Agenda

• Introductions
• Logistics
• Academics
• Life in Kyoto
• Health and Safety
• Finances and Budgeting
• Action Items
• Wrap up/Questions
<table>
<thead>
<tr>
<th>Japanese</th>
<th>Pronunciation</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>おはよう (ございません)</td>
<td>ohayou (gozaimasu)</td>
<td>Good Morning</td>
</tr>
<tr>
<td>こんにちは</td>
<td>konnichiwa</td>
<td>Hello / Good afternoon</td>
</tr>
<tr>
<td>こんばんは</td>
<td>konbanwa</td>
<td>Good evening</td>
</tr>
<tr>
<td>おやすみ (nasai)</td>
<td>oyasumi (nasai)</td>
<td>Good night</td>
</tr>
<tr>
<td>さようなら</td>
<td>sayounara</td>
<td>Good bye / See you later</td>
</tr>
<tr>
<td>またあした</td>
<td>mata ashita</td>
<td>See you tomorrow</td>
</tr>
<tr>
<td>ありがとう (ございません)</td>
<td>arigatou (gozaimasu)</td>
<td>Thank you</td>
</tr>
<tr>
<td>どういたしまして</td>
<td>dou itashimashite</td>
<td>You’re welcome</td>
</tr>
<tr>
<td>すみません</td>
<td>sumimasen</td>
<td>Excuse me / I’m sorry</td>
</tr>
<tr>
<td>ごめんなさい</td>
<td>gomen nasai</td>
<td>I’m sorry</td>
</tr>
<tr>
<td>おかげさまで (げんきですか)</td>
<td>okagesamade (genki</td>
<td>I’m very good</td>
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<td></td>
<td>desu ka</td>
<td></td>
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<tr>
<td>いただきます</td>
<td>itadakimasu</td>
<td>Express gratitude before</td>
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<td></td>
<td></td>
<td>eating your meal</td>
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<tr>
<td>ごちそうさまでした</td>
<td>gochisou sama deshita</td>
<td>Express gratitude after</td>
</tr>
<tr>
<td></td>
<td></td>
<td>eating your meal</td>
</tr>
<tr>
<td>おめでとう (ございません)</td>
<td>omedetou (gozaimasu)</td>
<td>Congratulations</td>
</tr>
<tr>
<td>おきをつけて</td>
<td>o ki wo tsukete</td>
<td>Be careful</td>
</tr>
</tbody>
</table>
• Program began in 1989
• 14 American universities
• Admit about 40 students per semester
• 3 BU students at KCJS during fall 2016 (1 AY)
• 7 BU students going to KCJS this spring 2017
Program Logistics

Who does what?
1. KCJS
2. Columbia University
3. Boston University
4. Doshisha University

Academics
• Transcript issued by Columbia University
• Earn BU credits and grades

Finances
• Pay BU tuition
• Pay deposit and program fee to Columbia

Resources and support
• Full on-site resources in Kyoto from KCJS
• Support from BU, Columbia
• Access to some Doshisha University resources and services
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students arrive</td>
<td>August 30</td>
</tr>
<tr>
<td>Fall orientation begins</td>
<td>August 31</td>
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<tr>
<td>Orientation ends/move into program housing</td>
<td>September 2</td>
</tr>
<tr>
<td>First day of classes</td>
<td>September 4</td>
</tr>
<tr>
<td>Deadline for course registration</td>
<td>September 11</td>
</tr>
<tr>
<td>National holiday</td>
<td>September 18</td>
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<tr>
<td>KCJS Fall trip to Okayama</td>
<td>September 29 - October 1</td>
</tr>
<tr>
<td>National holiday</td>
<td>October 9</td>
</tr>
<tr>
<td>Fall Break begins</td>
<td>October 28</td>
</tr>
<tr>
<td>Classes resume</td>
<td>November 6</td>
</tr>
<tr>
<td>National holiday</td>
<td>November 23</td>
</tr>
<tr>
<td>Last day of classes</td>
<td>December 8</td>
</tr>
<tr>
<td>Language final examination</td>
<td>December 11</td>
</tr>
<tr>
<td>Elective course final examinations</td>
<td>December 12 - 14</td>
</tr>
<tr>
<td>Fall semester closing ceremony and farewell luncheon</td>
<td>December 14</td>
</tr>
<tr>
<td>Intersession break begins</td>
<td>December 15</td>
</tr>
<tr>
<td>Last day to move out of housing</td>
<td>December 18</td>
</tr>
</tbody>
</table>
• **Japanese Language: 8 credits total**
  - Two 4-credit Japanese language classes; 2 hours every morning
  - Placement based on exam during orientation
  - 6-10 students per class

• **Electives: 8 credits total**
  - Choose two electives from the available options
  - Contact BU Academic Advisor to have approved for equivalent credit

• **Community Involvement Project (CIP)**
  - Mandatory, must last throughout the semester
  - 10% of Japanese grade
  - Wide range of possible activities: involvement in the community or learn a skill
  - Commit to and arrange your CIP after arrival, but consider your interests now
MAKE THE MOST OF YOUR SEMESTER ABROAD!

• CAS IP101 will provide you with tools for identifying cultural differences, patterns and values, and will challenge you to think critically about and reflect on your study abroad experience.

• Course is worth one (1) credit and is Pass/Fail.

• The syllabus and more information is found on the Global Learning Experience webpage.

• Please check your program Hub Page for instructions on how to enroll.

• Students enjoy the readings and a Spring 2015 participant said “[CAS IP101] forces you to really explore your environment and get out of your comfort zone. Gives you constant questions to think about while you travel.”
Academic Policies

• All students are subject to BU’s Academic Code of Conduct

• Must take the full course load for a grade

• All coursework must be completed prior to end of program (or an F may be assigned)

• If accommodations are needed, notify BU Study Abroad and BU’s Office of Disability Services

• Attendance policies
  – Personal travel must NOT conflict with academic obligations
  – Details will be given during the on-site orientation and/or in syllabi
Immigration: Student Visa

Apply before going to Japan. Allow at least 2 weeks for processing.

Follow detailed instructions in KCJS Handbook

Steps:
1. Obtain a valid passport
2. COE questionnaire submitted with application materials
3. Post-decision: submit COE address via Columbia’s system
4. Identify your Embassy or Consulate
5. Receive COE from KCJS (late July)
6. Gather materials
   • COE and photocopy of COE
   • Visa application form
   • Valid passport
   • One passport photo
7. Apply for visa at Embassy/Consulate
**BU Bill**
- Tuition only
- Contact Student Accounting Services with questions

**Columbia Bill**
- $5,500 program fee. Covers
  - Housing
  - Partial board
  - Activities

**Estimated Additional Expenses**
- $1,250 food
- $1,500 roundtrip airfare
- $750 local transportation
- $150 books
- $2,800 personal spending*

**Money-saving tips**
- Prepare your own meals
- Travel within Japan rather than internationally
- Prioritize your entertainment
- Use student discounts
- Take advantage of University resources, activities, and events

*Highly dependent on how much you travel and dine out while abroad
Life at KCJS: Housing

Homestay
• Private room and internet access (may not be wireless)
• Breakfast and dinner with family, daily lunch allowance
• Commute times may be long

Apartment
• Often private bedroom with shared kitchens and bathrooms
• Furnished and internet access (may not be wireless)
• Include basic cooking tools, utensils, refrigerator, washing machine, linens
• Provide your own breakfast and dinner; daily lunch allowance
Life in Kyoto: Getting Around

**Trains**
- Frequent mode of travel from homestay
- Host family will help you to purchase train pass and figure out schedule

**Bikes**
- Kyoto is bike-friendly
- Learn about bike rental/purchase during orientation

**Costs**
- Transportation estimate $150/month for all students

**Travel outside Kyoto**
- 1-2 group trips within Japan per semester
- Notify KCJS and BUSA of travel plans
Life at KCJS: Daily Life

Get Involved!
- KCJS Group Trips
- Guest Lectures
- Student-centered KCJS activities
- Language Partners
- Doshisha University student organizations/clubs
- Special events
- Cultural Activities

Exchange Student Groups
- Doshisha Exchange Student Association (DESA),
- Cosmopolitan (another exchange circle at DU)
- Kyoto University International Exchange Society (KIXS)
Culture

- Language
- Communication
- Courtesies
- Rituals
- Roles
- Customs
- Relationships
- Practices
- Expected behaviors
- Values
- Thoughts
- Manners of interacting
I love it here! Fight on!

Hollywood

No one understands me. Everything is so different...

Oh it's not bad here after all. I even kind of like it!
1. Research your host country prior to departure
2. Keep an open mind
3. Search out new experiences and friends
4. Do not judge the people of a country by one person or one experience
5. Keep a sense of humor
6. Listen and observe rather than merely see or hear
7. Reflect daily to process your experiences
8. Use your host university’s support system
9. Stay in touch with home
10. Remember you have traveled far to learn about and experience a new culture, and to represent your country and school; most people only DREAM about having this experience.

There is no "best way" to deal with culture shock; it always depends on the individual.
Plan ahead!

- Visit your doctor about any health concerns or for a physical, if overdue
- Maintain regular dental appointments
- Make a plan to access your medications abroad
  - Talk to your doctor
  - Make a copy of your prescriptions
  - Restrictions on certain medications in Italy
  - If allowable, obtain a supply for full semester
  - Do not plan to ship medicine abroad
- Understand that medical facilities will be different abroad
- Learn about local health system and cultural differences
- Contact program staff with any concerns
Life on Site: Mental Health

- Talk to your therapist/counselor about mental health while abroad and make a plan before you go.

- Even if you may be excited about new opportunities, stress or anxiety may increase abroad.

- Stay Healthy:
  - University resources
  - Keep up routine (when possible)
  - Cultural norms
  - HTH (or equivalent policy) covers mental health care
  - Use the on-site staff as a resource
At least two weeks before the program start date, all students will be automatically enrolled in international insurance coverage and emergency travel assistance services through HTH WorldWide, including evacuation coverage.

- Valid for the duration of the program, and extendable at the student’s expense

  - Detailed coverage information is provided on the BU Study Abroad Health & Safety page and again by email at the time of enrollment

  - In case of need of medical treatment, mental health counseling, or travel assistance while abroad or to set up appointments in advance, contact HTH directly and identify yourself as a Boston University student:
    - +1 610-254-8771
    - globalhealth@hthworldwide.com

- All students are required to maintain their US-based health insurance coverage while abroad
Program Emergency Plan
• Boston University closely monitors the security situation across the world, and follows guidance from local authorities and the US State Department
• Detailed emergency plans and general safety precautions will be explained during orientation

Personal Emergency Plan
• Always have emergency contact numbers with you, both in your phone and separately
• Enroll in the State Department STEP Program to get travel alerts and warnings
• Talk with your family about communication expectations in the event of an emergency
Take Responsibility for your OWN Risk Management!

- Talk to your family and friends about the location-buildings, housing, staff, insurance, resources
- Practice situational awareness: Be aware of your surroundings; be vigilant of others.
- Do not drive (road and pedestrian accidents are #1 cause of injury/death abroad)
- Do not participate in demonstrations or protests
- Drink responsibly –The majority of problems student’s face are related to alcohol. It’s not the staff’s responsibility to manage your consumption!
- Travel with others and look out for each other.
- Pay attention to the news (before and during the program)
- Practice safe sex and report any sexual assault to staff abroad.
Personal Safety

Keep your belongings safe

– Do not bring valuables or sentimental items abroad
– Avoid carrying large amounts of cash
– Monitor your wallet/purse closely. Keep money hidden, or consider a money belt
– Limit smartphone usage in public
– Carry only necessities out at night – make sure you have emergency numbers with you
Our Expectations of you:

We expect that you will...

- Share responsibility for your safety and that of others in the program
- You will be reachable by local phone at all times. Keep your phone charged and topped-up with minutes.
- You will reach out to program staff and your family if you experience, witness or become aware of a serious incident of any kind.
- You will report issues of any sort in a timely manner to the on-site staff (or directly to Boston if necessary) so that we can help you.
Staying connected with home

- Skype and Facetime
- Email, messaging, and apps (Line)
- Wifi widely available with good speed

Mobile Phones

- Make sure you have a local number for emergencies and ease of use
- Many students purchase a pre-paid mobile phone when they arrive in Japan, about $100.
- Soft Bank and AU are popular carriers
- $30-40/month for unlimited plans
- Receive information during orientation
- Keep your current smartphone on “airplane mode” and use apps on Wi-Fi when it’s available.
- US-based international mobile phone plans are more expensive and may not work.
Engaging with KCJS & Kyoto: Start now!
These are beneficial for research before you go and for resources while abroad

• **Local Social Media**
  - Follow Doshisha University, local businesses, venues, organizations, etc. to get latest news about places of interest and keep up with different social trends.
  - KCJS [Facebook group](#)
  - KCJS on [Youtube](#)

• **Local streaming TV, Spotify channels, radio, etc.**
  - Pay attention to the news to keep up-to-date on events in Kyoto and the region

• **Blogs and websites**
  - You have a place to track good websites, magazines, and apps on the worksheet that’s attached to the online module. Use it!
Banking: Japanese Yen (JPY)

- Easy access to cash while abroad

- Using your American bank account
  - ATM withdrawals and fees
  - Post office and 7Eleven ATMs should work with American cards
  - Minimize number of withdrawals
  - Some ATMs (post office) have very limited hours

- Tell your bank and credit card about your travel plans in advance
  - Does your bank have restrictions in Japan?
  - Does your bank have a partner in Japan?
    - Citibank – no transaction fee for Citibank ATMs in Japan
    - What additional fees will you have to pay?

- Credit card for emergencies

- Access to multiple types of funds

1 USD = 115 JPY
Flights and Travel to Kyoto

Independent Flight

- Submit flight to BU International Travel Registry or email directly to Jessica
- Detailed instructions and recommendations in KCJS Handbook
- Travel to orientation (Hearton Hotel) upon arrival

Travel Tips to Orientation

- From KIX: MK Skygate Shuttle Service (reserve at least 48 hours in advance)
- From other airports: Review KCJS Handbook
- Plan your travel to arrive at orientation on time
**LOGISTICS**
- Arrive at the airport at least three hours prior to your departure
- Wear heavier clothes on the flight to save room in your suitcase
- Confirm your departure time and flight

**CARRY ON**
- Passport with visa
- *Yakkan Shoumei*, if required
- Liquids 3oz or less in plastic bags (check [www.tsa.gov](http://www.tsa.gov) for up to date requirements)
- Essentials to last you a few days in your carry-on in case your luggage gets lost (toiletries, medicine, change of clothes, eyeglasses)

**HEALTH WHILE TRAVELING**
- Drink lots of water and stay hydrated
- Be sure to time your medications while traveling
- Get lots of sleep after you arrive: jetlag can take up to a week to go away!
Packing List

• **Luggage:**
  – Use bags that are light and sturdy – one large, one carry on, one shoulder bag or backpack
  – Pack only what you can carry *yourself*
  – Check airline restrictions on weight and number of bags you can take aboard. Overage fees may apply.
  – Do not plan on shipping items abroad

• **All students should bring:**
  – Passport with visa
  – Roundtrip flight itinerary
  – Medication, original prescriptions, *Yakkan Shoumei*
  – KCJS contact details and directions to Hearton Hotel
  – Extra glasses, contacts, solution
Program Specific Items:
- Handbooks and emails from KCJS
- Decent socks
- Easy-care clothes and lots of layers
- Clothes for heat, humidity, and cold (extras if you are tall or wear a large size)
- Sanitary products and antiperspirant
- Toothpaste (Japanese toothpaste does not contain fluoride)
- Over the counter medications
- Handkerchiefs to use as a towel in public restrooms
- Backpack or small duffel bag
- Laptop, plug adaptor, Ethernet cable
- Extra passport photos
- Gifts (Omiyage) from home to give new friends

What NOT to bring:
- Sentimental or valuable items
- Voltage converter – their voltage runs slightly lower than U.S.
- Bedding
- Personal appliances (hairdryers, straighteners, shavers)
Future Communication

- BU Pre-Departure follow-up and general reminders
- Additional information directly from Columbia and KCJS
- COE letter arrives
- Getting Ready to Go e-mail (important reminders sent a few weeks before departure)
- HTH Insurance e-mail
- Apply for Student Visa
- Complete general Pre-departure documents
- Complete Columbia/KCJS pre-departure documents
- Submit flight to [BU International Travel Registry](#) or email to Jessica
- Pay program fee to Columbia
- Book your flight (roundtrip)
- Watch the PDP roadmap (again!)
- Check in with Student Accounting Services and/or Financial Assistance as needed
- Talk with your doctor about health and medications abroad
- Make a plan for prescriptions (apply for Yakkan Shoumei if necessary)
- Connect with BUSA & KCJS on social media!
SAYONARA
• BU provides a variety of educational programs designed to promote awareness and prevention of sexual assault and domestic violence.

**Rape Aggression Defense (RAD) training**
• The Boston University Police Department offers RAD training several times during the year, and can schedule additional sessions on request.

**Sexual Assault Response & Prevention Center**
• In cooperation with BU’s **Student Health Services**, SARP provides a variety of services, including:
  – Step Up. Step In. (bystander training)
  – health services
  – mental health counseling
  – violence prevention workshops during the academic year and upon request

**Be Safe@BU**
• The Dean of Students provides programming at student orientation and beyond to educate the BU community on a variety of safety measures, including assault prevention.

**Wellness & Prevention Services:**
[http://www.bu.edu/shs/wellness/](http://www.bu.edu/shs/wellness/)
• Non-BU students, please also research your university’s services
Boston University is committed to fostering a safe learning environment for all members of the University community and preventing sexual misconduct.

- **All forms of sexual misconduct, including rape, acquaintance rape, sexual assault, domestic and dating violence, stalking, and sexual harassment are violations of Boston University’s policies, whether they happen on campus or off campus.**

- Reporting: On-site staff should be first resource. If unavailable or uncomfortable reporting, contact Title IX Deputy Coordinator Debbie Miller at millerda@bu.edu.

- BU staff/site staff are obligated to report any incident of sexual misconduct

- On-site staff will go over this in orientation

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“I didn’t know what to call what happened to me, I just knew it felt bad.”
You don’t have to go through this alone.

- **Contact**

  - **Dean of Students Office**
    - 617-353-4126
dos@bu.edu

- Visit www.bu.edu/safety for more information.
LGBTQ Resources
• US State Department Advice for LGBT Travelers
• Diversity and Inclusion Abroad: Sexual Orientation Abroad

Disability resources
• Diversity and Inclusion Abroad: Student with Disabilities Abroad
• Abroad with Disabilities Facebook Community

Women’s issues by site
• US State Department Advice for Women Travelers
• Diversity and Inclusion Abroad: Women Abroad
• BU: http://www.bu.edu/shs/resources/

Many additional resources can be found online