

**BHS-Japan Exchange Program Meeting Agenda #2**  
**March 17, 2016, 7-9 pm, MLK room**

- 1. Welcome and sign in. Collect deposit. Make checks out to: BHS Japan Exchange Program.**
- 2. Travel/Airport/Pre-Departure Information**
- 3. Travel Insurance Details & Medical Insurance**
- 4. Packing List**
- 5. Gift Giving (Omiyage)**
- 6. Being a Gaijin (foreigner) in Japan**
- 7. Language Study From Now Until Departure**

**2. Travel/Airport Information/Pre-Departure Information:**  
**See flight/hotel information sheet for details.**

You **need to check your email everyday until we leave on April 9th** to find out information from this point onward regarding our trip.

**Here are some things you need to prepare ahead of time for our trip:**

**Preparing Self-Introductions**

How will you introduce yourself? What are some of your interests and hobbies that you will want to tell people about? You need to be prepared to do an introduction of yourself. You will be asked to do a *jikoushoukai* (self-introduction). If you think you will be nervous, keep your self-introduction simple enough to memorize. Be prepared to introduce yourself, adding a few words about your interests and hobbies and why you are studying the Japanese language. Bring it in to show us what you have written for help.

**Sharing American Activities**

Please also brainstorm some activities you can share with your Japanese student counterparts. What are some of your favorite after-school activities? These can range from games to music to crafts to sports to service projects.

**3. Travel/Medical Insurance Reminder:**

- Please **call your health insurance company** to find out what international coverage you have. In many cases, **you need to pay expenses up front in cash and then you will be reimbursed with proper receipts.**
- In addition, we have purchased a travel insurance policy to cover things not included in the medical policy provided. Please see your email from February about the details of this student deluxe travel plan with Travel Insured International.

**Travel Tips:**

1. **Keep up with new airport policies.**
2. **Tag your bag with bright colors to make it easier to find** and to prevent other travelers from mistaking it for their own, and make sure ALL of your pieces of luggage have address tags. We will also bring a colored ribbon to attach to your bags so they are easily identifiable coming off the baggage carousel.
3. **Contact your credit card company** to let them know where you'll be if traveling abroad to ensure credit card purchases in other countries will not be declined.
4. **Use only TSA-approved locks.** Not using them can cause delays, and your non-approved locks may end up being destroyed.

5. **If you're traveling with gifts, leave gifts unwrapped** until you arrive at your final destination for security purposes.
6. **Keep a copy of your itinerary in each piece of your checked luggage in case it is lost.** Airlines will be able to easily identify which pieces are yours and where they should be sent.
7. **Check your airline's luggage requirements and weight restrictions.** Many airlines are charging extra for more than two checked bags and for overweight luggage (over 50 lbs). See the JAL website for more info: <http://www.jal.co.jp/en/inter/service/bag/#anchorlink002>
8. **Check policies for the size and amount of carry-on luggage requirements in other countries** before traveling overseas – requirements differ between countries and airports.
9. **Keep medicines (both prescription and OTC) in their original, labeled containers** to avoid any hold-ups at security checkpoints.
10. **Avoid wearing heavy jewelry, large belt buckles and clothing with metal buttons,** snaps or studs, and put other metallic items into your carry-on luggage to prevent delays getting through security at the airport.
11. **Leave copies of your travel itinerary and passport with friends or family at home** in case your documents are lost or stolen, or if anyone at home needs to reach you while traveling.
12. **Bring ziplock bags in a variety of sizes.** They're useful for packing snacks, wet laundry, trash, keeping a camera dry, etc.

**TSA website** <https://www.tsa.gov/travel/travel-tips> (Please read before packing)

1. How to get through the line faster
2. Liquid Rules: 3-1-1 for Carry-Ons: You are allowed to bring a quart-sized bag of liquids, aerosols, gels, creams and pastes through the checkpoint. These are limited to 3.4 ounces (100 milliliters) or less per item.
3. Acceptable Identification at the Checkpoint (passport, driver's license)
4. Prohibited Items
5. Traveling with food or gifts
6. Travelers with Disabilities and Medical Conditions

### **Coping with Jet Lag:**

Try to preempt the worst effects of jet lag by modifying some habits before arrival in Japan:

- You might want to consider gradually changing the time you go to bed and the time you wake up several days before departing, eventually getting closer to Japan time.
- Eat several small meals rather than three big ones the day before departure.
- Avoid caffeine two to three days prior to departure.
- Get plenty of rest the night before departure.
- Set your watch to Japan time right at departure and try to mentally adjust to that time.
- Use the flight to Japan to adjust to Tokyo's time zone. More often than not, it is best to nap for

a few hours early in the flight. If you fall asleep later in the flight, it might be harder to sleep during your first night in Japan.

- Try to stay awake until 8 or 9 pm your first night in Japan and then do your best to sleep until 6 am or so your first morning in Japan

#### **4. Packing List**

Please refer to the separate document for information about packing for the trip.

#### **5. Gift Giving (*Omiyage*):**

Please refer to the separate document for information about gifts you need to purchase for your host family. The BHS school store is a great place to buy school merchandise. They are open from 1:00-3:10 pm most days.

#### **6. Being A *Gaijin* (foreigner) in Japan:**

Please refer to the separate document for more information about this issue.

#### **7. Language Study From Now Until Departure:**

- All of you should be working to try and study as much Japanese as you can once school is over. It will only help you communicate once we are there. Be sure you can read katakana well!
- If you are a student in level 2, you may want to work with someone in level 3 or 4 to get a crash course in the plain form of Japanese (used all the time). We can help you find a study partner!
- Eio sensei will give students in level 2 material to study before school is out to help prepare for the trip and some resources are uploaded onto the exchange program website as well.
- All students should look at the online resources section of:  
[bhsjapanexchange.weebly.com](http://bhsjapanexchange.weebly.com) to find some good sites for learning about Japanese homestays, listening practice, cultural information, etc.