

CLEARWATER
DELEGATION
TO
NAGANO
2024

ORIENTATION

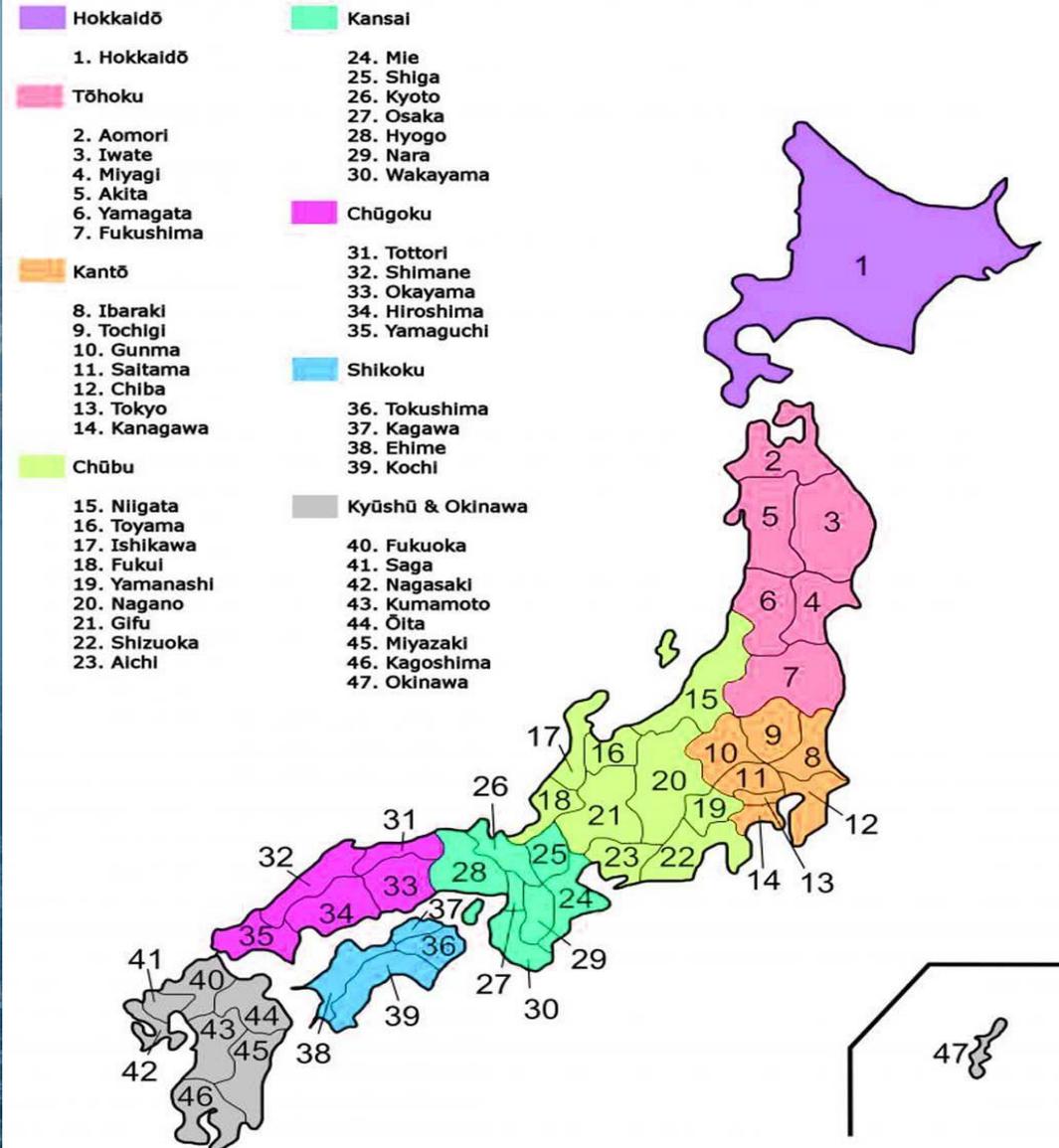




OVERVIEW

- Map of Japan
- Itinerary
- Currency & Exchange
 - Receipts
- Basic Phrases
- Body Language: Understanding Hand Gestures
- Bowing
- Footwear
- Food & Etiquette
 - Do's
 - Don't s
- Public Transportation Etiquette
- Gift Giving
- Prohibited / Allowable Medications
- Recommendations for Packing

WELCOME TO JAPAN



WELCOME TO JAPAN





“Arukuma”
Nagano Mascot

WELCOME TO NAGANO



Togakushi Shrine

Jigokudani Yaen Koen
Snow Monkey Park

Tentative Itinerary Delegation to Nagano:

Tue. 10/8: Fly out of TPA

Wed. 10/9: Arrival into Tokyo Haneda Airport travel to Nagano.

Thu. 10/10 - AM: Meetings PM: Trip to Togakushi*

Fri. 10/11 - AM: Visit Zenkoji Temple

PM: Welcome Ceremony in front of City Hall, meeting with the mayor.

PM: 65th Anniversary Reception Dinner

Sat. 10/12 - AM: Sanada Jumangoku Festival in Matsushiro Town
(An annual samurai festival)

Sun. 10/13: Travel to Kanazawa, Kanazawa sightseeing

Mon. 10/14 - AM: Kanazawa sightseeing (cont.)

PM: Travel to Kyoto

Tue. 10/15: Kyoto sightseeing

Wed. 10/16 - AM: Travel from Kyoto to Tokyo

PM: Tokyo sightseeing

Thu. 10/17: Tokyo sightseeing (cont.)

Fri. 10/18: Return to the U.S.



CURRENCY & EXCHANGE

- Please be prepared to pay in cash.
- It is a good idea to have small denominations of Yen on you. (100 yen, and 1,000-yen notes) Throughout your trip you may encounter ticket and vending machines that will not accept large tender. Some small shops/street vendors will not accept cards.
- Credit/ Debit cards are also available to use (*Keep in mind the 1-3% surcharge for foreign-issued cards)
- Current exchange rate (as of July 2024)
100 JPY = \$.62 USD
1000 JPY = \$6.20 USD



*Most accepted cards



Exchange of money does not occur by hand. Please use a money tray to properly exchange to businesses like shops, bars, and restaurants. (and alternatively, via money envelope)



AVERAGE COSTS

- BigMac Meal at McDonalds:
750 JPY = \$4.65
- 3 Course Meal at Restaurant (2 People)
= 6000 JPY = \$37.20
- Coffee: 300-500 JPY = \$1.86-\$3.10
- Bottle of Water: 113 JPY = \$.70
- Movie Ticket: 1800 JPY = \$11
- Pair of Nike Shoes: 9,287 JPY = \$57.58

*Most accepted cards



BASIC PHRASES

While you may be within a group that understands English, it may be advantageous to learn a few basic Japanese phrases.

- **Good Morning - Ohayō Gozaimasu**
Pronunciation: Ohio Go-Zai-Mas
- **Good Afternoon – Konnichiwa**
Pronunciation: kohn-nee-chee-wah
- **Good Evening - Konbanwa**
Pronunciation: kohn-ban-wa
- **Thank you - Arigatou Gozaimasu (ありがとうございます)**
Pronunciation: ah-ree-gah-toh goh-zah-ee-mahs
- **Please - kudasai (ください)**
Pronunciation: koo-dah-sigh
- **Excuse me - Sumimasen (すみません)**
Pronunciation: sue-mee-mah-sen
- **I'm sorry – Gomen nasai**
Pronunciation: Go-men-na-sigh
- **Yes - Hai (はい)**
Pronunciation: hi

Contrary to popular belief, most people do not speak English.



BASIC PHRASES

While you may be within a group that understands English, it may be advantageous to learn a few basic Japanese phrases.

- **No - Īe (いいえ)**
Pronunciation: ee-eh
- **Nice to meet you - Hajimemashite (はじめまして)**
Pronunciation: hah-jee-meh-mah-shee-teh
- **See you later -Ja ne or Mata ne**
Pronunciation: Jah-neh or Mata-neh
- **Goodbye (final) - Sayōnara (さようなら)**
Pronunciation: sah-yoh-nah-rah
- **Beautiful - Utsukushii (美しい) - Used for things/nature**
Pronunciation: oo-tsoo-koo-shee
- **An expression of gratitude spoken before the first bite - Itadakimasu (いただきます)**
Pronunciation: ee-teh-dah-kee-mahs
- **After you or please go ahead – Dozo**
Pronunciation: Doh-Zo
- **Welcome –Irasshaimase**
Pronunciation: ee-rah-shay-mah-sen





BODY LANGUAGE: UNDERSTANDING GESTURES

- "Come here" is palm down, not palm up. All fingers gesture.
- "No" is crossing with arms. Crossing both index fingers indicates to a server at a restaurant that you would like the check.
- Not uncommon to see "peace signs" (palm out) in photos. All ages will do this.
- "No, no" in basic conversation is indicated by waving a hand back and forth (windshield wiper style) in front of your face.
- Business cards are important to Japanese people. Bring lots of cards! It is respectful to hand your card to someone (with two hands) and handle theirs with care.

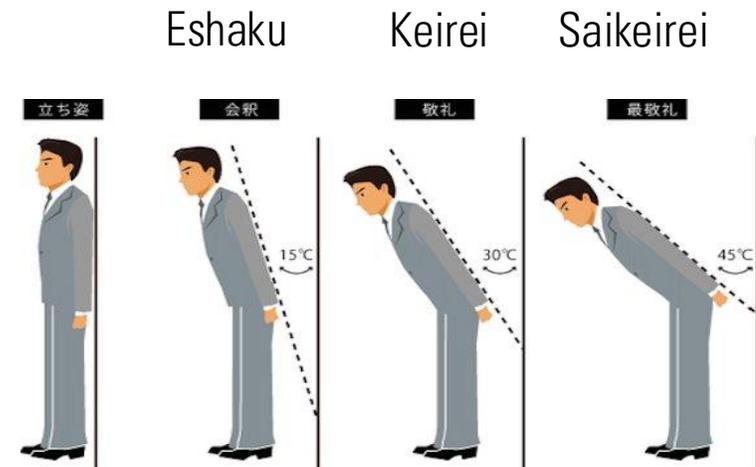


**Video links with more gestures will be sent via email.

BOWING

The most common Japanese body language you will encounter in Japan is bowing. Bowing is the primary way to greet someone when face-to-face. Failing to bow in Japan may imply that you have bad manners while doing so will give the impression that you are humble and polite.

- A deeper, longer bow indicates sincere respect while a small nod is more casual and informal.
- Bowing at 45 degrees shows respect. A bow can range from a small nod to a deep bend at the waist.
- Although there are three types of bowing, the most appropriate bow for this trip will be the *Keirei* (30-degree bow); Japanese bow during meetings, business class.



FOOTWEAR

- Shoes are expected to be taken off before entering many places. This may include restaurants, schools, homes, etc.
- Wear slippers when using the restroom. (usually provided)
- Everyone should bring a pair of new or very clean pair slippers/sandals or crocs (to be used indoors only). These should be kept in your bag and will be used when visiting government sites in Nagano.
- It is also considered somewhat impolite to be barefoot, so be advised to have a pair of socks.
- Good rule of thumb – if there is a tatami floor, you will need to take off your shoes.



DINING ETIQUETTE

DO'S

- It is highly recommended to practice with chopsticks if you are not familiar with them, however many places may have other options of cutlery.
- We encourage everyone to try new foods. Street food is generally considered safe to eat. Unlike in the U.S. gas station food in Japan is a delicious and budget conscious option.
- Refill other's drinks before filling your own.
- It is not uncommon to see alcohol in an afterwork setting.
- Slurping (soup, tea, etc.) is polite and to be expected.
- It is customary to put your hands together and say "itadaki-masu" before eating a meal.



DINING ETIQUETTE

DON'TS

- Wet hand towels that are provided before eating are for hands only, not the face, such a gesture is considered rude.
- Do not eat and walk at the same time.
- You are not expected to tip.
- Customized food orders are also considered rude.
- Do not stick chopsticks through your food like a fork, bad table manners. (To avoid awkward reactions, this signifies symbolism relating to death and mourning)
 - At restaurants there will almost always be chopstick holders on the table to rest your chopsticks.





PUBLIC TRANSPORTATION ETIQUETTE

- Will be taking lots of trains.
- Ok to eat on train. Not ok on subway.
- Everyone is expected to be respectful and quiet while on public transportation. (No cell phone noise, or loud conversation).
- Assigned seating is enforced.
- Be mindful that some train cars will be designated for women, the elderly, etc.
- There should be no luggage on seats, and no feet on seats.
- Sleeping on train is acceptable (do not lay down).
- It is not uncommon to see people wear face masks.
- In Japanese society, there is a long-standing expectation that anyone who is visibly symptomatic (coughing, running nose etc.) should wear a mask in public.
- Do not blow your nose in public.
- Trash cans are not always readily available. It is expected that you keep any wrappers or other trash on your person until you find a place to dispose of it.

GIFT GIVING

- Japan is a traditional gift-giving culture.
- Please be prepared to hand out 10 small gifts, for formal and casual presentation. Keychains, bookmarks, jars of jam, bags of candy, trinkets and other small items. These items should be Clearwater or U.S. themed. These should be wrapped or in nice packaging.
- Personal gifts (mayor to mayor, etc.) will be coordinated by your city representative.
- Avoid increments of 4 as it is considered unlucky. For gifts, make sure items are in increments of 3, 5 or more (there may not be a 4th floor indicated in hotels or buildings)
- When giving and receiving a gift, both the giver and receiver uses both hands during exchange.



MEDICATIONS

PROHIBITED

- No Tylenol Cold / Flu
- No NyQuil
- No Advil Cold & Sinus
- No Dristan Sinus
- No Lomotil
- No Pseudoephedrine
- No Codeine
- No Actifed
- No Sudafed
- No Vicks
- No Opium
- No Cannabis
- No Stimulants
(Amphetamines)
- No Adderall
- No Vyvanse
- No Dexedrine

ALLOWABLE

1: For personal use

2: Up to a one-month supply

- Prescription medicines:
One-month supply
- Non-prescription medicines:
Two-month supply
- Vitamins:
Two-month supply
- Cosmetics or OTC:
24 items or less
- Medical devices:
One per person



PLEASE SEND AMBER A LIST
OF PRESCRIPTION MEDICATION THAT
YOU WILL NEED ON YOUR TRIP

IMPORTANT LINKS

<https://jp.usembassy.gov/services/importing-medication/>

<https://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html>

https://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/dl/Ingredients_name.pdf

<https://jp.usembassy.gov/services/welcomebacktojapan/>





RECOMMENDATIONS FOR PACKING

- Bring comfortable walking shoes and extra socks. There will be an excess amount of walking throughout the trip.
- Bring business casual outfits for official meetings (meeting the mayor) and one formal evening outfit (dress shirt, slacks, skirt/dress)
- Dress in layers. The average temperature in Oct. ranges from low 70s/high 60s during the day and low 50s/high 40s at night.
- We will be changing hotels a lot and the rooms are small so we recommend only bringing 1 checked bag per person. A separate duffel can be packed in your luggage for souvenirs/gifts.



Premium Economy Class / Economy Class

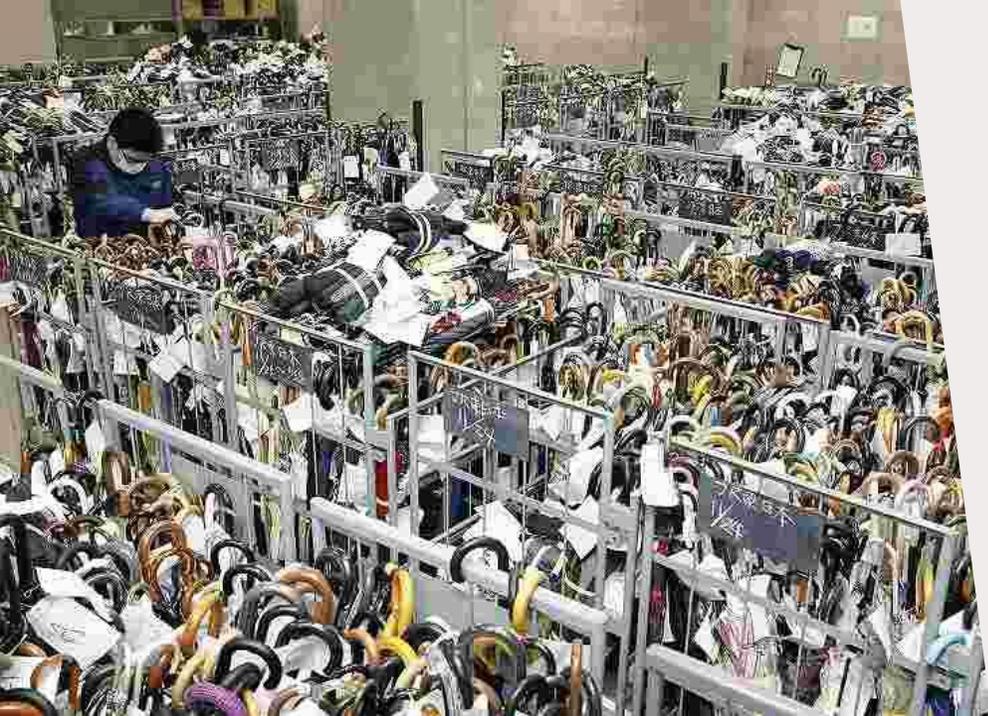
***First two bags are free*





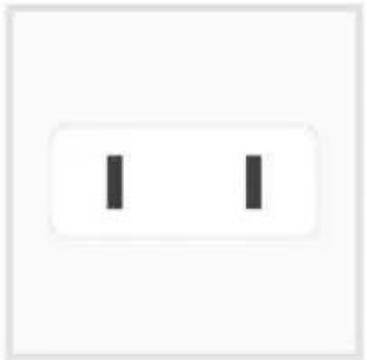
TRAVEL TIPS

- Make a paper copy of your passport and have one on file (Google Drive etc.) where you can access and print it from a computer, in case it is lost.
- Pack your carry-on as if you will lose your luggage. Have two sets of clothes, and any very important items in your carry-on (laptop, medication etc.)
- We recommend getting a phone plan that works in Japan. Contact your provider and ask about options for overseas travel and whether your phone will work in the country. Wifi is available at hotels and cafes.
- Trains are punctual and do not wait. Plan to be 5 to 10 mins early to most places.



TRAVEL TIPS

- Theft is very rare in Japan. If you leave your phone or wallet somewhere, 9 times out of 10 it will be waiting for you or will have been turned in to someone like a hostess or train conductor.
- Bring a power adapter
- Voltage in Japan is 100 volts, US is 120 volts. Type A plugs are the most common.
 - Some US plugs may work, but some won't. Some items won't charge even if they fit.
- Pack a flat duffel in your luggage for souvenirs and gifts you received.



Type **A**



Type **B**

THANK YOU

- Amber Brice
- 727-580-0430
- amber.brice@myclearwater.com

Travel Agent:

Julie Dunn

Harbourside Travel

727-724-9094

info@harboursidetravel.com

Photo Credit:

Via Unsplash.com

Alexander Schimmeck, Anne Laure, Diana Bondare, Jet De La Cruz, Josiah Ferraro, Lucas Calloch, Markus Winkle, Nguyen Hai, Rafael Hoyos, Rogerio Toledo, Sam Lee, Victoriano Izquierdo

PowerPoint Presentation: Amber Brice & Mark Wiley

