



Japan's Friendship Ties programs
MIRAI Program 2017
Autumn Group (October 4-11)
Pre-departure Preparation

Implementing agency of MIRAI Program :
JTB Corporate Sales Inc. (BWT)
(hereafter, abbreviated as JTB)





MIRAI Program

1. Itinerary (tentative)

	Date / Time			Activity contents
	Day	Date	AM/PM	
1	10/4	(Wed)	AM PM	Arrival in Japan
2	10/5	(Thu)	AM	Orientation @ MOFA Headquarter (HQ)
			PM	Lecture (Japan Library) @ MOFA HQ
				Tokyo City View (The observation deck at Roppongi Hills)
3	10/6	(Fri)	AM	University exchange (TBD)
			PM	Tokyo → Hiroshima
4	10/7	(Sat)	AM	Miyajima / Istukushima Shrine
			PM	Lecture by Hibakusha (*1)
				Hiroshima Peace Memorial Museum
				Hiroshima → Kyoto
5	10/8	(Sun)	AM	Kinkakuji – Golden Pavilion Temple
			PM	Higashi Honganji Temple
				Kawamura Noh stage (*2)
				Kyoto → Tokyo
6	10/9	(Mon)	AM PM	University exchange (TBD)
			7	10/10
PM	Lecture (Foreign Policy) @ MOFA HQ			
	Farewell Lunch			
8	10/11	(Wed)	AM PM	by your own (Free time)
			AM PM	Depart from Japan

Accommodation

Tokyo	Shinagawa Prince Hotel (Main Tower)
Kyoto	Hotel Heian no Mori Kyoto
Hiroshima	Hotel Hokke Club Hiroshima

(*1) Hibakusha : an atomic bomb victim

(*2) Noh : Japanese traditional masked dance-drama



2. Coordinators

JTB Corporate Sales Inc.(BWT) * will allocate its expert staff members as the coordinators (escorts) throughout the program, from participant’s arrival to Japan to departure from Japan. As they are not only skilled interpreters (English) but also are a skilled liaison between participants and Japanese people to earn mutual understandings . These coordinators will carry out a wide range of tasks and duties such as supervision, guiding, provision of assistance for adapting to living in Japan, and health management of participants. They will encourage the participants to follow program objectives and will lead your program to success.

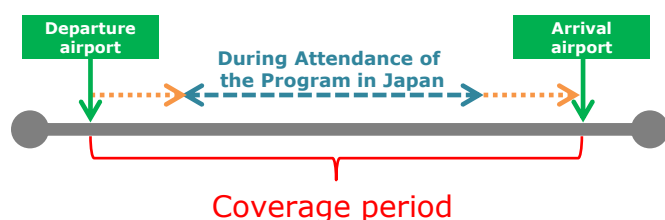
*JTB Corporate Sales Inc. (BWT), called JTB, is an implementing agency of MIRAI Programs, and has undertaken all the necessary arrangements for this program, such as travel procedures and the entire schedule of events in Japan.

3. Travel, Accommodation and Meals

- JTB will arrange round tickets for international flights in economy class between your gateway airport and Japan. No cabin class Upgrade available.
- Accommodation and all concerned venues have proper disaster management strategies.
- Typically, shared rooms such as twin or triple rooms will be arranged for students.
- Meals will be arranged with the full consideration of personal needs, such as religious practice, customs, and allergies, but such arrangements may not be available at some places depending on local circumstances.
- Overseas travel accident insurance

Participants are provided with overseas travel insurance covering the entire program period (from departure from your gateway airport to arrival at your gateway airport).

Note that pregnancy-related diseases, dental illness, chronic diseases and pre-existing disorders diagnosed by doctors in Japan, and cases disapproved by the insurance company will NOT be covered by the insurance. (The participants will be liable for The expenses mentioned above)



Coverage	Amount (10,000 JPY)
Accidental Death	1,000
Accidental Disability	1,000
Medical Expenses	1,000
Rescuer’s Expenses	300



4. Expected Roles of Participants

Participants are expected to engage proactively to understand the aim of each program, to promote interest toward Japan, and to attain awareness by making comparisons with their own countries. In addition, participants are requested to prepare action plans to transmit information on Japan, to share the knowledge and experiences that they gain throughout the program, and their outcomes will be presented at the work shop.

They are expected to relay what they learned in the program and their experiences to family, schools, friends and communities, to promote peoples' understanding of Japan. Each participant is required to submit questionnaires at the end of the program and several times after returning to their countries (6 months later and 1 year later) to analyze the effect of the program. (Questionnaires implemented after return to your countries will be conducted via e-mail or website.)

The online community site of the Ministry of Foreign Affairs of Japan is available, where you can report your activities after returning to your country and continue exchanging opinions and information with the Japanese people you met during the program.

5. Safety Control

During an emergency situation, JTB will act appropriately in accordance with the Safety Control Manual made based on our accumulative experiences and will instruct practical actions promptly. BWT coordinators have a thorough understanding of this manual and will respond promptly and efficiently when necessary. BWT coordinators will accompany participants during the program and attend to preparations for an emergency situation.

(1) Response to Other Troubles

- An "SOS Card" with mobile phone numbers of coordinators and emergency phone numbers will be distributed to participants upon arrival in Japan. If you become separated from the group, show the card to any Japanese person and contact BWT coordinators.
- When participants go out during free time, they are required to return to the hotel by 22:00(10PM).



(2) Response to Natural Disaster (Big Earthquake, Tsunami, etc.)

Evacuation routes, evacuation site, procedures, as well as availability of an emergency announcement system and food stockpiles in every accommodation and venue will be checked in advance. Coordinators will check evacuation routes of each accommodation and take the best initial action, including evacuation guidance for participants in case of emergency.

(3) Response to Medical Treatment Needs

JTB will collect hospital information, including 24 hour medical emergency centers and access in visiting areas, in advance to accommodate medical needs. When an emergency case occurs, JTB coordinators will take initial response, consult with administrative staff and take the patient to a medical institution if necessary.

※ Response to Infectious Diseases

(Influenza, TB (tuberculosis), Malaria, Dengue, Chicken pox, etc.)

Preventative measures will be carried out for participants and accompanying coordinators to avoid any infectious diseases, like influenza. If a person becomes infected, appropriate actions will be taken to prevent the spread of the infection.

- Disposable medical masks are distributed to participants and others to wear.
- Hand Sanitizer is provided before meals.
- If body temperature is higher than 37.5°C, the person will be instructed to see a medical doctor.
- If the test is positive, the patient will be removed from the program and he/she will be quarantined from the rest of the group by moving the person to a separate room. To avoid further infection, the program may be changed if deemed necessary.



6. Things to Bring to Japan

(1) Airline regulations on baggage

Please visit the website of the airline you use to check the baggage rules after receipt of the flight information. (Due to frequent transfers in Japan, it is advised to minimize your baggage for your convenience. To facilitate smooth check-in at the airport, refrain from carrying excess baggage.)

◆Information◆

The major carriers are listed below, but the baggage rules will differ depending on each airline, so be sure to check the website of the airline you use.

[JL] <http://www.jal.co.jp/en/inter/baggage/>

[NH] https://www.ana.co.jp/wws/japan/e/asw_common/prepare/baggage/

[BA] https://www.britishairways.com/en-gb/information/baggage-essentials?source=MNVINF3baggage_essentials

[AF] <http://www.airfrance.fr/FR/en/common/voyage-en-avion/preparation-voyage/bagages-avion.htm>

[LH] <http://www.lufthansa.com/de/en/Baggage-overview>

[AZ] https://www.alitalia.com/en_it/fly-alitalia/baggage.html

[TK] <http://www.turkishairlines.com/en-tr/travel-information/baggage>

※ All liquids, gels, aerosols, etc. must be placed in containers of 100 ml or less. Those containers are to be put into a plastic bag of capacity of 1 liter (1000 ml) or less, with a transparent zipper and totaling 40 cm in length and breadth. Please leave some space (zip lock shape). You are allowed to bring only one plastic bag per passenger. Please show it to the inspection staff at the baggage inspection site separately from other baggage.

※If the weight allowance is exceeded and the airline requires payment, the excess payment will be borne by that person.



(2) **A small bag (※Mandatory item)**

Bring a small bag (approximately 20×45×27cm).

When visiting Hiroshima and Kyoto, participants will carry only necessary items for a 3-day trip. You cannot use larger bags such as suitcases as there are no luggage compartments in the trains. Roller bags can be used as long as the size is in accordance with above dimensions.

(3) **Climate and clothes in Japan**

Most parts of Japan are located in a temperate zone. However, the climate differs from place to place, since Japan stretches out south and northward, and is mountainous. Compared to other countries, Japan has 4 relatively distinct seasons. Refer to the information below to prepare clothes suitable to the climate.

※Please note that you will participate in courtesy visits to some government offices. Bring some formal clothes (like shirts, pants (or skirts)) and shoes (sandals and sneakers are not allowed). Wearing sandals to an official function is considered impolite in Japan.

Tokyo	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
Highest(°C)	9.6	10.4	13.6	19.0	22.9	25.5	29.2	30.8	26.9	21.5	16.3	11.9
Average (°C)	5.2	5.7	8.7	13.9	18.2	21.4	25.0	26.4	22.8	17.5	12.1	7.6
Lowest(°C)	0.9	1.7	4.4	9.4	14.0	18.0	21.8	23.0	19.7	14.2	8.3	3.5
Precipitation (mm)	52.3	56.1	117.5	124.5	137.8	167.7	153.5	168.2	209.9	197.8	92.5	51.0

Kyoto	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
Highest(°C)	8.9	9.7	13.4	19.9	24.6	27.8	31.5	33.3	28.8	22.9	17.0	8.9
Average (°C)	4.6	5.1	8.4	14.2	19.0	23.0	26.8	28.2	24.1	17.8	12.1	4.6
Lowest(°C)	1.2	1.4	4.0	9.0	14.0	18.8	23.2	24.3	20.3	13.6	7.8	1.2
Precipitation (mm)	50.3	68.3	113.3	115.7	160.8	214.0	220.4	132.1	176.2	120.9	71.3	50.3

Hiroshima	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
Highest(°C)	9.7	10.6	14.0	19.7	24.1	27.2	30.8	32.5	29.0	23.4	17.4	9.7
Average (°C)	5.2	6.0	9.1	14.7	19.3	23.0	27.1	28.2	24.4	18.3	12.5	5.2
Lowest(°C)	1.7	2.1	4.8	9.9	14.7	19.4	23.8	24.8	20.8	14.2	8.5	1.7
Precipitation(mm)	44.6	66.6	123.9	141.7	177.6	247.0	258.6	110.8	169.5	87.9	68.2	44.6



(4) Money

Accommodation, meals and transportation in the program in Japan are provided by JTB. The participant is responsible for all personal expenses (such as expenses for souvenirs, international phone calls and other personal items, etc.).

In other words, any allowances such as personal expenses incurred in preparations for the trip and daily allowances during the stay will not be provided by JTB.

Generally, shops in Japan only accept Japanese Yen. We recommend you prepare Japanese Yen before arriving in Japan. You can buy Japanese Yen at the airport in Japan. The exchange rate fluctuates daily.

For your reference:

A bottle of juice=150 yen or above

A cup of coffee =300 yen or above

◆Information◆

Types of currency that you can exchange into Yen at the Airport

- EU Euro
- US Dollar
- British Pound
- Swiss Franc etc.

Visit below site for more information :

【Narita Airport】

http://www.narita-airport.jp/en/service/svc_11

【Haneda Airport】

<http://www.haneda-airport.jp/inter/en/premises/service/bank.html#exchange>



(5) Medicine

If you take medication for a chronic disease or allergy, etc., please remember to bring it with you. As your medicine may not be available for purchase in Japan, please prepare enough medicine for the number of days and some spare.

In addition, please note that it might be necessary to have some documentation/ prescription (written in English) to formally identify the drug(s) and/ or the name of the disease, when you enter Japan. (Also, bringing a prescription may assist you in finding similar medication in Japan, if necessary. However, it is not possible to buy the medicine in Japan with a foreign prescription.)

Under Japanese Law, the possession and use of illegal drugs such as cocaine, marijuana, betel nuts, etc. is prohibited. Also, you are advised to prepare any travel sickness medicine you may require for long journeys.

※If you wear contact lenses, please remember to bring an extra pair or two and/or glasses, since contact lenses/glasses might not be available on site.

(6) Food

All meals during your stay in Japan will be provided.

However, it is recommended that you bring some ready-to-eat food (snacks, instant noodles, etc.) in case you cannot eat Japanese food because of allergy or religious reasons.

Please note that there are restrictions on bringing any meat products, fruits and seasonings to Japan. In particular, seasonings may be confiscated if they contain some prohibited additives.



7. Health Care

- i. A person whose body temperature is 37.5°C or above cannot participate in the group he/she is to join. Participants are required to pay the closest attention to their own health management before departure.
- ii. People who have chronic diseases (diagnosed or undiagnosed) and pregnant women are not allowed to participate in the program, since such individuals run a higher risk of rapid aggravation and developing severe symptoms if they acquire infectious diseases, and also because participants require exceptional physical and mental health to follow the schedule as a member of the group and to frequently participate in tightly scheduled programs that involve long travel times.

8. Notes and Regulations

- Follow the instructions of JTB coordinators during the program.
- Punctuality is required.
- Look after your own valuables (money, passport, etc.).
- The program schedule is already set. If you would like to meet your relatives or friends who live in Japan, please meet them after the end of the day's program until curfew.
- The visit to Japan is intended to be undertaken as a group, including meal times. With the exception of special circumstances such as sickness/injury, group members may not return home early, extend any stay or act separately from the group for personal reasons during the stay.

9. Preparation List



Item		Check
Passport		
Flight Tickets (e-tickets)		
Writing Utensils		
Handouts	Pre-departure Preparation, Outline etc.	
Clothing (Number of days of stay)	Clothes, Underwear, Socks, etc.	
Wear (at official visit) 1 set	Jacket, Tie, Shirt with collar/Cut and sewn, Slacks/Skirt etc.	
Warm clothes	Jackets etc.	
Night clothes		
Shoes		
Rain gear	Folding umbrella, Raincoat with hood	
Handkerchief / Towels		
Toiletries	Soap, Shampoo, Toothbrush, Comb, Shaving kit (Men), etc.	
Bag (which is good for 2-3 days trip)		
Small bag (e.g. backpack)		
Suitcase key (including a spare)		
Money / Credit Card	Japanese Yen	
Laptop computer		
Camera		
Watch		
Conversion plugs	Type A	
Foods		
Medicine if needed ※consult with your doctor independently	Anti-allergic drug, Cold medicine, etc.	
Glasses or Contact lenses (and Liquid for Contact lenses) if needed		

*The above list is just for your reference. Bring any other things that you think are necessary.

* DO NOT accept any gifts for your friends or relatives in Japan in order to avoid any unexpected trouble (you may possibly get involved in trouble without knowing it).



10. Emergency Contact Information

Let your family know the following number as the emergency contact number in Japan.

The following number is for emergency use only, and cannot be used for inquiries such as confirming your arrival in Japan or any other minor concerns. If you feel your family will be concerned following your arrival in Japan, please make your own arrangements to contact them.

- JTB Secretariat (For emergency):
+81-(0)3-6737-9262 (Japanese/English only)
Monday-Friday, 9:30-17:30 (JST)

11. Contact address for inquiry

For inquiry by the participants, please contact the secretariat by email.

- JTB Secretariat of MIRAI program (For inquiry)
E-mail: mirai2017@bwt.jtb.jp (Japanese/English only)