

The 27th Japan-America Grassroots Summit in Nara, Japan

Nara Summit Guide

June 26 – July 3, 2017



The 27th Japan-America Grassroots Summit
Nara Executive Committee

John Manjiro Whitfield Commemorative
Center for International Exchange (CIE)

Stay on June 27 and 28

Nara Royal Hotel Tel: +81-(0)742-34-1131

Stay on July 2

Hotel Nikko Nara Tel: +81-(0)742-35-8831

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Nara Summit General Itinerary

June 26th (Monday)

Depart airport in America and fly to Narita

June 27th (Tuesday)

Arrive at Narita Airport and connect to NH 2177 or NH2179 to Itami Airport

17:00 18:20	Depart Narita by NH 2177 Arrive at Itami	18:05 19:25	Depart Narita by NH 2179 Arrive at Itami
19:10 20:00	Meet travel agent in the arrival lobby Bus departure to Hotel Arrive at Nara Royal Hotel	20:15 21:00	Meet travel agent in the arrival lobby Bus departure to Hotel Arrive at Nara Royal Hotel
	Registration at Summit Desk and check in (Bento box will be provided) Free time at Hotel		

<Overnight at Nara Royal Hotel>

June 28th (Wednesday)

07:00 -----	Breakfast on the lobby floor
08:30 – 09:45	Meet in the lobby and depart for the Local Tours (Departure time varies depending on the tour. Check at the Summit Desk.)
	Local tours
Approx. 14:30	Arrive at Todai-ji Temple and sightseeing
15:15	Gathers in the “Kinsho Hall” of “Todai-ji Museum”
15:30	Opening Ceremony starts
17:00	Ceremony ends.
17:15 – 17:30	Bus ride to Nara Royal Hotel
18:30	Opening Reception starts on the 2 nd floor of the hotel
20:30	Opening Reception ends

<Overnight at Nara Royal Hotel>

June 29th (Thursday)

7:00 –	Breakfast on the lobby floor and Check out
08:30 or 09:00 or 09:30	Depart for Roku-en (Deer Park) (Departure time varies depending on the Local Session areas. Check at the Summit Desk)
09:00 – 09:30 or	

09:30 – 10:00 or 10:00 – 10:30	Watch baby deer at Roku-en (Deer Park)
After Roku-en	Move to Local Session areas
	Local Session starts
< Homestay >	
June 30th (Friday)	
	Local Session Program
< Homestay >	
July 1st (Saturday)	
	Local Session Program or spend whole day with host family
< Homestay >	
July 2nd (Sunday)	
By 14:30	Move to Nara City by host family's car or arranged bus. Drop the luggage at Hotel Nikko Nara, and move to "I-Ra-Ka" (Nara Kasugano International Forum) Hall by the host family's car or by the arranged bus
15:00 -16:30	Closing Ceremony at Noh Theatre of "I-Ra-Ka" Hall
16:45 -18:00	Closing Reception (Farewell Party) in the Japanese Garden of "I-Ra-Ka"
18:30 -19:00	Move to Hotel Nikko Nara by arranged bus
19:00 -----	Check-in and receive information of 7/3 at Summit Desk
	Free time
< Overnight at Hotel Nikko Nara >	
July 3rd (Monday)	
NH 2176 Group	
--- by 05:10	Meeting in the Lobby, Check Out
By 10:45	
Meeting in the Lobby, Check Out	
Move to Itami Airport by bus	
NH 2176 Itami DEP 07:50 Narita ARR 09:10	NH 2178 Itami DEP 14:10 Narita ARR 15:30
Depart Narita Airport	

Itinerary is subject to change.

Itinerary

- Post Summit Optional Program

OP1 Kyoto Homestay & Tokyo

- ※ **Guide to Kyoto : Mr. Kiyoshi Hirata**
- ※ **Coordinator in Kyoto : Ms. Yoshie Nakayama**
- ※ **Breakfast at hotels and meals at host's house are included**

July 3rd (Mon.)	
08:45	Meeting in the hotel lobby, and move to the station on foot
09:27 – 10:12	Ride on JR Miyakoji Express to Kyoto Station Meet with Ms. Nakayama
	Sightseeing, lunch, meeting with host family, Gion Corner, etc. < Homestay >
July 4th (Tue.)	
Morning Afternoon	Sightseeing, etc. < Homestay >
July 5th (Wed.)	
By 08:30	Meeting at Kyoto Hachijo-guchi Bus Station
08:45 – 09:45	Kyoto Station → Itami Airport (move by Limousine Bus)
11:00 – 12:15	NH 022 Itami Airport → Haneda Airport Lunch in the Haneda Airport
14:00 – 14:50 14:50 --	Haneda Airport → Shinagawa Prince Hotel by Airport Limousine Bus Check-in, bus reservation for 7/6 to go to Narita Free time in Tokyo < Stay at Shinagawa Prince Hotel >
July 6th (Thu.)	
More than 4 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 is subject to change.

Itinerary

- Post Summit Optional Program

OP 2 Kanazawa & Noto Homestay, and Tokyo

※ **Volunteer Tour Leader : Ms. Shinobu Uogishi**

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

July 3rd (Mon)	
08:10	Meeting in the hotel lobby and move to the JR Station
08:46 → 09:42	Nara → Kyoto (JR Local Train)
10:09 → 12:17	Kyoto → Kanazawa (Thunderbird 13)
After arrival	Lunch and local program < Homestay in Kanazawa >
July 4th (Tue.)	
Morning & afternoon	Program in Kanazawa < Homestay in Kanazawa >
July 5th (Wed.)	
Morning	Pick up by Noto host's car Move to Noto and program in Noto < Homestay in Noto >
July 6th (Thu.)	
By 09:40	Arrive at Noto Airport by host's car
10:55 → 12:00	Noto Airport → Haneda Airport (by NH 748)
	Lunch at Haneda Airport
14:00 → 14:50	Haneda Airport → Shinagawa Prince Hotel (by Airport Limousine Bus)
	Check-in, bus reservation for 7/7 to go to Narita Free time in Tokyo < Stay at Shinagawa Prince Hotel >
July 7th (Fri)	
More than 4 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 is subject to change.

Itinerary

- Post Summit Optional Program

Free Time Program OP 3 Kyoto Free Time (No guide plan)

July 3 (Mon)

You will be given the JR Train ticket by NTA. Move to Kyoto yourself anytime you like.
< Stay at Ibis Styles Kyoto Station Hotel >

July 4th (Tue)

	Free time in Kyoro	< Stay at Ibis Styles Kyoto Station Hotel >
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July 5th (Wed.)

	Free time in Kyoto	< Stay at Ibis Styles Kyoto Station Hotel >
--	--------------------	---

July 6th (Thu.)

	Move to Itami Airport from Kyoto Station by regular Airport Bus (Check your flight schedule, and take a bus arriving at Itami 90 minutes earlier than departure time.)
--	---

14:10 → 15:30	Itami Airport → Narita Airport by NH 2178
---------------	---

	Fly back to America
--	---------------------

Free Time Program OP 5 Tokyo Free Time (No guide plan)

July 3 (Mon)

08:30	Meeting in the Hotel lobby
08:45 → 09:50	Move to Itami Airport by bus
11:00 → 12:15	Itami Airport → Haneda Airport by NH 022
14:10 → 14:45	Haneda Airport → Shinagawa Prince Hotel (by Airport Limousine Bus)
	Check-in, bus reservation for 7/6 to go to Narita Free time in Tokyo < Stay at Shinagawa Prince Hotel >

July 4th (Tue)

	Free time in Tokyo	< Stay at Shinagawa Prince Hotel >
--	--------------------	------------------------------------

July 5th (Wed.)

	Free time in Tokyo	< Stay at Shinagawa Prince Hotel >
--	--------------------	------------------------------------

July 6th (Thu.)

More than 4 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 is subject to change.

◆◆◆ **Baggage Allowance 1** ◆◆◆

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.

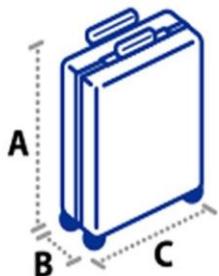
Restrictions and allowances can change without notice, so be sure and verify the information by contacting your airline.



Free Baggage Allowance – All Nippon Airways

International Economy Class (Premium Economy is included.)

Size



A+B+C≤158 cm (5.2 ft)

*Includes wheels and handle

Number & Weight



Up to 2 pieces

■ Checked Baggage Tips and Information

- Excess baggage charges will apply for baggage which is not within the above free baggage allowance
(Weight for first and business classes are 70 lb / piece, and up to 3 pieces for first and 2 pieces for business)
- 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. If your checked baggage includes any electronic devices (excluding any valuables or fragile items), please make sure they are powered off.
- 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.

Domestic flights limit free check-in luggage as one, if you do not connect international flight in 24 hours.



◆◆◆ **Baggage Allowance 2** ◆◆◆

Size and Rules for *Carry-on* Baggage – All Nippon Airways

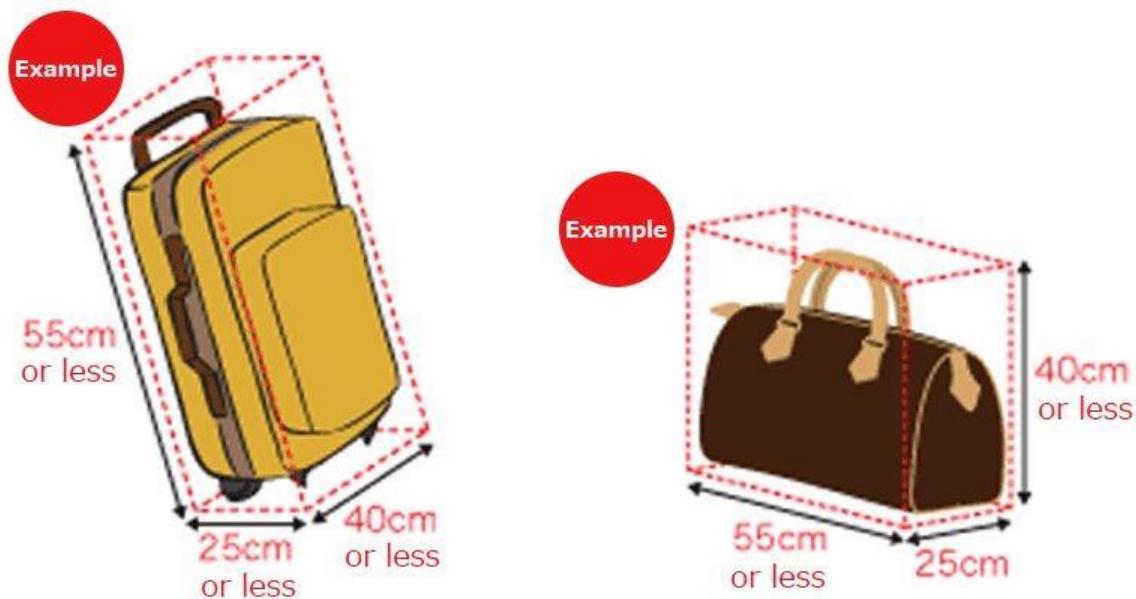
In addition to personal belongings (handbags, laptops, cameras, umbrellas, etc.), passengers are allowed to carry on only 1 piece of baggage

Total weight (including personal belongings)

→ No more than 10 kg(22 lb)

Size → Total linear dimensions **no more than 115 cm(45 inches)**, provided that each linear dimension does not exceed **55 cm × 40 cm × 25 cm(22 × 16 × 10 inches)** respectively

*Includes wheels and handle



- Please make sure that your baggage is properly packed and taken care of.

- Carry-on baggage should be packed by the customer such that it can be stored under the seat in front of you or in the overhead bins available in the aircraft cabin.

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



■ 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

Packing Checklist

- | | |
|---|--|
| <input type="checkbox"/> Comfortable clothes (see below) | <input type="checkbox"/> Plug adapter |
| <input type="checkbox"/> One set of business casual clothes | <input type="checkbox"/> Sunglasses, hat |
| <input type="checkbox"/> Easy-to-put-on shoes/ sandals | <input type="checkbox"/> Backpack and money purse/belt |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Tote bag |
| <input type="checkbox"/> Copy of passport
(carry separately from passport) | <input type="checkbox"/> Japanese yen (see over page) |
| <input type="checkbox"/> Toiletries and medicines (see below) | <input type="checkbox"/> Small gifts (see over page) |
| <input type="checkbox"/> High SPF sunscreen | <input type="checkbox"/> Small towel or handkerchiefs |
| <input type="checkbox"/> Mosquito repellent | <input type="checkbox"/> Alarm clock / watch |
| | <input type="checkbox"/> Folded Umbrella |

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.



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:

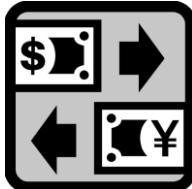


- | | |
|--|---|
| <input type="checkbox"/> Travel sickness tablets | <input type="checkbox"/> Mosquito repellent and bite relief |
| <input type="checkbox"/> Cold and flu medicine | <input type="checkbox"/> Antihistamines |
| <input type="checkbox"/> Painkillers | <input type="checkbox"/> High SPF sun-screen |
| <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 or Haneda 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 03/15/2017, the exchange rate is ¥112.01 to a dollar. As for the up-to-minute rate, check <http://www.xe.com>

Withdrawing cash in Japan

Post offices throughout Japan are equipped with cash dispensers (ATMs). You can withdraw cash in Japanese yen from your bank account via an ATM using a debit cards/credit card issued in your country.

*Refer to the sign for each brand mark below.

*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.



All stores affiliated with the **7-Eleven chain** of convenience stores and the **AEON chain** of supermarkets have ATMs as well. The International ATM Service sign and the logos of usable credit cards are displayed on the machines. The ATMs at 7-Eleven stores allow you to withdraw cash 24 hours a day, making them extremely convenient.

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 -

■ Cell phones in Japan

It must be difficult for most of you to rent a cell phone upon your arrival at the airport in Japan, because time may be short for the transit to Itami airport. Therefore, if you need a cell phone in Japan, you are recommended to arrange the rent-a-phone **BEFORE** you leave the U.S.

There are some Japanese companies which are offering service to mail a phone to the hotel. You can return the phones at the airport or through the mail depending on the company. (Please do internet search.)

The fees for rental phones vary and typically are around 200-500 yen per day for regular phones or 1000-2000 yen per day for smartphones.

Additional fees may apply for calling, messaging, mobile data, insurance etc. Calling rates are typically 40-100 yen per minute for outgoing domestic calls while incoming calls are free. International rates vary depending on the country you are dialing to. All of the companies at the airports offer same-day rentals if stock is available, while some give discounts for advance reservations.



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 and 4G models. Alternatively, phones with wireless network (Wi-Fi) connectivity can use internet based telephone services (voip), such as Skype, when connected to a **Wi-Fi network**.



■ 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.

(**Wifi availability at the host family home is not guaranteed.**)

**Wifi Services are available at Nara Royal Hotel and Nara Nikko Hotel
both in the rooms and in the lobby**



■ Free Public Wi-Fi Networks for Foreign Tourists in Japan

- Major Airports - 7spot (7-Eleven convenience stores) - Starbucks
- JR (Japan Railway) Free Wi-Fi

For more information, see "[Japan-guide.com](http://www.japan-guide.com)" → <http://www.japan-guide.com>

■ More Information about cell phone in Japan

Advice from a frequent visitor to Japan

Step 1:

Contact your US cell phone company and ask them for Japan plans/roaming rates. Sprint, for example, has a \$5/mo add on for free unlimited talk and text in Japan, since it is now owned by SoftBank. T-mobile, AT&T and Verizon, please check directly. Depending on your usage, this can be by far the easiest solution and may cost less than you think.



Step 2:

If using your own US carrier is prohibitively expensive, there are a wide range of options. Most people rent a SIM card, which you replace with the SIM card in your device once you arrive in Japan. This replacement procedure is usually very easy. During the Grassroots Summit, most people will use some data but very few talk minutes. Data is useful for social media posts, using maps, and looking up information about the places you visit, for example. If you need to talk a lot, renting a phone with a Japanese number is a possibility as well. Still others will just use data with apps like Line, FB Messenger, or FaceTime. That is an ideal solution for conversations with friends and family back in the US.

Step 3:

If you think you will use a lot of data, you may prefer to rent a mobile "hotspot". This broadcasts an LTE data signal (50-100mb/s is recommended) that multiple devices can use at the same time by connecting to their cell phone or tablet via wifi. You will charge the hotspot overnight and leave it in your bag during the day, and all your devices will connect to it and have reliable data. There can be connectivity challenges with these devices but in general they work quite well. You could order both the SIM cards and hotspots online. They can ship it to your hotel.

Step 4:

Untether from the web and phone and enjoy your trip free from digital connections! This program is organized carefully so that there are people to help you at every stop you will make. You might find it best to choose none of the above.



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:



- picture postcards from your home town
- refrigerator magnets
- American sports wear/ paraphernalia
- local cookies or candy
- picture books
- T-shirts
- baseball caps
- stickers

◆◇◆ Let's Travel Light! ◆◇◆

Luggage on Transportation in Japan

■ On Trains

It is recommended to pack lightly when traveling around Japan, especially if your itinerary includes to ride on train. Most trains do not provide space for bulky luggage, and even though the accessibility situation at stations has improved considerably over recent years, some platforms are still not equipped with escalators or elevators or you might have to make a detour to get to one. Traveling light also avoids reliance on large sized coin lockers, which are less readily available than smaller sized coin lockers at many stations.



Overhead shelves on shinkansen trains cannot accommodate large items. There is usually space for two to three large suitcases behind the last row of seats in each car on most long distance trains.

Space behind last row of train seats

■ On buses



Most airport and highway buses have separate compartments for large pieces of luggage. However, on city buses, there is no designated space for luggage, and it would be cumbersome to board them with large items, especially during the busy times of the day.

PREPARATION - BACKGROUNDS -

◆◆◆ Climate in Nara ◆◆◆

In early summer, most parts of Japan get visited by a rainy season. It usually 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 may 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.



■ Temperature of June and July

Average Highest: 81.0 F (June), 87.4F (July)

Average Lowest: 63.5 F (June), 71.2F(July)

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 staff!!!

Symptoms:

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

■ 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

◆◆◆ 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**” (<https://www.nhk.or.jp/lesson/english/>).

■ 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 ◆◆◆



A typical Japanese bathroom

The main purpose of taking a bath, besides cleaning your body, is relaxation at the end of the day. The bathroom in a typical Japanese home consists of two rooms, an entrance room where you undress and which is equipped with a sink, and the actual bathroom which is equipped with a shower and a deep bath tub. The toilet is usually located in an entirely separate room.

Taking a bath at a Japanese home is very similar to taking a bath at an onsen (hot spring) or a sento (public bath). When bathing Japanese style, you are supposed to first rinse your body outside the bath tub with the shower or a washbowl. Afterwards, you enter the tub, which is used for soaking only. The bath water tends to be relatively hot, typically between 40 and 43 degrees.

After soaking, leave the tub and clean your body with soap. Make sure that no soap gets into the bathing water. Once you finished cleaning and have rinsed all the soap off your body,

enter the bath tub once more for a final soaking. After leaving the tub, the water is usually left for the next member of the house. It is to keep the bath water clean for all members of the house that washing and rinsing is done outside of the actual bathtub.



Modern bath tubs can be programmed to be automatically filled with water of a given temperature at a given time, or to heat up the water to a preferred temperature.

General Information

Nara Royal Hotel has spa, small hot spring (onsen) in the basement. If you are interested in Japanese public bath, it is a chance to experience it. Change your clothes to yukata (simple kimono), and go to the basement with slippers, bringing small and bigger towels from the room. (Yukata, slippers and towels are placed in your room.)
But, please note that yukata is only allowed on the room floors and basement. Don't go to the lobby floor wearing the yukata.

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
必须在浴池外用温水冲洗
먼저 따뜻한 물을 끼었습니다.

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 담궈 휴식을 취합니다.

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 캡습니다.

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.**

**石鹼・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冲洗后进入浴池
비누, 샴푸의 거품은 깨끗이 씻은 후에 입욕해 주세요.**

Etiquette 礼貌 에티켓

- 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.
请不要在浴池里奔跑和游泳
욕탕에 뛰어들거나 해엄치거나 하지 마세요.
- 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.

◆◆◆ Toilet in Japan ◆◆◆

Two types of toilets are common in Japan: the western-style toilet with electronic bidet (washlet) and the Japanese-style squat toilet. Most of the toilets in the hotels in which you will be staying, will be the familiar western-style toilet. In public restrooms in rural areas, the majority of toilets may be still 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 bidet 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.

■ 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 bidet

Many toilets in Japan now have electronic bidet systems, sometimes called "washlets," which are controlled by buttons usually located on the right hand side of the toilet or on the wall. 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 上).

◆◆◆ 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.

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. (You may be able to online check-in 24 hours prior to the flight departure time. Please access airline company's website.)

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.

■ 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.



Airport (Narita)

Most of you will arrive in Narita airport on July 27, and make connection to Itami airport. Please follow the guide of the airport staff. You may have to check in at the domestic airline counter where the travel agent will support you.

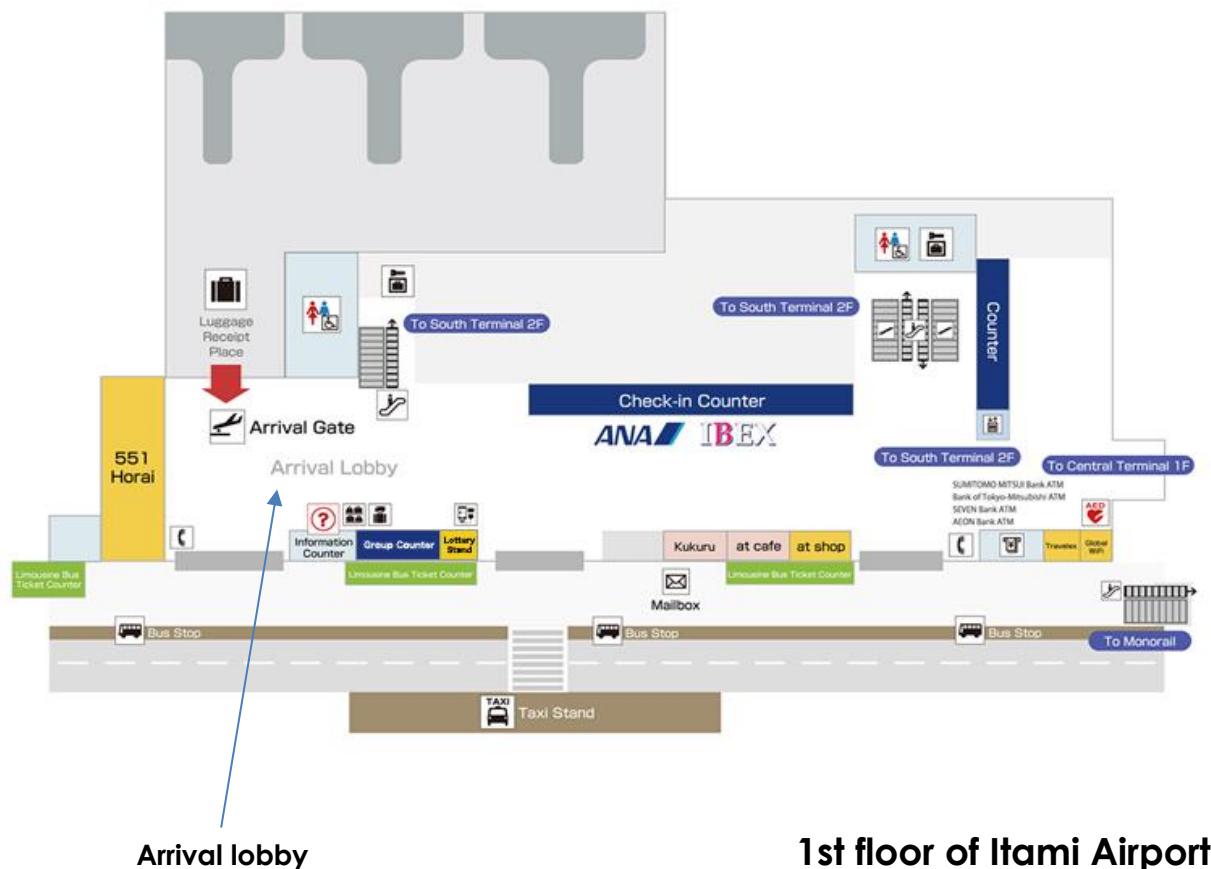
■ Changing Money

Please exchange to Japanese currency in the U.S. before you leave America. You may NOT have enough time to do it at Narita or Haneda Airport.

Itami Airport (ITM, Japan)

■ Meet Travel Agents in the arrival lobby

At the Itami Airport, you will meet with Nippon Travel Agency (NTA) staff, wearing green happi coat (Kimono coat). They will guide you to the bus. It's about 1 hour ride from the airport to the Nara Royal Hotel. (Dinner box will be provided upon your arrival at the hotel.)



Nara Royal Hotel

■ Registration at Summit Desk

After arriving at Nara Royal Hotel, please check-in and register yourself at the Summit Desk.

You will receive the name tag, maps, breakfast coupon, etc. It's already late evening. Please relax and sleep well for the programs starting on 6/28!



◆◆◆ June 28, Wednesday ◆◆◆

Breakfast: 07:00 -08:30 at “Manyo“ (1st floor)

Pass your breakfast coupon at the entrance!

Local Tour

On the next day of your arrival in Nara, most of the participants are joining the local tours. There are 4 different plans, and they all include lunch.

Departure time below is subject to change. Please check the updated information at the Summit Desk in the hotel lobby.



All buses go to Todaiji-temple around 14:30 after the tour.

Opening Ceremony will be held at Kinsho Hall in Todai-ji site. It is located in the Todaiji Museum. Starting time of the ceremony is 15:30.

※ Please note that you won't come back to the hotel before the Opening Ceremony.

(Opening Reception will be held in Nara Royal Hotel, after coming back from Todai-ji Temple.)

Meeting Time @ Lobby	Departure Time	Course Name	
8:30 AM	8:45 AM	[C]	Hase-dera and Kashihara –Jingu
8:45 AM	9:00 AM	[B]	Omiwa-jinja, Choryo Sake Brewery, and Menyukan Hall
9:30 AM	9:45 AM	[A]	Horyu-ji Temple & Kasuga-taisha
9:45 AM	10:00 AM	[D]	Isuien Garden, Nara-Okuyama Driveway & Kasuga-taisha

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 of B, C, and D courses. They will join the Opening Ceremony and Reception, too. They are eager to communicate with you to build a new friendship.



To participants who did NOT sign up for any Local Tour

If you did NOT sign up for any Local Tour of 6/28, you will have free time till the Opening Ceremony starts. The ceremony will be held in Todai-ji Kinsho Hall which is in the same building of Todai-ji Museum in the temple site. There are “2 ways” to go to the Opening Ceremony.

(※ The Local Tour participants will be taken to Todai-ji at the end of the tour by tour buses.)

- ① If you are planning to explore Nara yourself on this day (6/28), please come to the Todai-ji yourself to join the Opening Ceremony. Todai-ji is the most popular tourist destination in Nara. After passing through the Nandaimon Gate, you can see Todai-ji Museum (Kinsho Hall) on your left. (※ Please come to the Kinsho Hall 10 minutes before the starting time of 15:30.)
- ② If you are relaxing in the hotel, please ride on the hotel mini bus which is specially arranged to take you to Todai-ji. Bus departs at 14:45.

※ Nara Royal Hotel is not located in downtown. The hotel operates the shuttle bus between the downtown, train stations, etc. However, this is not very frequent. You may be better use taxi which takes about 10 minutes to downtown.

Shuttle Bus Schedule

From Hotel	① Kintetsu Nara Sta.	② Naramachi (Gangoji Temple)	③ JR Nara Sta.	Kintetsu Shin-Omiya Sta.	Arrive at Hotel
08:00	08:10	—	08:20	—	08:30
08:40	08:50	—	09:00	—	09:10
09:20	09:30	—	09:40	—	09:50
10:00	10:10	10:20	10:30	—	10:40
11:00	11:10	11:20	11:30	11:40	11:45
No Shuttle between 12:00 and 13:00					
13:00	13:10	13:20	13:30	—	13:40
14:00	14:10	14:20	14:30	—	14:40
15:00	15:10	—	15:20	—	15:30
16:00	16:10	—	16:20	—	16:30
16:40	16:50	—	17:00	—	17:10
17:20	17:30	—	17:40	—	17:50
18:00	18:10	—	18:20	—	18:30
18:40	18:50	—	19:00	—	19:10
19:20	19:30	—	19:40	—	19:50
20:00	20:10	—	20:20	—	20:30
20:40	20:50	—	21:00	—	21:10



Nandaimon Gate of Todai-ji



Shuttle bus of Nara Royal Hotel

Opening Ceremony at “Kinsho Hall” of Todai-ji Museum



All Local Tour buses will take you to Todai-ji temple at around 14:30, after the tours.

You will have time to enjoy walking around the Todai-ji, and see the Great Buddha before the Opening Ceremony starts.

Please come to the Kinsho Hall which is in the same building of Todai-ji Museum (Near Nandaimon Gate) by 15:20.

◆ OPENING CEREMONY @ Kinsho Hall (Todai-ji Museum)

15:30 – 17:00 :

- Welcome speeches
- Exchange of the globe between the Nakahamas and the Whitfields
- Speech by descendant of Commodore Perry etc.

After the Opening Ceremony, the bus will take you back to the hotel. Opening Reception will be held in Nara Royal Hotel.

Opening Welcome Reception at Nara Royal Hotel

Coming back to the hotel, you may have a bit of time for the rest. But, please be sure to come to the ballroom on the 2nd floor by 18:30. The Opening Reception will start.



Because the hotel is not a kind of “hot spring hotel”, please refrain from wearing “simple yukata” which is placed in the hotel room. Casual attire is OK for the reception.

◆ PROGRAM

18:30 Open “Ho-oh no Ma (Ballroom)” on the 2nd floor

- Toast
- Local Entertainment
- Food and drinks

◆◆◆ June 29, Thu. – July 2, Sat. ◆◆◆

Local Session - Homestay Program

In the morning of June 29, participants will check out (*) the hotel and ride on the bus to travel to the respective local session area. There will be several buses according to the destination.

These buses will take you to the “Roku-en (Deer Park)” before going to the local areas to show baby deer. June is a great time of the year to see fawns (baby deer).

※In the event of rain, this will be cancelled

Bus departure schedule is as follows, but for double check, please reconfirm on June 28 evening at the Summit Desk. The hotel lobby will be crowded in the morning. Please come down to the lobby EARLY ENOUGH for checking out before your departure time.

■ Departure Time: (Subject to change)

Please confirm the final schedule at the Summit Desk on June 28 evening

(Please ride on the right bus according to your local session area.)

09:00 DEP	Bus 1	Sakurai, Takatori, Asuka
09:00 DEP	Bus 2	Kashihara, Unebi High School
09:30 DEP	Bus 3	Koryo, Ikaruga, Nara Friendship Force
08:30 DEP	Bus 4	Nara, Soni, Uda

■ Homestay in Japanese House



At your local session, you will stay with a Japanese family. For many participants, the homestay 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 homestay is a step into the unknown, and it is therefore quite natural to feel a little nervous about it beforehand. Each person's homestay 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 homestay 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 oolon cha, 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 "homestay 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 "homestay 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 "homestay phrases").



【Bathing】

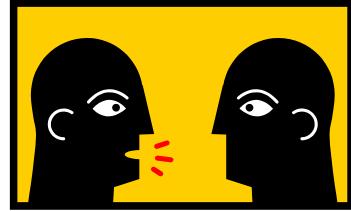
It is a custom to bathe in the evening before going to bed, in order to clean your body when you get into your futon. A Japanese bathroom will have a bath and a shower. Use the shower first to clean and rinse your body and hair, and then get into the bath for a soak. The whole family will use the same 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 or smart phone app 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 -

(Jot down what you discovered in Japanese House!)

◆◆◆ July 2, Sunday ◆◆◆

Depart Local Session areas



Sunday is the last day to spend time with your host family. Some of the families may take you to the Closing Ceremony site, "I-Ra-Ka (Nara Kasugano International Forum)", with their own car and join the ceremony. Some areas may use the buses owned by the local government to take you and your host families to the Closing site. But in some Local Session areas, you have to say good-bye to your host family when you leave the area. In those areas, arranged bus will take you to the Closing site.



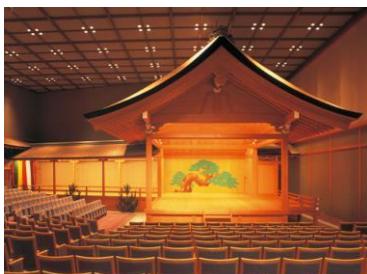
Unload your luggage at Hotel Nikko Nara



before going to Closing Site

After arriving in Nara City, you are recommended to unload the luggage at Hotel Nikko Nara, before going to the Closing site. Your host family (if they are with you) can park their car in the basement of the hotel. The hotel lobby is on the 3rd floor, and the travel agent and volunteer staff will receive your luggage (you cannot check-in at this time). They will give you the free parking ticket which you can give your host family.

Closing Ceremony & Farewell Reception



Looking back the Local Sessions and memories with host families, we celebrate the Summit and close the program with the Closing Ceremony which will be held at Noh Theatre of "I-RA-KA".

After the ceremony, we will enjoy the last event, Farewell Reception, outside of "I-RA-KA", in the beautiful Japanese garden.

◆ PROGRAM

Approx. 15:00 – 16:30 (Starting time is subject to change)

Closing Ceremony at "Noh Theatre" on 1st floor

- Closing speeches
- Looking back the Local Sessions
- Introduction of the 28th Grassroots Summit in Seattle, Washington

Approx. 17:00 – 18:30

Farewell Reception in the "Japanese garden"

- Toast
- Local Entertainments, etc.

(※ In the event of rain, the reception will be held in the ballroom of "I-RA-KA".)



◆◆◆ July 3, Monday ◆◆◆

Departure/Post Summit Optional Tour

On July 3, some participants will return to the U.S., while others will travel to the location of the Post Summit Optional Programs.

As the departure times differ according to the destination, please be sure which transportation you will use and when you should leave the hotel.



■ Planned DEP time according to destinations: Subject to change(*)

Program	Meeting Time at the lobby (**)	Hotel DEP	DEP time of train or bus
[OP1] To Kyoto Homestay and Tokyo: <u>To Kyoto from JR Nara station</u>	08:45	09:00	09:27 JR Nara
[OP2] To Kanazawa & Noto Homestay&Tokyo: <u>To Kanazawa from JR Nara station</u>	08:00	08:20	08:46 JR Nara
Macon-Bibb County Group: <u>To Kanazawa from JR Nara station</u> <u>With above “OP2” group</u>	08:00	08:20	08:46 JR Nara
University of Texas Group: <u>To Kochi from JR Nara station</u>	08:45	09:00	09:27 JR Nara
Participants other than the above groups	Please see the “Itinerary” pages of this Summit Guide.		

- ※ Please confirm the final time schedule at the Summit Desk on July 2 evening
- ※ Breakfast is offered from 7 am.

**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. If you feel unwell, please contact with the Summit Desk. If it happens during homestay, tell your host family. If it is difficult to communicate with your host family, please ask them to call the staff cell numbers **which are written on the backside of your name tag**.

Contacts

Cell phone numbers of the Summit staff will be written on the backside of your name tag which will be passed to you at Nara Royal Hotel.



HEADQUARTERS

Email: Manjiro@manjiro.or.jp

June 27 - June 29

Nara Royal Hotel Tel: +81-(0) 742-34-1131

July 30 - July 3 morning

Hotel Nikko Nara Tel: +81-(0) 742-35-8831

■ Internet Access in your hotel

	Hotel Lobby WiFi	Hotel Room WiFi	Hotel Room Cable LAN Port
Nara Royal Hotel (Complimentary)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> <small>Cable can be borrowed at the front desk</small>
Hotel Nikko Nara (Complimentary)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

◆◆◆ Appendix ◆◆◆

Thank you letter

After returning home from Japan, it is a good idea to send a letter or an e-mail to your host family to thank them for looking after you. Try to send it 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. If you send a letter, not an e-mail, and 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 you learned, which memories will be your treasure. Attaching (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	Romanized script	Japanese
thank you very much	Doumo arigatou gozaimashita	どうもありがとうございます 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	日本はすばらしい国ですね
- 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 Nara 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 Oita 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 Oita/ 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 the 3 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,
102-0083, Japan

Please note we cannot return photos

- 3) By email (digital pictures) to: manjiro@manjiro.or.jp

※ We need high resolution photos hopefully heavier than 1 MB.

NOTE

The comments and photographs that you send us 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.

Comments for Summit Records

<For Participants>

Comments for Summit Records

<For Host Family>