

# YAMAGUCHI PREFECTURE

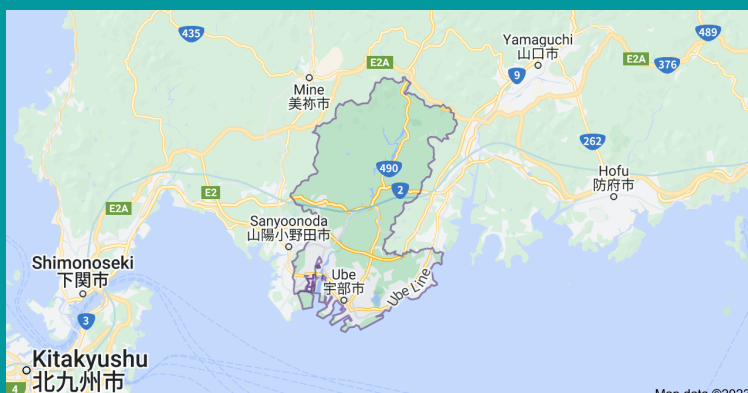
Yamaguchi Prefecture is located on the Western edge of Honshu Island and surrounded on three sides by the ocean. It is blessed with beautiful nature, cities, and towns with a long history, rich culture, and a variety of sightseeing spots. Basic information about Yamaguchi Prefecture (From the Prefectural website)

<https://www.pref.yamaguchi.lg.jp/site/english/>

**POPULATION: 1.35 MILLION PEOPLE AND THE AREA IS APPROXIMATELY 6,100 KM<sup>2</sup>. FOR MORE DETAILS, PLEASE VISIT THE YAMAGUCHI PREFECTURE WEBSITE.**



## GOOD THING ABOUT UBE, IS THE AIRPORT



Ube-Shi is a city located in Yamaguchi Prefecture. The city has an estimated population of 173,733 and a population density of 590 persons per km.

A small history, Ube Village is a modern municipality that was established in Yamaguchi's As a District as part of the modernization of municipalities in most prefectures in 1889 hence it became a city in 1921. Ube City was previously a coal mining town.

## GOOD THING ABOUT UBE, IS THE AIRPORT

The good thing about living in Ube City is the Yamaguchi Ube Airport. The Airport is located southeast of Ube-Shinkawa Station therefore, to take the following transportation from the airport are as follows;

- Taking the bus will take you 43 minutes to reach Tokwia Campus
- Taking a taxi ride will take you approximately 13 mins to reach the Tokiwa Campus
- No need to worry, at the airport there's always taxi available as well as the bus.

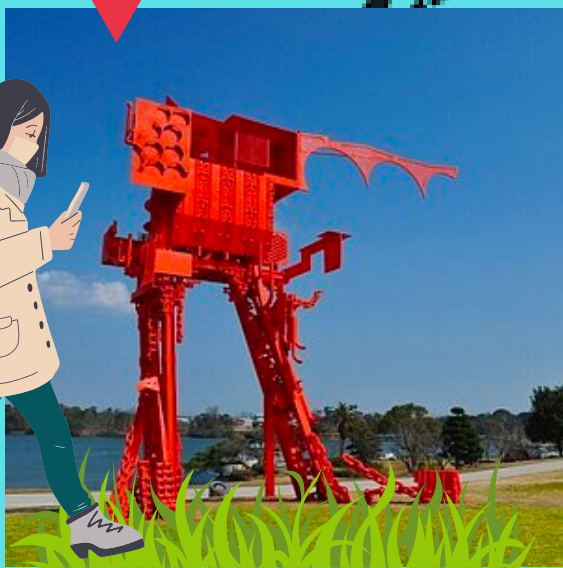


Physical fights and bullying hinder our youth from fully reaching their potential and discovering the path they want to take. Kids for Kids: The Care Group continues to foster acceptance, unity, and kindness in sponsored projects that aim to fight bullying. Together, we can change lives. Your help will go a long way.

Make a donation today: [www.reallygreatsite.com](http://www.reallygreatsite.com)

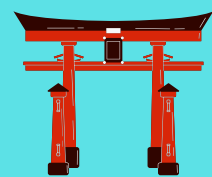
# YAMAGUCHI SITES

## PLACES TO SEE AND VISIT



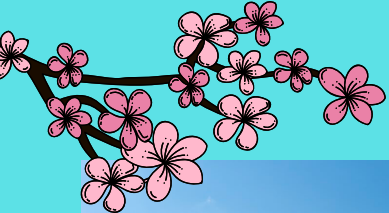
### TOKIWA PARK

Tokiwa Park is located in Ube, there is a broad range of facilities inside the park including the Tokiwa Zoo and Tokiwa Museum, so there is plenty to see and do. Tokiwa Park is a sprawling park complex adorned with trees, flowers, and sculptures which was designed as a "World Heritage Irrigation Structure" in 2016.



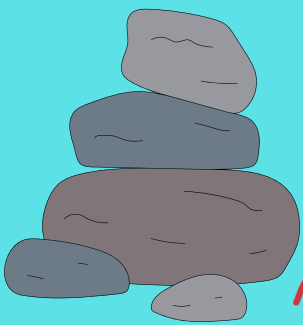
### MOTONOSUMI SHRINE

The Motonosumi Shrine is built up of 123 torii gates which contrast beautifully with the blue ocean and green vegetation. This shrine was built in 1955 based on the legend that a white fox appeared by the local fisherman's pillow while he was sleeping and told him to build the shrine on the cliffs.



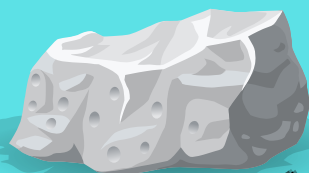
### KINTAI BRIDGE

Kintai bridge, was built in 1673 is one of Japan's best preserved wooden bridges. The bridge was washed away by a typhoon a couple of times, and each time people had to rebuild. The beautiful traditional style bridge can now be seen after some rebuilding using traditional methods. Every season has something different to offer cherry blossoms along the river to spring, fireworks in summer, colorful foliage in autumn, and snow in winter.



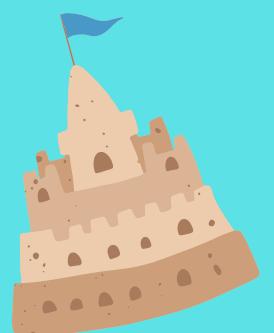
### AKIYOSHIDO CAVE

The Akiyoshido cave is Japan's second largest limestone cave. The temperature inside the cave remains constant at 17°C all year, allowing you to enjoy the cool air in summer and get warm in winter. The entire thing takes about 90 minutes to see.



### KIKUGAHAMA BEACH

Mt. Shizuki and some islands can be seen from the white sandy Kikugahama beach. It is a popular summer destination because of the clear blue water and breathtaking views. During summer time you can take a trip here and enjoy the scenery.



And more...



# WHAT TO EXPECT: DOWNSIDE

You're bound to hit some snags in the beginning. After all, you've just moved to a new country where people speak a completely different language, have vastly different customs, and you might not know anyone. We'll go over some of the most common problems that people face when they first arrive in Japan.

## 01

### TIME ZONE DIFFERENCES

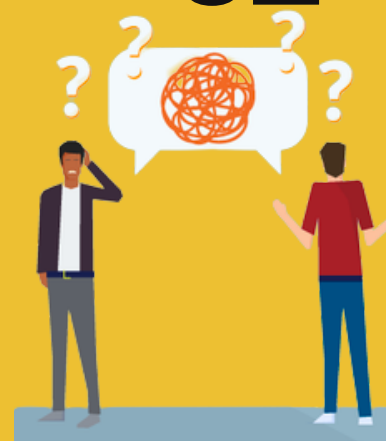
If this does not apply to you, consider yourself lucky. If the time zone differences are difficult for you to adjust to, remember that they are only temporary and that your body will adjust. It is up to you how long it takes to adjust to the time difference; some people adjust in a matter of days, while others may take several weeks. In any case, you'll know you won't be late for class on your first day.



## 02

### COMMUNICATIONS ISSUES

Simple tasks including taking public transportation, asking for a plastic bag at the supermarket checkout, or even withdrawing money from an ATM become difficult if you don't speak Japanese fluently. It may be difficult for you to communicate with University staff and Japanese students: even if you have School staff who speak English, this does not guarantee that they will understand what you're trying to convey. The language barrier will be frustrating at first, but you will eventually be able to overcome it.



## 03

### ISOLATION

Being unable to communicate effectively with others can lead to feelings of isolation. It may be difficult for you to make friends or even hold conversations with others at first, making it difficult to form any kind of meaningful connection. Maintain contact with your support group (family and friends back home) to avoid feeling lonely.



### BEING "OTHER"

It can be especially difficult to transition from a community where you can feel at home to being the only member of your society in a different culture. Whereas you might have been able to go about your business without worrying about other people watching you back home, if you lack East Asian features, you will stand out like a sore thumb in Japan. Although Japanese people are not generally rude to foreigners, you should expect a lot of staring wherever you go.

## 04



## 05

### CHANGE IN APPETITE

Many people's attitudes toward food shifted during their first few weeks/months in Japan. Some problems encountered include a lack of appetite, stress-induced vomiting, unfamiliarity with Japanese cuisine, being too busy or tired to cook, and developing an intolerance to certain foods.



### HAIR LOSS

Finally, the bane of everyone's existence - is hair loss. The water used in Japan is quite different from the water we use at home, and several people who come to Japan from a Western country reported that they suffer from hair loss. Unfortunately, there's not much you can do about it except install shower filters and look after your hair with the right product.

## 06



When it gets tough, don't forget we've all been there. (AND SURVIVED!)

# Japan's Four Seasons

Japan has four seasons: Spring, Summer, Autumn, and Winter. The aesthetic changes in nature such as cherry blossoms in spring or red and yellow leaves in autumn are part of Japan's charm. Let's learn about seasonal changes specific to Ube.



## Winter Season

The winter season in Ube is relatively short, lasting from mid-December to the end of February or, at the very least, mid-March. Because Yamaguchi Prefecture is located in southern Japan or along the Pacific Ocean coast, it is possible that no snow will fall during the winter. (However, there are some lucky days) During this season, make sure you are warm and cozy. To help keep your body warm, visit your local onsen and soak in a warm bath.



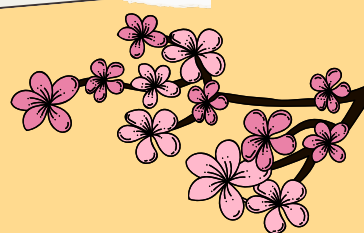
Mid-Dec to Mid-March



March to Mid-June

## Spring Season

"Sakura, or cherry blossoms, are a Spring symbol in Japan. The spring season is a pleasant time for outdoor activities. Take a walk down to Tokiwa Park during this season to see the home of approximately 3500 cherry trees. You can even go to Tokiwa Park with your friends and set up a picnic to enjoy the beautiful scenery. You can also visit Kintai Bridge and Yamaguchi Flower Land.



## Summer Season

Summer lasts from the end of June to the end of September. Summer months are June, July, August, and September. During this season, you can visit Yamaguchi to see the Yamaguchi Gion Festival (July 20-27), the Yamaguchi Tanabata Lantern Festival (August 6-7), the River Water Festival (August), and many other events.



Mid-June to Mid-Sept



Mid-Nov to Early Dec

## Autumn Season

Autumn is one of the most beautiful seasons in Ube, and most people would agree. The temperature is cool but pleasant. As summer transitions into autumn, the weather cools and the leaves begin to change, creating breathtaking vistas of vibrant red, orange, and yellow leaves, particularly in Tokiwa Park and around the school.



# Surviving Japanese Winter



## GETTING WARM WITH THESE TIPS!



### KAIRO OR HEAT PACKS

These are small heat patches that are designed to warm different parts of your body. There are two kairo's; sticky heat patches like bandage you stick onto your clothes, and pocket warmers or non-sticky Kairo you put in your hand or pocket and shake them to activate the heat.

### HOT WINTER DRINKS

Japan brings out its selection of winter beverages for you to try! From coffee to all types of tea, you can imagine. Make sure, you give them a try! You can find them at vending machines, combini or supermarkets



### CLOTHING

Make sure you have warm jumpers so that you layer up and keep warm. If you haven't already got warm clothes, we recommend stores like Uniqlo and GU. As for bigger sizes, we recommend online shopping on; SHEIN, AMAZON, PUNYUNS, Sakazen, and Cecile

### HEAT TECH

Uniqlo is famous for its "HeatTech" brand, which provides clothing designed for Japanese winter. Items vary from long-sleeved shirts to leggings and the colors offered are plain and monochrome.



### ELECTRIC APPLIANCES

In winter, appliances like Kotatsu, heaters, and electric blankets will be lifesavers. You can buy them from Amazon or supermarkets.



During the winter, make sure to turn on your heater or air conditioner to prevent mold from growing on your walls.

# Surviving Japanese Summer



## GETTING COOL WITH THESE TIPS!

hydrate

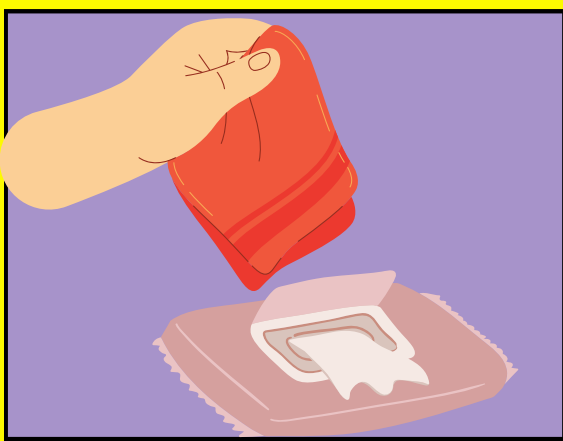


### GET HYDRATED

Drink lots of fluids. Make sure to take a bottle of water or sports drinks with you every day to keep you hydrated. Take advantage of the abundance of vending machines and convenience stores. It only costs around 90 yen to 300 yen.

### WEAR BREATHABLE CLOTHES

Pack with you, your shirts, dresses, and other types of clothing made with thin breathable fabric. When going out, it might be a good idea to keep an extra shirt or two in your daypack to have the option to change if you sweat a lot.

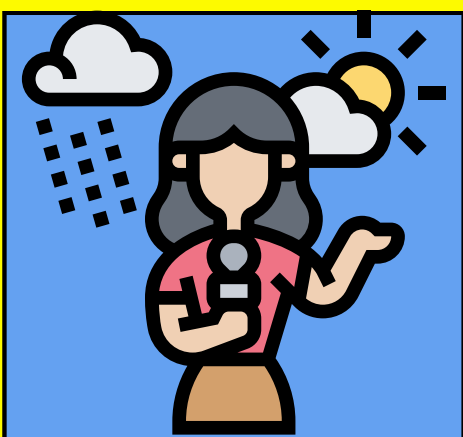


### ALWAYS BRING SMALL TOWELS OR WIPES

Japan's summer season can make you sweat more than ever. To not look too haggard after spending many hours outdoors, you can bring with you small towels or wipes to dab on your sweaty face, neck, back, and arms.

### SPEND MORE TIME INDOORS

Always consider staying indoors when the temperature from mid-morning to late afternoon is going to be in the 30s.



### CHECK WEATHER FORECAST

Always wise to check the weather forecast to know how typical your day is going to be.



Keep in mind turning on your Air Conditioner during summer time is good, however, keep in mind your electricity bill may increase approximately to 70K Yen.



Japan has a variety of Sunscreen at supermarkets, drugstores, etc. Anything with SPF 50 should be able to effectively protect your skin against the harmful ultraviolet rays of the sun.

# How to pay bills

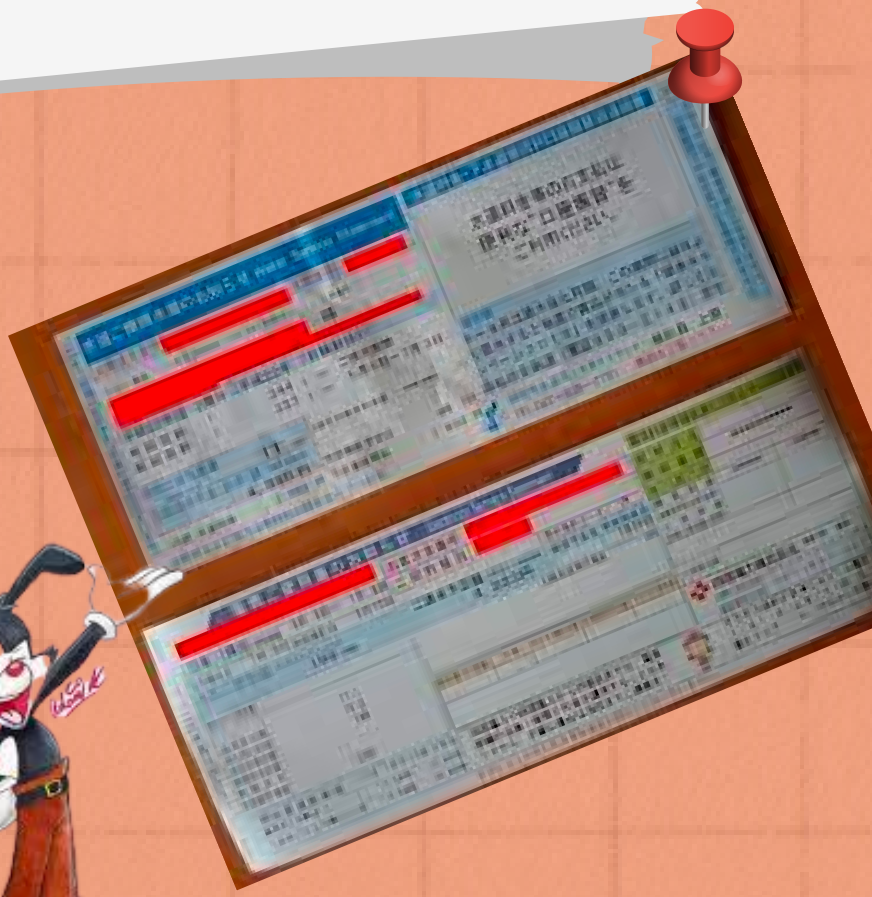


In this modern day and age of automatic payments and internet banking, it will be quite a surprise to some people that in Japan, paying your bills in person is still a big thing. Here, we'll briefly explain what kind of bills you can expect to foot during your stay in Ube, as well as the available payment methods.

**HOW?**

## Types of bills

Always make sure to look through your mail properly. Depending on your situation, you could receive your water bills, electricity bills, gas bills, and even rent payment bills in your mailbox or the dropbox on your front door. Make sure you don't throw them away. Unless you set up automatic bank account payments, your bills will always be sent to you as a physical copy.



## WHERE CAN I PAY MY BILLS?

- You can pay most of your bills at your local convenience store
- Good thing after handing the cashier your bills, they usually don't ask you anything except to press the "Confirm payment" button on the screen.
- After the process is done, please wait for the cashier to hand you the receipt.
- Alternatively, you can pay your bills using online apps such as PayPay. you can deposit a relevant amount into your PayPay app and use the scan in the app to scan the barcode in your bills.



**TO KEEP YOUR RECEIPTS FOR FUTURE REFERENCE!**



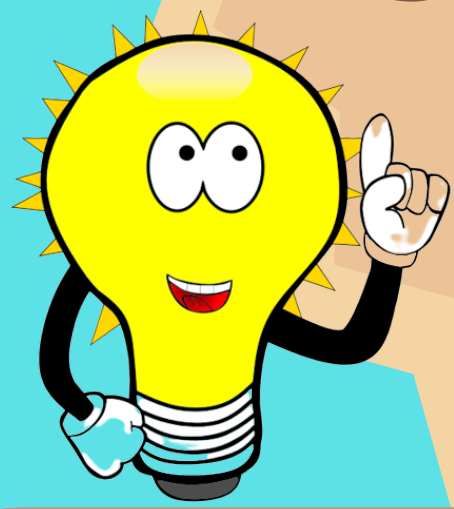
## IMPORTANT TIPS!

- Whenever your bills come, make sure to make a careful note of the "pay by" date so that you don't miss the deadline!
- Late payments will put you at risk of having your utilities cut off
- If you receive any mail that you don't recognize (such as letters from city hall or banks) make sure to take them to the Student International Affairs Department (Ms Asano) and query it.



# Everyday Life 101

## YOUR BANK AND ATMS



### JP Post Bank

There is a JP Bank branch located near the Tokiwa Campus usually opens from 9:00 am to 5:00 pm. ATMs on the other hand will be closed at 7:00 pm.



Weekdays - 9:00 - 7:00 pm.  
Closed during holidays.

### ATMs in Convenience Store

Note, at any Convenience store even Supermarkets, have ATMs however, depending on the time of your usage the ATM has particular deductions either 110 yen, 220 yen, or 300 yen.



### Open an Account!

To open an account, you must have the following;

- Passport
- Residential Card
- Student ID or Certificate of Enrollment
- A seal or inkan



FOR INTERNATIONAL STUDENTS THERE IS A LIAISON STUDENT TO HELP YOU WITH YOUR REGISTRATION. PLEASE LIAISE WITH THAT PERSON FOR THE TIME AND DATE!

### If youre a Scholarship recipients

Under the regulations of the Japanese Government, you MUST obtain a Postal-savings account at what is known as a JP Bank, or "Yucho-Ginko". These accounts are just like ordinary bank accounts. However, they are applied for and issued by the post office. To open an account, you will need to bring your passport, and residence card.

We recommend you request an ATM card as it makes it more convenient to withdraw your money. Automatic transfers, remittances, credit card payments, and payment of utilities are also available at JP Bank.



### JP Bank Application

Note, JP Bank also has an application for ease of reference for keeping track of your money. It can also be available for online transferring, however, a deduction of 3,000 yen from your bank account. (lols)



Note: Many banks are located close to the University, and ATMs are readily available near you as well.



# EVERYDAY LIFE 102:

## Your Means of Transportation



To get around Ube City, aside from the taxi ride, there's always the bus and train available for you. Here are some tips to guide you.

### PREPAID E-MONEY CARD

When taking the trains or bus, we must ensure we have our pocket money as fares. However, this can be a hassle for some people. Therefore, you must get yourself a Suica Card and IC Card. These are rechargeable prepaid cards that you can get from the bus driver, train station, or Convenience Store. You can use these cards during your travel by train or by bus. You can also use Suica Card for shopping but make sure the place uses Suica pay. Also, you can recharge your card at Convenience Stores.



### IMPORTANT TO HAVE GOOGLEMAP

It is critical that you have the GoogleMaps app on your phone. This application will assist you in getting to wherever you want to go or seeing what you want to see. Also, because time is of the essence, trains and buses operate on a schedule, so it is best to consult Google Maps for a variety of times when buses and trains typically depart.

### NEAREST BUS STOP TO TOKIWA CAMPUS

- Saruta Bus stop (two) located at the back of the Ube International Houses. (5 mins walk)
- In front of the Engineering Department there is two bus stop on each side. (10 mins walk)
- Just check your google map, as it will show you different areas of bus stop locations for your means of use



### NEAREST TRAIN STATION TO TOKIWA CAMPUS

1. Higashi-Shinkawa Station located near Uniqlo Shop. It will take you 35 mins to get there by foot.
2. Ube-Shinkawa Station located near the ANA Crowne Palza Hotel. It will take you 46 mins by foot. However, to get there you can take the bus.



### AND THERE'S ALWAYS THE BICYCLE



- During your stay at the Ube International Houses (Single & Family) the Dorm Supervisor will lend you one bicycle. But you must pay attention to when the Dorm Supervisor will inform the date of registration.
- In the meantime, it's best to have your own. You can buy online from Amazon or from the mall (Fujigrand) or the Home Improvement Store near Fujigrand Mall.



### REMEMBER :

On most Japanese Trains and Buses, certain seats are marked with a color to indicate priority seats. These are typically used for the elderly, injured people, pregnant women, or small children. And most importantly, be patient, safe, kind, and respectful.

# IMPORTANT!

# YOUR STUDY SPACE



Here at Tokiwa Campus, MOT offers a choice of study spaces to support different types of study. These include spaces designed for quiet, individual study, spaces suitable for group work and single occupancy rooms which can be used for online or phone interviews or discussions.

## 1. MOT Rooms

The MOT Department has provided three MOT spaces already furnished. Note the room numbers are MOT D406, MOT D409 & MOT 410. Every room has its own key code which they will be given to you by your Professor or 2nd-year students.



## 2. Rules to remember

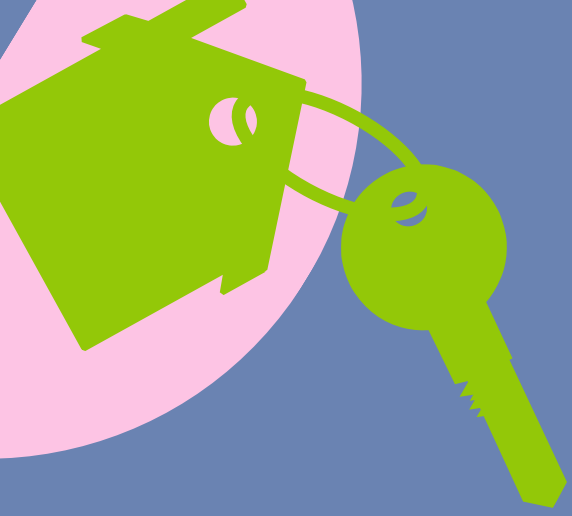
1. Always remember to turn off any electric appliances before you leave the room.
2. We as students must keep the MOT Rooms clean and clear. By taking the trash to the Disposal Section at Tokiwa Campus for sorting
3. Make sure to lock the door!



## 3. Others

Not only the MOT Room can provide the study area, there is also the Tokiwa Campus Library located opposite the Tokiwa Campus Administration Office.





# INTERNATIONAL STUDENT HOUSING



## Ube International House (Single & Family)

The University has provided the Ube International House for Singles and Families (as well as a few rooms) for all International students planning to study at Tokiwa Campus. The Tokiwa Campus Student Support Office will contact you during the enrollment process to confirm whether you want to live in a Single House or a Family House. The goal of the Ube International House is to provide you with the convenience of not having to look for an apartment while you are still abroad. Instead, you will arrive at a rest stop to rest while you adjust to your new surroundings.

## Period of Stay

One thing to keep in mind about living in the Ube International House is that you will only have six (6) months to adjust to your new surroundings. In the meantime, you will have to decide whether to apply for the General Dormitories here at Tokiwa Campus OR look for an apartment outside. There is a possibility of requesting an extension, but unlikely it will be granted. As a result, please be prepared.

## Rent for Ube International House (Building 1 & 2)

Building 1 (Single House) - 11,200 Yen + Cleaning fees

Building 2 (Family House) - 27,000 Yen for Couples and 37,000 Yen for Family + Cleaning Fees

Usually, the rent will come to you in your mailbox between the 24 to 27 of each month. This should be paid to the School Accountant at the Tokiwa Campus Administration Office.



## Need to know!

The Tokiwa Campus Student Support Office will also inform you whether you would like to purchase a futon (blanket) and bed clothing to be readied for your due arrival. Usually, these are priced at around 5,000 Yen.

Also, your room is already fully furnished. ITs just you need to shop for the necessary groceries.



# Everyday Life

## 103:

Need to know about the Japanese Currency!



## Japanese Money or YEN

Yen is the unit of currency in Japan. Japan currency consists of four different kind of notes 10,000 yen, 5,000 yen, 2,000 yen, and 1,000 yen bills and six different coins - 1 yen, 5 yen, 10 yen, 50 yen, 100 yen, and 500 yen coins. These notes and coins are useable almost anywhere, but vending machines and buses usually only accept 1,000 yen notes and / or coins. (Due to inflation, 1 yen and 5 yen coins are not used very often)



## Understanding the notes

- **1,000 yen** - This roughly equates to an American \$10 bill and is the lowest value of any Japanese banknote in circulation. This bill is typically used by office workers to pay for lunch.
- **2,000 yen** - This bill was only printed from 2000-2003, maybe rarer than an American \$2 bill, and is approximately \$20.
- **5,000 yen** - Comparable to an American \$50 bill, this may be the one you use to pay for dinner and drinks at a well-known restaurant or izakaya.
- **10,000 yen** - Essentially a \$100 bill. Present this bill when paying for the whole family to eat.



## Understanding the Coins

- **1 yen** - 1 yen is less than one American cent, you can use a 1 yen coin to make exact changes, saving you from having to break a bill. This coin is made out of aluminum and can even float on water.
- **5 yen** - Can be seen as an American nickel and is valued at about 5 cents. As such, this coin is often offered at shrines in anticipation of a good relationship with the gods. A 5 yen coin has a hole through the middle of it and has a yellow tint.
- **10 yen** - This copper coin holds a value of about 10 cents (USD). These coins can be useful if you need to use a public payphone.
- **50 yen** - This silver coin is equal to about 50 cents and also is another one that has a hole through its center.
- **100 yen** - Equal to about \$1.
- **500 yen** - Basically a \$5 bill, and it can be used to buy a simple lunch such as a bento box.



ニュートンによる『プリンキピア』の出版および運動法則の発表は、彼の時代の他の主要な発見の一部を形成しています。科学革命には、ニコラウス・コペルニクス、ガリレオ・ガリレイ、ヨハネス・ケプラー、ルネ・デカルトらの大きな科学的躍進が含まれています。

# EVERYDAY LIFE 104:



## Separate Garbage collection



### Need to know

Upon moving to Japan you have to leave all your habit of how you dispose of waste back in your country. Because here in Japan, sorting garbage may seem confusing but very important to keep it clean, and sorted in the right way to be able to decompose. Wastes are categorized in a particular manner in addition to burnable trash (i.e. paper scraps), and combustibles are further separated into smaller categories including newspapers, magazines, and plastics.

### Places

At the Tokiwa Campus please note around campus at every corner there are always disposal trash cans even the vending machine has its own trash can for disposal of waste. In addition, note there are two or more trash cans located at every corner categorized for plastic bottles, cans or aluminum, and burnable wastes. In these, disposal trash cans are readied with rubbish bags. Also, around the dormitory areas, there is also disposal trash cans with the same category located near the dormitory buildings. Therefore, if you are living in the school dormitories it is your job to buy the rubbish bags (already tagged in different sizes) both for burnable rubbish and plastic rubbish from the Co-op shop inside the school, convenience stores, and supermarkets. Also note, Inside the campus, we have a main house allowing students to dispose of the wastes found in classrooms which are then taken to and sorted to be picked up by the Waste Management staff.

### ストレス解消できます

インフォグラフィックとは、データを視覚的に表現したものであり、複雑な情報を簡単に共有・会得することができます。自分自身について作成する場合は、自分の画像、グラフ、テキストを整理するだけです。最後に、出典を表示しましょう。

ボランティアを始める準備はできましたか？

コミュニティでボランティアの機会を探しましょう

詳細：WWW.REALLYGREATSITE.COM