MIRAI Program
Welcome to Japan

Japan’s Friendship Ties Program for University Students
MIRAI Program

2016 / September

Program Overview

Ministry of Foreign Affairs of Japan – MOFA for short, supports “MIRAI Program” which is a short-term youth exchange program to invite 150 graduate / undergraduate students from Europe, Central Asia and the Caucasus who study Politics, Security Policies, Economics, International Relations, Asian Studies, Japan Studies or other related fields through JICE/EFIL. The program is entitled as the “MIRAI Program” with the Japanese word MIRAI (pronounce like / "me-rye") which means “Future”. MOFA hopes that the program would offer a great opportunity to (i) promote mutual-understandings, (ii) enhance intellectual discussions and (iii) build strong networks among future leaders of Japan and the world. Thereby the program would foster the solid foundation of the relationship between Japan and countries in the regions in the future.

Mutual-understanding, Intellectual Relations and Academic exchange Initiative
About Japan International Cooperation Center (JICE)

Japan International Cooperation Center (JICE) has been involved in various international cooperation activities mainly for developing countries since its establishment in 1977. JICE contributes to the development of not only developing countries but international community through the implementation of the activities for strengthening mutually beneficial partnership between foreign countries and Japan.

Our main activities are the management of international training courses entrusted by ministries and agencies including Ministry of Foreign Affairs, Japan International Cooperation Agency (JICA), universities, local governments, public and private organizations, international organizations and foreign governments; youth exchange programs, program assistance for students from overseas, dispatching interpreters, Japanese language lessons, supporting conventions, seminars and projects, and operation of supporting developmental education.

Along with the staff of 254, JICE has 1087 translators who specialize in 31 languages in total and engage in formulation, investigation, research, implementation and evaluation of projects by using their accumulated experiences and knowledge.

JICE, with our motto “Share knowledge and experience. For our world. For the future”, links “Japan’s technology, knowledge and experience” to the world and promotes developing future leaders of each countries by deepening mutual understandings and learning together with the people in the world.
Chapter 1
Outline of MIRAI Program

1. Outline and Objectives of MIRAI Program

“Japan’s Friendship Ties Programs” promote a people-to-people exchange between Japan and the Asian, Oceanian, North American, European, Latin American and Caribbean regions. Approximately 5,400 people who are expected to play an active and important role in various fields in the future will participate in this project in FY 2016.

Europe, Central Asia and the Caucasus regional component of this exchange program is called “MIRAI Program.” Approximately 150 people (university and graduate students) from Europe, Central Asia and the Caucasus will be invited to Japan.

Objectives of MIRAI Program
1. To promote understanding of Japan’s politics, economy, society, culture and history, and foreign policy.
2. To cultivate more people favorable/knowledgeable about Japan and expand Japan’s diplomatic infrastructure by strengthening external information dissemination of Japanese
attractiveness through proactive disseminating actions by the participants.

3. To contribute to the development of Europe-Japan relations by inviting students (undergraduate/graduate) who are selected from influential academic institutions and thus have potential to influence foreign policy matters with Japan from their respective positions in the future, and providing them with opportunities of the intellectual exchange with Japanese students of the same generation.

2. Program in Japan

*The program may or may not contain all contents described blow.

(1) Arrival Orientation in Japan

The orientation conducted by JICE will not be limited to the explanation of a schedule; the objective and purpose of MIRAI Program and the expectations for and roles of delegates are thoroughly explained.

Also, various precautions are to be given to delegations, including how to cope with unfamiliar climate and environment and how to respond in case of a natural disaster and other emergency situations. They will be well oriented so that they can enjoy their stay in Japan safely in good health without having misunderstanding or anxiety and they can have a good impression of Japan in the end.

(2) Lecture on Japanese Culture, keynote lecture, panel discussion, breakout sessions

In accordance with the themes and contents of each batch, we conduct one, or more of the followings.

Lecture on politics, economy, society, culture, history, and/or diplomatic policy of Japan
Key note lecture on politics, economy, society, culture, history, and/or diplomatic policy of Japan
Panel discussion on the issues identified through the lectures and key note lectures from various viewpoints.
Breakout session where the delegates discuss the issues in the context of the relationship with participants’ own countries.

(3) Visits to observe cutting-edge technologies (University/Research Institute, Private Enterprises, Museums, etc.)

With regard to Japan’s cutting-edge technologies in various fields, which are getting global attention, we carry out visits to a university, research institute, corporation and/or museum to learn about research and development activities of such technologies, as well as to gain
knowledge as to how they are applied, commercialized and used in the real world so that delegates will further increase their interest in and admiration for Japan.

(4) Visits in Tokyo

We introduce “Cool Japan” by visiting the areas in Tokyo representing Japan, where delegates can see super-modern facilities and businesses, historic buildings and traditional cultures that have been preserved and succeeded over generations, and anime, fashion and other pop culture trends that are being created. Through these visits, delegates can have a real taste of “Cool Japan” in which the past, present and future all co-exist.

(5) Traditional culture experience and observation of historic buildings

With regard to the historical heritage and unique cultures, such as tea ceremony, delegates will have opportunities to learn about the significance and spiritual background of such historical heritage and cultures as well as about local people’s efforts to preserve them and pass them down to the next generation so that the delegates’ interest in Japan will be further increased.

(6) Intellectual Exchange Program in University

The program does not simply end up campus tour, but it develops the intellectual discussions among both participants from the Europe regions and Japan. Especially, it holds promise to generate good outcome form the discussions by the delegates and Japanese participants including the faculty members/students of receiving university.

(7) Reporting Session

At the end of the program, a group workshop will be organized for participants to summarize their experiences and lessons learnt in the program and to formulate voluntary action plan, including a plan to establish the way how they can publicize their experience, after returning to their countries. Their outcome will be presented to the person in charge in the Ministry of Foreign Affairs of Japan and their nations’ embassies in Japan so that their experiences would not be limited as simply personal memories but become shared experience and knowledge.

(8) Dissemination during and after the program

We expect the participants to open and share their experience in Japan through Social Network Service (SNS) such as Facebook and YouTube, and to present it at the reporting session after they return to their home country, and thus, we expect the information and experience to be disseminated from the people around the delegates to many others.
3. Coordinators

JICE will allocate its expert staff members as the coordinators (escorts) throughout the program, from participant’s arrival to Japan to the departure back to their home countries. As they are not only skilled interpreters but also are well acquainted with society, culture, religion, custom and national characteristics of each country and region, they are a skilled liaison between participants and Japanese people to earn mutual understanding and to respect each other over the cross-cultural differences. These coordinators will carry out a wide range of tasks and duties such as supervision, guiding, assist adapting to living in Japan, and health management of participants. They will encourage the participants to follow the program objectives and will lead your program to success.

4. Travel, Accommodation and Meal

- JICE will arrange the international flight to Japan for participants.
- Accommodation and all concerned venues will be within environmentally and socially sage locations, and have proper disaster management strategy.
- Typically, shared room such as twin room 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 the situation.
- Overseas travel accident insurance

Participants are provided with overseas travel insurance covering the entire program period (from the departure date from your home to the arrival date to your home). Note that pregnancy-related diseases, dental illness, chronic diseases and pre-existing disorder diagnosed by doctor in Japan, and cases disapproved by the insurance company will NOT be covered by the insurance. The participants will be liable for such costs.

<table>
<thead>
<tr>
<th>Coverage</th>
<th>Amount (10,000 JPY)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accidental Death</td>
<td>1,000</td>
</tr>
<tr>
<td>Accidental Disability</td>
<td>1,000</td>
</tr>
<tr>
<td>Medical Rescue Exp.</td>
<td>1,500</td>
</tr>
<tr>
<td>Sick Death</td>
<td>1,000</td>
</tr>
<tr>
<td>Liability</td>
<td>5,000</td>
</tr>
</tbody>
</table>
5. Expected Roles of Participants

Participants are expected to engage proactively to understand the aim of each programs to promote interests toward Japan, and to attain awareness by making a comparison to their own countries. In addition, participants are requested to prepare action plan to transmit information of Japan to share the knowledge and experiences that they gain throughout the program and their outcome will be presented at the reporting session.

They are expected to relay what they learnt in the program and their experiences to family, school, friends and community to promote peoples’ understandings on 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 after returning to your countries will be done by e-mail or on web-site.)

Participating organizations will follow up your activities and they will require your cooperation. Online community site of Ministry of Foreign Affairs of Japan and JICE are available, where you can report your activities after returning to your country and continue exchanging opinion and information with the Japanese people you met during the program. (Details of the community site will be announced after arriving to Japan.) Please post to JICE, MIRAI Program page of JICE Website, whatever contents you, either individually or as a group, disseminated.

6. Safety Control

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

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

Evacuation routes, spots, procedures, as well as availability of an emergency announcement system and food stockpiles in every accommodation and venues will be checked in advance. The information will be shared among appropriate persons. Coordinators will check an evacuation route of each accommodation. Coordinators will take the best initial action including evacuation guidance for participants in case of emergency.
(2) Response to the Needs of Medical Treatment

JICE 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, assigned coordinator will take initial response, consult with administrative staff and take the patient to a medical institution if necessary.

※ Response to Infectious Diseases (Influenza, TB, Malaria, Dengue, Chicken pox, etc.)

Preventative measures will be carried out for participants and accompanied staff to avoid any infectious diseases, like influenza. If an infected person is found, an appropriate action will be made to prevent the spread of the infection.

☐ Disposable medical masks are distributed to participants and others to wear.
☐ As a general rule, body temperature is checked once every day before breakfast.
☐ 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 different room. To avoid further infection, the program may be changed if deemed necessary.

(3) Response to Other Troubles

・ “SOS Card” with mobile phone number of coordinators and emergency phone number will be distributed to participants. If participants get separated from the group, show the card to any Japanese person and contact JICE staff.

・ When participants go out during free time, they are strongly encouraged to come back to the hotel by 23:00 (11PM).
Chapter 2
Pre-departure Preparation

Program Schedule in Japan (tentative)

※All dates and schedules are tentative and subject to change.
<table>
<thead>
<tr>
<th>Date</th>
<th>Contents</th>
<th>Syllabus</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>AM</td>
<td>Arrival to Japan</td>
<td></td>
</tr>
<tr>
<td>Sep.8 Thu</td>
<td>Orientation</td>
<td>In the orientation, the delegates will understand the aims and goals of this program, raise their awareness as program participants and enhance their motivation. In addition, the delegates will get informed about the safety management and health care in detail.</td>
</tr>
<tr>
<td>PM</td>
<td>[Orientation]</td>
<td>1. Edo–Tokyo Museum opened its doors as a space to reflect on the history and culture of Edo–Tokyo and envision the city and life of the future. House in a unique building modeled after an elevated-floor type warehouse, the museum has been a landmark and popular tourist attraction in Tokyo.</td>
</tr>
<tr>
<td>Sep.9 Fri</td>
<td>Visits</td>
<td>- The Mori Arts Center has become the symbol of a new Tokyo cultural center. The art and cultural facilities are spaces for creating culture, art and knowledge. - Tokyo City View is an observation deck on the 53rd floor of the Mori Tower, and is the first open air observation deck in Japan. - Mori Art Museum is the nearest art museum to the sky in the world. - The Mori Arts Center Gallery is an art gallery which holds exhibitions featuring a broad range of genres, from themes familiar to day-to-day life, such as fashion and cinema to historical and famous paintings.</td>
</tr>
<tr>
<td>PM</td>
<td>Roppongi Hills Observatory (Tokyo City View) / Mori Art Museum / Mori Arts Center Gallery</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Move to Hiroshima prefecture by airplane</td>
<td></td>
</tr>
<tr>
<td>Sep.10 Sat</td>
<td>History/Landmark / Traditional Culture</td>
<td>The delegates will deepen interests toward Japan by experiencing historical and traditional culture.</td>
</tr>
<tr>
<td>AM</td>
<td>Bunkasho Shrine, Miyajima</td>
<td></td>
</tr>
</tbody>
</table>
| Sep.11 Sun| History/Landmark / Traditional Culture                                 | - The delegates will understand efforts having taken by Japan for peace over the past 71 years after WWII and the current peace policy through visit to a facility which prays for peace.  
- The delegates will learn the high level technologies used for infrastructure of public transportation, transportation network operation management, safety management, services, and considerations for socially vulnerable people and environment-friendliness, etc. |
| PM       | Osaka by Shinkansen (bullet train)                                       |                                                                                                                                                                                                         |
| Sep.12 Mon| History/Landmark / Traditional Culture                                 | The delegates will deepen interests toward Japan by experiencing historical and traditional culture.                                                                                                       |
| AM       | Fushimi Inari Shrine                                                    | The delegates will deepen interests toward Japan by experiencing historical and traditional culture.                                                                                                       |
| PM       | Move to Tokyo by Shinkansen (bullet train)                              | The delegates will learn the high level technologies used for infrastructure of public transportation, transportation network operation management, safety management, services, and considerations for socially vulnerable people and environment-friendliness, etc. |
| Sep.13 Tue| Intellectual Exchange / Waseda University                                | The delegates will deepen their understanding of Japan in comparison with the differences from their own countries, through lectures about Japanese politics, economy, society, culture, history, and diplomatic policy of Japan. - The delegates will conduct intellectual discussion, workshop, and reception, etc. with students of the Japanese university under facilitation by the faculty members and build the future-oriented bond with the students. |
| AM       |                                                                          |                                                                                                                                                                                                         |
| Sep.14 Wed| Workshop                                                                 | The delegates will prepare for the Reporting Session by gathering the new information gained by participating programs. Action plan to be implemented after returning to home country will be planned. |
| AM       | Lecture by MOFA / Reporting Session                                      | The delegates will present the newly gained knowledge, discoveries, progress, and the action plan to the members of Foreign Ministry of Japan and personnel who participated in the program. |
| PM       | Farewell Party                                                           |                                                                                                                                                                                                         |
|          |                                                                          |                                                                                                                                                                                                         |
| Sep.15 Thu| Return to the delegates’ respective countries                            |                                                                                                                                                                                                         |
1. Things to Bring to Japan

(1) Airline regulations on baggage
* Please visit the website of the airline of your use after receipt of flight information. (Due to the intensive travelling schedule and 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.)

(2) A small bag
Bring a small bag (approximately 20×45×27cm)
When visiting Hiroshima and Kyoto, participants will carry necessary items for a 3 or 4 day trip. You cannot use larger bags such as suitcases. Roller bags are possible as long as the size is in accordance.

(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.

<table>
<thead>
<tr>
<th>Months</th>
<th>Clothes</th>
<th>Average Temperature in Tokyo</th>
<th>Average Highest Temperature in Tokyo</th>
<th>Average Lowest Temperature in Tokyo</th>
</tr>
</thead>
<tbody>
<tr>
<td>September</td>
<td>Light and short sleeved clothes (cardigans and other similar kinds are handy since air conditioners are often used indoors)</td>
<td>22.6C</td>
<td>30.5C</td>
<td>19.8C</td>
</tr>
</tbody>
</table>
(4) Money

Accommodation, meals and transportation in the program in Japan are provided by JICE. The participant is responsible for all personal expenses (such as expenses for souvenirs, international phone calls and so on). In other words, any allowances such as personal expenses of preparations for the trip and daily allowances during the stay will not be provided by JICE.

Generally, shops in Japan only accept Japanese Yen. You are recommended to prepare Japanese Yen before assembly. If you have difficulty in acquiring Japanese Yen in your country, it is advisable to prepare US Dollars instead. You can buy Yen at the airport in Japan. The exchange rate fluctuates daily.

For your reference:
A bottle of juice = 150 yen or above, A key chain = 300 yen or above
A post card = 150 yen or above, An international phone card = 1000 yen or above

Information: Types of currency that you can exchange into yen at the Airport

The EU Euro, US Dollar, British Pound, Swiss Franc,

Visit below site for more information:

2. Health Care

(1) A person whose body temperature is 38C and above cannot participate in the batch he/she is to join.
Participants are required to pay the closest attention to their health on their own before departure.

(2) People who suffer from 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 infection 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 program that involves long-hour travels. If chronic diseases (diagnosed or undiagnosed) or pregnancy is discovered after arriving in Japan, all medical expenses that may occur are excluded from the program’s insurance coverage, putting the participant accountable for all of the high costs.

3. Emergency Contact Information
Let your family know the following number as the emergency contact number in Japan. Following number is only for the case of emergency, and it cannot be used for the inquiries such as confirming your arrival to Japan or any minor concerns. If your family gets anxious about you after arriving to Japan, please contact your family on your own terms.

* JICE Headquarters: 0081-3-6838-2730
Japan International Cooperation Center (JICE) Headquarters (English only)
Monday-Friday, 9:30-18:00

4. Notes and Regulations
* Follow the instructions of JICE staff during the program.
* Punctuality is required.
* Take care of your valuables (money, passport, etc.) on your own.
* The program schedule is already set, and you will not have time to meet your relatives or friends who live in Japan.
### Preparation List (for reference)

<table>
<thead>
<tr>
<th>ESSENTIAL items</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Passport</strong></td>
<td>Essential to travel to Japan</td>
</tr>
<tr>
<td><strong>Handbook</strong></td>
<td>This handbook</td>
</tr>
<tr>
<td><strong>Laptop computer</strong></td>
<td>Laptop should be helpful for action plan preparing in workshop.</td>
</tr>
<tr>
<td><strong>A small bag</strong></td>
<td>See 3-(2)</td>
</tr>
<tr>
<td><strong>Clothes</strong></td>
<td>See 3-(3) You are requested to prepare the shoes which protect your toes completely.</td>
</tr>
<tr>
<td><strong>Cash</strong></td>
<td>See 3-(4)</td>
</tr>
<tr>
<td><strong>Amenity kit</strong></td>
<td>Shaving kit, toothbrush, comb etc. are not equipped at accommodation.</td>
</tr>
<tr>
<td><strong>Stationery</strong></td>
<td>Notebook, pen, pencils, etc.</td>
</tr>
<tr>
<td><strong>Medicine</strong></td>
<td>Bring any medicine you are taking daily. You are advised to prepare medicine for air- and car-sickness for long journeys.</td>
</tr>
<tr>
<td><strong>Umbrella</strong></td>
<td>A folding umbrella is recommended than an ordinary umbrella due to convenience of its size.</td>
</tr>
<tr>
<td><strong>Photos, Cards, and Personal memorabilia</strong></td>
<td>It is good to bring some photos, post cards and goods for introducing your life, family and country on occasions such as school visit and home-stay. Post cards and goods can be souvenirs as well.</td>
</tr>
<tr>
<td><strong>Food</strong></td>
<td>All meals will be provided during your stay in Japan. However, it is recommended that you bring some ready-to-eat food (snacks, instant noodles, etc.) just in case you cannot eat Japanese food because of allergy or simply because it does not suit your taste. Remember that there are some restrictions on bringing meats, fruits and seasonings to Japan. In particular, seasonings may be confiscated if they contain some prohibited additives.</td>
</tr>
<tr>
<td><strong>Recommended items</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Camera</strong></td>
<td>You may enjoy taking memorable photos.</td>
</tr>
<tr>
<td><strong>Watch</strong></td>
<td>It may be useful to bring a watch, since punctuality is required throughout the program.</td>
</tr>
<tr>
<td><strong>Plug adapter</strong></td>
<td>See Chapter 3-2-(3).</td>
</tr>
<tr>
<td><strong>Hat, Sunblock, Sunshade etc.</strong></td>
<td>A hat, sunblock and a sunshade are useful for sun protect purpose.</td>
</tr>
</tbody>
</table>
* A Japanese conversation book (Nihongo Kaiwa-cho) will be provided after arriving in Japan.  
* 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).
Chapter 3
Introduction to Japan

* Pictures and illustrations in chapter 3 are taken from "Web Japan" provided by the Ministry of Foreign Affairs.
Outline

(1) General Information

<table>
<thead>
<tr>
<th></th>
<th>Japan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Land area</td>
<td>377,930km²</td>
</tr>
<tr>
<td>Population</td>
<td>126,926,000</td>
</tr>
<tr>
<td>Capital</td>
<td>Tokyo</td>
</tr>
<tr>
<td>Language</td>
<td>Japanese</td>
</tr>
<tr>
<td>Currency</td>
<td>Yen</td>
</tr>
</tbody>
</table>

(Land area and population is based on “JAPAN STATISTICAL YEARBOOK 2015” by the Statistics Bureau of the Ministry of Public Management, Home Affairs, Post and Telecommunications.)

[Map of Japan]
(2) Geography

Japan is an island country located to the east of the Asian continent. The land is comprised of four large islands named (in decreasing order of size) Honshu, Hokkaido, Kyushu, Shikoku, and also many smaller islands. The Pacific Ocean lies to the east, while the Sea of Japan and the East China Sea separate Japan from the Asian continent. About three-quarters of Japan’s land surface is mountainous. The Chubu Region of central Honshu is known as “the roof of Japan” and has many mountains which are more than 3,000 meters high. Japan’s highest mountain is Mt. Fuji (3,776 meters) on the border of Yamanashi and Shizuoka Prefectures.

(3) Climate

A major feature of Japan’s climate is the distinctive temperature changes between the four seasons. From north to south, Japan covers a range of latitude of some 25 degrees and is influenced in the winter by seasonal winds blowing from Siberia and in the summer by seasonal winds blowing from the Pacific Ocean. In spite of its rather small area, Japan is characterized by four different climates. Hokkaido, with a subarctic weather pattern, has a yearly average temperature of eight degrees centigrade and receives an average annual precipitation of 1,150 millimeters. The Pacific Ocean side of Japan, from the Tohoku region of northern Honshu to Kyushu, belongs to the temperate zone, and its summers are hot, influenced by seasonal winds from the Pacific. The other side of Japan which faces the Sea of Japan has a climate with much rain and snow, produced when cold, moisture-bearing seasonal winds from the continent are stopped in their advance by the Central Alps and other mountains which run along Japan’s center like a backbone. The southwestern islands of Okinawa Prefecture belong to the subtropical climate zone and have a yearly average temperate of over 22 degrees, while receiving over 2,000 millimeters of precipitation.
Spring (March-May)

The spring begins in late March or April when cherry blossoms bloom. As the winter seasonal wind weakens, it gently becomes warmer. People can enjoy green mountains and plains, and colorful flowers during this season. The school and business year starts in April.

Summer (June-August)

The summer begins with a rainy season that begins in June and lasts for 3-4 weeks. The weather becomes extremely hot from July to September after the rainy season finishes. Summer in Japan is very muggy with much humidity. Many people enjoy going to the beach or relaxing vacations at mountain resort.

Autumn (September-November)

After the hot summer, the autumn begins with the cool and comfortable wind. People can enjoy the changing colors of the leaves, displaying beautiful shades of yellow and red. Several typhoons hit Japan from the end of summer to the beginning of autumn, and autumn rain will follow causing the temperature to gradually fall.
Winter (December-February)

The cold wind brings the winter season. The climate differs from place to place. In the northern part of Japan and along the Japan Sea, it gets severely cold with a lot of snowfall; while there are cities like Tokyo where it rarely snows. Winter sports are popular in northern and central Japan.

(4) Politics

The Constitution of Japan, which came into effect in 1947, is based on the principles of popular sovereignty, respect for fundamental human rights, and the advocacy of peace. Japan’s political system is one of constitutional democracy. In accordance with the principle of “separation of powers,” the activities of the national government are formally divided into legislative, judicial, and executive organs.

The emperor is “the symbol of the State and unity of the people.”

The Constitution of Japan proclaims a system of representative democracy in which the Diet is “the highest organ of state power.” It is formally specified that the Diet, as the core of Japan’s system of governance, takes precedence over the government’s executive branch. The designation of the prime minister, who heads the executive branch, is done by resolution of the Diet. Japan practices a system of parliamentary cabinet by which the prime minister appoints the majority of the cabinet members from among members of the Diet.

The Diet is divided into two chambers: the lower chamber, or the House of Representatives, and the upper chamber, or the House of Councilors. The House of Representatives may introduce “no confidence motions” with respect to the cabinet. The cabinet, on the other hand, is able to dissolve the House of Representatives. It is the Supreme Court that determines the constitutionality of any law or official act.

The Diet is made up of members who are directly elected by citizens of at least 18 years of age. The political parties, to which almost all Diet members belong, are the basic units of political activity. Thus Japan is said to practice party politics. The prime minister is chosen by the Diet from among its members. The prime minister then forms a cabinet, and the cabinet controls the executive branch of government.

(5) Economy

The Japanese economy is the third largest in the world. Japan’s real GDP was about 4.9 trillion US dollars in 2013 (World Bank, World development indicators: 2015).

The Japanese economy underwent remarkable development between the 1950s and the 1980s. After the burst of the bubble economy in the early 1990s, however, the GDP
growth stayed stagnant for around two decades, although there were some minor recoveries. The Japanese government carried out extensive structural reforms and deregulations in an attempt to revitalize the economy, and companies also worked on radical reforms and streamlined their businesses in order to enhance competitiveness. The Japanese economy is on the way to recovery since Prime Minister Abe took office in 2013 and started drastic economic reforms.

1. Travel Information

(1) Currency and exchange

The unit of Japanese currency is the yen. Coins are available in denominations of 1, 5, 10, 50, 100 and 500 yen and bank notes in four denominations of 1,000, 2,000, 5,000 and 10,000 yen.

(2) How to make a call

1) Domestic calls

Public telephones accept 10 yen and 100 yen coins and/or telephone cards. A local call (within Tokyo's central 23 Wards and some other metropolitan cities) costs 10 yen per minute. If you put in two 10-yen coins and speak for less than one minute, one of the coins will be returned to you. No change is given for partial use of a 100-yen coin.
Prepaid telephone cards cost 1,000 yen from vending machines, kiosks at train stations, and convenience stores. Charges for inter-city calls vary according to the distance.

Telephone numbers in Japan consist of an area code and a phone number (exchange number + subscriber's number). For example: (03) 1234-5678.

2) International calls

A direct overseas call can be made from a public telephone displaying an international and domestic telephone sign. These phones are not common in some regions, but can be found at airports, hotels, and other key facilities. Using pre-paid phone cards are more convenient than direct dial overseas calls to call your own country even after moving to the provinces, as you can make a phone call with any telephone.

<table>
<thead>
<tr>
<th>Telephone company</th>
<th>Direct dial</th>
<th>Collect &amp; operator-assisted</th>
<th>Inquiries</th>
</tr>
</thead>
<tbody>
<tr>
<td>KDDI</td>
<td>001-010</td>
<td>0051</td>
<td>0057</td>
</tr>
<tr>
<td>SoftBank Telecom</td>
<td>0061-010</td>
<td>-</td>
<td>(0120)-030061</td>
</tr>
<tr>
<td>NTT Communications</td>
<td>0033-010</td>
<td>-</td>
<td>(0120)-505506</td>
</tr>
</tbody>
</table>

【Number of direct dial calls】

The popular cards are KDDI or Brastel. Please take out the first “0” from the telephone number you are calling.

A: KDDI Super World Card

Where to buy
At a hotel reception or a convenience store. The price is 1000 yen, 3000 yen or 5000 yen.

How to make a phone call
Scratch off the silver part on the back of the card with a coin. The card number will be revealed. Insert 10 yen coin in a public phone (it will be back after the call). Push
the button as below.

```
0  0  5  5 -[ Tone ]- Card Number # - Country Code -
```

B: Brastel Card

Where to buy

The Brastel Smart Phone card is also distributed for free at Mini stop, Circle K, Coco Store, Save on, and Family mart. You need to charge the card there. The payment amount can be set at 2000, 3000, 5000 or 10000 yen.

How to make a phone call

Insert 10 yen coin in a public phone (it will be back after the call). Push the button as below. The Access Code is the number shown on the back of the card.

1 0091 2022 + Country Code + Area Code + Phone Number

2 4# (for guidance in English)

3 Access Code + #

4 The call will be completed after remaining minutes information.

(3) Electricity

The voltage used throughout Japan is uniformly 100 volts, A.C. There are two kinds of frequencies in use; 50 Hertz in eastern Japan and 60 Hertz in western Japan (including Nagoya, Kyoto and Osaka). There are no columnar-shaped plugs or 3-pin plugs used in Japan but 2-flat-pin plugs are used instead. It is therefore advised to purchase a plug adapter beforehand.

Reference: shapes of plugs used in the world
Japan uses type A.
<table>
<thead>
<tr>
<th>タイプ</th>
<th>C</th>
<th>B</th>
<th>B3</th>
<th>SE</th>
<th>BF</th>
<th>A</th>
<th>O</th>
</tr>
</thead>
<tbody>
<tr>
<td>プラグ形状</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>エンゼル形状</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

24