

The 25<sup>th</sup> Japan-America Grassroots Summit in Oita, Japan

# Oita Summit Guide

July 6<sup>th</sup> – July 13<sup>th</sup>, 2015



The 25<sup>th</sup> Japan-America Grassroots Summit  
**Oita Executive Committee**  
John Manjiro Whitfield Commemorative  
**Center for International Exchange (CIE)**

\*\*\*\*\*

July 7<sup>th</sup> and July 8<sup>th</sup>  
Beppu Suginoi Hotel Tel: +81-(0)977-24-1141

July 12<sup>th</sup>  
Oita Oasis Tower Hotel Tel: +81-(0)97-533-4411

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# Oita Summit General Itinerary

July 6 <sup>th</sup> (Monday)	
Depart airport in America and fly to Narita (Airline and flight vary from person to person)	
July 7 <sup>th</sup> (Tuesday)	
Narita Airport	
13:55	NH 011 from ORD (Chicago) arrives at Terminal 1
15:20	NH007 from SFO (San Francisco) arrives at Terminal 1 NH173 from IAH (Houston) arrives at Terminal 1
15:25	NH 001 from IAD (DC) arrives at Terminal 1 NH 009 from JFK (NY) arrives at Terminal 1
Volunteers and NTA staff wearing green kimono jacket meet you in the arrival lobby.	
15:30	Bus No. 1 leaves "Terminal 1"
16:45	Bus No. 2 leaves "Terminal 1" for Haneda Airport.
16:30	Bus No.1 arrives at Haneda Terminal 2 for the connection to Oita airport.
17:45	Bus No.2 arrives at Haneda Terminal 2 for the connection to Oita airport.
Check-in the domestic flights. Free time until the departure of the domestic flights. You may have light dinner in the airport or airplane. (“Bento” box dinner will be provided )	
18:50	NH799 leaves for Oita airport from Haneda Terminal 2
20:25	Arrives at Oita airport. Move to Beppu Suginoi Hotel by bus
22:00	Arrive at Beppu Suginoi Hotel Registration at Summit Desk and check in.  Free time at Hotel
<i>&lt; Overnight at Beppu Suginoi Hotel &gt;</i>	
July 8 <sup>th</sup> (Wednesday)	
7:00 – 8:30	Breakfast at Hikari
8:30 - 8:45	Depart for the local tours (Bus departure information will be available at the Summit Desk)
	Local tours
15:00 – 16:00	Return to Hotel
16:50 – 18:00	Opening Ceremony at Ballroom Amber of Beppu Suginoi Hotel

18:15 – 20:00	Welcome Reception at “Royal Pearl Room” of Beppu Suginoi Hotel
20:00 -	Enjoy “onsen”!!
<i>&lt; Overnight at Beppu Suginoi Hotel &gt;</i>	
<b>July 9<sup>th</sup> (Thursday)</b>	
7:00 – 8:30	Breakfast at Hikari, and Check out by 8:30
Approx. 9:00	Depart for the local session areas <i>(Bus departure information will be available at the Summit Desk)</i>
	Arrive in Local Session Area. Local Session Program starts
< Homestay >	
<b>July 10<sup>th</sup> (Friday)</b>	
	Local Session Program
< Homestay >	
<b>July 11<sup>th</sup> (Saturday)</b>	
	Local Session Program
< Homestay >	
<b>July 12<sup>th</sup> (Sunday)</b>	
By 15:00	Move to Oita City by bus and leave the luggage at Oita Oasis Tower Hotel. (If your host’s house is close to Oita City, your host may take you to Oita Oasis Tower Hotel. You can send your suitcase to the next visiting place by express courier service from the hotel. )
15:00 -16:00	Visit to OPAM(Oita Prefectural Art Museum)
16:20 -17:00	Presentation by Amache Preservation Society at Kohbai Room (3F) of Oasis Tower Hotel
17:10 -18:20	Closing Ceremony at Kohbai Room (3F)
18:30 - 19:45	Farewell party at Kujyaku Room (5F)
	Free time
<i>&lt; Overnight at Oita Oasis Tower Hotel &gt;</i>	
<b>July 13<sup>th</sup> (Monday)</b>	
6:30 –	Breakfast and check out
08:00	Depart Oita Oasis Tower Hotel by bus
10:45 – 12:20	Fly to Haneda by <b>NH794</b>
Travel agent will provide your Airport Limousine Bus ticket. Please ride on the Bus to Narita Airport Terminal 1.	
Leave Narita for America	

***This itinerary may be subject to change.***

# Itinerary

## - Post Summit Optional Program

Post Summit Optional Program

**OP1 Kumamoto& Tokyo**

- ※ **Guide to Kumamoto : Mr. Joji Yoshikuni**
- ※ **Breakfast at hotels and meals at host's house are included**

July 13 <sup>th</sup> (Mon)	
07:30	Depart Oita Oasis Tower Hotel for Oita Station on foot (Sandwich will be provided for breakfast at hotel)
08:10-11:08	Ride on <b>Trans Kyushu Express "1"</b> to Kumamoto Station Meet with staff of Kumamoto International Foundation (KIF)
	Lunch Suizenji Park sightseeing
16:00-	Meet host family at KIF < Homestay >
July 14 <sup>th</sup> (Tue)	
09:30 Morning Afternoon Approx. 17:00	Meet at KIF Kumamoto Castle sightseeing Suntry Beer Brewery Pick up by host at KIF < Homestay >
July 15 <sup>th</sup> (Thu)	
Approx. 10:30	Depart Kumamoto by Airport Limousine Bus for Kumamoto APT
Approx. 11:30	Arrive at Kumamoto Airport
12:40 -14:25	Depart Kumamoto airport for Haneda airport by <b>NH646</b>
14:25 -	Meet CIE staff at Haneda and move to Sunshine City Prince Hotel in Ikebukuro by Airport Limousine Bus Arrive at hotel and check in ※ Reserve the Airport Limousine Bus to Narita of your departure day for the U.S. in the hotel lobby. < Stay at Sunshine City Prince Hotel >
July 16 <sup>th</sup> (Fri) or your departure day for America	
More than 4 hours before the departure time of your Int'l flight	Depart Sunshine City Prince Hotel and move to Narita Airport by Airport Limousine Bus
	Fly back to America

***This itinerary may be subject to change.***

# Itinerary

## - Post Summit Optional Program

Post Summit Optional Program

OP 2 Kyoto & Tokyo

- ※ **Volunteer Tour Leader : Mr. Kiyoshi Hirata**
- ※ **Breakfast at hotels and meals at host's house are included**

July 13 <sup>th</sup> (Mon)	
07:00 07:30	Depart Oita Oasis Tower Hotel for Oita Station on foot. (Sandwich will be provided for breakfast at hotel) Ride on Airport Bus for Oita Airport
09:35-10:30	Depart Oita airport for Itami airport by <b>NH 3142</b>
10:30 -	Move to Kyoto station to meet volunteers.
Afternoon Evening	Lunch and program Kyoto Gion Corner <span style="float: right;">&lt; Homestay &gt;</span>
July 14 <sup>th</sup> (Wed)	
Morning & afternoon Evening	Sightseeing Potluck Party <span style="float: right;">&lt; Homestay &gt;</span>
July 15 <sup>th</sup> (Thu)	
By 11:30 12:05 – 14:16	Go to Kyoto Station with host Depart Kyoto for Shinagawa (Tokyo) by Shinkansen “ <b>Nozomi 224</b> ” Arrive at Shinagawa
14:16 – Approx 15:00	Move to Ikebukuro by Yamanote train Free Time ※ Reserve the Airport Limousine Bus to Narita of your departure day in the hotel lobby. <span style="float: right;">&lt; Stay at Sunshine City Prince Hotel &gt;</span>
July 16 <sup>th</sup> (Fri) or your departure day for America	
More than 4 hours before the departure time of your Int'l flight	Depart Sunshine City Prince Hotel and move to Narita Airport by Airport Limousine Bus
	Fly back to America

***This itinerary may be subject to change.***

# Itinerary

## - Post Summit Optional Program

### Post Summit Optional Program **OP3 Fukushima & Tokyo**

- ※ **Guide to Fukushima : Ms. Sachie Yamaguchi**
- ※ **Breakfast at hotels and meals at host's house are included**

July 13 <sup>th</sup> (Mon)	
7:00 --	Breakfast, check out
8:00	Depart Oita Oasis Tower Hotel by bus for Oita airport
10:45-12:20	Depart Oita airport for Haneda airport by <b>NH794</b>
12:20 --	Ride on the Monorail and JR train to Tokyo station via Hamamatsucho.
14:36-16:16	Move to Fukushima by Shinkansen, " <b>Yamabiko 55</b> "
16:30	Meet with host family at Fukushima station < Homestay >
July 14 <sup>th</sup> (Tue)	
08:50	Meet at Fukushima station
09:00	Visit to Decontamination Plaza Visit to Minamisoma Solar Agripark
17:10	Visit to Soma City, etc < Homestay >
July 15 <sup>th</sup> (Thu)	
08:50	Meet at Fukushima station Move to Aizu-wakamatsu Sightseeing in Aizu-wakamatsu
16:30	Arrive at Koriyama Station
17:05 – 18:24 18:24 –	Depart Koriyama for Tokyo by Shinkansen, " <b>Yamabiko 52</b> " Move to Ikebukuro station from Tokyo station by Yamanote Line Arrive at Hotel and check in. ※ Reserve the Airport Limousine Bus to Narita of your departure day in the hotel lobby. < Stay at Sunshine City Prince Hotel >
July 16 <sup>th</sup> (Fri) or your departure day for America	
More than 4 hours before the departure time of your Int'l flight	Depart Sunshine City Prince Hotel and move to Narita Airport by Airport Limousine Bus
	Fly back to America

***This itinerary may be subject to change.***

## ***Caution!***

※ **There is no space in Train (between Oita and Kumamoto, between Kyoto and Tokyo, and between Tokyo and Fukushima) to place your big suitcase.**

**You are recommended to send it by express courier service (“Takuhai-bin” or “Takkyu-bin”) to Sunshine City Prince Hotel from Oita, making a small bag for 2 nights in Kumamoto, Kyoto, or Fukushima. Volunteers at Oita will help you to send it.**

**( The courier will deliver your bag to the designated place with around \$20 per a suitcase. The fee depends on luggage weight and size.)**

[ Hotel in Tokyo ]

**Sunshine City Prince Hotel**

3-1-5, Ikebukuro, Toshima-ku,  
Tokyo, 170-8440 Japan

Tel: +81-3-3988-1111

<http://www.princehotels.co.jp/sunshine/>



# Itinerary

## - Post Summit Optional Program

Post Summit Optional Program

**OP4 Tokyo Free Time**

※ **Breakfast is included.**

July 13 <sup>th</sup> (Mon)	
7:00 --	Breakfast, check out
8:00	Depart Oita Oasis Tower Hotel by bus for Oita airport
10:45-12:20	Depart Oita airport for Haneda airport by <b>NH794</b>
Approx. 13:00 --	Move to Ikebukuro by Airport Limousine Bus
Approx. 14:00	Arrive at Hotel and check in Free Time ※ Reserve the Airport Limousine Bus to Narita of your departure day in the hotel lobby. <p style="text-align: right;">&lt; Stay at Sunshine City Prince Hotel &gt;</p>
July 14 <sup>th</sup> (Tue) or your departure day for America	
More than 4 hours before the departure time of your Int'l flight	Depart Sunshine Prince Hotel and move to Narita Airport by Airport Limousine Bus
	Fly back to America

### [ Hotel in Tokyo ]

#### Sunshine City Prince Hotel

3-1-5, Ikebukuro, Toshima-ku,  
Tokyo, 170-8440 Japan

Tel: +81-3-3988-1111

<http://www.princehotels.co.jp/sunshine/>

## PREPARATION – BAGGAGE –



# Baggage Allowance 1



When traveling internationally, baggage policies and fees differ from airline to airline. Allowances for carry-on bags and checked luggage for international flights must be verified with each airline.

Any piece over the baggage allowance or baggage that exceeds the size and/or weight limitations will be subject to additional charges.

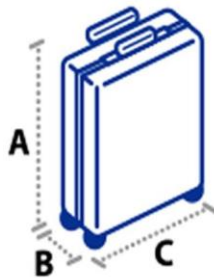
Restrictions and allowances can change without notice, so be sure and verify the information by contacting your airline.



## Free Baggage Allowance – All Nippon Airways

### Economy Class (Premium Economy is included.)

#### Size



$$A+B+C \leq 158 \text{ cm}$$

\*Includes wheels and handle

#### Number & Weight



Up to 2 pieces

#### ■ Checked Baggage Tips and Information

- Excess baggage charges will apply for baggage which is not within the above free baggage allowance (Weight for first and business classes are 70 lb / piece, and up to 3 pieces for first and 2 pieces for business)
- All checked baggage will be screened by the TSA.
- Only use a lock that is identified as a "TSA-recognized locking mechanism." For more information, visit the TSA Web site.
- If your checked baggage includes any electronic devices (excluding any valuables or fragile items), please make sure they are powered off.
- Your name and address must be on the outside of your baggage. Name tags are available at all airport baggage check-in locations.
- Put your name and address on the inside of your baggage too.
- Don't over pack. Bulging bags are not sufficiently constructed to support excess weight and may split during transport.
- Do not pack fragile items inside your checked luggage.



## PREPARATION – BAGGAGE –

# ◆◆◆ Baggage Allowance 2 ◆◆◆

### Size and Rules for *Carry-on* Baggage – All Nippon Airways

In addition to personal belongings (handbags, laptops, cameras, umbrellas, etc.), passengers are allowed to carry on only 1 piece of baggage

Total weight (including personal belongings)

→ No more than **10 kg (22 lb)**

Size → Total linear dimensions no more than **115 cm (45 inches)**, provided that each linear dimension does not exceed **55 cm × 40 cm × 25 cm (22 × 16 × 10 inches)** respectively

\*Includes wheels and handle



- Please make sure that your baggage is properly packed and taken care of.

- Carry-on baggage should be packed by the customer such that it can be stored under the seat in front of you or in the overhead bins available in the aircraft cabin.

# PREPARATION – BAGGAGE –

## ◆◆◆ Restricted Items ◆◆◆

For the safety and security of the traveling public, the Transportation Security Administration (TSA), the Federal Aviation Administration (FAA) and/or airlines have prohibited certain items from being brought onto airplanes in carry-on and/or checked bags. To help you plan ahead and avoid the potential of additional screening, be sure to check out the prohibited items list below and pack accordingly.



### “You CAN NOT bring...”

- ◆ Sharp Objects
- ◆ Sporting Goods
- ◆ Guns & Firearms
- ◆ Tools
- ◆ Martial Arts & Self Defense Items
- ◆ Explosive & Flammable Materials, Disabling Chemicals & Other Dangerous Items
- ◆ Other Items such as Flammable liquid, Gel, or Aerosol Paint, etc.

✂For the detailed information of these items, visit TSA’s website.

TSA

TEL: 866-289-9673

<http://www.tsa.gov/>

## ◆◆◆ Liquid Rules ◆◆◆

Liquids, aerosols and gels, in limited quantities, are safe to bring aboard an aircraft. Each traveler is allowed one bag in order to limit the total volume of liquids, aerosols and gels. Consolidating products into one bag and X-raying them separately from the carry-on bag enables security officers to quickly clear all items.

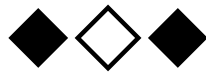


### ■ 3-1-1 for carry-ons

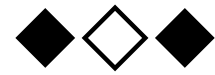
<p><b>3</b> 3 ounces* or less size containers of liquid or gel. *More than 3 ounces permitted in checked baggage.</p> <p>Container size is a security measure.</p> 	<p><b>1</b> 1 quart-size, clear plastic, zip-top bag holding 3 ounces or less containers.</p> <p>Bag limits total volume per person.</p> 	<p><b>1</b> 1 bag per traveler placed in the security bin.</p> <p>Isolating liquids speeds screening.</p> 
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### ■ Declare larger liquids

Medications, baby formula and food, and breast milk are allowed in reasonable quantities exceeding 3.4 ounces and are not required to be in the zip-top bag. Declare these items for inspection at the checkpoint. Officers may need to open these items to conduct additional screening.



## Clothes and Belongings



### ■ Packing Checklist

- |   |  |
|---|--|
| <input type="checkbox"/> Comfortable clothes (see below)                      | <input type="checkbox"/> Plug adapter                  |
| <input type="checkbox"/> One set of business casual clothes                   | <input type="checkbox"/> Sunglasses, hat               |
| <input type="checkbox"/> Easy-to-put-on shoes/ sandals                        | <input type="checkbox"/> Backpack and money purse/belt |
| <input type="checkbox"/> Socks  | <input type="checkbox"/> Tote bag                      |
| <input type="checkbox"/> Copy of passport<br>(carry separately from passport) | <input type="checkbox"/> Japanese yen (see over page)  |
| <input type="checkbox"/> Toiletries and medicines (see below)                 | <input type="checkbox"/> Small gifts (see over page)   |
| <input type="checkbox"/> High SPF sunscreen                                   | <input type="checkbox"/> Small towel or handkerchiefs  |
| <input type="checkbox"/> Mosquito repellent                                   | <input type="checkbox"/> Alarm clock / watch           |
| <input type="checkbox"/> <b>Swimsuit</b>                                      | <input type="checkbox"/> Folded Umbrella               |

**(Beppu Suginoi Hotel has an open air swimsuit hot spring facility, called “The Aqua Garden”)**

### ■ Clothing

- Most of the clothing you pack should be casual and comfortable, e.g. casual trousers/ shorts and t-shirts/ polo shirts.
- Trousers or skirts which allow easy movement will be useful when sitting on the floor.
- Check your itinerary before you pack. In most cases comfortable walking shoes will be a must.
- Light layers are good for staying cool in the heat. One or two light sweaters or jackets will keep you warm in air-conditioned interiors.
- You will often need to remove your shoes inside so pack shoes or sandals that are easy to put on and take off.
- The weather is likely to vary between sun and showers, so pack a sun-hat, sun-glasses and a folding umbrella.
- If you pack one change of business casual clothes, such as Dress shirt (tie optional) for men, skirt or smart trousers and top for women, it may be useful for the occasional formal visit.



### ■ Toiletries and Pharmacy Items

If necessary, you will be able to purchase toiletries and pharmacy items in Japan. However, you are advised to bring with you anything you use or take regularly. Consider bringing the following:

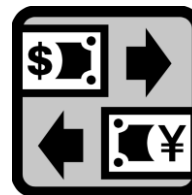
- |  |   |
|--|---|
| <input type="checkbox"/> Travel sickness tablets | <input type="checkbox"/> Mosquito repellent and bite relief               |
| <input type="checkbox"/> Cold and flu medicine   | <input type="checkbox"/> Antihistamines                                   |
| <input type="checkbox"/> Painkillers             | <input type="checkbox"/> High SPF sun-screen                              |
| <input type="checkbox"/> Sleeping pills/tablets  | <input type="checkbox"/> Medicine for indigestion, diarrhea, constipation |



# PREPARATION – PACKING –

## ■ Money

Japan is still a cash society, and outside of large hotels and restaurants, you may find yourself unable to use a credit card. Japan is a relatively safe country, and it is common to carry around even large amounts of cash. However, of course, you must be careful to look after your belongings.



Although it is possible to withdraw cash in Japan (see below), participants are asked to try to bring enough yen in cash to cover necessary expenses.

NOTE: You can exchange your dollar to yen at the arrival lobby of Narita Airport, **HOWEVER, most of you have to change the flights in very limited time, and so you are strongly recommended to exchange your dollar to yen BEFORE you leave the U.S.**

As of 05/25/2015, the exchange rate is **¥119.42 to a dollar**. As for the up-to-minute rate, check <http://www.xe.com>

### Withdrawing cash in Japan

You can withdraw money with the credit card or cash card published by the overseas institution in Japan Post Bank ATMs. \*Single transaction withdrawal limit will be 100,000 Yen as of Jan. 8, 2015.

Japan Post Bank provides cash withdrawal services for credit cards and cash cards issued by overseas financial institutions. Cards bearing the VISA, VISAELECTRON, PLUS, MasterCard, Maestro, Cirrus, American Express, Diners Club, JCB, China Unionpay and DISCOVER can make withdrawals at Japan Post Bank ATMs.

\*Refer to the sign for each brand mark below.

\*Some Maestro cards with IC chips are temporarily unable to make withdrawals at all ATMs located in Japan (including Japan Post Bank ATMs) from April 19, 2013.

MasterCard is providing information to customers on their website. For information on usage of cards, please consult the card issuing financial institution.

**Need Cash?**  
International ATM Service

※Balance inquiry is not available.  
※Transaction fee may be charged.



In order to use international ATMs, ensure the following BEFORE leaving for Japan:

- Make sure that your credit or debit card can be used abroad.
- Inquire what fees and daily and/or monthly limits are associated with international withdrawals.
- Remember your card's secret 4-digit PIN.
- Notify your bank that you are going to use your card overseas, since many banks will block a card which is suddenly used abroad, suspecting a fraud.

## PREPARATION – PACKING –

### ■ Rental Phone

It must be difficult for most of you to rent a cell phone upon your arrival at the airport in Japan, because time is very short for the transit to Oita. Therefore, if you need a cell phone in Japan, you are recommended to arrange the rent-a-phone **BEFORE** you leave the U.S. The following addresses are useful website about rental phones.



**Rentafone Japan:** <http://www.rentafonejapan.com/>

Rentafone Japan provides convenient and low-cost mobile/ cell phone rental for short-term visitors to Japan. Free incoming calls. Free shipping. You need to apply **BEFORE** your departure, then they'll deliver your cell phone to the hotel you stay in Japan.

**Cellular Abroad:** <http://www.cellularabroad.com/phone-rentals-japan>

Cellular Abroad's prepaid cell phone service for Japan is ideal for those who desire an easy way to keep in touch while traveling to Japan. You can rent OR buy a Japan cell phone **BEFORE** your departure.

### Your Mobile phone in Japan

Contact your mobile phone provider to see if your phone will work in Japan. Compatible networks are typically available for phones in the 3G and 4G models. Alternatively, phones with wireless network (Wi-Fi) connectivity can use internet based telephone services (voip), such as Skype, when connected to a **Wi-Fi network**.



### ■ INTERNET access in Japan

In Japan, you will find many Wi-Fi signals which you can enjoy browsing the internet. Please note they often require a password for security reasons. (In an effort to prevent internet-related crimes, service providers are required to identify whom they are providing the services to. Some require long-term contracts which normally are limited to residents of Japan.) Also, most accommodations are Wi-Fi internet-ready, but some hotels, especially in remote areas, they only serve wired access. In general, Japanese style hotels at hot spring sites do not offer the internet service, but they usually offer PC with internet in the lobby.

**Beppu Suginoi Hotel : Rooms over 10<sup>th</sup> floor serve internet access**

**Oita Oasis Tower Hotel : Wi-Fi available in rooms and lobby**

### ■ Free Public Wi-Fi Networks for Foreign Tourists in Japan

- Major Airports - 7spot (7-Eleven convenience stores) - Starbucks
- JR (Japan Railway) Free Wi-Fi

For more information, see “Japan-guide.com” → <http://www.japan-guide.com>



# PREPARATION – PACKING –

## ■ Gifts

It is a good idea to bring some inexpensive gifts for your home stay family. Your hosts will be excited to receive anything American, especially if it is local to the area you are from. Some ideas for gifts are:



- picture postcards from your home town
- refrigerator magnets
- American sports wear/ paraphernalia
- local cookies or candy
- picture books
- T-shirts
- baseball caps
- stickers

\*\*\*\*\*

## ◆◆◆ Let's Travel Light! ◆◆◆

### Luggage on Transportation in Japan

#### ■ On Trains

It is recommended to pack lightly when traveling around Japan, especially if your itinerary includes to ride on train. Most trains do not provide space for bulky luggage, and even though the accessibility situation at stations has improved considerably over recent years, some platforms are still not equipped with escalators or elevators or you might have to make a detour to get to one. Traveling light also avoids reliance on large sized coin lockers, which are less readily available than smaller sized coin lockers at many stations.



Space behind last row of train seats

Overhead shelves on shinkansen trains cannot accommodate large items. There is usually space for two to three large suitcases behind the last row of seats in each car on most long distance trains.

#### ■ On buses

Most airport and highway buses have separate compartments for large pieces of luggage. However, on city buses, there is no designated space for luggage, and it would be cumbersome to board them with large items, especially during the busy times of the day.





# PREPARATION – BACKGROUNDS –

## ◆◇◆ Climate in Oita ◇◇◆

In early summer, most parts of Japan get visited by a rainy season. It lasts from the beginning of June and typically ends in the first half of July. It is hot and humid in most of Japan, and just standing outdoors can make you sweat. Air conditioning is widely used in Japan, so it may be a good idea to bring a light sweater or stole with you. The sun can also be quite bright, so sun block may be needed.



### ■ Temperature

Average Highest : 87.0 F (30.6°C)

Average Lowest : 73.8 F (23.2°C)

## Caution! Heat Stroke!

Heat Stroke (Necchusho) is a series of physical illnesses caused by high internal and external body temperatures. Small children and elders, as well as people working or playing sports in a fairly high temperature environment, are in danger of getting Necchusho. Though not a high percentage, Necchusho continues to cause deaths in Japan, especially during the summer.

### How you can avoid

- Do not go outside if the temperature is high and you do not feel well
- Constantly hydrate yourself by drinking water and taking rest breaks
- Wear caps and hats outside to avoid direct sunlight
- Avoid clothes with dark colors (they store heat)
- 



### If you get Symptoms

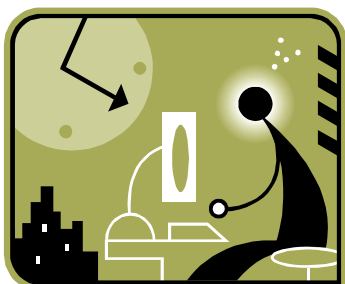
If you or someone around you gets necchusho or shows symptoms, immediately consult your host family or the summit volunteers!!!

### Symptoms:

Spasm, Cramping of muscles, Fainting, Increased breathing, Spasm of lips, Dizziness, Decreased blood pressure, Increased heart beat and pulse, Excessive perspiration, etc.

### ■ Time Difference

Japan is 8 hours ahead of G.M.T. Daylight saving is not practiced in Japan.



Time Difference	
New York, Washington DC	-13 hrs
Chicago	-14 hrs
Denver	-15 hrs
Los Angeles, San Francisco	-16 hrs

# ◆ ◆ ◆ Japanese Conversation ◆ ◆ ◆

Learning a little Japanese is one of the best ways to prepare for your trip. The phrases on this page cover the basics. If you are interested in learning more, please see **online resources** such as “Easy Japanese” ([www.easyjapanese.org](http://www.easyjapanese.org)), or “Jim Breen’s Japanese Pages” ([www.csse.monash.edu.au/~jwb/japanese.html](http://www.csse.monash.edu.au/~jwb/japanese.html)).

## ■ Essential Japanese Phrases

Note: it is helpful to think of the pronunciation as similar to Italian.

**a: as in grazie i: as in pizza u: as in uno e: as in spaghetti o: as in oliva**

Where you see two vowels together just pronounce each in turn. E.g. ai= a + i sounds like the English word “eye”.

The consonant g is always hard, as in spaghetti, not as in gene.

Japanese is broken up into sounds each ending in a vowel (exception is “n”). Pronounce each sound in turn and afford the same amount of time to each, e.g. Arigatou gozaimasu= a-ri-ga-to-u go-za-i-ma-su

thank you	<b>arigatou</b> gozaimasu
Excuse me	<b>sumimasen</b>
how do you do/ nice to meet you	<b>hajimemashite</b>
let’s get on well together (commonly said)	douzo <b>yoroshiku</b> onegai shimasu
good morning	<b>ohayou</b> gozaimasu
hello (good day)/ good evening	<b>konnichiwa/ konbanwa</b>
good night	<b>oyasumi</b> nasai
I don’t understand	<b>wakarimasen</b>
How much is this?	kore wa <b>ikura</b> desu ka?
I like ...	... ga <b>suki</b> desu
(I’d like)... please	... <b>kudasai</b>
Please (go ahead)	<b>douzo</b>
this is delicious!/ this is fun!/ this is interesting!	<b>oishii</b> desu!/ <b>tanoshii</b> desu!/ <b>omoshiroi</b> desu!
Please teach me	<b>oshiete</b> kudasai

*NB Learn the bold part of the phrase first. It’s the important part that will make you understood.*

## ■ Useful Japanese Phrases during your homestay

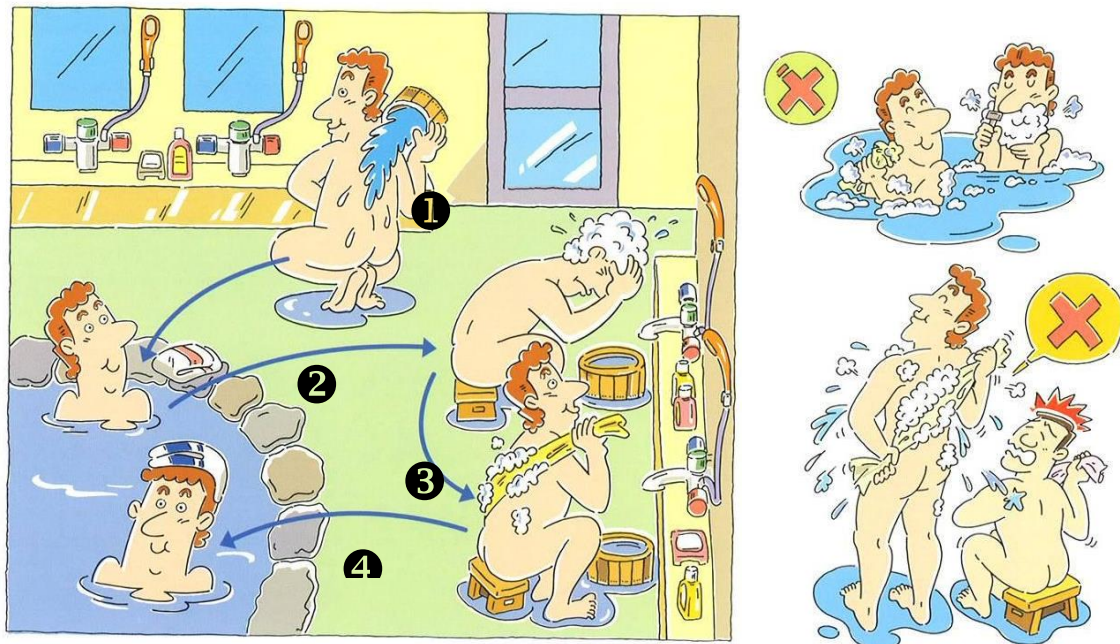
on entering someone else’s house	<b>o-jama shimasu</b> (sorry to get in the way)
on leaving the house if you are returning	<b>itte kimasu</b> (I’m going to go now)
Cheers! (before drinking)	<b>kanpai!</b>
Before eating	<b>itadakimasu</b> (I humbly receive)
after eating	<b>gochisou-sama deshita</b> (what a treat)

# ◆◇◆ Japanese-style Bathing ◇◇◆

Though all of the rooms at Beppu Suginoi Hotel and Oita Oasis Tower have in suite bathrooms, it is normal to use the communal baths to clean and bathe. It is particularly recommended that you follow the Japanese custom of bathing before bed, a habit that helps to ensure a wonderful night's sleep.

### ■ Using the Bath

- 1) Enter the bathroom, removing shoes or slippers at the entrance. Men's baths and women's baths are divided and the entrances will be marked. The Japanese sign for men is 男, the sign for women is 女.
- 2) Enter the changing room and take off all your clothes. Baskets or lockers will be provided to store your belongings.
- 3) Enter the bath area. You may take a small towel in with you, but you should not get into the bath with your towel.
- 4) **Wash your body and hair before getting in the bath.** Low stools and showers are provided around the edge of the bath. You should sit down to wash. Shampoo and body soap are nearly always provided but it is a good idea to check.
- 5) After washing and rinsing your body and hair thoroughly, you can enter the bath. Enter slowly, to allow your body to adjust to the warm temperature.
- 6) The baths are for relaxing. You should not swim in the baths, rush around or make too much noise.



- 7) Stay in the baths for as long as you feel comfortable. The baths vary in temperature and you should not stay in a very hot bath too long.
- 8) When you are ready to leave, get out of the bath and pour a little water over yourself to wash away the sweat. Showering too much, when bathing in natural spring water, will wash away the beneficial minerals from your skin.

# How to Enjoy Japanese Bath 日本のお風呂の楽しみ方

日本大浴場的洗澡方法 일본의 목욕탕을 즐기는 방법

## 1 Rinse yourself off first.



先ず、かけ湯をしましょう  
必須在浴池外用温水冲洗  
먼저 따뜻한 물을 끼얹습니다.

## 2 Relax yourself in the bathtub.



湯船につかってリラックスしましょう  
在浴池里浸泡舒服一下  
욕탕에 몸을 담귀, 휴식을 취합니다.

## 3 Scrub with soap outside the bathtub.



洗い場で頭や体を洗きましょう  
在盥洗场把头发和身体洗净  
처음 입욕이 끝나면 몸과 머리를 감습니다.

## 4 Enjoy another good soak in the hot water.



再び湯船につかりましょう  
再一次到浴池里浸泡  
다시 한번 욕탕에 들어갑니다.

下着やタオルをつけたまま入浴しないで下さい。  
**Please do not take a bath with your underwear on.**

请不要穿短裤和围着毛巾入浴  
속옷이나 수건을 가지고 입욕하지 마세요.

石鹸・シャンプーの泡はしっかり落としてから湯船に入りましょう。  
**Please rinse off all soapsuds before entering the bathtub.**

请把身体上的肥皂和洗发泡冲洗后进入浴池  
비누, 샴푸의 거품은 깨끗이 씻은 후에 입욕해 주세요.



### Etiquette

- ・湯船にタオルを持ち込まないで下さい  
**Do not put your hand towel in the bath water.**  
请不要带毛巾进入浴池  
욕탕에 수건을 가지고 입욕하지 마세요.
- ・湯船に飛び込んだり泳いだりしないで下さい  
**Do not jump in or swim in the bath.**  
请不要在浴池里奔跳和游泳  
욕탕에 뛰어들거나 헤엄치거나 하지 마세요.

### 礼貌



### 에티켓

- ・洗濯はしないで下さい  
**Washing of clothes is not allowed.**  
请不要在浴池里洗衣服  
세탁은 하지 마세요.
- ・浴室に飲食物を持ち込まないで下さい  
**Do not bring food and drink into the bath.**  
不要带饮食进入大浴场  
욕실에 음식물을 갖고 들어가지 마세요.



### Caution!

People suffering from the following complaints **SHOULD NOT ENTER THE ONSEN (hot springs)** : acute complaints (especially those with a fever), tuberculosis, malignant tumors, serious heart conditions, breathing difficulties, kidney complaints, hemophilia, acute anemia, general progressive diseases, pregnancy (especially women in their first and third trimester).

### Precautions

#### For those with sensitive skin

Due to the high concentration of chlorine which occurs naturally in the spring water, those with sensitive skin are advised to allow their skin to become accustomed to the water by limiting the time they spend in the bath to begin with.

#### For older people and those with high blood pressure

- Take time to relax during your vacation
- Make sure you relax for a while after arriving at hotel with Onsen before entering the bath.
- If using the bath in the early morning or late at night, make sure you enter with another person.
- Spend plenty of time washing yourself and getting used to the hot water before entering the bath.
- Try to sit with only the lower half of your body in the water, or lie in the shallow end so as not to put too much pressure on your heart.
- Move your arms and legs around when in the bath.
- Do not use the bath more than twice a day.

#### General

- After eating: rest for between 30 minutes and an hour before entering the bath. Bathing in an onsen decreases the blood flow to the digestive organs, thereby causing one's metabolism to slow down
- After exercising: rest for about 30 minutes before entering the bath. Exercising causes blood to accumulate in the muscular areas, but bathing decreases the blood flow to those areas thereby prolonging muscle fatigue. Bathing immediately after exercise also puts too much strain on the heart.
- Try not to drink too much alcohol before entering the bath. Drinking alcohol increases blood flow and can lead to higher blood pressure, a faster heart beat and even a heart attack. Be careful also about drinking immediately after bathing, as the sudden drop in blood pressure, which occurs when one leaves the bath, can lead to faintness.
- Do not enter the bath if you feel unwell, particularly if you have a fever.

## ◆ ◆ ◆ Toilet in Japan ◆ ◆ ◆

Two types of toilets are common in Japan: the western-style toilet with electronic washlet and the Japanese-style squat toilet. Most of the toilets in the ryokan, in which we will be staying, will be the familiar western-style toilet. In public restrooms in rural areas, the majority of toilets may be still the Japanese-style, with one or two western-style toilets usually situated furthest from the door.



Japanese-style toilet



Japanese-style toilet and toilet slippers



Electronic washlet toilet controls

### How to use

To use a Japanese-style toilet, simply stand with one foot on either side (facing the hood), and squat over the hole. You should try to move as close to the front/hood as possible, to avoid spilling over the back edge of the receptacle and onto the floor.

#### ■ Toilet Slippers

In most homes and some public toilets, toilet slippers are provided in order to keep the toilet area separate from the rest of the building. Slippers are usually positioned by the door (see the picture). Don't forget to remove the toilet slippers from your feet, and reposition them for the next person to use when you leave. It is easy to forget, and most visitors to Japan are likely to make the mistake at least once!

#### ■ Public Toilets

Public toilets in Japan are plentiful and of a generally high standard of cleanliness. Nearly all provide toilet paper, although it is a good idea to carry tissues just in case. Many do not provide towels to dry your hands, and so most Japanese people carry a small towel or handkerchief with them.

#### ■ Electronic "Washlet"

Many toilets in Japan now have electronic bidet systems called "washlets," which are controlled by buttons usually located on the right hand side of the toilet. After using the toilet, remain seated and press the button with a buttocks drawing to wash your buttocks, or the button with a female drawing to wash female parts. Clean water will be squirted from a small pipe to wash the corresponding areas. Please remain seated during this process or water will squirt out of the toilet! When you are done with the bidet, press the stop button (usually a solid square button or one with a kanji that looks 止).

◆◇◆ Japanese Exit Signs ◇◇◆

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**Important!!**

The Japanese exit sign is a trademark of sorts for Japan. The symbol of a green man running through a door oftentimes accompanied by an arrow (see photo above) will direct you to exits whether you are in a train station, super market, or hotel anywhere in Japan. Please pay close attention to the exit signs when you are in a building, particularly in a hotel. We ask that you pay close attention to the exit signs in the building as you find your room.

## Airport (USA)

When you arrive at the airport, go to your airline's check-in counter to check in and check your baggage. You will need to check in **2 hours before the flight**, so please arrive at the airport in plenty of time. When the flight is full, it is particularly important to arrive early. (You may be able to online check-in 24 hours prior to the flight departure time. Please access airline company's website.)

Once you have gone through the security check, go into the departure lounge where you will be able to enjoy duty-free shopping. Whilst enjoying your shopping, please make sure that you know your boarding gate number and boarding time. These days, gate number often changes even after the check-in. Be sure to arrive at your gate at least 45 minutes before the departure time.

**Most of you will arrive in Narita airport on July 7th, then have to ride on a bus to move to Haneda airport where your domestic flight departs for Oita. If your transit time is limited, to shorten the time at the baggage claim in Narita, you may try to ask the airport staff in America to attach "Door Side" tag to your suitcase(s), when you check your luggage.**

### ■ Changing Money

Please exchange to Japanese currency in the U.S. before you leave America. You may NOT have enough time to do it at Narita Airport.

### ■ Enjoy a comfortable flight

- Drink plenty of water before and during the flight to ensure that you are hydrated. Avoid caffeine and alcohol.
- Set your watch to Japan time as you take off and try to sleep during Japanese night time.
- Ear plugs, eye mask and a u-shaped travel cushion are useful for getting to sleep.
- Pack a good book, preferably one that you have started a few days previously.
- Move your body. Follow the exercises in the in-flight magazine/video and take regular walks around the cabin.
- Wear comfortable clothing and remove shoes during the flight.
- The cabin can get cold, so pack a comfortable sweater and ask for extra blankets if you need them.





## Narita International Airport (NRT, Japan)

### ■ Changing Money

Unfortunately, you may not have enough time to exchange currency at Narita airport. You are **RECOMMENDED** to prepare Japanese yen in America.

### ■ Airport Terminal Buildings

Narita has 3 terminal buildings, “Terminal 1”, “Terminal 2” and “Terminal 3”. “Terminal 1” has 2 wings, “north wing” and “south wing”. Terminal building is according to your airline.

Terminal 1 (south wing): All Nippon Airways [ANA (NH)]

### ■ Meet Volunteers and Travel Agents

On July 7, Summit volunteers and travel agents will be waiting for you at arrival gate with the Summit sign board, wearing **green kimono jacket (happi coat)**. Please look for them carefully! Once get together, they will take you to the bus for Haneda airport.



Travel agents and staff will take you to Haneda airport by bus, and fly to Oita together.

( Meeting Point in the arrival lobby of Terminal 1 )

## Beppu Suginoi Hotel in Beppu

### ■ Registration at Summit Desk

Many of you will arrive at Beppu Suginoi Hotel around 10 pm. In the lobby, please register yourself at the Summit Desk. You must be tired, but you can enjoy Suginoi’s famous hot springs till mid night.



#### ● Tanayu – Open Air Hot Spring Bath

- ※No swimsuit allowed.
- ※Photography and all cameras prohibited.

Location: Suginoi Palace

·Open Hours For Hotel Guests

Summer Time 5:00~24:00

(Door close at 23:30)



#### ● The Aqua Garden

- Open Air Swimsuit Hot Spring Facility

- ※Swimsuits required.

Location: Suginoi Palace

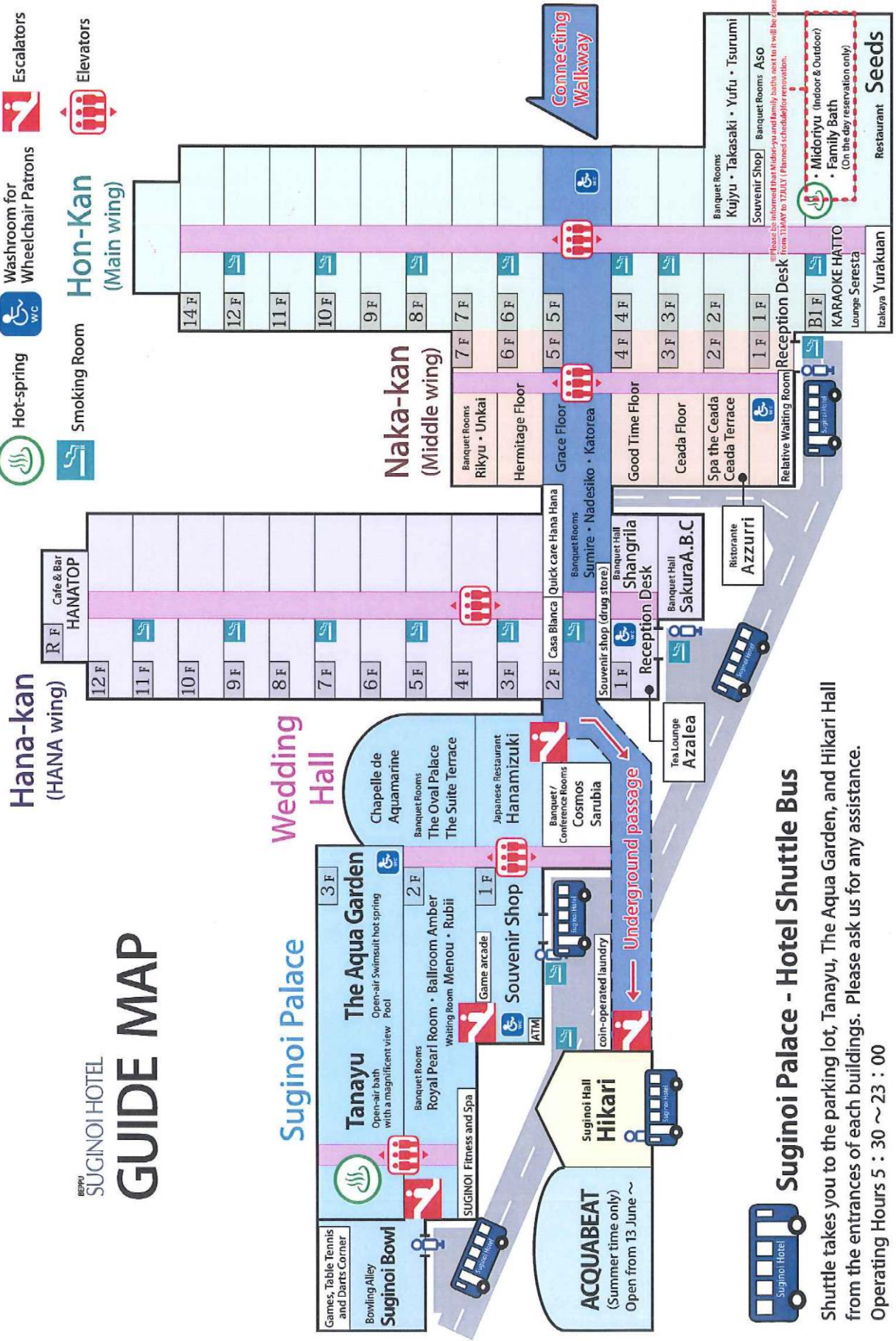
Open Hours For Hotel Guests

14:00~23:00

(Door close at 22:30)

BEPPU SUGINOI HOTEL  
**GUIDE MAP**

-  Hot-spring
-  Washroom for Wheelchair Patrons
-  Escalators
-  Smoking Room
-  Elevators



**Suginoi Palace - Hotel Shuttle Bus**  
 Shuttle takes you to the parking lot, Tanayu, The Aqua Garden, and Hikari Hall from the entrances of each buildings. Please ask us for any assistance.  
 Operating Hours 5 : 30 ~ 23 : 00

# ◆◇◆ July 8, Wednesday ◇◇◆

**Breakfast: 07:00 --- at “Hikari Hall”**

## Local Tour

On the next day of your arrival in Oita, most of the participants are joining the local tours. There are 5 different plans. All plans include the sightseeing of 3 famous hot springs, Chinoike-Jigoku (Blood Pond Hell), Umi-Jigoku (Sea Hell), and Oniishi-Bozu-Jigoku (Monk Head Hell), and lunch.

Departure time below is subject to change. Please check the updated information at the Summit Desk in the hotel lobby.



Meeting Time @ Lobby	Departure Time	Course Name	
8:30 AM	8:45 AM	【A】	Beppu Nature Course
8:15 AM	8:30 AM	【B】	Unique Oita Course
8:15 AM	8:30 AM	【C】	Kitsuki Beautiful history Course
8:30 AM	8:45 AM	【D】	Yufuin Relax Course
8:30 AM	8:45 AM	【E】	Beppu learning Course

- Tour buses come back to the hotel between 15:00 and 16:00.

You will meet around 50 Japanese Grassroots Summit Alumni members who participated in the past Summits held in America. They are from the other regions of Japan and will also ride on the bus to A, B, and D courses. They will join the Opening Ceremony and Reception, too. They are eager to communicate with you to build a new friendship.



## Opening Ceremony at “Ballroom Amber”



After coming back from the local tours, you will have a short break. You can stay and take a little rest in your hotel room until the Opening Ceremony starts.

### **Dress Code:**

No simple yukata provided by hotel

### ◆ PROGRAM

**16:40 : Open “Ballroom Amber” of Suginoi Palace Building  
Welcome live music**

**17:00 – 18:15 Opening Ceremony**

- Welcome speeches
- Exchange of the globe between the Nakahamas and the Whitfields
- Speech by descendant of Commodore Perry

## Opening Welcome Reception at “Royal Pearl Room”



After the Opening Ceremony, the Welcome Reception is planned at “Royal Pearl Room”.

It’s time to enjoy yourself with chatting with other participants, having delicious dinner!



### ◆ PROGRAM

**18:15 Open “Royal Pearl Room” of Suginoi Palace Building  
Calligraphy Performance by High School Students**

- Sake Barrel Breaking Ceremony
- Toast
- Local Entertainment, “Shonai Kagura”

**Local Session - Homestay Program**

In the morning of July 9, participants will check out (\*) the hotel and travel to their respective local session area. There will be several buses according to the destination. (Some participants may be picked up by their host families directly at the hotel.)

Bus departure schedule is as follows, but for double check, please reconfirm on July 8 evening at the Summit Desk.

The lobby will be crowded in the morning. Please come down to the lobby EARLY ENOUGH for checking out before your departure time.

■ **Departure Time: (Subject to change)**

**Please confirm the final schedule at the Summit Desk on July 8 evening**

(Please ride on the right bus or van according to your local session area.)

<b>9:00 AM</b>	<b>Bus 1</b>	Bungo-Takada, Usa, Nakatsu
	<b>Bus 2</b>	Hita, Students of Amache Preservation Society
	<b>Bus 3</b>	Oita, Taketa
	<b>Bus 4</b>	Usuki, Tsukumi, Saiki
	<b>Van</b>	Kitsuki
	<b>Beppu City Bus</b>	Beppu

\*\*\*\*\*

■ **Homestay in Japanese House**



At your local session you will stay with a Japanese family. For many participants, the homestay is the highlight of their summit experience. Staying in a Japanese home gives you a unique insight into how people in Japan go about their daily lives. They warmly welcome you, and will give you a perfect experience of meaningful grassroots exchange.

It is said that the homestay is a step into the unknown, and it is therefore quite natural to feel a little nervous about it beforehand. Each person's homestay experience will be unique to him/her, but the following are some general points which might help ease you into your new Japanese life.

# ◆◇◆ Local Session ◇◇◆



## 【Gifts】

It is recommended that you bring some inexpensive gifts from your hometown for your homestay family.

## 【Meals】

Japanese meals are often served at the same fixed times. Lunch is nearly always at 12 o'clock. Breakfast will depend on what time the family gets up, but is often served between 7 and 8 o'clock. Dinner is usually from 6 to 7 o'clock.



In Japan beer is often drunk as a toast. Those who don't drink alcohol will probably be offered oolong tea, a cold tea, or juice. Wait until everybody has a drink in their glass, and for the cheer of "kanpai", before taking a sip.

A traditional Japanese breakfast is based around rice and miso soup. Regular accompaniments include fish and small dishes of vegetable or tofu. Before eating is the time to say "itadakimasu", I humbly receive (see "homestay phrases"). Eat with chopsticks (do your best!). Each part of the breakfast is served on a separate small plate at the same time. It is acceptable to pick up small dishes and bring them close to your mouth before picking up the food with your chopsticks. Rice is served and eaten plain (not covered in soy sauce).

Soup is drunk directly from the bowl, and the chopsticks can be used for picking up any bits that the soup contains. There are no rules as to the order in which you eat the dishes. After eating is the time to say "gochisou-sama deshita", that was a real treat (see "homestay phrases").

## 【Shoes】

In all Japanese homes, you will be expected to take off your shoes when entering. Inside the front door there will be a special area for removing and storing your shoes. Do not step up into the house with your shoes on. This is the time and place to call out "o-jama shimasu", the standard greeting which means "I am about to intrude into your home" (see "homestay phrases").



## 【Bathing】

It is a custom to bathe in the evening before going to bed, in order to clean your body when you get into your futon. A Japanese bathroom will have a bath and a shower. Use the shower first to clean and rinse your body and hair, and then get into the bath for a soak. The whole family will use the same bath water, so make sure you are properly clean before entering, do not get any soap in the bath, and do not pull out the plug when you are finished!

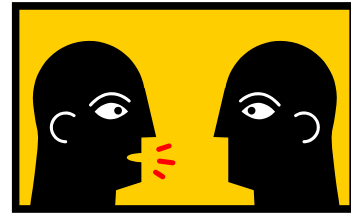


# ◆◆◆ Local Session ◆◆◆

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## **[Communication]**

If you are unable to speak much Japanese and your host family is unable to speak much English, you may be worried about how to communicate. If you are patient and have an open mind, you are likely to discover that it is possible to communicate a great deal, even with no common language. Props are certainly useful. It is a good idea to bring along photos, objects and pictures from your home that you will be able to share.



A good electronic dictionary is also a nice backup. Finally don't be afraid to ask questions. Your host might say they can't speak English, but they know more than they let on.

- NOTES -

# ◆◇◆ July 12, Sunday ◇◇◆

## OPAM Visit



Participants, home stay families and staff will gather in Oita City, capital of Oita prefecture, on July 12, Sunday. After arriving at Oasis Tower Hotel, all of you are invited to Oita Prefectural Art Museum (OPAM) which was opened in April this year, and connected to the hotel.

## Presentation by Students of Amache Preservation Society

Commemorating the 70th anniversary after WWII, 15 high school and college students are joining this year's Grassroots Summit from Granada, Colorado, where one of the Japanese Americans internment camps was placed. (See next page)

The formal name of the camp was "Granada Relocation Center", but it's also known as "Camp Amache". The students are preserving the camp site as members of Amache Preservation Society". They will make presentation about Camp Amache and their work.

### ◆ PROGRAM

**16:20 – 17:00** (Starting time is subject to change)

**Presentation about "Camp Amache" at "Kohbai" room on 3<sup>rd</sup> floor**

By students of Amache Preservation Society

## Closing Ceremony & Farewell Reception



Looking back the Local Sessions and memories with host families, we celebrate the Summit and close the program with the Closing Ceremony.

After the ceremony, changing the room, we will enjoy the last event in Oita, Farewell Reception, with host families, volunteers, etc.

### ◆ PROGRAM

**Approx. 17:10 -** (Starting time is subject to change)

**Closing Ceremony at "Kohbai" room on 3<sup>rd</sup> floor**

- Closing speeches
- Looking back the Local Sessions
- Introduction of the 26<sup>th</sup> Grassroots Summit in Atlanta/Goergia

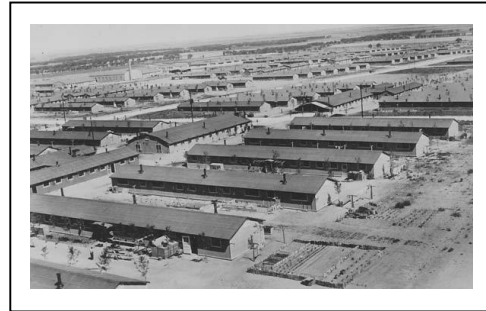
**Farewell Reception at "Kujyaku" room on 5<sup>th</sup> floor**

- Toast
- Local Entertainments, etc.



## WWII Granada Relocation Center (Camp Amache)

During WWII, the Granada Relocation Center stretched across 16 square miles of Prowers County. Amache was one square mile surrounded by barbed wire fences and armed guards in watchtowers.



Amache was the 10<sup>th</sup> largest city in the state of Colorado, with 7,500 internees confined to a square mile, the camp was 50% more densely populated than New York City. Amache’s residents were men, women, and children of Japanese descent, mostly native-born citizens.



On Feb. 19, 1942, two and a half months after the December 7, 1941, attack on Pearl Harbor by Japanese warplanes, President Franklin D. Roosevelt ordered the forced removal and internment of all persons of Japanese ancestry from the West Coast.

The War Relocation Authority (WRA) was a civilian agency established by executive order to organize the removal, relocation, and internment of persons of Japanese descent. The WRA was empowered to employ personnel and purchase property, as well as to design and administer all aspects of the internment program including employment of the internees in civilian jobs or for WRA-managed industries.

Many of the internees had week or less to dispose of any property they could not carry in to suitcases. Cars, stores, houses, pets, toys, and clothing were sold for pennies on the dollar or abandoned.



Of the 126,000 Japanese-descended people then living in the U.S., two-thirds were native-born U.S. citizens.

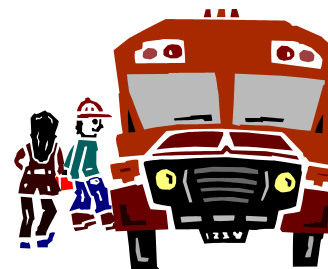
Nevertheless, over 120,000 Japanese and Japanese Americans were evicted from their homes and imprisoned – under armed guard – in ten WRA detention centers located in isolated rural areas where harsh living conditions prevailed. Over 11,000 people of German ancestry and 250 of Italian ancestry were also interned during WWII, as well as over 2,000 Japanese Latin Americans who were deported to the U.S. for imprisonment.

# ◆◇◆ July 13<sup>th</sup>, Monday ◇◇◆

## Departure/Post Summit Optional Tour

On July 12<sup>th</sup>, some participants will return to the U.S., while others will travel to the location of the Post Summit Optional Tours.

As the **departure times differ according to the destination**, please be sure that you are ready to **board the correct bus at the correct time**.



■ **Planned DEP time according to destinations:** Subject to change(\*)

Program	Meeting Time at the lobby (**)	Departure
To Oita Station, Optional Program [OP1]: <b><u>Kumamoto</u> Homestay</b>	<b>7:15 AM</b>	<b>7:30 AM</b>
To Oita Airport, Optional Program [OP2]: <b><u>Kyoto</u> Homestay</b>	<b>6:45 AM</b>	<b>7:00 AM</b>
To Oita Airport, Optional Program [OP3]: <b><u>Fukushima</u> Homestay</b>	<b>7:45 AM</b>	<b>8:00 AM</b>
To Oita Airport,, Optional Program [OP4]: <b><u>Tokyo Free Time</u></b>	<b>7:45 AM</b>	<b>8:00 AM</b>
To Oita Station, UTD Students <b><u>UTD special program in Kochi</u></b>	<b>7:45 AM</b>	<b>8:00 AM</b>
To Oita Airport, Coming back to the U.S. (for the flight to Haneda)	<b>7:45 AM</b>	<b>8:00 AM</b>

- ※ Please confirm the final time schedule at the Summit Desk on July 12<sup>th</sup> evening
- ※ **Breakfast at hotel is from 7 am. Participants in Kyoto and Kumamoto programs will not have enough time to have it at hotel. Instead, sandwich and juice will be provided.**

**For more details about Post Summit Optional Program,  
check out the Itinerary Pages.**

# ◆ ◆ ◆ **Emergencies** ◆ ◆ ◆

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## **Summit Desk**

The Summit Desk will be located in the lobby of each hotel. If you feel unwell, please contact with the Summit Desk. If it happens during homestay, tell your host family. If it is difficult to communicate with your host family, please ask to use their telephone and call staff cell numbers which will be written on the backside of your name tag.

## **Contacts**

Cell phone numbers of the Summit staff will be written on the **backside of your name tag** which will be passed to you at Narita Airport upon your arrival.



### **HEADQUARTERS**

**Email: [Manjiro@manjiro.or.jp](mailto:Manjiro@manjiro.or.jp)**

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**July 7 - July 9 morning**

**Beppu Suginoi Hotel Tel: +81-(0)977-24-1141**

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**July 12 and July 13 morning**

**Oita Oasis Tower Hotel Tel: +81-(0)97-533-4411**

### ■ Internet Access in your hotel

	Hotel Lobby WiFi	Hotel Room WiFi	Hotel Room Cable LAN Port
<b>Bappu Suginoi Hotel</b> (Complimentary)	○	×	×
<b>Oasis Tower Hotel</b> (Complimentary)	○	○	○

# ◆◇◆ Appendix ◆◇◆

## Thank you letter

After returning home from Japan, it is a good idea to send a letter or an e-mail to your host family to thank them for looking after you. Try to send it within one or two weeks of arriving home. Not only will the courtesy be greatly appreciated, a prompt communication with your family is the best way to ensure that your communication with them continues into the future. It is OK to write your letter in English. Try to make your letter easy to understand by writing in short sentences and using clear handwriting. If you think your handwriting is hard to decipher, you can type a letter and enclose it in a handwritten card.



Try to include not only thanks for your stay, but also your impressions of the trip: what surprised you most, what touched you most, what did you learn, which memories will be your treasure. Enclosing (attaching) photographs from your trip is also a nice idea.

Keeping in touch with Japanese friends and continuing to share ideas and experiences with them in the future is what grassroots exchange is all about, so why not get into the habit of sending occasional emails and seasonal greetings cards too.

Writing a whole letter in Japanese is challenging, but it is not difficult to include a few words of Japanese, and doing so will delight the recipient. You can write either in Japanese script or Romanized script.

English	Pronunciation	Japanese
thank you very much	Doumo arigatou gozaimashita	どうもありがとう ございました
keep in touch!	renraku o toritsuzukemashou!	連絡を取り続けましょう!
I had a very precious experience	Totemo kichou na keiken deshita	とても貴重な経験でした
Japan is a wonderful country	Nihon wa subarashii kuni desu ne	日本は素晴らしい国ですね
- was delicious!	- wa oishikatta desu!	-はおいしかったです!
You must come to (e.g. New York)	Zehi (e.g. New York) ni kite kudasai ne	ぜひ(place name)に 来てくださいね
America	America	アメリカ
Japan	Nihon/ Nippon	日本
Friend(s)	tomodachi	友達

# Share your Experiences of the Oita Summit!

After the summit ends, the Center for International Exchange will put together the reports on the summit activities, and a compendium of participants' impressions and experiences. To help us produce these works we would like to ask you to tell us about your experience of the Oita Summit, and any optional program you took part in.

Thank you for your kind cooperation.

## ■ Comments

Please write about your experience in the space provided "For Participant" on the following page. There is space on the other side for your host family to write their impressions. You are welcome either to fill the whole space, or just to write a few lines.



## ■ Photos

We would be delighted to receive any photographs that you took at the summit, especially any:

- ✧ Pictures with your host family
- ✧ Pictures of local session/ optional program activities
- ✧ Pictures which capture the spirit of Oita/ the spirit of Japan
- ✧ Pictures of the opening/closing ceremonies

*We ask that digital photos be sent unedited.*



## ■ You can send comments and photographs to us in one of the four ways:

- 1) Hand them in at the summit.
- 2) By post to: Center for International Exchange  
602 Grande Axe, Kouji-machi 2-12-18, Chiyoda-ku, Tokyo-to,  
102-0083, Japan

*Please note we cannot return photos*

- 3) By email (digital pictures) to: [manjiro@manjiro.or.jp](mailto:manjiro@manjiro.or.jp)
- 4) By fax to: (81) 3-3511-7175

## NOTE

The comments and photographs that you submit may be used in our newsletters, website, annual report, and/or in a compendium of participants' impressions and on our homepage. If you would like your impressions to remain anonymous, you may either choose to omit your name, or you may indicate in writing that you do not wish your name to be published. If you would not like your comments or photographs to be published at all, please indicate that they are not to be published.





