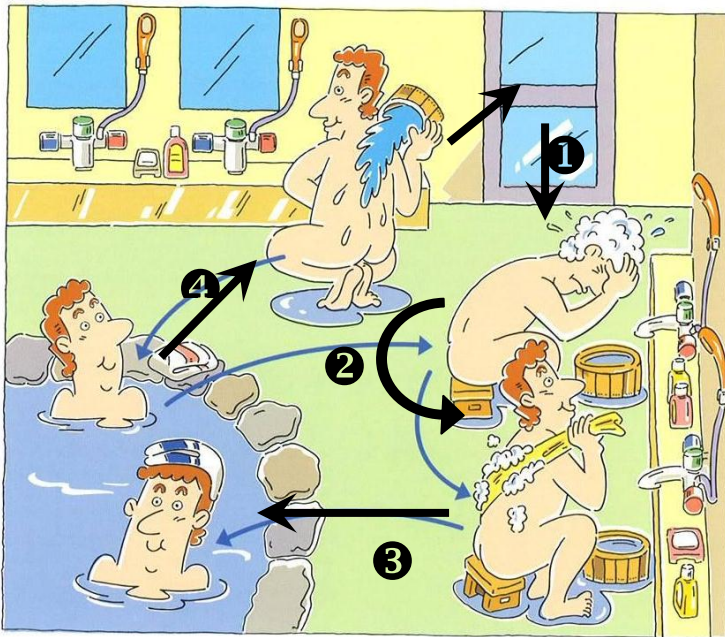
on entering someone else’s house	o-jama shimasu (sorry to get in the way)
on leaving the house if you are returning	itte kimasu (I’m going to go now)
Cheers! (before drinking)	kanpai!
Before eating	itadakimasu (I humbly receive)
after eating	gochisou-sama deshita (what a treat)

◆◇◆ Japanese-style Bathing ◇◇◆

Though most of the rooms will have in suite bathrooms, it is normal to use the communal baths to clean and bathe. It is particularly recommended that you follow the Japanese custom of bathing before bed, a habit that helps to ensure a wonderful night's sleep.

■ Using the Bath

- 1) Enter the bathroom, removing shoes or slippers at the entrance. Men's baths and women's baths are divided and the entrances will be marked. The Japanese sign for men is 男, the sign for women is 女.
- 2) Enter the changing room and take off all your clothes. Baskets or lockers will be provided to store your belongings.
- 3) Enter the bath area. You may take a small towel in with you, but you should not get into the bath with your towel.
- 4) **Wash your body and hair before getting in the bath.** Low stools and showers are provided around the edge of the bath. You should sit down to wash. Shampoo and body soap are nearly always provided but it is a good idea to check.
- 5) After washing and rinsing your body and hair thoroughly, you can enter the bath. Enter slowly, to allow your body to adjust to the warm temperature.
- 6) The baths are for relaxing. You should not swim in the baths, rush around or make too much noise.



- 7) Stay in the baths for as long as you feel comfortable. The baths vary in temperature and you should not stay in a very hot bath too long.
- 8) When you are ready to leave, get out of the bath and pour a little water over yourself to wash away the sweat. Showering too much, when bathing in natural spring water, will wash away the beneficial minerals from your skin.

How to Enjoy Japanese Bath 日本のお風呂の楽しみ方

日本大浴場的洗澡方法 일본의 목욕탕을 즐기는 방법

1 Rinse yourself off first.



先ず、かけ湯をしましょう
必須在浴池外用温水冲洗
먼저 따뜻한 물을 끼얹습니다.

1



2 Relax yourself in the bathtub.



湯船につかってリラックスしましょう
在浴池里浸泡舒服一下
욕탕에 몸을 담귀, 휴식을 취합니다.

2



3

3 Scrub with soap outside the bathtub.



洗い場で頭や体を洗いましょう
在盥洗场把头发和身体洗净
처음 입욕이 끝나면 몸과 머리를 감습니다.



4

4 Enjoy another good soak in the hot water.



再び湯船につかりましょう
再一次到浴池里浸泡
다시 한번 욕탕에 들어갑니다.

下着やタオルをつけたまま入浴しないで下さい。

Please do not take a bath with your underwear on.

请不要穿短裤和围着毛巾入浴

속옷이나 수건을 가지고 입욕하지 마세요.

石鹸・シャンプーの泡はしっかり落としてから湯船に入りましょう。

Please rinse off all soapsuds before entering the bathtub.

请把身体上的肥皂和洗发泡沫冲洗后进入浴池

비누, 샴푸의 거품은 깨끗이 씻은 후에 입욕해 주세요.



Etiquette

・湯船にタオルを持ち込まないで下さい
Do not put your hand towel in the bath water.
请不要带毛巾进入浴池
욕탕에 수건을 가지고 입욕하지 마세요.

・湯船に飛び込んだり泳いだりしないで下さい
Do not jump in or swim in the bath.
请不要在浴池里奔跳和游泳
욕탕에 뛰어들거나 헤엄치거나 하지 마세요.

礼貌



에티켓

・洗濯はしないで下さい
Washing of clothes is not allowed.
请不要在浴池里洗衣服
세탁은 하지 마세요.

・浴室に飲食物を持ち込まないで下さい
Do not bring food and drink into the bath.
不要带饮食进入大浴场
욕실에 음식물을 갖고 들어가지 마세요.

◆◆◆ Onsen (Hot Springs) ◆◆◆

Caution!

People suffering from the following complaints **SHOULD NOT ENTER THE ONSEN (hot springs)** : acute complaints (especially those with a fever), tuberculosis, malignant tumors, serious heart conditions, breathing difficulties, kidney complaints, hemophilia, acute anemia, general progressive diseases, pregnancy (especially women in their first and third trimester).

Precautions

For those with sensitive skin

Due to the high concentration of chlorine which occurs naturally in the spring water, those with sensitive skin are advised to allow their skin to become accustomed to the water by limiting the time they spend in the bath to begin with.

For older people and those with high blood pressure

- Take time to relax during your vacation
- Make sure you relax for a while after arriving at hotel with Onsen before entering the bath.
- If using the bath in the early morning or late at night, make sure you enter with another person.
- Spend plenty of time washing yourself and getting used to the hot water before entering the bath.
- Try to sit with only the lower half of your body in the water, or lie in the shallow end so as not to put too much pressure on your heart.
- Move your arms and legs around when in the bath.
- Do not use the bath more than twice a day.

General

- After eating: rest for between 30 minutes and an hour before entering the bath. Bathing in an onsen decreases the blood flow to the digestive organs, thereby causing one's metabolism to slow down
- After exercising: rest for about 30 minutes before entering the bath. Exercising causes blood to accumulate in the muscular areas, but bathing decreases the blood flow to those areas thereby prolonging muscle fatigue. Bathing immediately after exercise also puts too much strain on the heart.
- Try not to drink too much alcohol before entering the bath. Drinking alcohol increases blood flow and can lead to higher blood pressure, a faster heart beat and even a heart attack. Be careful also about drinking immediately after bathing, as the sudden drop in blood pressure, which occurs when one leaves the bath, can lead to faintness.
- Do not enter the bath if you feel unwell, particularly if you have a fever.

General Information

◆ ◆ ◆ Toilet in Japan ◆ ◆ ◆

Two types of toilets are common in Japan: the western-style toilet with electronic washlet and the Japanese-style squat toilet. Most of the toilets in the ryokan, in which we will be staying will be the familiar western-style toilet. In public restrooms the majority of toilets will be the Japanese-style, with one or two western-style toilets usually situated furthest from the door.



Japanese-style toilet



Japanese-style toilet and toilet slippers



Electronic washlet toilet controls

■ How to use

To use a Japanese-style toilet, simply stand with one foot on either side (facing the hood), and squat over the hole. You should try to move as close to the front/hood as possible, to avoid spilling over the back edge of the receptacle and onto the floor. For women, wearing pantyhose can make using a squat toilet more difficult, wearing thigh-high stockings may be a better option.

■ Toilet Slippers

In most homes and some public toilets, toilet slippers are provided in order to keep the toilet area separate from the rest of the building. Slippers are usually positioned by the door (see the picture). Don't forget to remove the toilet slippers from your feet, and reposition them for the next person to use when you leave. It is easy to forget, and most visitors to Japan are likely to make the mistake at least once!

■ Public Toilets

Public toilets in Japan are plentiful and of a generally high standard of cleanliness. Nearly all provide toilet paper, although it is a good idea to carry tissues just in case. Many do not provide towels to dry your hands, and so most Japanese people carry a small towel or handkerchief with them.

■ Electronic "Washlet"

Many toilets in Japan now have electronic bidet systems called "washlets," which are controlled by buttons usually located on the right hand side of the toilet. After using the toilet, remain seated and press the button with a buttocks drawing to wash your buttocks, or the button with a female drawing to wash female parts. Clean water will be squirted from a small pipe to wash the corresponding areas. Please remain seated during this process or water will squirt out of the toilet! When you are done with the bidet, press the stop button (usually a solid square button or one with a kanji that looks like this: 止).

◆◇◆ Japanese Exit Signs ◇◇◆



Important!!

The Japanese exit sign is a trademark of sorts for Japan. The symbol of a green man running through a door oftentimes accompanied by an arrow (see photo above) will direct you to exits whether you are in a train station, super market, or hotel anywhere in Japan. Please pay close attention to the exit signs when you are in a building, particularly in a hotel. We ask that you pay close attention to the exit signs in the building as you find your room.

◆◇◆ July 1&2, Mon.&Tue. ◇◇◆

Airport (USA)

When you arrive at the airport, go to your airline's check-in counter to check in and check your baggage. You will need to check in **2 hours before the flight**, so please arrive at the airport in plenty of time. When the flight is full, it is particularly important to arrive early. * For baggage information please see pages 10 and 11.

Once you have gone through the security check, go into the departure lounge where you will be able to enjoy duty-free shopping. Whilst enjoying your shopping, please make sure that you know your boarding gate number and boarding time. These days, gate number often changes even after the check-in. Be sure to arrive at your gate at least 45 minutes before the departure time.

Most of you will arrive in Narita airport on July 2nd, then have to move to Haneda airport by bus to fly to Shimane. Your transit time is limited. To shorten the time at the baggage claim in Narita, you may try to ask the airport staff in America to attach "Door Side" tag to your suitcase(s) when you check your luggage.

■ Changing Money

Please exchange to Japanese currency at the airport in the U.S. You will NOT have enough time to do it at Narita Airport.

■ Enjoy a comfortable flight

- Drink plenty of water before and during the flight to ensure that you are hydrated. Avoid caffeine and alcohol.
- Set your watch to Japan time as you take off and try to sleep during Japanese night time.
- Ear plugs, eye mask and a u-shaped travel cushion are useful for getting to sleep.
- Pack a good book, preferably one that you have started a few days previously.
- Move your body. Follow the exercises in the in-flight magazine/video and take regular walks around the cabin.
- Wear comfortable clothing and remove shoes during the flight.
- The cabin can get cold, so pack a comfortable sweater and ask for extra blankets if you need them.



Narita International Airport (NRT, Japan)

■ Changing Money

Unfortunately, you may not have enough time to exchange currency at Narita airport. You are strongly **RECOMMENDED** to prepare Japanese yen in America.

■ Airport Terminal Buildings

Narita has 2 terminal buildings, “Terminal 1” and “Terminal 2”. “Terminal 1” has 2 wings, “north wing” and “south wing”. Terminal building is according to your airline.

Terminal 1 (south wing): United Airlines [UA]

Terminal 2 : American Airlines [AA]

■ Meet Volunteers and Travel Agents

On July 2nd, Summit volunteers and travel agents will be waiting for you at arrival gate with the Summit sign board, wearing green kimono jacket (happi coat). Please look for them carefully! Once get together, they will take you to the bus for Haneda airport.



(Meeting Point in the arrival lobby of Terminal 1)

■ Shopping

Narita Airport contains many shops and restaurants, and most of them can be found on the 4th and 5th floor of the Central Building (中央ビル= chuo biru), and you can enjoy it when you fly back to America.

“Narita nakamise” of Terminal 1 and Narita 5th Avenue of Terminal 2 are located on the 3rd floor after outbound passport control. It contains a rich variety of shopping delights including general duty-free stores, authentic boutiques from the world’s most famous fashion names, and Japanese souvenir shops.

narita | nakamise



Terminal 1, South Wing., 3rd Floor

**Mornina Lecture:
8:30~9:45 at “Ume-no-ma” on the 2nd floor**

Please join our morning lectures welcoming Prof. Koizumi and Prof. Maruyama, who have deep backgrounds among US-Japan history. No registration needed. Feel free to stop by the room and wake your brain up with the instructive lectures.

◆**“Lafcadio Hearn—His Spirit from the West to the East”**
By Prof. Bon Koizumi

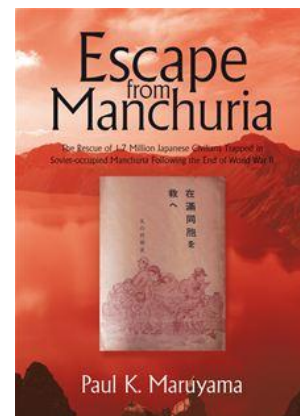
Bon Koizumi, Great grandson of Lafcadio Hearn, was born in Tokyo, 1961, He received his MA in folklore, at Seijyo University in Tokyo. He moved to Matsue, Shimane in 1987. Currently he is a professor of University of Shimane, the Adviser of Lafcadio Hearn Memorial Museum, Matsue, and the Honorable Curator of Yaizu Lafcadio Hearn Memorial Museum.



Lafcadio Hearn (1850-1904) was born in Greece, made remarkable works in America as a journalist. He moved to Japan in 1890 as a journey report writer of a magazine. He married a woman from a Samurai family in Matsue, Shimane and got Japanese citizenship and a new name, Koizumi Yakumo in Kobe, 1896. He wrote much reports of Japan and published in America. His works was read by so many people as an introduction of Japan.

◆**“Escape from Manchuria-A True Story of Courage and Perseverance”**
By Prof. Paul Maruyama

Paul Maruyama, a Colorado College lecturer in Japanese, has published a book entitled “Escape from Manchuria.” The book has also been translated into Japanese and published in Japan. The book details the story of Maruyama’s father, Kunio Maruyama, then a 37-year-old Japanese citizen, and his two friends who, together in 1946, escaped to Japan from Soviet-occupied Manchuria to eventually bring about the rescue and repatriation of nearly 1.7 million Japanese civilians trapped under Soviet oppression. Nearly 2,500 Japanese, including infants and children, were dying daily due to cold, hunger, diseases, and even murder at the hands of the Soviet Army and revenge seeking mobs and bandits. The three men personally appealed to General Douglas MacArthur, who was then the Supreme Commander for Allied Power occupying the defeated nation of Japan. “My book Escape from Manchuria serves as a reminder for Americans and Japanese that, because the United States treated the defeated people of Japan with respect and dignity after Japan’s surrender, a lasting peace has endured that is reinforced by a mutual feeling of respect for one another,” says Paul Maruyama.



Local Tour

On the next day of your arrival in Shimane, July 3rd, most of the participants are joining the local tours during day time. There are three different plans, so that please check your bus carefully and come down to the hotel lobby.

*This is not a day for checking out. You can leave your large items at your hotel room.

■ **Meeting Time:** 9:55AM at the Hote Lobby



■ **Departure Time:**

10:00 AM	【A】	Deep in the Heart of Matsue
	【B】	Adachi Museum of Art and Yasugi-bushi
	【C】	Yuushien Garden and “Gegege-no-Kitaro”

You will meet around 50 Japanese Grassroots Summit Alumni members who participated in the past Summits held in America. They are from the other regions of Japan and will also ride on the bus to Adachi Museum and Yuushien Garden with you. They will join the Opening Ceremony and Reception, but stay in another hotel in Izumo city. They are eager to communicate with you

Opening Ceremony

After coming back from the local tours, you will have a short break. You can stay and take a rest in your hotel room until the departure time to the Opening Ceremony in the Izumo Grand Shrine. There will be 3 buses leaving for the venue, and you will be informed which bus you should get on at the Summit desk in the hotel lobby at your registration on July 2nd, the previous day. Basically it is the same bus you took for the local tour during the day time. For dress code, refer to the page 13 and prepare proper appearance before you leave.

■ **Meeting Time:** 3:15PM at the Hotel Lobby

■ **Departure Time:** 3:30 PM for all buses

◆ PROGRAM

17:30 – 18:30 Opening Ceremony at Izumo Grand Shrine

- Welcome speeches
- Presentation by Texas Callisburg Delegation
- Exchange of the globe between Kyo and Scott

18:30 Bus Ride to the Shimane Winery

* Ride on the same bus you got from the hotel.

Welcome Reception

After the Opening Ceremony, the Welcome Reception is planned in the Shimane Winery, located about 10 minutes from Izumo Grand Shrine. All participants will get on the bus to the venue. At the winery, BBQ dinner will be served.

◆ PROGRAM

19:00 – 20:30 Welcome Reception at the Shimane Winery

- Welcome speech
- Introduction of Key Persons
- Toast
- Local Entertainment “Izumo Kagura”
- Closing speech

21:00 Bus Ride for Hotel Ichibata (About 45 min. drive)

* Ride on the same bus you got from the hotel.

◆◇◆ **July 4, Thu. – July 6, Sat.** ◇◇◆

Local Session - Homestay Program

In the morning of July 4th, participants will check out (*) the hotel and travel to their respective local session area. There will be several buses according to the destination. However, some participants will be picked up by their host families directly at the hotel. You will be informed which bus you should ride on or how you will meet with your host family, when you register at the Summit Desk in Shimane on July 2nd. For double check, please reconfirm your transportation a day before on July 3rd evening at the Summit Desk. The lobby will be crowded in the morning. Please take ENOUGH TIME for checking out before your departure time.

■ **Departure Time: (Subject to change)**

Please confirm the final schedule at the Summit Desk on July 3rd evening

8:30 AM	【1】	For Ohda, Gotsu / Hamada, and Masuda
9:00 AM	【2】	For Hirata/Izumo, and Izumo
	【3】	For Unnan and Okuizumo
8:00 AM	【4】	For Oki and Yasugi

*For Matsue local session, details will be provided at the Summit Desk. Departure time and more details will be informed at the Summit Desk on July 2nd.

■ **Homestay in Japanese House**



At your local session you will stay with a Japanese family. For many participants the home stay is the highlight of their summit experience. Staying in a Japanese home gives you a unique insight into how people in Japan go about their daily lives. They warmly welcome you, and will give you a perfect experience of meaningful grassroots exchange.

It is said that the home stay is a step into the unknown, and it is therefore quite natural to feel a little nervous about it beforehand. Each person’s home stay experience will be unique to him/her, but the following are some general points which might help ease you into your new Japanese life.

◆◇◆ Local Session ◇◇◆



【Gifts】

It is recommended that you bring some inexpensive gifts from your hometown for your home stay family.

【Meals】

Japanese meals are often served at the same fixed times. Lunch is nearly always at 12 o'clock. Breakfast will depend on what time the family gets up, but is often served between 7 and 8 o'clock. Dinner is usually from 6 to 7 o'clock.



In Japan beer is often drunk as a toast. Those who don't drink alcohol will probably be offered oolong tea, a cold tea, or juice. Wait until everybody has a drink in their glass, and for the cheer of "kanpai", before taking a sip.

A traditional Japanese breakfast is based around rice and miso soup. Regular accompaniments include fish and small dishes of vegetable or tofu. Before eating is the time to say "itadakimasu", I humbly receive (see "home stay phrases"). Eat with chopsticks (do your best!). Each part of the breakfast is served on a separate small plate at the same time. It is acceptable to pick up small dishes and bring them close to your mouth before picking up the food with your chopsticks. Rice is served and eaten plain (not covered in soy sauce). Soup is drunk directly from the bowl, and the chopsticks can be used for picking up any bits that the soup contains. There are no rules as to the order in which you eat the dishes. After eating is the time to say "gochisou-sama deshita", that was a real treat (see "home stay phrases").

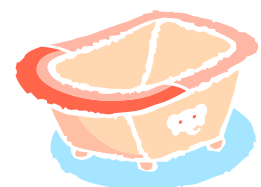
【Shoes】

In all Japanese homes you will be expected to take off your shoes when entering. Inside the front door there will be a special area for removing and storing your shoes. Do not step up into the house with your shoes on. This is the time and place to call out "o-jama shimasu", the standard greeting which means "I am about to intrude into your home" (see "home stay phrases").



【Bathing】

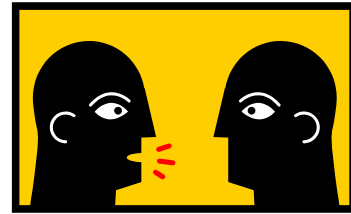
It is a custom to bathe in the evening before going to bed, in order to clean your body when you get into your futon. A Japanese bathroom will have a bath and a shower. Use the shower first to clean and rinse your body and hair, and then get into the bath for a soak. The whole family will use the same bath water, so make sure you are properly clean before entering, do not get any soap in the bath, and do not pull out the plug when you are finished!



◆◆◆ Local Session ◆◆◆

[Communication]

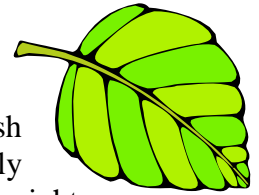
If you are unable to speak much Japanese and your host family is unable to speak much English, you may be worried about how to communicate. If you are patient and have an open mind, you are likely to discover that it is possible to communicate a great deal, even with no common language. Props are certainly useful. It is a good idea to bring along photos, objects and pictures from your home that you will be able to share. A good electronic dictionary is also a nice backup. Finally don't be afraid to ask questions. Your host might say they can't speak English, but they know more than they let on.



- NOTES -

◆◇◆ July 7, Saturday ◇◇◆

Closing Ceremony



Participants, home stay families and staff will gather in the Matsue English Garden to celebrate the end of the 23rd Grassroots Summit. Your host family or the Key Person will take you to Tamatsukuri-Onsen where you stay on that night. Please come back to your hotel in Tamatsukuri by 15:00 and complete check in process. After dropping off your luggage at your room, you will come to the Matsue English Garden with your host family or by Bus leaving at 15:30.

■ **Departure Time: 15:30** for the participants who take Bus from the hotel.

* Some participants will go to the venue with your host family.

◆ PROGRAM

16:00 **Getting together at the Matsue English Garden**

16:30 – 18:20 **Closing Ceremony**

- Closing speeches
- Looking back the Local Sessions
- Introduction of the 24th Grassroots Summit in San Diego

Reception

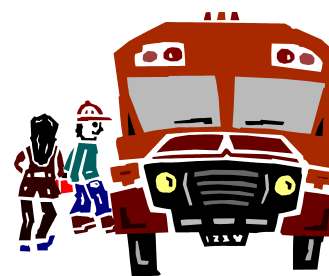
- Toast
- Local Entertainments
- Local Music Performances, etc.

18:30 **Bus ride to Tamatsukuri-Onsen
(About 20 min. drive)**

◆◇◆ July 8th, Monday ◇◇◆

Departure/Post Summit Optional Tour

On July 8th, some participants will return to the US, while others will travel to the location of the Post Summit Optional Tours. As the **departure times and destinations differ**, please be sure that you are ready to **board the correct bus at the correct time.**



■ Planned Bus Times and Destinations: Subject to change(*)

Program	Meeting Time at the lobby (**)	Departure
To Matsue Station, Optional Program [A]: <u>Kyoto</u> Homestay	7:15 AM	7:30 AM
To Matsue Station, Optional Program [B]: <u>Hiroshima and Kochi</u> Homestay	7:15 AM	7:30 AM
To Izumo Airport, Optional Program [C]: (for the flight to Haneda/ <u>Sendai</u> Homestay)	7:45 AM	8:00 AM
To Yonago Airport, Optional Program [C]: (For the flight to Haneda/ <u>Sendai</u> Homestay)	7:15 AM	7:30 AM
To Izumo Airport, Optional Program [D]: (for the flight to Haneda/ <u>Tokyo</u> Free Time)	7:45 AM	8:00 AM
To Yonago Airport, Optional Program [D]: (For the flight to Haneda/ <u>Tokyo</u> Free Time)	7:15 AM	7:30 AM
To Izumo Airport, Coming back to US (for the flight to Haneda)	7:45 AM	8:00 AM
To Yonago Airport, Coming back to US (for the flight to Haneda)	7:15 AM	7:30 AM

(*) Please confirm the final time schedule at the Summit Desk on July 7th evening

***For more details about Post Summit Optional Program,
check out the Itinerary Pages.***

◆ ◆ ◆ **Emergencies** ◆ ◆ ◆

Summit Desk

The Summit Desk will be located in the lobby of each hotel. During your homestay, if you feel unwell, tell your host family.
 If it is difficult to communicate with your host family, please ask to use their telephone and call the Summit Desk.

Contacts

The cell phone numbers of volunteer staff, whom you will meet in the Narita airport, will be informed you before you leave America.
 The numbers for the emergencies during the Local Session will be provided when you arrive in Shimane.



HEADQUARTERS

Email: Manjiro@manjiro.or.jp

July 2nd - July 3rd (Evening) & July 4th (Morning)

Hotel Ichibata Tel: +81-(0)852-22-0188

July 7th and July 8th (Morning)

Tamatsukuri Hotel CHOSEIKAKU Tel: +81-(0)852-62-0711
Tamai Bekkan Tel: +81-(0)852-62-0524

■ **Internet Access in your hotel**

	Hotel Lobby WiFi	Hotel Room WiFi	Hotel Room Cable LAN Port
Hotel Ichibata	○	×	○
CHOSEIKAKU	○	×	×
Tamai Bekkan	○	×	×

◆◇◆ Appendix ◇◇◆

Thank you letter

After returning home from Japan, it is a good idea to send a letter or card to your host family to thank them for looking after you. Try to send something within one or two weeks of arriving home. Not only will the courtesy be greatly appreciated, a prompt communication with your family is the best way to ensure that your communication with them continues into the future. It is OK to write your letter in English. Try to make your letter easy to understand by writing in short sentences and using clear handwriting. If you think your handwriting is hard to decipher, you can type a letter and enclose it in a handwritten card.



Try to include not only thanks for your stay, but also your impressions of the trip: what surprised you most, what touched you most, what did you learn, which memories will you treasure. Enclosing photographs from your trip is also a nice idea.

Keeping in touch with Japanese friends and continuing to share ideas and experiences with them in the future is what grassroots exchange is all about, so why not get into the habit of sending occasional emails and seasonal greetings cards too.

Writing a whole letter in Japanese is challenging, but it is not difficult to include a few words of Japanese, and doing so will delight the recipient. You can write either in Japanese script or Romanized script.

English	Pronunciation	Japanese
thank you very much	Doumo arigatou gozaimashita	どうもありがとう ございました
keep in touch!	renraku o toritsuzukemashou!	連絡を取り続けましょう!
I had a very precious experience	Totemo kichou na keiken deshita	とても貴重な経験でした
Japan is a wonderful country	Nihon wa subarashii kuni desu ne	日本は素晴らしい国ですね
- was delicious!	- wa oishikatta desu!	-はおいしかったです!
You must come to (e.g. New York)	Zehi (e.g. New York) ni kite kudasai ne	ぜひ(place name)に 来てくださいね
America	America	アメリカ
Japan	Nihon/ Nippon	日本
Friend(s)	tomodachi	友達

Share your Experiences of the Shimane Summit!

After the summit ends, the Center for International Exchange will put together the reports on the summit activities, and a compendium of participants' impressions and experiences. To help us produce these works we would like to ask you to tell us about your experience of the Shimane Summit, and any optional program you took part in.

Thank you for your kind cooperation.

■ Comments

Please write about your experience in the space provided "For Participant" on the following page. There is space on the other side for your host family to write their impressions. You are welcome either to fill the whole space, or just to write a few lines.



■ Photos

We would be delighted to receive any photographs that you took at the summit, especially any:

- ✧ Pictures with your host family
- ✧ Pictures of local session/ optional program activities
- ✧ Pictures which capture the spirit of Shimane/ the spirit of Japan
- ✧ Pictures of the opening/closing ceremonies

We ask that digital photos be sent unedited.



■ You can send comments and photographs to us in one of four ways:

- 1) Hand them in at the summit.
- 2) By post to: Center for International Exchange
602 Grande Axe, Kouji-machi 2-12-18, Chiyoda-ku, Tokyo-to,
102-0083, Japan

Please note we cannot return photos

- 3) By email (digital pictures) to: manjiro@manjiro.or.jp
- 4) By fax to: (81) 3-3511-7175

NOTE

The comments and photographs that you submit may be used in our newsletters, website, annual report, and/or in a compendium of participants' impressions and on our homepage. If you would like your impressions to remain anonymous, you may either choose to omit your name, or you may indicate in writing that you do not wish your name to be published. If you would not like your comments or photographs to be published at all, please indicate that they are not to be published.

