



Below are some useful information and resources collected from past student participants who attended the Kanazawa Institute of Technology exchange program. Their contact information is listed at the end. Please feel free to contact them with any questions you have about the program.

Tips:

- ❶ Toiletries, groceries, clothing and many other things are priced comparably to those in the US.
- ❷ Flight costs will vary from student to student. A list of recommended flight websites can be found on our website studyabroad.rit.edu > Preparing to Go > Host Country Research > Flight Websites.
- ❸ The post office is closed on Saturday and Sunday. Make sure you have changed all the money you will need to Yen by Friday.
- ❹ Pack lightly! You will have access to washing machines, so it is not necessary to bring a lot of clothing. It is difficult to travel if you have large luggage or many pieces of luggage. If possible, avoid traveling during rush hours as well.
- ❺ Be careful what you ask for or complain about. The Japanese are extremely generous and accommodating hosts. Often they will go out of their way to please you, so try not to ask for too much. Rarely will someone say “NO” to you. The Japanese are not as direct in their communication as Americans are. You will learn about this in the Japanese Language & Society class. You often have to read between the lines and clue into subtle comments and gestures that mean “NO”.
- ❻ Be open-minded! You will have the opportunity to try a multitude of new things, whether it is eating strange foods, going to a hot spring, singing karaoke and so on. Be brave and don't pass up the opportunity. After all, how often do you get to go to Japan?
- ❼ Take pictures and/or keep a journal. It's great looking back on your adventures with such detail.
- ❽ KIT will give you a PC laptop computer to use for the duration of the program. If you choose to use your own laptop, remember to bring an ethernet cord.
- ❾ Speak Japanese! With English-speaking classmates, it is easy to fall in the trap of speaking English all of the time. Use this opportunity to venture out and speak to Japanese people. Talk to KIT students, teachers, people in shops or on the street. Most people will assume that you don't speak Japanese. It is often a pleasant surprise that you do. Have fun with it!
- ❿ Keep your ID on you at all times. It is also a good idea to keep a paper written in Japanese with your identification information, KIT address and the phone numbers of KIT staff. If you are allergic to any medicines or have any medical conditions it might be helpful to add that too.
- ⓫ Hospitals in Japan do not take American health insurance or credit cards. You are required to pay the doctor's fees upfront and in cash. Luckily Japanese medical costs are not as expensive as American hospital visits. Medicine is also dispensed directly from the doctor. A visit may cost around \$25-\$50, but it varies. Also, do not expect anyone to speak English.

- ❶ Budget your money and keep some emergency cash. Towards the end of your stay it is easy to run low on money, make sure your money will be able to last the whole trip. The 100 Yen shops are great. You can find all kinds of neat little gifts and souvenirs there. Definitely check them out. The "Real Drug Store" pharmacy near Nishikawa Heights (dormitory) is a decent place to have film processed. It's about \$5 USD for single prints and processing.
- ❷ Learn to ride a bike if you don't already know how. The SGE students have made free bike rental available to KIT-ISJT students, but note that a minimal maintenance fee is charge. Biking is a great way to get around Kanazawa. There is much to see and do within a 15 minute bike ride.
- ❸ KIT has a travel center on campus that will assist you on making travel plans and booking train, airplane or bus tickets as well as other reservations.
- ❹ You can save a considerable amount of money by buying your food at the grocery store and cooking your own meals in your apartment. Alternatively, the school cafeteria has food that is both quality and cheap. In most restaurants in the area you can have a nice meal for about 700 Yen, and you don't tip. If you leave a tip on the table it is highly possible that the waiter/waitress will chase you down the street to return the money, thinking that you left it by accident.
- ❺ It is fairly common to go out drinking with Japanese friends and classmates. If you do not drink or want to limit your alcohol intake, tell people you cannot drink (perhaps due to a medical condition) rather than you do not want to drink. The book With Respect to the Japanese, by John C. Condon goes into this more in detail.
- ❻ Do some research before you arrive. It is very helpful to learn a little bit about the culture before you are immersed in it. It's good to know about the area as well. If you would like to travel elsewhere, research what there is to do in the specific area and how to get from place to place.
- ❼ Transportation from Tokyo to Kanazawa is much less by bus (\$50) than by train (\$120). Weekend flights are more expensive (Friday-Sunday) so if you can fly in earlier/depart later, it might end up cheaper (even if you have to pay for hostels/hotels) and give you a little time to travel.
- ❽ Bring an おみやげ or souvenir to give to your host family for the homestay that you are required to have. It is also nice to bring other little gifts to give to the friends you will make (it is a great way to build new relationships and exchange cultures because the will most likely give you something Japanese in return).

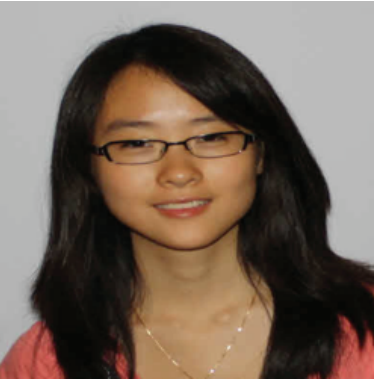
The City

- ❶ There are a lot of things to do and see within a short distance from KIT. Many places are within a 5-15 minute walk, bike ride or bus trip. Kanazawa has a lot to offer, so if there is something you want to do, ask around town... Karaoke, bowling, Omicho market, Apre bar and dance club, local izakayas, lots of shopping around KIT and downtown, temples, museums, shrines, Kanazawa castle, Kenrokuen park, ninja dera, geisha houses, silk dying, pottery painting, golf leafing, onsen, sento, traditional crafts museum, beach, Hyakumangoku matsuri, pachinko and more.
- ❷ Hospitals in Japan do not take American health insurance or credit cards. You are required to pay the doctor's fees upfront and in cash. Luckily Japanese medical costs are not as expensive as American hospital visits. Medicine is also dispensed directly from the doctor. A visit may cost around \$25-\$50, but it varies. Also, do not expect anyone to speak English.
- ❸ Kanazawa has a variety of restaurants where you can find all kinds of food. Curry, sushi, teshoku, Chinese, Thai, Italian, American, ramen, katsu, okonomyaki, fast food chains, sashimi, noodle shops, ice cream, crepes, etc.

Past participants you can contact



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Useful Links

KIT – IJST Guidebook www.kanazawa-it.ac.jp/ekit/exchanges/international_1.html

KIT (website in Japanese) www.kanazawa-it.ac.jp/

IACE Travel www.iace-usa.com/

Amnet Travel www.amnet-usa.com/

1-800-929-2663 or 212-247-1900

(the website is in Japanese. Phone customer service is in English or Japanese.)

Japanese Ministry of Foreign Affairs www.mofa.go.jp/

Narita Airport www.narita-airport.jp/en/index.html

Kansai Airport www.kansai-airport.or.jp/en/index.asp

Nagoya Airport www.centrair.jp/en/

City of Kanazawa www.city.kanazawa.ishikawa.jp/index_e.html