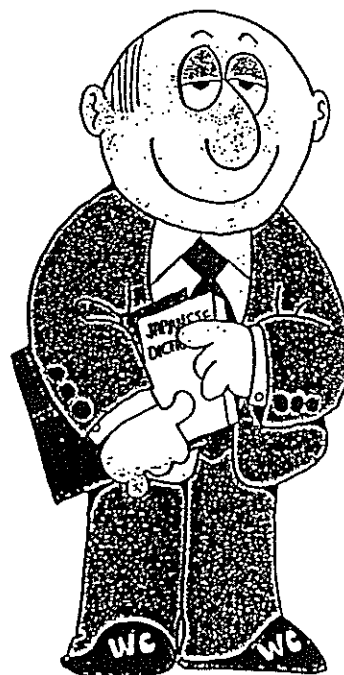
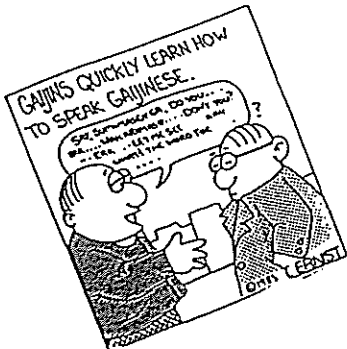


BEING A GAIJIN IN JAPAN



Contents

Section	Topic	Page(s)
1	A Gaijin in Japan_____	1
2	Hints for school groups visiting Japan_____	2
3	During the Homestay_____	3-11
4	Japanese Food_____	12-18
5	Currency conversion_____	19-24
6	Travelling in Japan_____	25-28
7	Some useful Japanese language_____	29-33
8	Some useful Japanese signs_____	34-35
9	A final word..._____	36



A GAIJIN IN JAPAN

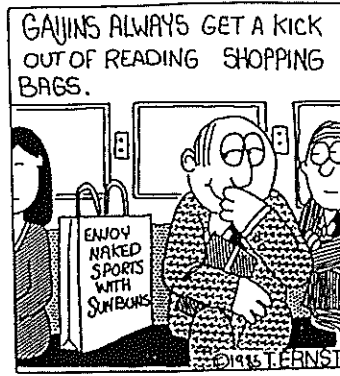
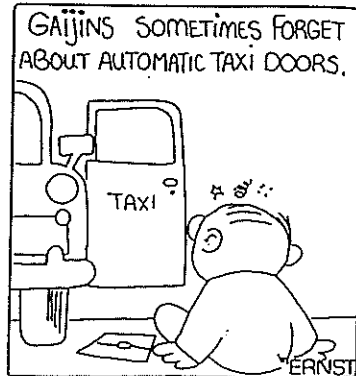
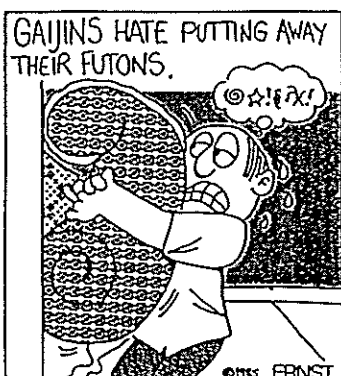
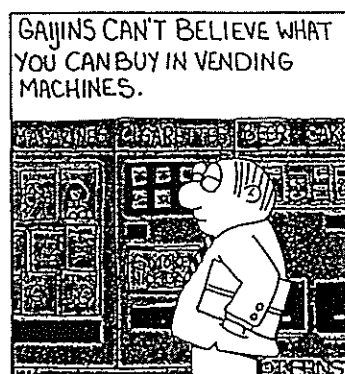
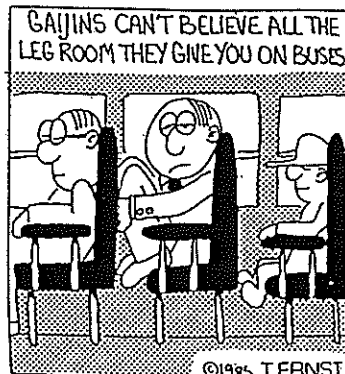
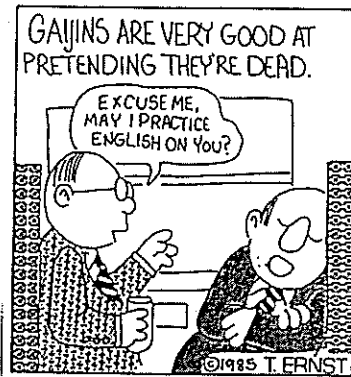
When arriving in Japan you are considered a "GAIJIN" to the Japanese, this translates as outsider, or to us a foreigner. In your travels you will be referred to as a "GAIJIN" many times.

As a "GAIJIN" it is important to appreciate the differences in culture and try to understand the Japanese way of thinking. To the Japanese it is important to 'Do in Rome as the Romans Do' or as the Japanese say 'GŌNI, IREBA, GŌNI, SHITAGAU'.

This booklet attempts only to explain the essential differences between the two cultures to prevent embarrassing moments. However, in most cases the Japanese are more likely to laugh than be offended.

Obviously you will encounter many other challenging and humorous situations, but this is what travelling as a "GAIJIN" is all about.

MINASAN GANBATTE KUDASAI!



Hints for school groups visiting Japan

1. The Japanese tend to be well dressed, so ensure that students are always dressed neatly, ie. smart, casual clothes. Be conservative in the choice of clothing packed.
2. Japan is a country that is relatively crime-free, however, it is still best for students to carry travellers' cheques rather than large amounts of money as these can be replaced if lost. It is best if these are in Japanese Yen. Students must keep a list of cheque numbers separately from the cheques, along with passport numbers and credit card numbers. Students should take some cash (Yen) in preparation for their arrival in Japan. Don't wait until at the airport.
3. Incredibly large sums of money are not necessary for students to buy souvenirs in Japan. Souvenirs are actually quite cheap. There are small things to buy such as hand made Japanese paper, key-rings, t-shirts etc. The airline companies impose a weight limit on the amount of luggage permitted on the aircraft. Keep this in mind when making purchases as students may be charged for excess baggage.
4. Food in cafes, department stores and bakeries is affordable. If students are desperate for a Western food 'fix', there are McDonald's restaurants and other well-known American chains. They have all of the usual foods such as burgers and fries as well as more exotic fare such as chicken teriyaki McBurgers. Drinks and various other consumables can be bought cheaply from vending machines. Remember the purpose of this trip is to experience the Japanese culture, so try and avoid heading into a fast food restaurant when you see a sign.
5. Australia can be dialled directly using a phone card, however, students must be sure to purchase the correct cards that can be used for international calls. International phones are reasonably common, especially in the larger railway stations. Some people actually collect the phone cards as souvenirs as they can be quite attractive. When staying with your host family, always ask to use the telephone and if you are calling Australia, tell your host family you will reverse the charges.
6. Every student should carry a small medical kit of her own. Japan is a very clean and hygienic country, however, stomach upsets can still occur. It is a good idea to pack something like Lomotil and some sort of oral rehydration mixture in case of severe diarrhoea. Other things may include Panadol, bandaids, antiseptic and cold tablets. Apparently Vicks inhalers are banned by Japanese customs. If you are taking prescription medicine, it is a good idea to get a letter from your doctor confirming the medication you are required to take on a regular basis. If you are sick during your stay in Japan, always inform one of the staff members.
7. Japan is a gift giving society and it is appropriate for students to give reasonable gifts to host families. These should be wrapped as this is Japanese custom and the Japanese believe the presentation of the gift is important. Japanese students love things like stickers and badges, small clip on koalas, particularly 'cutesy' things. Macadamia chocolates and small jars of boutique jams all seem to go down well. Little books on Australia can be purchased quite cheaply and give host families some idea of what it is like where the students live. These items can be purchased quite cheaply from the Queen Victoria Markets. Remember to remove the 'Made in China' stickers on any stuffed items. Purchase a few small items to give to any friends you make whilst at our sister school. Your host family may take you to see their friends or relatives. It is Japanese custom for the guest to bring something to give to the host, usually beautifully wrapped food because the average Japanese home does not have a lot of room to house large non-consumable knick-knacks. If you are going to see your host's friends or relatives, remember to take with you a small gift. Japanese people are quite modest in giving presents, and you will usually hear a person giving a present say, つまらないものですが、どうぞ。(tsumaranaimonodesuga,douzo) (It is a boring present, however, please have it). Avoid giving the same item in groups of four (eg. four cups), because the kanji character for four is associated with death.

During the Homestay

1. At the house

When you arrive at your homestay, you will enter the genkan (entrance hall) where there is usually a cupboard to store the family's shoes. Use the pair of 'house slip-ons' prepared for you. The genkan is at street level, and there is a raised step up into the house. When you enter a house, go to the raised step, but don't step up on it. Turn around and face the door. Now, take off your shoes, make sure you place them neatly side by side, step up from the genkan and put on the slippers provided for you.

2. Presenting your gifts

On your first night with your host family, perhaps after dinner while everyone is present, bring out your gifts. Hold your gifts with both hands and say どうぞ (*douzo*), which means 'Here you are'. Give the first gift to the eldest male, father or grandfather, then to the eldest female. Allow time for everyone to open and admire their gifts. Traditionally speaking, Japanese don't tend to open their presents in front of you.

If your host family doesn't open your gift, say どうぞあけてください (*douzo akete kudasai*) which means, 'Please open it'.

3. Shoes and feet

Never wear your street shoes in the main part of a Japanese house. Instead, take them off and leave them in the genkan (entrance) inside the front door. If your school shoes are packed in your suitcase, also put them in the genkan so you don't accidentally forget and put them on in your bedroom and start to walk around the house with them on! Change into the slippers provided for you. Remember to put your street shoes neatly side-by-side, with the toes pointing towards the door. This helps you when you step into them again.

In the toilet you will find a pair of plastic slippers which you must wear to go into the toilet. Take off your house slippers, leave them outside the toilet door and step into the plastic toilet slippers. Having your house slippers outside the toilet indicates the toilet is in use. These plastic slippers should never be worn outside the toilet, so remember to change back into your house slippers after you have been to the toilet.

Tatami (finely woven straw matting) rooms are common in Japanese houses. They are very expensive, and even slippers will wear them away, and as such, you walk carefully on tatami mats in bare feet or socks or stockings.

In some Western public buildings it is OK to wear outside shoes inside. Other public buildings and most schools require one to change into slippers at the entrance. Here there are usually shoe lockers. You will be provided with slippers when you attend school. All school students have two pairs of sports shoes as outside sports shoes may not be worn in the gymnasium. Bare feet or socks are the norm in buildings for kendo and judo and other martial arts. The Japanese do consider, however, that bare feet in public is dirty and therefore, shoes must be worn outside the house. Take this into consideration when packing your suitcase. Thongs and other open style shoes, although fashionable in Australia, are not seen that way in Japan.

4. Showers and baths

A Japanese bath is somewhat of a ritual and there is a usual procedure to be followed, particularly in public baths or hot springs. The basic philosophy is that a bath is not something to wash in but something to sit and relax in after one has washed. Many houses now have showers as well as baths so you may choose the one you prefer.

a. Using a Japanese Bath - The おふろ (*ofuro*)

Not all Australian houses have a bathtub in the bathroom, but in a Japanese home this is an important part of the bathing ritual. You are probably used to taking a daily shower only. Your host mother will invite you to take a bath, especially when it is cold outside. All family members share the same water in the bathtub. As the guest, your family MIGHT offer you the first bath, when the water is the hottest and cleanest. However, you do not want to disturb the family routine, so have your bath when it is convenient for everyone else. Japanese families usually have a bath at night. If you are used to having a shower in the morning, you should try to follow what the family routine is and adapt to bathing at night. The bathing procedure is important and should be noted as follows:

- First the shower - undress and put your clothes in a dry place, usually outside the bathroom's wet area. Soap your body and shampoo your hair OUTSIDE the tub. In some families there will be a shower alcove included in the bath area and a hand shower. Stand or sit on the little low stool beside the bath and shower yourself and THOROUGHLY soap and rinse yourself. If you wash your hair, make sure every skerrick of shampoo/conditioner is rinsed out of your hair before getting into the bath. If there's no shower, there will be saucepan-sized dippers, usually bright coloured plastic on or near the cover of the bath. Squat or sit on the little stools by the bath, dipper yourself wet, shampoo hair/soap body etc. thoroughly (use those little nylon towel things often hanging on the door like face-washers, if you wish) then USE THE DIPPER - TO RINSE YOURSELF THOROUGHLY BEFORE GETTING INTO THE BATH. You will probably be given two towels. The long narrow one is used to wash yourself and the larger one is used to dry yourself. Make sure you don't use the soapy washing towel in the bath. Japanese bathrooms are waterproof, and you are expected to splash water on the floor. The bath is often full to overflowing when you get into the bath. If a whole lot of water overflows onto the floor, do not panic; it is quite normal.
- Now the bath - step into the bath for about a 20 minute soak. If you displace a heap of water do not worry about it. Relax in the bath with the water up to your chin and just soak and enjoy it. The bath will be full and hot when you enter the bathroom - sometimes it is quite outrageously **too hot**. It seems wasteful, but it is quite normal to let in cold water until it is bearable. However, keep in mind that Japanese generally have much hotter baths than we do, and before you get out, add more hot water from the tap if it is that kind of bath, to make it hot for the next person. The word for 'hot' is あつい (*atsui*), and the word for the 'hot water' is お湯 (*oyu*). **Don't use soap or shampoo in the bath or let hair float in the water.**
- DO NOT EVER PULL THE PLUG OUT, EVEN IF YOU ARE THE LAST PERSON IN THE BATH THAT NIGHT. That is your host mother's job, and she may leave the water in until the next day, and even use it again. You will often find a bath cover to cover the bathtub to keep the water hot for the next person.
- After the bath - leave the bath water CRYSTAL CLEAR. Dry yourself well, hang your towel up, and put away your shampoo, soap, toothpaste and brush. Vacate bathroom for next user.

Note: It is customary for some Japanese brothers/sisters to share their bath time. Although this will not occur, if you are invited to share a bath with other host sisters, feel free to say no and indicate you would rather have your bath alone. Say ひとりでおねがいします (*hitoride onegaishimasu*). Furthermore, family outings to hot springs are a popular recreational activity with some families. These are places where men and women bathe nude (in separate areas) in

hot springs. Be careful not to be confused with going to a swimming pool as you would in Australia. It is highly unlikely you will be taken to the hot springs, however, if you are asked, you can decline the offer to go to such a place.

5. Taps and toilets

For many students, the toilets available might be a new experience. Good luck and just remember you are the visitor and you should be ready to adapt. For example, some country regions do not have coordinated sewerage systems so many houses have pit toilets that are regularly emptied by vacuum car.

It is customary to change one's footwear to enter a toilet in a Japanese house (not in a public toilet). There are special slippers provided. Not remembering to change out of them when one leaves the toilet is considered a very funny mistake.

There are three types of toilet in Japan:

- a. Most houses have Western-style toilets and some even have heated seats and a control pad to the side!
- b. Flushing Japanese-style toilets (usually at schools and in public places). This is a rectangular opening on a raised floor. To use the toilet, you should straddle the opening facing the projecting hood part and squat.
- c. Non-flushing Japanese-style toilets. These are a bit of a shock but you adjust to them very quickly. The main problem is usually the sense of guilt if you soil the toilet; you can't flush it clean. Do not worry about it; your Mum will deal with it and you just try to be more accurate in the future.

Always wash your hands before you leave the toilet. In all toilets in Japan (both Western and Japanese) you will find a water tap on top of the cistern. This tap flows automatically into a small handbowl when the toilet is flushed. Toilets in department stores and hotels are usually clean and generally have Western-style toilets. Avoid using toilets in train stations as they are not very clean.

Public toilets do not usually provide toilet paper or paper towels, so make sure you carry a packet of pocket-sized tissues for this purpose. You will often see in shopping malls people distributing small packets of tissues with material advertised on them. It is a good idea to collect them if offered to you. Small rubbish bins are provided in every toilet for other rubbish. Girls should be aware that men's public toilets have no outside door. In some places it is possible as you walk past to see into the toilet. Don't worry, the women's toilets are quite private and have doors. Sometimes the entrance to the men's and women's public toilet is through the same street door. When you get inside, there are signs to tell you which way to go (see the section on signs to understand the male and female signs used in toilets).

6. Noses and handkerchiefs

Handkerchiefs are used for wiping the fingers or brow, but NEVER the nose. The Western idea of nose blowing onto handkerchiefs is considered unhygienic. The Japanese will sniff or snort, but loud noseblowing will certainly cause an offense. Carry a small packet of tissues and use them and put them in your pocket and dispose of them later. Blow your nose when people aren't around (in your bedroom or in the toilet), however, if you urgently need to blow your nose, say excuse me and go ahead. Do not blow your nose at the dinner table.

7. On show

During your stay, you will visit places where your group and school will be 'on show'. Everyone wants to know your name and something about you, where you come from and how you like being in Japan. With a little practise, before you leave, you can

prepare a suitable speech. If you are well prepared with some basic sentences, this will please everyone very much and leave a good impression with them.

When you introduce yourself, do so in Japanese. However, it is OK to read a speech, you don't need to memorise it. Practise speaking slowly and clearly so that people can understand you. If you try to use some Japanese sentences, everyone will be thrilled that you have taken the trouble to try.

8. Communication strategies

a. Bowing

People bow a lot in Japanese society. A deep bow is for someone very special. A little nod of the head is to acknowledge something or someone less important, like the greeting *いらっしやいませ!* (*irrashaimase*) that shop attendants give you. Bow deeply to your family to show them they are special and to show your respect for them.

Part of courtesy is the bow from the waist. You bow when you meet new people, when someone gives you a gift or when you want to express gratitude or thanks. There are two parts of the bow. First you look at the ground. This means that you trust the other person enough not to keep an eye on him/her. You also place your hands palm down on your thighs. This shows that you are unlikely to hit him/her while your eyes are down.

b. Hugs and handshakes

Japanese people don't show affection in public. Kissing, hugging and holding hands, in public, are considered to be bad manners, so are back-slapping, arm-touching and energetic handshakes. Avoid pointing in Japan. The Japanese will wave in the general direction instead of pointing. The Japanese do not shrug their shoulders to mean, 'I don't know'.

c. Yes and no

Japanese people might say 'YES' to your question, but their 'YES' might simply mean, 'I hear what you're saying', NOT, 'I agree with your statement'. This can be a real trap for Australians for which 'YES' means an affirmative answer. For the Japanese, 'YES' can mean:

- *Yes, I heard what you said and understood it, but I don't agree; or*
- *Yes, I know what you are saying, but I can't understand any of it.*

If you are in doubt what a person's yes means, ask. In important matters, make sure you both understand if the answer is YES or NO.

Japanese people point to their noses to mean no, wave their hands in front of their face to mean no, and bow their heads slightly to mean yes.

d. Talk quietly

You will definitely find Japanese people talk quietly in public. You have to be careful with the level of your voice, especially in the house at night. The walls in Japanese houses are very thin, compared to those of Australia. If you talk loudly, you will disturb other people.

d. Gestures

Use as many gestures as possible. Some non-verbal expressions are universal such as smiling. People look happy when they are happy (^O^). Nodding and shaking your head are other common gestures.

e. Ask for assistance

Simply ask! 'What is it?' *これはなんですか。* (*korewa nan desuka*) at the same time as using your gestures.

f. Use visual support

- Ask people to write things down in either English or Japanese. Say *かいてください* (*kaite kudasai*) (please write).
- Use a dictionary to communicate. Show your hosts what you want to say.
- If you are good at drawing pictures, why don't you use them!

Always take a pen, a booklet, and a small pocket size dictionary with you.

g. Use English words

Use English words! Japanese people understand 'no', 'yes', 'good', 'nice', 'thankyou', and 'OK'. You can also write sentences down in English. Japanese people tend to be good at reading rather than listening.

The most important thing is trying to communicate with people. You can do it! Don't give up!

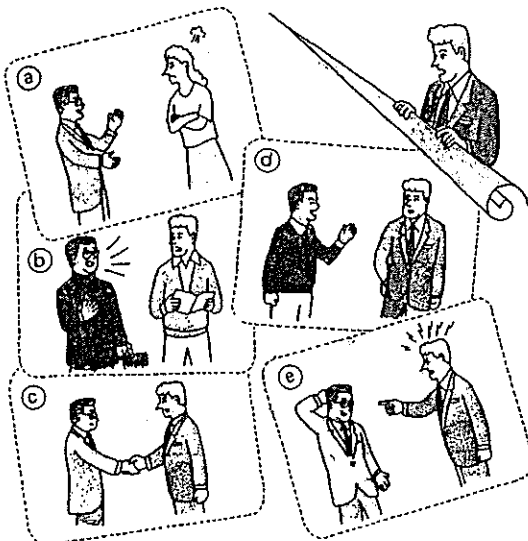
9. Language and Communication

- This is a great opportunity to experience a different culture while expanding your awareness of your own language and culture.
- Put the Japanese you know into practise. The Japanese Australian students are taught is standard Japanese which all Japanese people understand. You will also hear different dialects and levels of spoken Japanese including slang. A good idea is to buy a *たんごちょう* (*tangochou*) (a little booklet containing small blank cards held together by a large ring similar to one on a folder) that you can keep in your pocket, and when you come across a new word, you can write it down.
- Although Japanese people tend to understand English, they are not good at speaking and listening.
- The following pages contain some useful expressions that will assist you during your stay.

Functions	CULTURE & GESTURES	LANGUAGE
Expressing likes and dislikes	It is not polite to say "I do not like something" in Japanese. When you want to express a dislike, you should use the above expression for hesitation (…wa chotto).	～が すきです。 ～ga sukidesu (Saying what you like) eg. chocolate ga sukidesu.
Greetings	Japanese do not say "how are you" as a greeting. They often greet each other by bowing or smiling rather than saying something. Japanese do not say <i>konnichiwa</i> to their family. It is not the same as hello!!	おはようございます ohayoogozaimasu (Good morning) おやすみなさい oyasuminasai (Good night)
	The Japanese greet when they come home and the people inside also greet you back.	ただいま tadaima (I'm home) おかえりなさい okaerinasai (Welcome back)
	The Japanese also greet when they leave home and the people inside greet you back.	いってきます ittekimasu (I'm going and coming back) いってらっしゃい itterasshai (Have a good time)
Introducing Yourself	When meeting a senior person, say your name and bow. To a junior person or somebody of the same age, say your name and smile.	Name です。 Name desu eg. Sam desu
Asking for repetition	Although lots of English words are adapted to Japanese, they are adjusted to Japanese sounds and you may not understand them. Ask them to write the word in English on a paper.	もういちど おねがいします。 mooichido onegaishimasu (Would you repeat) かいて ください。 kaite kudasai (Write it down please)
Thanks	Always express your appreciation!!	ありがとうございます arigatoogozaimasu
Saying I do not know/ understand	If you are not sure of something use this phrase. It is much better to let others know you do not understand rather than pretending to understand.	わかりません wakarimasen

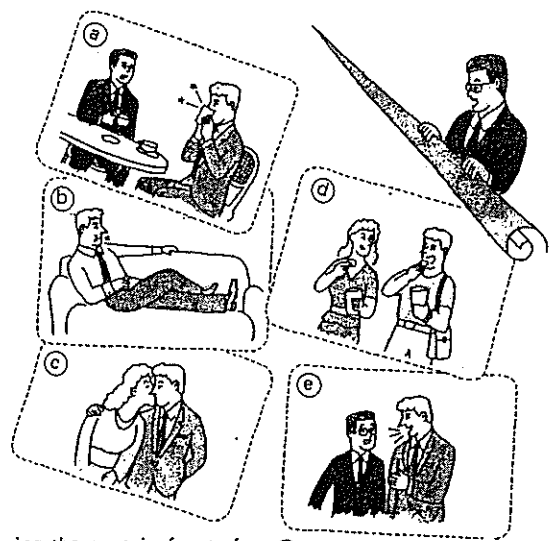
Functions	CULTURE & GESTURES	LANGUAGE
Feeling	We do not want you to get sick, but if you feel ill it's better to tell your host family. Your host family is also concerned about your health. You can also use gestures to get the message across.	さむい。 あつい。 いたい。 きもちわるい。 samui atsui itai kimochiwarui (cold) (hot) (sore) (feel sick)
Smile	Japanese smile, grin or laugh to express friendliness. They are not laughing at you!	
Permission	If you want to do something in the host family's house, ask them. Do not do anything without their permission. Use gestures to get your message across.	いいですか。 iidesuka (asking permission)
Questions	You can sometimes use short questions rather than whole sentences.	なんですか。 Nandesuka (what) どこ。 Doko (where) どれ。 Dore (which) だれ。 (who) Dare いつ。 Itsu (when) なんじ。 Nanji (what time)

FAUX PAS OFTEN MADE BY JAPANESE WHEN DEALING WITH FOREIGNERS:



- a) When meeting someone for the first time, asking personal questions such as a man's salary, or a lady's age, marital status, or bust size.
- b) Confusing someone's first name with their surname.
- c) Holding the hand out limply, like a wet fish, when shaking hands, and then forgetting to let go at the appropriate time. The handshake is a relatively new custom in Japan, and many people are not yet used to it.
- d) Using a person as a target for English conversation practice.
- e) Grinning and bowing when apologizing. This is done to hide embarrassment, but it can give the impression that the apologizer is not taking the matter seriously and is not sincere in what he is saying.

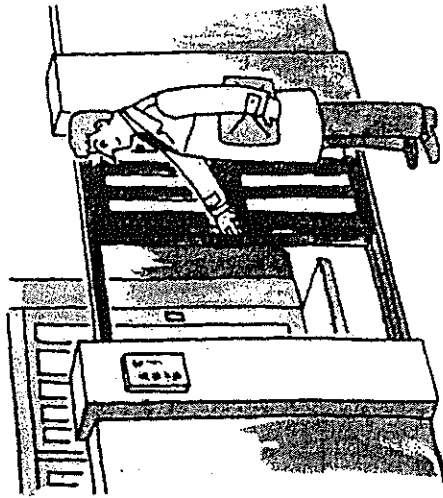
FAUX PAS OFTEN MADE BY FOREIGNERS WHEN DEALING WITH JAPANESE:



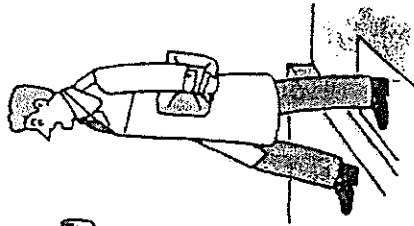
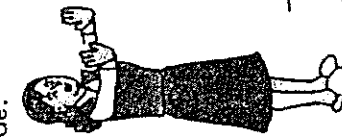
- a) Blowing the nose in front of people. If you want to blow your nose, you should leave your seat or turn away, or, at the very least, excuse yourself by saying "Shitsureishimasu" ("Excuse me").
- b) Chewing gum while talking to someone. Never do this when on business or when meeting someone for the first time. Putting the feet up on chairs or tables, touching someone with your foot, or sliding open a door with the foot.
- c) Kissing in public.
- d) Eating while walking in the street.
- e) Standing too close to someone while talking. The Japanese bow to each other in greeting rather than hugging, kissing or touching, and they stand quite far apart when talking.

VISITING A JAPANESE HOME

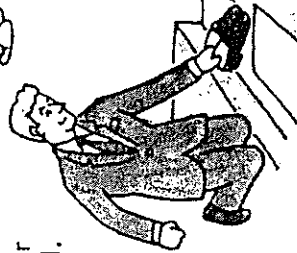
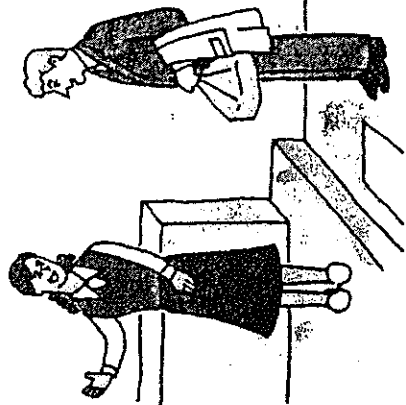
When you visit a Japanese home for the first time, it will make it easier if you know a little about what to do and what not to do before you actually arrive. Many Japanese homes are built in the Western style these days, but the one described here is in the traditional Japanese style.



The gate and front door are usually of the sliding type, and the name of the head of the family (and sometimes those of the whole family) is on a nameplate ('*hyōsatsu*') outside.



It is good manners to take your coat off before entering the hall.

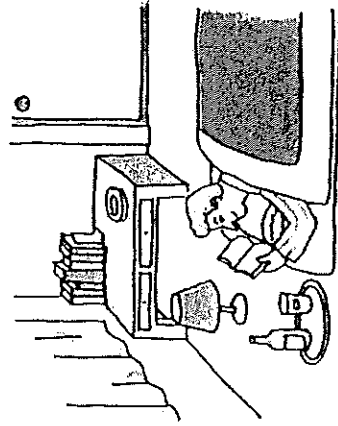
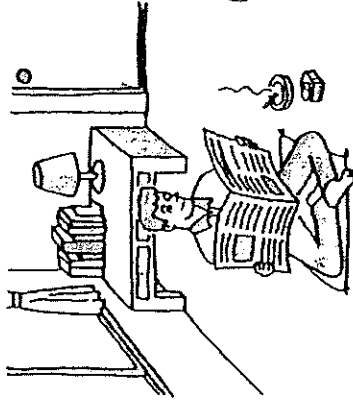


Take your shoes off in the hall ('*genkan*') before stepping up into the house.

You will be thought an exceptionally well-mannered guest if you place your shoes tidily together facing back the way you came, as shown in the picture.

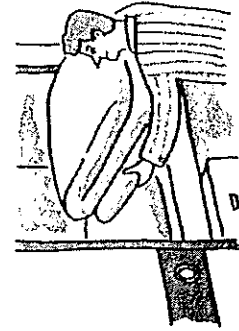
SLEEPING

These days, many Japanese sleep in beds. However, a much more efficient use of space is obtained with the traditional Japanese sleeping arrangement, which consists of bedding called '*futon*' laid out on the '*tatami*' at night and kept in the closet, or '*oshiire*', during the day.

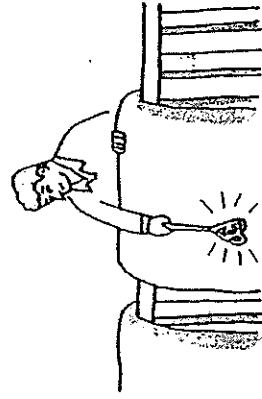


The '*oshiire*', a closet with sliding paper doors, is specially-designed for storing '*futon*'. Since Japan is very humid in the summer, it is best to keep the '*futon*' on the upper level of the '*oshiire*'.

The '*futon*' is very handy -- the whole of the floor around it can be used as a bedside table. A complete '*futon*' set consists of a mattress ('*mattressu*'), under-*futon* ('*shikibuton*') and sheet ('*shikifu*') underneath, and a towelling blanket ('*taoruketto*'), ordinary blankets ('*mōfu*') and an eiderdown ('*kakebuton*') on top, plus a pillow ('*makura*') filled with buckwheat chaff ('*sobagara*') designed to keep the head cool.

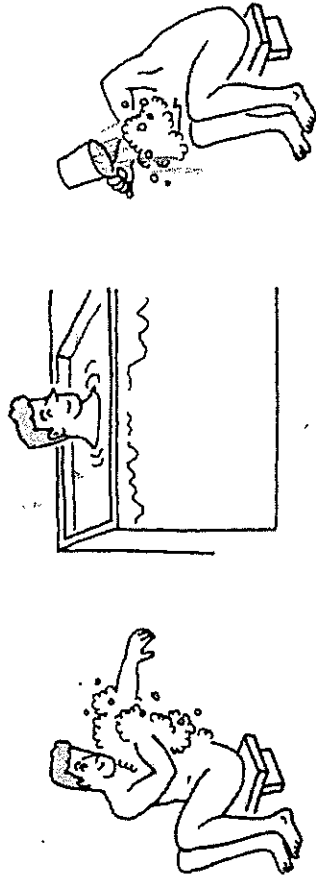
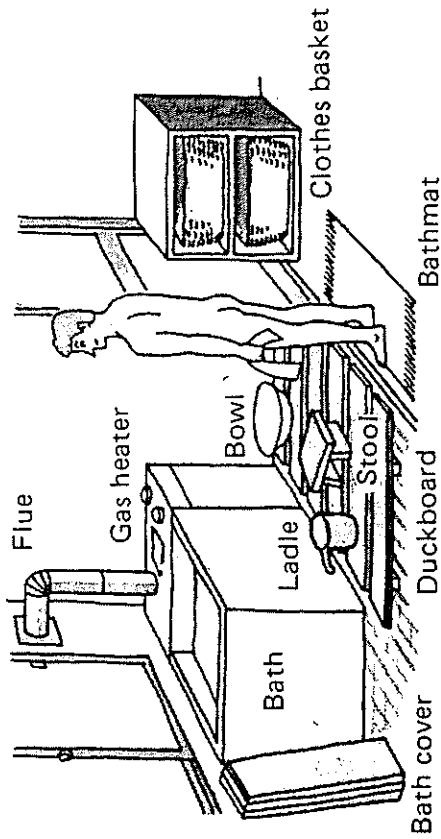


You should air your '*futon*' regularly to dry it, and expose it to direct sunlight to kill germs.



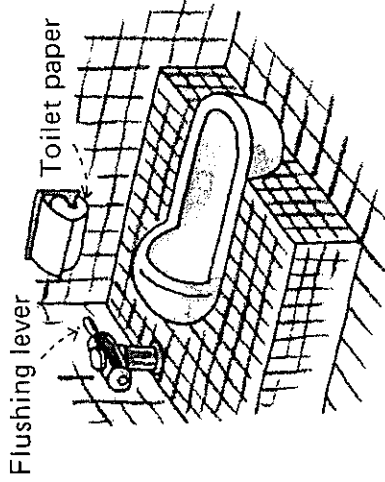
USING THE BATH AND TOILET

The Japanese bathroom ('furoba') is usually separate from the toilet and looks different from the Western bathroom. It has a tiled floor with taps low down on the wall, and sometimes a shower. The bath itself is square, and is deeper than a Western bath. It is usually filled from a cold tap, and the water is then heated by a gas unit attached to the side.

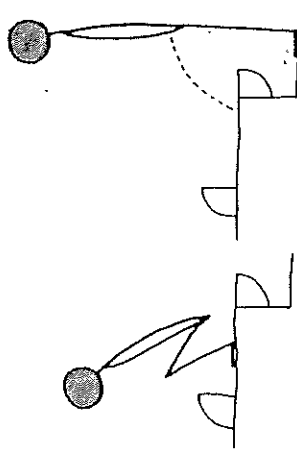


Wash and rinse yourself in the tiled area before getting in the bath. The bath is for soaking and relaxing in (that's why it's so hot), and soap, shampoo, etc., should never be used in it.

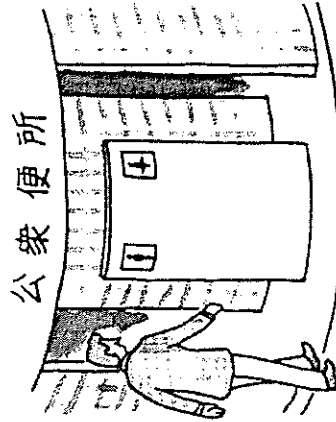
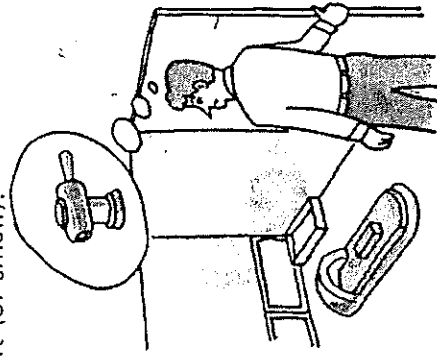
Japanese-style toilet



Both Japanese and Western toilets are used in Japan, and most public lavatories offer a choice. When using a Japanese-style toilet, it is usual to squat facing the hooded end. The Japanese-style toilet is considered by many to be cleaner than the Western-style one because no part of the body comes into contact with it; and for this particular bodily function, squatting is said to be better than sitting.



Many homes in the countryside still do not have flush toilets, and the 'bakyūmu-kā' (honey wagon) is not an unfamiliar sight (or smell).



There is no shortage of public toilets in Japan, but many are not supplied with towels, and some do not have toilet paper. Hot running water is highly unusual. The Japanese habitually carry a handkerchief or tissues for drying the hands.

Japanese Food

1. Different tastes

You have probably wondered many times, 'What will I eat in Japan?' You have heard about Sashimi and Sushi, and you have perhaps been to a Japanese restaurant in Melbourne. So you might think, 'Perhaps I'll just go hungry while I'm there'. However, there is a great variety of food in Japan, both traditional, Chinese and Western style.

Japanese food is interesting, nourishing and delicious. It looks good because Japanese cooks are trained to serve food in a very attractive way. You will find some new and different flavours in some dishes and at first, the taste will be strange. Your taste buds need a little practice to get used to new flavours, so give them a chance.

The traditional diet includes a great variety of fish and seafood. Red meat is very expensive and is bought thinly sliced in small packs. Rice is eaten at every meal. Because the Japanese work hard to harvest their own rice, it is expected that you eat every grain in your bowl. Therefore, only accept the rice that you can eat. A phrase you might use is すこしだけおねがいします. (*sukoshidake onegaishimasu*) (Could I please have just a little?) Many families now choose the quick tea and toast Western style breakfast. Japanese bread is sliced quite thick. You might be offered cereal and milk for breakfast, but you might also be offered Miso soup and rice. Try it! Japanese milk tastes different from the milk you are used to drinking in Australia. Seven-Eleven's brand milk has the closest taste to Australian milk.

You won't find cream cakes and icecreams, chocolate puddings and custards on the table either. The Japanese diet doesn't include many sweet things, favouring fresh fruit instead. Good quality fruit can also be very expensive. Take some time to go shopping and look around the displays and check the prices. You will find some surprises.

Out of courtesy your host family may ask you what type of food you like when they first meet you. Don't say you like the meals you are used to eating in Australia, say some of the Japanese meals you know. It is likely your host mother will cook what you say you like during your stay. If you are asked what you eat for breakfast, say broadly cereal or toast, as things like Rice Bubbles are Australian brands. You may be taken to the supermarket to select what you eat for breakfast, and you will see from the pictures on the front of the packets the Japanese equivalent of Australian breakfast cereals.

2. The meal table

At the meal table you will have a number of small bowls set before you with a pair of chopsticks. These bowls are for rice, soup, pickles (the appetiser at the beginning of the meal) and your main course. Most Australians are used to eating soup first, then the main course, then dessert. However, at a Japanese meal, copy your family. You will notice that they eat from each dish in turn. This shows that you don't prefer one dish above all the others, but that you like them all the same. When you drink soup, lift the bowl in both hands and drink it. The family will make slurping noises. You can too! It is culturally accepted.

About chopsticks:

- Never point chopsticks at anyone;
- Never leave chopsticks crossed;
- Never stand chopsticks in the rice bowl (only done at funerals!);
- Never stab food with chopsticks (only done at funerals!); and
- Pass food from chopsticks to chopsticks (only done at funerals!).

Your host mother wants to please you and will take some trouble with her cooking. The best way to show your appreciation is to TRY EVERYTHING! There are many easy,

traditional Japanese dishes and this is a time to try all these dishes. Japanese cuisine is very popular within the Australian culture, and many Japanese foods can now be purchased from the Asian foods section of Coles supermarkets or Japanese groceries around Melbourne. To get your taste buds familiar with Japanese food, have a go at cooking some Japanese food before the tour.

When you are served with a dish that looks funny or smells strange, there are ways to cope with it that don't show your feelings. Try it! If it tastes strange, mix it with something else like soy sauce, rice or vegetables. Be careful of *wasabi* (horseradish sauce). It is *very hot* and should only be eaten in tiny amounts. If you mix the food with other things and it still tastes strange, just leave it. Don't push it to one side, screw your nose up and say 'Yuk!'.

Be aware that the gourmet types of sushi available in Australia are not made in Japan. A lot of the food offered in Australian restaurants and food courts, although very similar to Japanese food, has been altered slightly for our tastes.

Remember your table manners. They are pretty much the same as in Western countries; no elbows on the table or sneezing/coughing onto the food. Remember the words to say in Japanese before the start of a meal (いただきます) (*itadakimasu*) and after a meal (ごちそうさまでした) (*gochisousamadeshita*). Your host family will have knives and forks, however, try and use chopsticks (a guide has been attached) before asking for a knife and a fork.

3. Drinks

Drinks that can be purchased in Australia such as Coca Cola can be purchased in Japan and have the same taste. Vending machines called じどうはんばいき (*jidouhanbaiki*) are common throughout the country and drinks and small snacks (chips, chocolates etc.) can be purchased through these machines. You will be surprised at the endless amount of items available for purchase through these machines such as cameras, books and magazines. Seven-Eleven convenience stores are located throughout the country as well.

You may be offered to try the traditional Japanese green tea or even participate in a tea ceremony. Japanese green tea icecream can also be purchased! Try it!

You may notice your host parents drinking *Sake*. This is Japanese traditional rice wine. It is an alcoholic drink and as such you should not drink it.

4. Restaurants

During your stay with your host family you may be fortunate enough to go to a restaurant. In most restaurants, a plastic replica of the food available on the menu is displayed in the window of the restaurant. You make your decision based on what is on display. As a matter of courtesy, don't choose the most expensive dish on the menu, and avoid ordering meat as meat is very expensive in Japan.

5. Lunch

Japanese students usually bring their lunch in the form of an おべんとう (*obentou*) box to school. The meal is presented quite attractively in these boxes. Lunch may consist of leftover food from the previous night or a mixture of cold foods. Do not expect sandwiches. Most schools have a canteen or ばいてん (*baiten*) and your host may take you there to purchase your lunch. Canteens in Japanese schools are more like cafeterias where hot lunches can be purchased and are served to you on plates.

6. Language

Expressions

When to use	Language	Translation
Before eating	Itadakimasu いただきます	Not applicable
Asking what something is	Korewa nandesuka これはなんですか。	What is this?
Asking what it is in English	Eigode nandesuka えいごでなんですか。	What is it in English?
Implying you don't like...	~wa chotto... ~はちょっと...	I don't really like it...
Saying you like...	~gasukidesu ~がすきです。	I like...
Saying 'delicious'	Oishii おいしい	Delicious!
Asking if you want seconds	Okawariha おかわりは？	Would you like some more?
Saying I want some	Itadakimasu いただきます	Yes, please.
Saying I do not want any	Kekkkoudesu けっこうです	No, thank you.
After eating (saying thanks for the meal)	Gochisousamadeshita ごちそうさまでした	Not applicable

Other words

おちゃ Ocha	Green tea	ごはん Gohan	Meal (literally means rice)
こおちゃ Koocha	Ordinary tea	おべんとう Obentou	Lunch (literally means boxed meal)
コーヒー Koohii	Coffee	おやつ Oyatsu	Small snack (usually between meals)

Food you need to be careful

Wasabi, Nattoo, Umeboshi, Fish roe, Azuki
Remember, always try it once if you can!!

Food that may confuse you

Mayonnaise, Tomato Ketchup, Peanut butter, Curry, Potato Chips

Drinks you MUST NOT drink

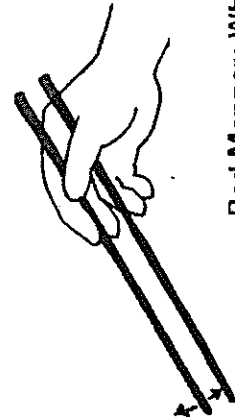
Sake (Japanese rice wine), Chuuhai, Shouchuu, Beeru

These are alcoholic beverages and therefore, you are not allowed to drink.

Use of Chopsticks & Tableware 箸・食器の使い方

Japanese food is eaten with chopsticks (*hashi*), and the most efficient way of using these handy little tools is to wield them in one hand, while lifting the dishes containing the food in the other. Along with the correct method of holding the chopsticks, this practice has developed over the years into a precept of proper table etiquette.

HOW TO HOLD CHOPSTICKS PROPERLY



Hold the chopsticks slightly towards the thick end. Keeping the lower chopstick steady, move the upper one with a scissor-like action to pinch the food between upper and lower tips.

Bad Manners When Using Chopsticks

Mayoi means "dithering". It is bad manners to wave your chopsticks around aimlessly over the food, trying to decide what to take next.

Mayoi-bashi

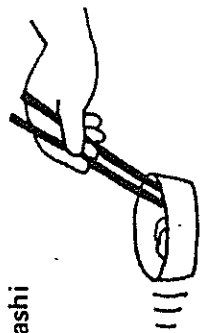


Sashi-bashi



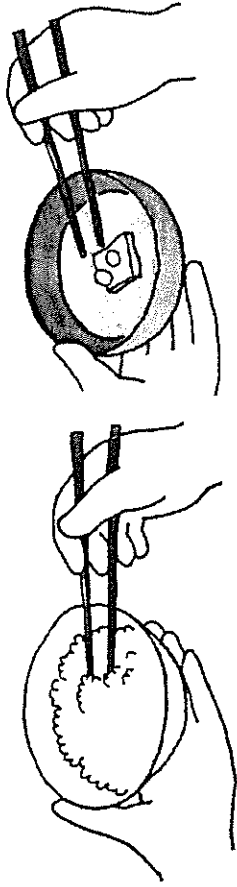
Sashi means "inserting". It is bad manners to spear food with the points of the chopsticks as if they were a fork.

Yosé-bashi

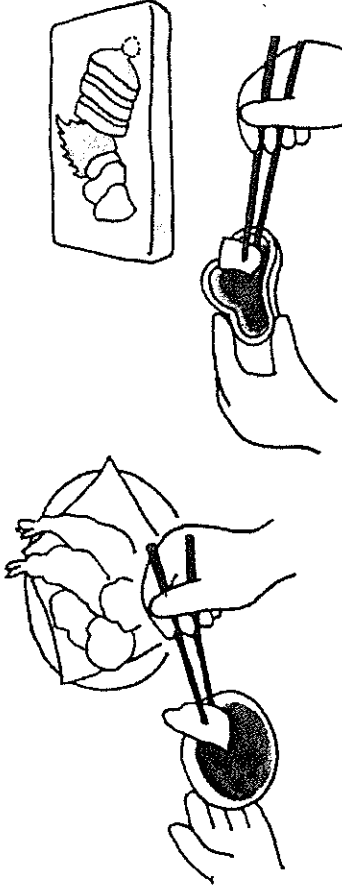


Yosé means "drawing near". It is bad manners to pull the dishes towards you using the chopsticks. Always pick the dishes up in the hand.

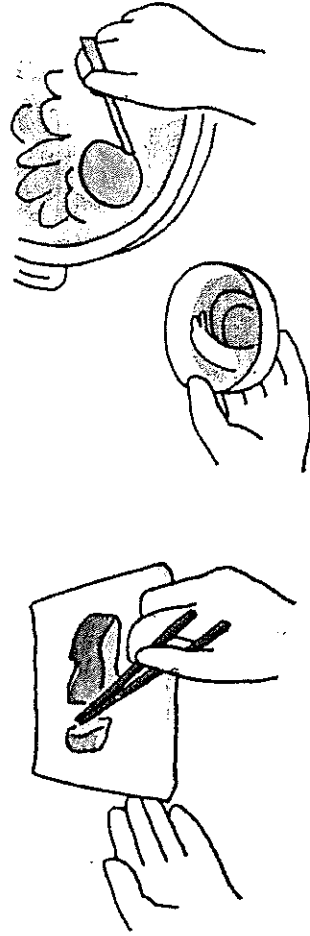
HANDLING DISHES



Japanese dishes are designed to be the right size and shape for holding in the hand. It is a particularly important point of etiquette to lift the dishes to the breast when eating rice or drinking soup.



When eating *tempura* (see p. 36), *sashimi* (raw fish) or other food which is dipped in sauce before being eaten, use the hand not holding the chopsticks to hold the dish containing the sauce.

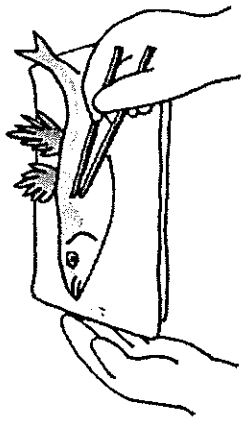


The dishes or plates used for grilled fish are usually too large to pick up, and may be left on the table. When eating *nabemono* (hotpots), transfer a portion from the communal pot to your own small dish and then lift this dish to eat.

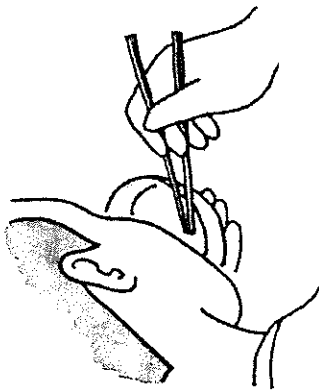
Table Manners

テーブルマナー

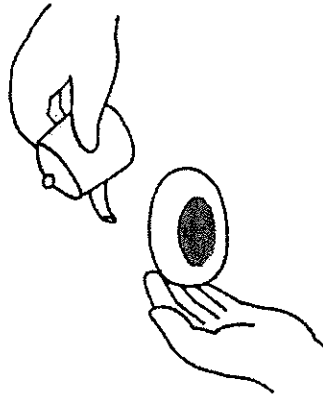
Sit up with your back straight and use your hands and chopsticks to bring the food to the mouth, rather than bending over the table. Tidy up your area of the table when you have finished.



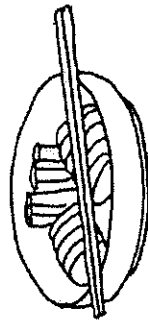
Use your chopsticks to cut up pieces of food too large to fit into the mouth in one bite.



Sip soup and liquid dishes such as *chazuké* (see p. 84) straight from the bowl).

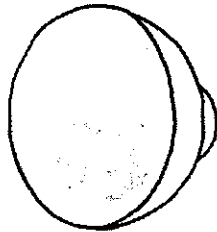
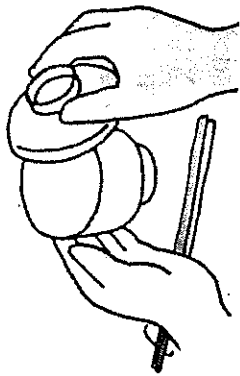


When taking soy sauce, take only the quantity you need, pouring it into the small dish provided for the purpose. It is bad manners to waste it by taking too much.

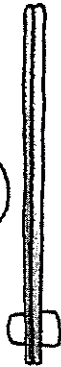


Tsukemono (pickles) is served in a bowl with an extra pair of chopsticks. So take some onto your plate with those chopsticks. That's formal manners.

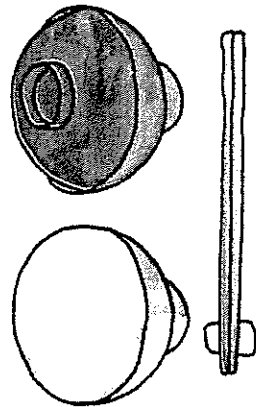
When eating *chawan-mushi* (see p. 172) or other food served in bowls with a lid, replace the lid on the bowl when you have finished.



Finish up all the rice in your bowl, down to the last grain.



When eating fish or other food containing bones, leave the bones neatly on the side of the dish.



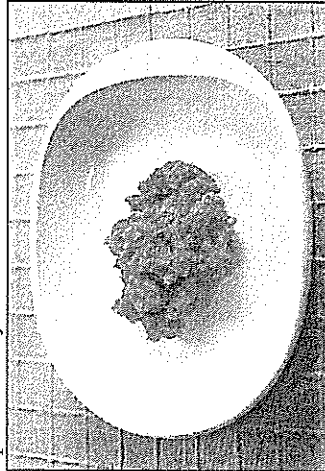
When you have finished your meal, replace your chopsticks tidily on the chopstick rest as they were when you started.

Soya bean products

Soya beans are the basis of many essential elements of Japanese cooking.

みそ Miso paste

Miso paste is obtained by fermenting steamed, salted soya beans, milled rice and other grains. It is the essential ingredient of *miso shiru* miso soup, as well as the flavouring for many other dishes. Each region has its own special variety of miso.

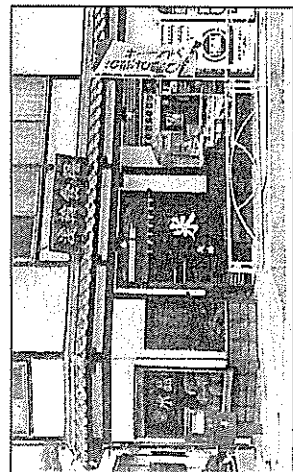


米 *kome* rice

Rice is the most important staple of the Japanese diet. It is called *kome* when it is a grain and *gohan* when it is cooked. The rice used in Japan is the short-grained variety, and is usually cooked in an electric or gas ずいはんき *suitanki* rice cooker but it may also be cooked in a pot.



Kome rice at the supermarket.



Rice shop — note the *kanji* for rice.

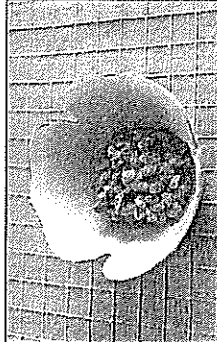
とうふ *toofu* bean curd

This is made by solidifying soya milk with a coagulating agent into soft or semi-soft blocks. It can be served cold, fried, or in soups and stews.



なっとう *Natto*

Natto is made by adding yeast to boiled soya beans and allowing them to ferment. Its taste is an acquired one, a little strong for most Westerners. It is usually served with a dab of mustard and minced green onion and sometimes mixed with egg yolk.

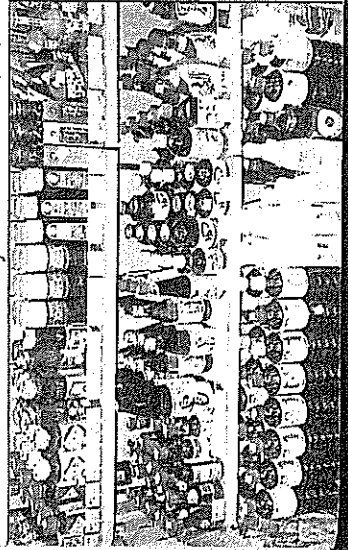


しょう油 *shooyu* soy sauce

This was introduced to Japan from China and is used as a basic element of almost all Japanese dishes.

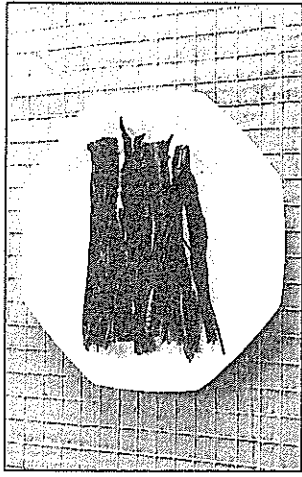
ソース *soosu*

soosu is similar to Worcester sauce. Bottles of しょう油 *shooyu*, ソース *soosu*, and しょう油 *shio* salt can be found on the dining tables of almost every restaurant and home.

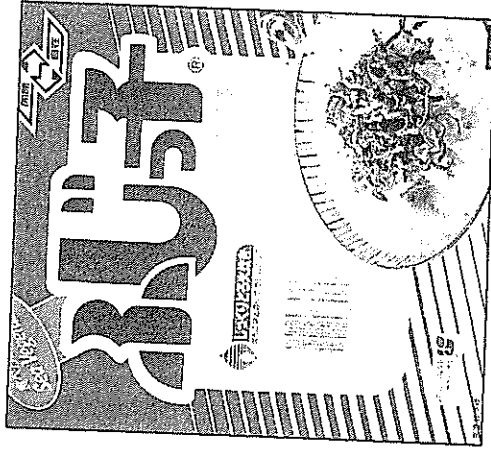


Seaweeds

There are a number of seaweeds used for various dishes in Japan, including seaweeds used in fresh seaweed salad, cooked in *miso shiru*, and processed seaweed のり *nori*. *Nori* is the most commonly seen type as it goes well with rice. It is toasted by holding a sheet of it and passing it over a gas flame for two to three seconds to improve its texture and flavour.



Kelp is also used. A basic Japanese stock for many dishes consists of kelp, dried *bonito*, dried sardines and dried *shiitake* (mushrooms).

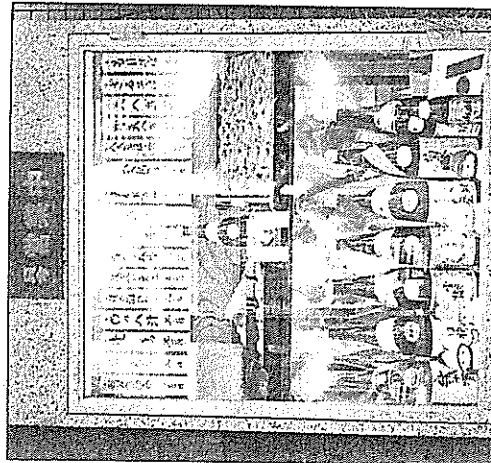


Korbu kelp is used with rice, spaghetti and inside *onigiri*.

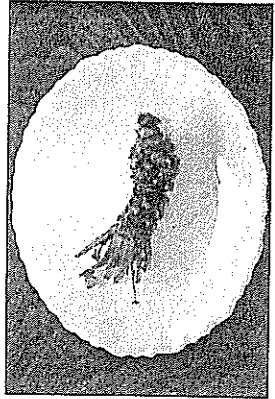
Other seasonings

す *su* rice vinegar
This is a very acidic vinegar and is used with *sushi* and other dishes.

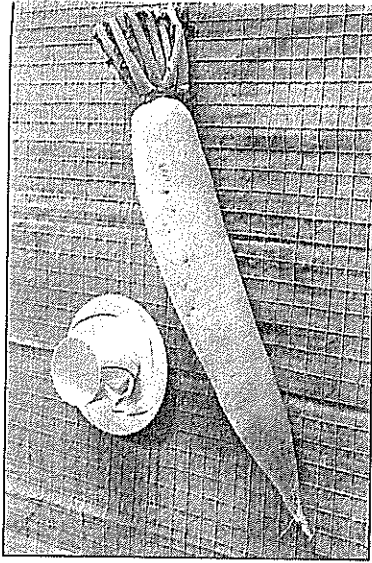
酒 & みり *ru sake and mirin*
Sake, the beverage, and *mirin*, a heavily sweetened cooking sake, are both used as a seasoning for Japanese dishes.



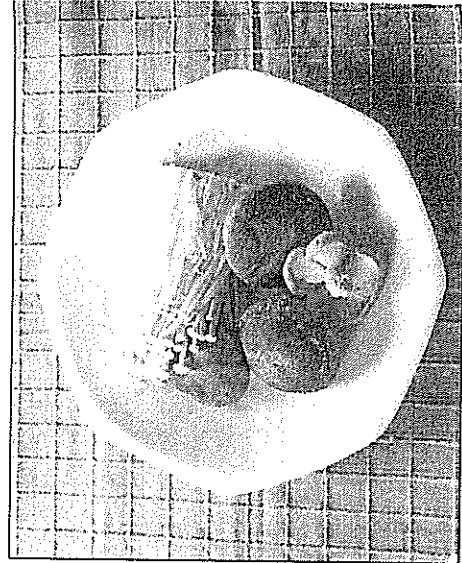
わさび *wasabi* horseradish
Wasabi is green and bitter, and an indispensable accompaniment to *sushi* and *sashimi*. It is usually put into the soy sauce into which one dips the *sushi* or *sashimi*.



だいこん *daikon*
daikon is the Japanese radish. It is used extensively in stews, and shredded or grated as a garnish for *sashimi*, or pickled as an accompaniment to meals.

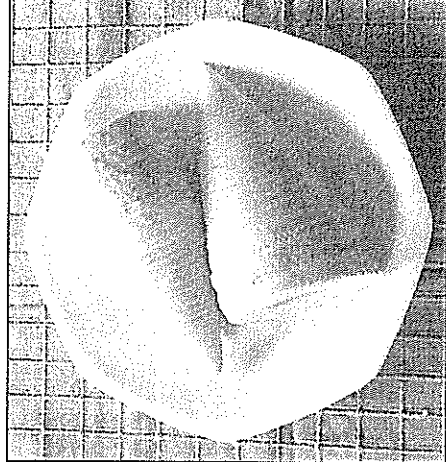


しいたけ *shiitake* mushrooms
Shiitake are used to flavour many Japanese dishes. They are a type of mushroom cultivated and enjoyed in Japan, Korea, and China, and available at most Oriental grocery shops.

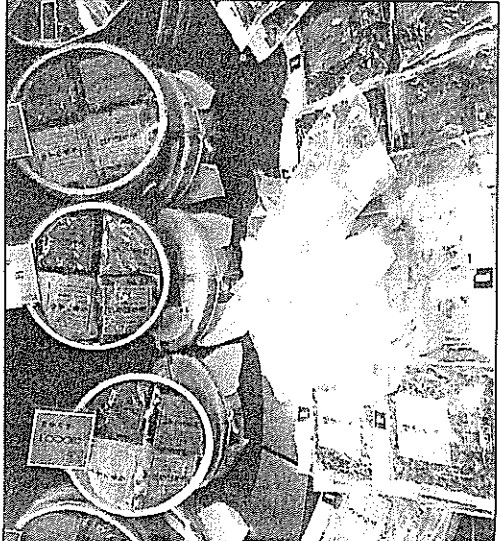


Mushrooms *shiitake* (brown) and *enoki* (white).

たけのこ *takenoko* bamboo shoots
Many people gather these wild on the mountains in the southern areas of Japan, but they are also available in the supermarket.



つけもの *tsukemono* pickles

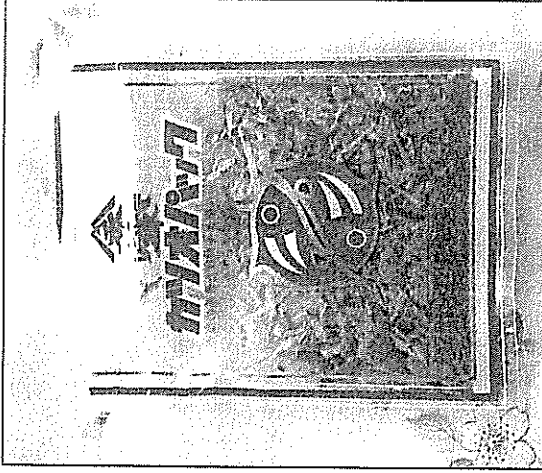


Packages of pickles for sale at a Kyoto souvenir shop.

A Japanese meal is incomplete without **つけもの** *tsukemono* pickles. They include the well-known *umeboshi* salted Japanese apricots, which are salted, flavoured with *shiso* leaves, left to mature in a crockery pot for three to four weeks, and then sun-dried.

Of course the vegetables pickled and the methods of pickling vary from region to region. Methods of pickling include salting, pickling in vinegar, and preserving in *shoyu* soy sauce.

かつおぶし *katsuo bushi* bonito flakes
These are available from Japanese food shops. Fillets of bonito (a member of the mackerel family) are dried and flaked and used in *dashi* a seaweed-based soup stock, **おこのみ** *okonomiyaki* Japanese pancakes, and for garnishing rice and other dishes.



Shopping

1. Shopping guide

Shop hours Tax-free shopping Electrical appliances

2. Money

GST 5% Shop hours Currency (円/¥) Travellers Cheques/Credit Cards

3. Telephone

Public phones Mobile phones

4. Places

Vending machines

5. Language

Expressions

When to use	Language	Translation
Asking how much it costs	Ikura desuka いくらですか。	How much?
Saying how much	~endesu ~えんです。	It is...
Saying how much they received (used by a shop keeper)	~kara oazukari ~からおあずかり	Not applicable
Giving change (used by a shop keeper)	~nookaeshidesu ~のおかえしです。	In English, a shop keeper tends to count the money.
Thanking someone politely	Arigatougozaimashita ありがとうございました。	Thankyou very much
Thanking someone casually	Doumo どうも	Ta

Other words

おつり Otsuri	Change	たかい Takai	Expensive
セール Seeru	On sale	やすい Yasui	Cheap

Numbers

0	1	2	3	4	5	6	7	8	9	10	100	1000	10000
zero	ichi	ni	san	yon	go	roku	nana	hachi	kyuu	jyuu	hyaku	sen	Ichiman
ぜ ろ	い ち	に	さ ん	よ ん	ご	ろ く	な な	は ち	き ゅう	じ ゅう	ひ ゃ く	せ ん	いち ま ん
零	一	二	三	四	五	六	七	八	九	十	百	千	一万

6. When paying for goods

When paying for goods, generally in major stores, you will see a tray near the cash register. This is where your money for payment is to go, and then handed to the shop assistant. You will receive your change in the same tray.

7. いっらしやいませ (*irrashaimase*)

You will hear this word when you enter Japanese shops. It means welcome. In some stores, especially major department stores, a person is employed to say いっらしやいませ (*irrashaimase*) and bow to all the customers who enter the store. You are not required to bow back or say anything when you hear いっらしやいませ (*irrashaimase*). Also, in major department stores, a person is employed to run the lift and stop at your desired floor. They will bow to you before you enter the lift. Again, you are not expected to bow back.

8. **Tips**

Tipping is not required or encouraged in Japan.

Japan National Tourist Organization

Website www.jnto.go.jp

Site Search:

- TOP
- Guide to Japan
- Getting Around
- Places to Stay
- Eating Out
- Things to Do
- Regional Travel Plans
- Regional Tourist Guides

Shopping

■ Things to Do

□ Shopping Guide

In a country that manufactures a large percentage of the entire world's consumer goods, and that structures its entire national existence around the marketplace, it is no surprise that shopping takes up a good proportion of most visitors' time.

The Japanese themselves love shopping, and look upon a visit to big department stores in the major cities as recreation. The stores encourage this by offering child-care service, giving away free food samples in their grocery markets and delicatessens, holding art shows and demonstrating native and foreign crafts.

Among the valued items sought as souvenirs are digital cameras, DVD players, portable MD players, watches, kimonos, pearls, ceramics, bamboo ware, woodblock prints and curios. All of which are available in specialty shops or department stores.

Shopping Hours

Shops and other sales outlets in Japan are generally open on Saturdays, Sundays and national holidays as well as weekdays from 10:00 a.m. to 8:00 p.m. Department stores, however, are closed during one weekday, differing by store, and certain specialty shops may not open on Sundays and national holidays. Please note that department stores close at least one hour (7:00 p.m.) earlier than most other stores.

Tax-Free Shopping

Bring your passport with you for tax-free shopping. Duty Free shopping is possible only at Japan's international airports. But authorized tax-free shops in urban shopping districts cater to tourists with English-speaking staff. Time permitting, compare prices at these shops with those for comparable products at discount stores or bargain markets before you make the final decision. Some tax-free shops are found in Tokyo's International Arcade and Kyoto's Handicraft Center. You can be exempt from Japan's 5 percent 'consumption tax' if your purchase comes to more than 10,000 yen for certain items.



Electrical Appliances

Take care when buying electrical or electronic products. Be sure the circuits are, or can be, adjusted to use with your home country's power system.

Video systems differ from country to country, so confirm that the system is correct for your use.

Weights and Measures

Conversion Tables

1 kilometer (km)	0.621 miles	1 mile	1.609 km
1 meter (m)	1.094 yards	1 yard	0.914 m
1 meter (m)	3.281 feet	1 foot	0.305 m
1 centimeter (cm)	0.39 inches	1 inch	2.54 cm
1 kilogram (kg)	2.205 lbs	1 lb	0.454 kg
1 liter (l)	0.264 U.S. gallons	1 U.S. gallon	3.785 l
1 liter (l)	0.22 Imp.gals	1 Imp.gal	4.546 l

Women's Dresses & Suits

Japanese	7	9	11	13	15	17	19
American	8	10	12	14	16	18	20
British	30	32	34	36	38	40	42
European	36	38	40	42	44	46	48

Women's Shoes

Japanese	23	23.5	24	24.5	25	25.5	26
American	5.5	6	6.5	7	7.5	8	8.5
British	4.5	5	5.5	6	6.5	7	7.5
European	36	37	38	39	39	40	40

Men's Suits, Overcoats & Sweaters

Japanese	S	-	M	-	L	-	LL
American	-	S	-	M	-	L	-
British	32	34	36	-	38	40	42
European	42	44	46	-	48	50	52

Men's Shoes

Japanese	25	25.5	26	26.5	27	27.5	28
American	7.5	8	8.5	9	9.5	10	10.5
British	6.5	7	7.5	8	8.5	9	9.5
European	40	41	42	43	44	45	46

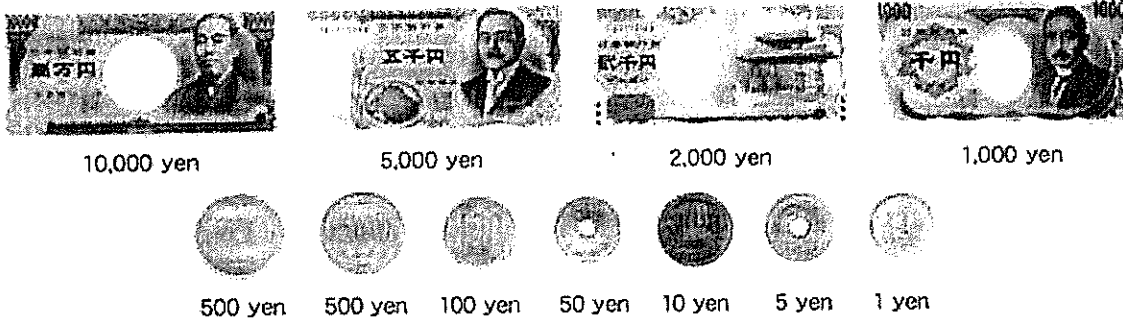
Shirts & Collars

Japanese	36	37	38	39	40	41	42
American	14	14.5	15	15.5	15.5	16	16.5
British	14	14.5	15	15.5	15.5	16	16.5

Currency and Money Exchange

There is no limit on the amount of any currency that may be brought into or taken out of Japan. However, if you transport (any currencies, checks, securities or other monies.) exceeding 1,000,000 yen worth in Japanese currency into or out of the country then you must complete a customs declaration.

The unit of Japanese currency is yen. Coins are available in denominations of 1, 5, 10, 50, 100 and 500 yen and bank notes in denominations of 1,000, 2,000, 5,000 and 10,000 yen.

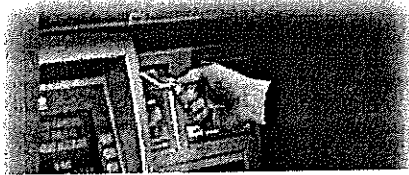
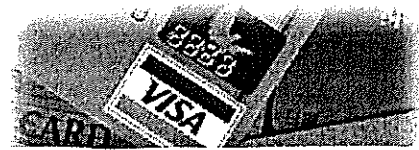


You can buy yen at foreign exchange banks and other authorized money exchangers. At the international airports, currency exchange counters are usually open during normal office hours. The exchange rate fluctuates daily depending on the money market.

Travelers Checks and Credit Cards

Travelers Checks are accepted by leading banks, hotels, ryokan (Japanese inns) and stores in major cities.

International credit cards such as American Express, VISA, Diners Club and MasterCard are also acceptable at these major establishments. However, Credit card transactions are not always convenient outside big cities so obtaining cash beforehand is recommended when you travel to the countryside.

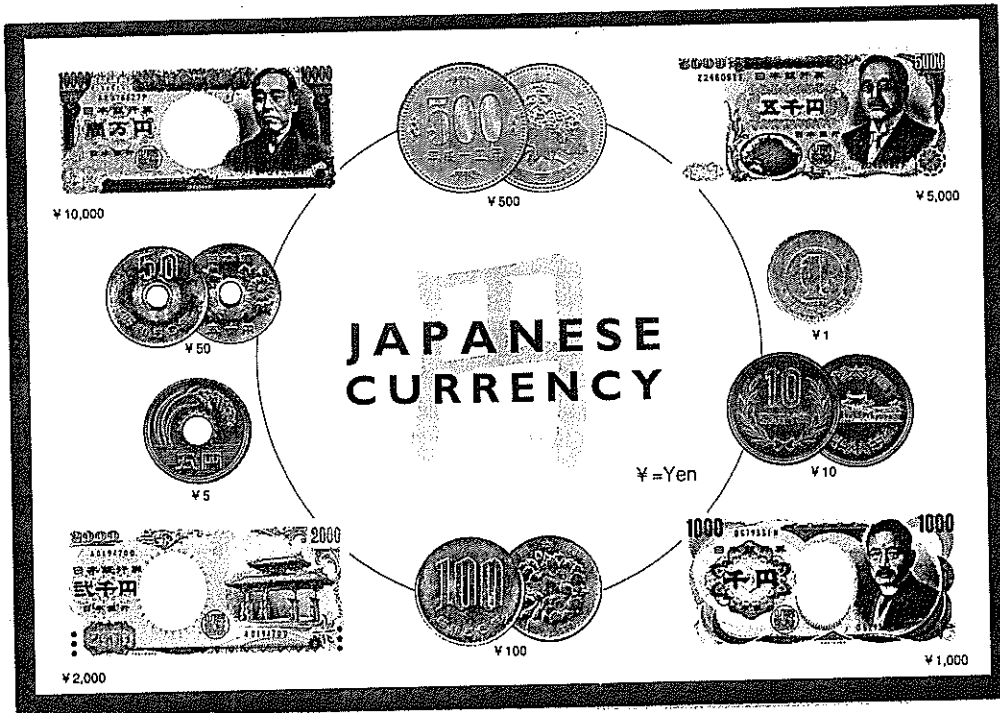


ATMs

Automatic Teller Machines (ATMs) are commonly available in large urban areas throughout Japan. However, many do not accept foreign credit cards or cash cards and their service hours are very often restricted. Many ATMs operate only during banking hours although some remain open until 18:00-20:00 on weekdays. Often, weekend services are restricted to Saturday mornings.

For ATMs that accept credit cards, it is advised to contact each credit company beforehand and check the location of each ATM and its availability as these conditions vary from machine to machine.

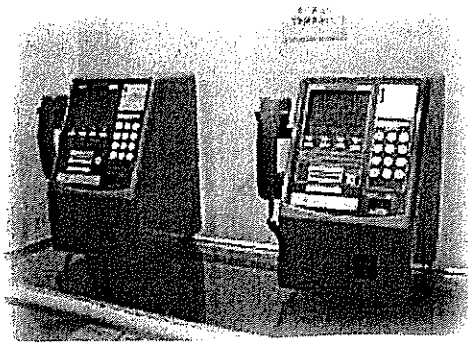
Foreign credit, debit and cash cards can be used at over 21,000 Post Office ATMs in locations throughout Japan. Post offices where this service is available display stickers indicating which cards are accepted. Cards from the Cirrus, Plus, Maestro and Visa Electron networks can be used. Accepted credit cards include Visa, MasterCard, American Express and Diners Club.



□ Telephone

Domestic Calls

Public telephones accept 10 yen and 100 yen coins and/or telephone cards. A local call (within Tokyo's central 23 Wards and some other metropolitan cities) costs 10 yen per minute. If you put in two 10-yen coins and speak for less than one minute, one of the coins will be returned to you. No change is given for partial use of a 100 yen coin. Prepaid telephone cards cost 1,000 yen from vending machines, kiosks at train stations, and convenience stores. Charges for inter-city calls vary according to the distance. Domestic calls are cheaper at night and on Saturday, Sunday & national holidays.



Area Code

Telephone numbers in Japan consist of an area code and a phone number (Exchange Number + Subscriber's Number). For example: (03) 1234-5678.

Sapporo	011	Osaka	06
Sendai	022	Kobe	078
Tokyo	03	Hiroshima	082
Yokohama	045	Fukuoka	092
Nagoya	052	Naha	098
Kyoto	075		

International Calls

Direct Calls

A direct overseas call can be made from a public telephone displaying an International and Domestic Telephone sign. These phones are not widespread, but can be found at airports, hotels, and other key facilities. Direct dial calls can be made via a telephone company using the company's access number.

Credit Card Calls

A credit card call can be made from a telephone with an International and Domestic Telephone sign. Insert a 100 yen coin (returned when you finish the call) and input an access number. The telecom business is fiercely competitive and so rates and systems change often.

AT&T Direct Service from Japan
<http://www.ap.att.com/connectionjapan>

Access and Inquiry Numbers

	Direct dial	Credit card	Collect & operator-assisted	Inquiries
KDDI	001	0055	0051	0057
Cable & Wireless IDC	0061	0065		0066-11
Japan Telecom	0041	0043		0088-41
				(0120) 540-033
				(Japanese & English)
				(0120) 532-839
				(English)
NTT	0033			

Mobile Phones

The Japanese mobile telephone system is not compatible with those of other countries. Except for some special kinds of phone (satellite phone), your mobile phone will not function in Japan. If you want to use a mobile phone in Japan, rental phones are available. You can find rental shops at Narita Airport and Kansai Airport. For further information please contact any of the following companies:

Toll Free Numbers

Telephone numbers starting with 0120 are receiver-paid calls under NTT's Free Dial 0120 service. For Japan Telecom, the toll-free numbers begin with 0088, but calling areas are sometimes limited. Toll free numbers can not be called from outside Japan.

Facsimile and Computer Networking

Facsimile machines are available at most hotels. Ask the front desk or go to the hotel's business service center. Some hotel phones and the new gray telephones have modular sockets for computer network access.

Places to go Shopping

You can find a wide range of products in hotel arcades, shopping centers, department stores, and specialty shops at duty-free prices. Supermarkets and bargain markets are among other recommendable places to explore.

Hotel Arcades and Shopping Centers

Clerks speak English at shops in hotel arcades or in shopping centers conveniently close to major hotels.

Department Stores

Japan's department stores are first class in customer service and in the vast choice of merchandise stocked and displayed. Many hold frequent art and craft exhibitions. Roof playgrounds make children happy. Receptionists can summon English-speaking staff for special assistance.

Underground Shopping Malls

These malls are found at or near most major railway stations and below busy streets in major cities. For details, visit the nearest "i" information office



Specialty Shops

Many specialty shops are located in fashionable districts of big cities, purveying everything from stationery to toys and haute couture.

Supermarkets

Japanese supermarkets abound in residential areas. Prices are less expensive than those of department stores. You can browse in aisle after aisle of foodstuffs, cooking accessories, and many other daily life products. The major chains include Daiei, Seiyu, Jusco and Ito Yokado.



Discount Stores

Located near train stations and other busy areas, discount stores specialize in high volume, cash-only bargain sales. Ask an information office for tips on where to go.

Bargain Markets

In the bigger cities, stores in wholesale districts sell a wide choice of merchandise, from saucepans to stereos, at wholesale prices. Tokyo's Shinjuku and Ikebukuro districts are good for cameras and audio gear; Tokyo's Akihabara and Osaka's Nippombashi for electrical and computer gear; and Tokyo's Tsukiji and Okachimachi for food and general merchandise.

List of Shopping Spots

100 Yen Shops

These are constantly growing in number. A wide range of items - from foods to articles for daily use - are all sold at a uniform price of 100 yen. 100-yen shops can be found near train stations and in shopping districts. You may find small souvenir items there such as Japanese tableware and many other items on sale.

Bargain Sales

Japanese retailers, especially department stores, hold large-scale bargain sales twice a year, selling seasonal products such as clothes and sundry goods at remarkable discount prices. If you happen to visit a department store during such a bargain sale period, you'll be impressed with the number of price tags on display at 30 or 50 percent off. Usually, the bargain sale seasons are in January and July.



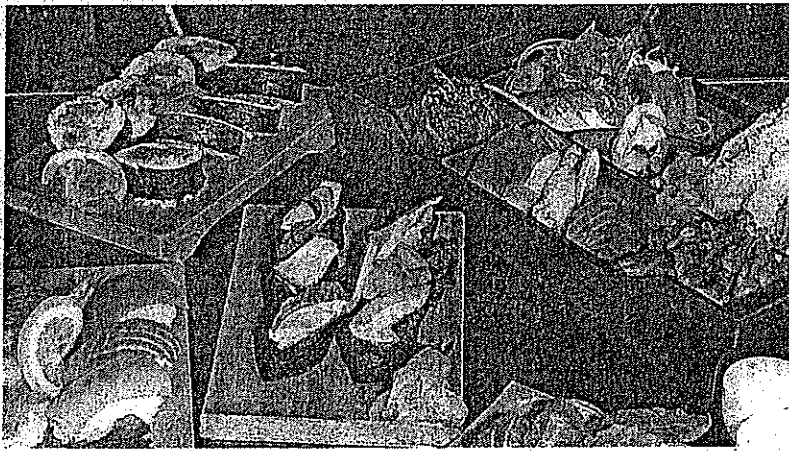
A range of drink vending machines.

じどうはんばいき *jidoo hanbaiki* vending machines

Even when almost everything else is shut, people in Japanese cities and towns can get most things they want urgently (or not so urgently) from vending machines which are everywhere.

Vending machines sell a wide range of goods from stamps, telephone cards, drinks of all types, cigarettes, films, disposable cameras, sweets and flowers, to condoms.





Take your pick: If sushi dishes are not exactly your favourite, there are plenty of other budget meals to tempt your palate.

Eating well in Japan won't hit hip pocket

FOOD Japan has a reputation as being one of the most expensive places to eat in the world, especially if you want a steak.

But the Japan National Tourist Organisation says travellers can still eat well on a budget, if they know where to go.

There are numerous affordable restaurants in shopping centres, railway station malls and office building basements.

Inexpensive establishments usually display their dishes as plastic replicas at the entrance — useful to point to if you do not speak Japanese.

Noodle stands and coffee shops produce fast, cheap food, and the tourist organisation suggests the following tips for eating cheaply in Tokyo.

Pan-ya (bread shops): The vast array of bread available will ensure many cheap, satisfying meal choices.

Western-style bread such as a baguette goes for \$2.90, while Japanese choices, such as curry or red bean bread, are about \$1.90.

When you enter the shop take a tray and tongs to help yourself before taking the selection to the counter for packaging.

Bento (lunch boxes): A commercial version of the packed lunch box most workers and students take with them each day.

They usually consist of rice and fish, with small quantities of other food such as pickles, vegetables and meat. Bento can be bought to take away from stores

such as Hokka Hokka-Tei and Lawson, for \$6.50-\$8.

University cafeterias: If you make your way to campuses such as Keio University's Mita, you can buy cheap government-subsidised meals while soaking up the atmosphere of Japanese university life. At Mita campus, a set-menu costs \$10.50, curry and rice \$6, and ramen noodles \$6.65.

Izakaya (traditional Japanese pubs): A good place to visit if you want reasonably priced food.

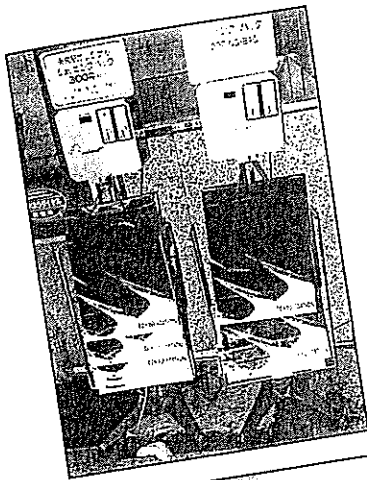
Choose from a selection of typically Japanese foods such as yakitori and sashimi, or Japanese versions of western foods, as well as plenty of beer or sake. One place worth a try is Uta, near JR Yurakucho station, where yakitori is \$2.60, grilled squid \$6 and draft beer \$8.60.

Ranchi setto (lunch specials): Most small restaurants and coffee shops offer these for \$14.50, including coffee.

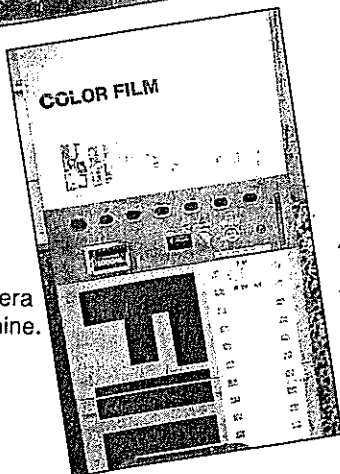
Yatai (mobile stalls): Cheap and open late, these are a popular choice for young people. Dishes include ramen, noodles, yakitori and fried octopus balls, for \$9.70 each.

Kaiten sushi: Conveyor belt-style sushi and other dishes, for about \$2 a plate.

Teishoku (set menus): Served everywhere, comprising main meal, soup, salad, rice, bread and coffee. Good value if you are looking for a larger meal with value for money.



Shopping bag vending machines.



Film and camera vending machine.



Cigarette vending machine.



Flower vending machine.

Travelling in Japan

Transport

1) Railways

The Japan Rail Pass which you will be issued is the Japan Railway's Group (JR Group's) special ticket available only to foreign travellers for sightseeing around Japan. The PASS is valid for unlimited travel on JR Group lines throughout the country including the Shinkansen (Bullet Train).

How to ride the train

Tokyo Central Station is huge and very busy with over 2,500 trains passing through the station everyday. During peak times, there are 'shovers' employed by the railways to push as many people as possible into a carriage. They wear white gloves and gently push people into the car before the door closes. Do not be offended if you are pushed in what Australian people would regard as rude, and you are standing in close proximity to people on the busy trains.

Japanese trains are very punctual, clean and safe. To ride a train, buy a ticket from the vending machine and go through the automatic wicket to enter and exit. When you travel by train, **remember to put your bag down and hold it with your hand**. If you sit on a seat, then **put it on your lap**. Never sit on the silver seat of a train as these are reserved for the elderly. Train doors are all automatic.

Before boarding the Bullet Train you need to line up on the markings on the platform. The train doors will open exactly where the line markings are on the platform.

Trains stop at each station for a very short time so you need to board the train very quickly.

2) Buses

Bus prices vary from city to city. Generally buses are not as useful to foreigners because most buses display their destination in Japanese only. They are not as punctual as trains because they often get held up in traffic. In Tokyo and other cities, there is a fixed fare for travel on the buses. One enters at the left-hand side of the driver and pays him the set amount. The fare is usually written next to the entry door as you step into the bus. You drop the correct amount into a transparent plastic fare box near the driver. If you don't have the correct amount, stick coins in excess of the fare into a special slot. Your change then drops into a little cup where you pick it up. No tickets are issued.

On most buses in Kyoto, one enters at the rear, and takes a numbered ticket (seiri-ken) from the machine at the rear entrance. The number on the ticket corresponds to the fare you pay which is displayed in the bus. Press a button to let the driver know you are getting off at the next stop. On local buses, the driver collects the fare. When leaving the bus, put the ticket in the fare box next to the driver's seat with the correct cash. Change is given in the same way as described above, however, it helps to have some loose change for bus fares.

3) Taxis

Taxis in Japan are spotlessly clean. **Be aware that the left-hand door opens automatically as you enter and exit**. You are not required to tip taxi drivers. Houses in Japan do not have ordered street numbers as in Australia, and therefore, sometimes taxi drivers have no idea where they are going. It is a good idea to have a rough map to show the driver where you want to go, also because the driver's English will be limited.

References:

DeVrye, C. 1994. Japan An A-Z: A Guide to Living and Working in Japan. Harper Collins: Pymble.

<http://www.transport-pf.or.jp/english/index.html>

<http://www.jtb.co.jp/eng>

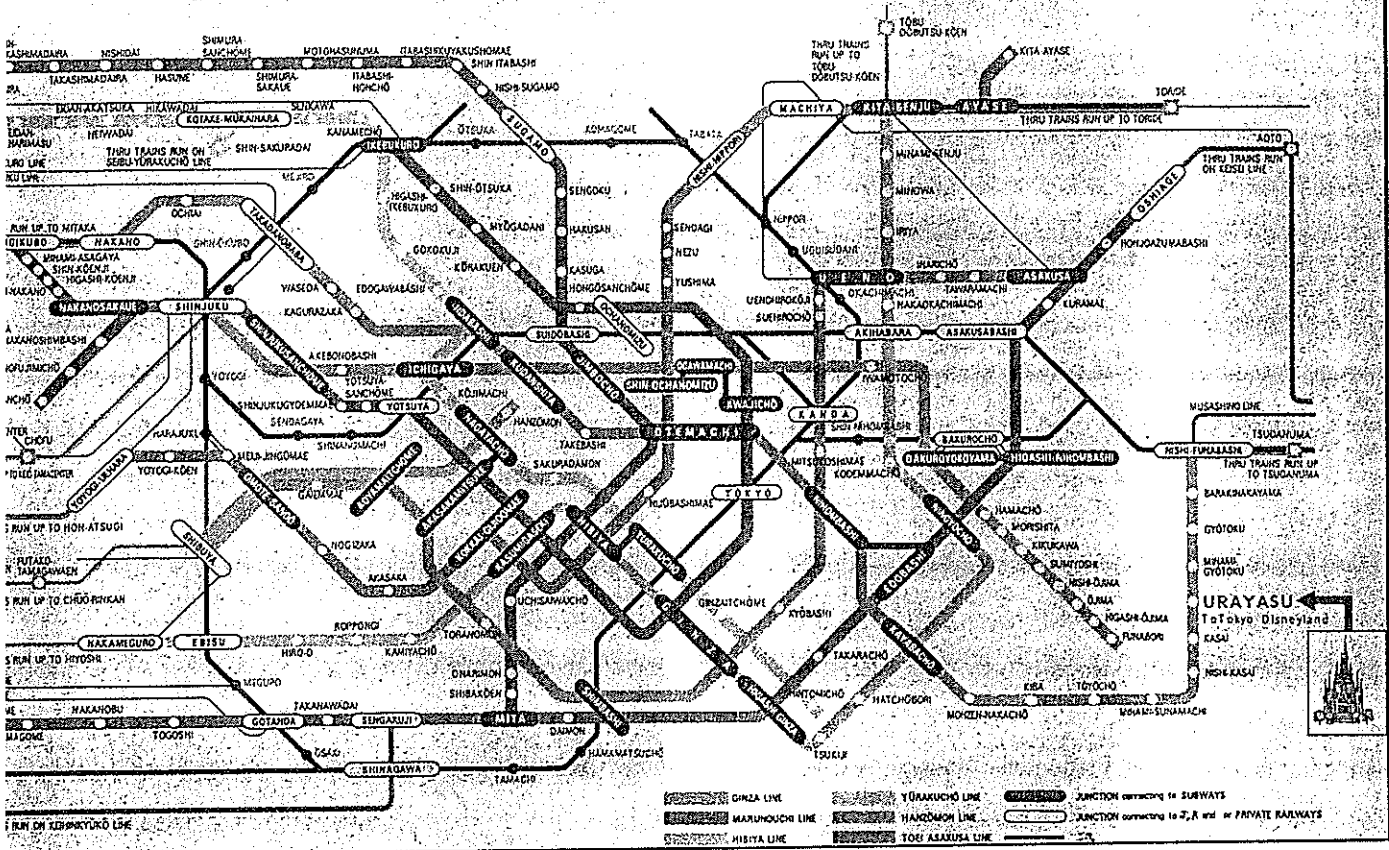
Language: Expressions

When to use	Language	Translation
Asking where a certain place is.	(Place name) wa dokodesuka Place name は どこですか。	Where is a (place name)?
Asking how much to get somewhere.	(Destination) made ikura desuka Destination まで いくらですか。	How much is it to get to a (destination)?
Asking how long it takes to get to a station.	(Destination) made donogurai desuka Destination まで どのぐらい ですか。	How long does it take?
Saying you have lost your way.	Michi ni mayoi mashita みちに まよいました。	I got lost.
Saying the next stop (by a driver).	Tsugi wa (Station, Station) つぎは (Station, Station)	Next stop is (station, station).
Informing passengers that a train is approaching the platform.	(Number) ban sen ni densha ga mairimasu Number ばん せん に だんしゃ が まいります。	Now a train is approaching the platform.
Informing passengers that they must wait inside the white line (an announcement made at the station).	Hakusen no uchigawa made sagatte omachikudasai はくせんの うちがわまで さがって おねがいます。	Please wait inside the white line.
Thanking someone politely.	Arigatou gozaimashita ありがとうございます。	Thankyou very much
Thanking someone casually.	Doumo どうも	Ta

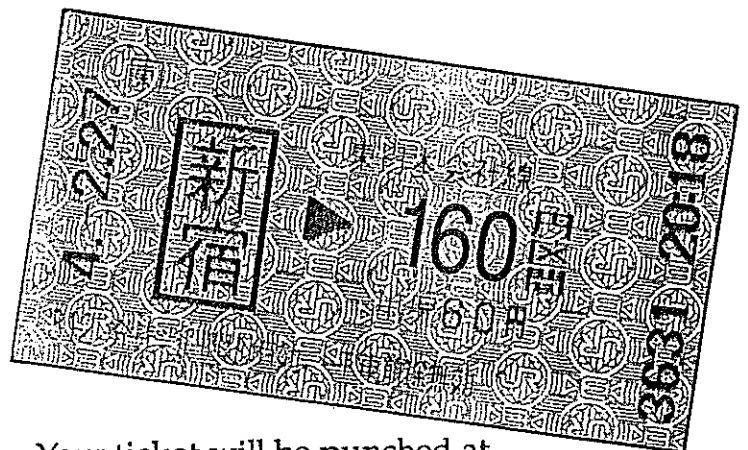
Other words

のりかえ Norikae	Change from one train to another	のりこし Norikoshi	Skip a station/s
つぎ Tsugi	Next	でぐち Deguchi	Exit
いりぐち Iriguchi	Entrance	かいさつ Kaisatsu	Entrance to the station
きっぷ Kippu	Tickets	おつり Otsuri	Changes
でんしゃ Densha	Train	えき Eki	Station
ちかてつ Chikatetsu	Subway	しんかんせん Shinkansen	Bullet trains
とっきゅう Tokkyuu	Limited express trains	きゅうこう Kyuukoo	Ordinary express trains
かいそく Kaisoku	Rapid trains	ふつう Futsuu	Local or ordinary trains
バスてい Basutee	Bus stop	ほおむ Hoomu	Platforms
タクシー Takushii	Taxi	うんてんしゃ Untensha	Drivers

SUBWAYS IN TOKYO



katetsu sign at subway entrance.



Your ticket will be punched at the 入口 *iriguchi* entrance gates before you board your train. Hold on to your ticket and do not lose it. It will be collected at exit booths at your destination, and you may have to pay again if you have no ticket.

There are 10 subway lines operating in 東京 Tookyoo, each colour-coded, with the line's coaches matching the colours on the subway *chizu* map.

SOME USEFUL JAPANESE LANGUAGE

Note:

- Don't be overwhelmed by any apparent expectation that you have to learn Japanese in a couple of days. The extent to which you use this information is entirely up to you. Knowing some however is very useful for communication and your relationship with your guest.
- At times, instead of saying things it might be easier to point to words or write them
- Pronunciation
 - Vowels: *a* - as in part; *e* - as in yes; *i* - as in wink; *o* - as in port; *u* - as in bush
 - Combined vowels: *ei* - as in day; *ai* - as in alive; *ou* - as in float; *au* - as in out
 - Conversion of consonants: 'r' - more like an 'l'; 'f' - more like an 'h'; 'th' - more like an 's'
- Unlike English, Japanese gives equal emphasis to each syllable in a word
- The phonetics provided in the third column area bit rough and inconsistent but hopefully will be helpful; check the vowel pronunciations above; of course your guest can also help you
- Our accent is very strange to the Japanese; they are more familiar with the American accent
- We need to be careful not to speak too fast, and to avoid using slang

ENGLISH	JAPANESE	PHONETIC (roughly)
GREETINGS/TIME/MEETINGS		
How do you do ?	Hajime mashite	Harimeeh marsh teh
Nice to meet you	Dozo yoroshiku	Dorzor yoroshikoo
Welcome to Castlemaine	Castlemaine e Yoookoso	Castlemaine eh Yoorkorsor
Welcome to our home	Yoookoso Irashaimashita	Yoorkorsor Irashaimarshitah
Good morning (formal)	Ohayo (gozaimasu)	Orhioti (gorzaimas)
Hello	Konnichiwa	Kornnitchiywah
Goodbye	Sayonara	Sayonarah
Good evening	Konbanwa	Kornbanwah
Good night	Oyasumi (nasai)	Oiyah soomee (narsie)
See you later	Ja mata ne	Jah marrah neh
See you tomorrow	Mata ashita	Marrah arshitah
Have a nice day	Ite rashie	Eet teh larshiy
Saying before starting a meal	Itadakimasu	Eetahdarkeemars
How are you ?	O genki desu ka ?	Oh genkees des kah ?
Yes, I am fine	Hai genki desu	Hi genkees des
Welcome back !	Okazaimasai	Ohisaleemarsai
How was your day?	Kyoo wa doo deshita ka?	Kyort wa doot deshiah kah
<i>Note that the Japanese write their family name first. We also tend to use first names more readily than they do, but it is OK to use our custom with our guests.</i>		
NAMES		
My name is John Jones	Watashi wa John Jones desu	Wahtrahshee wah John Jones des
This is Rick	Watashi wa Rick san desu	Wahtrahshi wah Ric sahn des
Is this Rick ?	Rick san desu ka	Rick sahn des kah
Are you Patricia ?	Patricia desu ka ?	Patricia des kah ?
What is your name?	O namae wa nan desu ka	Oh nah my wah nam des kah ?
Mr, Mrs, Ms	San (eg John San)	Sann

ENGLISH	JAPANESE	PHONETIC (roughly)
EATING AND DRINKING		
Would you like something to eat ?	Nanika tabetai desu ka	Nahneekah tabetzie des kah
Would you like something to drink ?	Nanika nomitai desu ka	Nehneekah normitte des kah
breakfast	choushoku	choshokoo
lunch	chuushoku	chushokoo
dinner	yuuushoku	yushokoo
snack	oyatsu	oyatsoo
... is ready to eat	... ga dekimasu	... gah dekeemarshtah
Would you like some more ?	Moo sukoshi doo desu ka	Morr sookorshesdorr des kah
Its OK if you can't eat everything	Zenbu tabenakute mo ii desu yo	Zenboo tabhenakootob mor ees des yor
... do you like ?	... ga suki desu ka	... gah sooki des kah
Tea	Ko cha	Kor chah
Coffee	Koohi	Korhy
Juice	Juusu	Joosoo
Saying before eating	Itadakimasu	Eetahdakeemars
QUESTIONS/REPLIES/OTHER EXPRESSIONS		
Do you understand ?	Wakarai masu ka	Wakari mars kah
I don't understand	Wakarai mesen	Wahkaree marsen
I am sorry but I don't understand	Sunimasen ga wakarimasen	Soomeemarsen gah wahkarimarsen
I understand	Wakarimasu or Hai	Wahkaree mars or Hi
How are you going (with what you are doing)?	Dou des ka	Dough des kah ?
Are you having a good time ?	Tanoshi desu ka	Tahnoshhee des kah ?
I am having a good time	Tanoshi desu	Tahnoshhee des
Did you have a good time ?	Tanoshi kanta desu ka	Tahnoshhee kart tah des kah ?
It was fun	Tanoshikatta desu	Tahnoshhee kart tah des
Do you like it ?	Suki desu ka	Sookee des kah
I like it	Suki desu	Sookee des
I don't like it	Kirai desu	Kil I des
Do you like... ?	(object) ga sukidesu ka	... gah sookides kah
Are you all right ?	Daijoubu desu ka	Diejoaboo des kah
Yes I am all right	Hai, daijoubu desu	Hi diejoaboo des
Yes	Hai	hi I
No	Iie	Ee eh
Thank you (very much)	Arigatou (gozaimasu)	Ahleegartoo (goz I mars)
Please	Dozo	Dorzor (short)
Sorry to hear that	Kawaisou	kahwesow
Excuse me; I am sorry	Sumi masen	Soomee marsen
Please sit down	Suwate kudasai	Soowahit teh koodarsie
Have a nice time	Tanoshinde kudasai	Tahnoshheendeh koodarsie
This is a pen	Pen desu	Pen des
This is your room	Kono heya o tsukarte kudasai	Kornor helyah or tsookart teh koodahsie
Are you sleepy ?	Nemui desu ka	Nehmooee des kah
Please use this container for napkins,	Napukin wa gombako ni sutete kudasai	Napukin wah gombako ni sutete
Do you prefer a shower or a bath ?	Oturo ka shawaa ka dochira ga ii desu ka	Orfoolor kah shahwaah kah dorcheerah gah ees des kah

Lonely Planet 'Japan'

OTHER VOCABULARY

English	Japanese	English	Japanese
		NOUNS	
mother	Okaa-san (own - Haha)	teacher	sensei
father	Otousan	brother	Oniisan (own - Ani)
sister	Oniisan (own - Ane)	friend	tomodachi
grandmother	Obaasan (own - Soba)	grandfather	Ojisan (own - Toftu)
summer	natsu	morning	asa
autumn	aki	today	kyou (or kyou?)
winter	fuyu	weekend	shumatsu
spring	haru	beef	gyu nikku
breakfast	asa gohan	chicken	tori nikku
lunch	hiru gohan	fish	sakana
dinner	yu gohan	raw fish	sashimi
snack	oyatsu	raw fish and rice	sushi
meal (cooked rice)	gohan	milk	gyu nyu
water	mizu	apple	ringo
room	heya	bath	ofuro
shower	shawaa	toilet	toire
table	taburu	music	ongaku
chair	isu	television	televi
cat	neko	book	hon
dog	inu	clothes	youtuku
train (old fashioned)	kikansha	phone	denwa
steam train	joki kikansha	number	bango
train (electric)	densha	car	kuruma
joke	jordan	radio	rajio
home garden	niva	football	football
I	watashi	PRONOUNS	
		we	watashitachi
		ADJECTIVES	
delicious	oishii	sad	kanashii
fun	tanoshii	good	ii
funny	omoshiroi	it was good	yokatta
cold	samui	hot	atsui
big	ookii	small	chiisai
wet	nurata	sleepy	nemui
great (terrific)	sugoi	beautiful	kirei
		VERBS	
		present/future	past
meet	aimasu		aimashita
go	ikimasu		ikimashita
buy	kaimasu		kaimashita
eat	tabemasu		tabemashita
drink	nomimasu		nomimashita
I like	suki desu		
I dislike	kirai desu		

Please. *o-negai shimasu* (when asking for something)

Excuse me. *sumimasen*

I'm sorry. *gomen nasai/sumimasen*

Thank you. *domo arigato*

Thank you very much. *domo arigato gozaimashita*

Thanks. (informal) *domo*

What? *nani?*

When? *itsu?*

Where? *doko?*

Who? *dare?*

How many? *ikutsu?*

How much? *ikura?*

Greetings & Civilities

Good morning. *o-hayō gozaimasu*

Good afternoon. *konnichiwa*

Good evening. *kotbanwa*

Goodbye. *sayōnara*

See you later. *dewa mata*

I am disturbing you. (entering a room) *o-jama shimasu/shitsurei shimasu*

おじやます。/失礼します。

Thanks for taking care of me. (when leaving) *o-sewa ni narimashita*

お世話になりました。

This is Mr/Mrs/Ms (Smith). *kochira wa (Sumisu) san desu*

こちらは (スミス) さんです。

Pronunciation

The following as in British pronunciation.

a as the 'a' in 'father'

e as the 'e' in 'get'

i as the 'i' in 'macaroni'

o as the 'o' in 'lot'

u as the 'u' in 'flu'

Vowels appearing in this book with a macron (or bar) over them (ā, ē, ī, ō, ū) are pronounced in the same way as standard vowels except that the sound is held twice as long. You need to take care with this as vowel length can change the meaning of a word; *yuki* means 'snow', while *yūki* means 'bravery'.

Consonants are generally pronounced as in English, with the following exceptions:

f this sound is produced by pursing the lips and blowing lightly

g as the 'g' in 'goal' at the start of a word; and nasalised as the 'ng' in 'sing' in the middle of a word

r more like an 'r' than an 'r'

Basics

The all-purpose title *san* is used after a name as an honorific and is the equivalent of Mr, Miss, Mrs and Ms.

Yes. はい。

No. いいえ。

OK. はい/いいえ。

No. *daijōbu/oke* だいじょうぶ。/オーケー。

chigaimasu 違います。

(disagreement)

No. *chotto chigaimasu* ちょっと違います。

(disagreement, less emphatic)

Please. *dōzo* どうぞ。

(when offering something)

My name is (Smith).
watashi wa (Sumisu) desu
 私は (スミス) です。
 Pleased to meet you.
dōzo yoroshiku
 どうぞよろしく。
 Take care.
ki o tsukete kudasai
 気をつけてください。
 Have a good trip.
yoi go-nyōkō o
 よい御旅行を。

Please give my regards to Mr/Mrs/Ms Suzuki.
Suzuki san ni yoroshiku o-itsutae kudasai
 鈴木さんによろしくお伝え下さい。
 Sorry to keep you waiting.
taihen o-matase shimashita
 たいへんお待たせしました。

Small Talk

How are you?
o-genki desuka?
 お元気ですか。
 Fine.
ē okagesamade
 ええ、おかげさまで
 Please say it again more slowly.
mō ichidō, yukkuri ite kudasai
 もう一度、ゆっくり言ってください。
 What is this called?
kore wa nan-to imasu ka?
 これは何といいますか。
 Where are you from?
o-kuni wa doko desuka?
 お国はどこですか。
 It's up to you. (when asked to make a choice)
o-makase shimasu
 お任せします。

Is it OK to take a photo?
shashin o totte mo ii desuka?
 写真を撮ってもいいですか。
 I don't understand.
wakarimasen
 わかりません。
 Can you speak English?
eigo ga dekimasu ka?
 英語ができますか。
 I cannot speak Japanese.
nihongo wa dekimasen
 日本語はできません。

Please speak in English/Japanese.
(eigo)/(nihongo) de hamashite kudasai
 (英語) / (日本語) で話してください。
 Is there an interpreter?
isyōyaku wa imasu ka?
 通訳はいますか。
 Please write in Japanese/English.
(nihongo)/(eigo) de kaite kudasai
 (日本語) / (英語) で書いてください。
 Just a minute.
chotto matte kudasai
 ちょっと待ってください。

Nationality

- Australia *ōsutoraria* オーストラリア
- Canada *kanada* カナダ
- China *chūgoku* 中国
- Denmark *denmāku* デンマーク
- France *furansu* フランス
- Germany *doitsu* ドイツ
- Holland *oranda* オランダ
- Hong Kong *hon kon* 香港
- India *indo* インド
- Indonesia *indonesia* インドネシア
- Italy *itaria* イタリア
- Japan *nihon* 日本
- Korea *kankoku* 韓国
- Malaysia *marāshia* マレーシア
- New Zealand *nyūjīrando* ニューゼaland
- Philippines *fīripin* フィリピン
- Singapore *shingapōru* シンガポール
- Sweden *suēden* スウェーデン

- Switzerland *suisu* スイス
- Thailand *tai* タイ
- UK *igirisu* イギリス
- USA *amerika* アメリカ

Are you (American)?
anata wa (amerika-jin) desu ka?
 あなたは (アメリカ人) ですか。
 I am not (American), I am (French).
watashi wa (amerika-jin) dewa arimasen.
watashi wa (furansu-jin) desu
 私は (アメリカ人) ではありません。
 私は (フランス人) です。
 I come from (Hong Kong).
watashi wa (hon kon) kara kimashita
 私は (香港) から来ました。

Accommodation

Where is ...?
 ... *wa, doko desuka?*
 ...は、どこですか。
 Do you have any vacancies?
aita heya wa arimasu ka?
 あいた部屋はありますか。
 I don't have a reservation.
yoyaku wa shite imasen
 予約はしていません。
 How much is it per person?
hitori ikura desuka?
 ひとりいくらですか。
 Does it include (breakfast)(a meal)?
(chōshoku)/(shokujī) wa suite imasu ka?
 (朝食) / (食事) はついていますか。
 I'm going to stay for (one night)(two nights).
(hito ban)/(futa ban) tomarimasu
 (一晩) / (二晩) 泊まります。
 Can I leave my luggage here?
nimotsu o azukate itadakemassen ka?
 荷物をあずかっていたいただけませんか。

- hotel ホテル
- Japanese-style inn *ryokan* 旅館
- youth hostel *yūsu hosutenu* ユースホステル

- private lodge *minshuku* 民権
- single room *shingururūmu* シングルルーム
- double room *dabururūmu* ダブルルーム
- twin room *tsuinrūmu* ツインルーム
- Japanese-style room *washitsu* 和室
- western-style room *yōshitsu* 洋室
- (western) bed *beddo* ベッド
- Japanese-style bath *o-furo* お風呂
- room with a (western-style) bath *basu tsukā no heya* バス付きの部屋

Getting Around

How much is the fare to ...?
 ... *made, ikura desuka?*
 ...まで、いくらですか。
 Does this go to ...?
kore wa ... e ikimasu ka?
 これは...へ行きますか。
 Is the next station ...?
tsugi no eki wa ... desuka?
 つぎの駅は...ですか。
 Please tell me when we get to ...
 ... *ni tsuitara oshiete kudasai*
 ...に着いたら教えてください。
 Where is the ... exit?
 ... *guchi wa doko desuka?*
 ...口はどこですか。

- east *higashi* 東
- west *nishi* 西
- north *kita* 北
- south *minami* 南
- left *hidari* 左
- right *migi* 右
- straight ahead *massugu* まっすぐ

ticket 切符
 kippu 片道
 one way 往復
 kata-michi 禁煙席
 return おすすめは何ですか。
 ofuku This is delicious.
 non-smoking seat おいしいです。
 kin-en seki Please bring the bill.
 window seat お勘定お願いします。
 mado-gawa no seki 意側の席
 bank 銀行
 ginkō 郵便局
 post office 中央郵便局
 yūbinkyoku 電話
 GPO 公衆電話
 chūō yūbinkyoku お手洗い
 phone 交番
 denwa
 public phone
 kōshū denwa
 toilet
 o-tearai
 police box
 kōban
 Emergencies
 Help me!
 tasukete!
 Watch out!
 ki o tsukete!
 Thief!
 dorobō!
 Call the police!
 keisatsu o yonde kudasai!
 警察を呼んでください!
 Call a doctor!
 isha o yonde kudasai!
 医師を呼んでください!
 Food
 Do you have an English menu?
 eigo no menyū wa arimasuka?
 英語のメニューはありますか。
 I would like the set menu please.
 setto menyū o o-negai shimasu
 セットメニューをお願いします。
 I'm a vegetarian.
 watashi wa saishokushugisha desu
 私は菜食主義者です。

Do you have an English subway map?
 eigo no chikaitetsu no chizu ga arimasuka?
 英語の地下鉄の地図がありますか。
 Where is this address?
 kono jūsho wa doko desuka?
 この住所はどこですか。
 Excuse me please, can you help me?
 sumimasen ga, oshiete kudasaimasenka?
 すみませんが、教えてくださいませんか。
 I'd like to go to ...
 ni ikitai desu
 ...に行きたいです。
 How do I get to ...?
 ... e wa dōro yō ni ikeba ii desu ka?
 ...へのように行けばいいですか。
 Could you write down the address for me?
 jūsho o kaite itadake masen ka?
 住所を書いていただけませんか。
 Please stop here.
 koko ni tomete kudasai
 ここに止めてください。

aeroplane 飛行機
 hikōki
 bus バス
 subway 地下鉄
 chikaitetsu
 train 電車
 densha
 taxi タクシー
 takushii
 airport 空港
 kūkō
 bus stop バス停
 basu tei
 station 駅
 eki
 ticket office 切符売場
 kippu uriba
 Green Window 旅行センター
 midori no madoguchi みどりの窓口
 travel centre ryōkō semā
 entrance 入口
 iriguchi
 exit 出口
 deguchi
 left-luggage office 一時預り所
 ichiji azukarijo

Do you have any vegetarian meals?
 saishoku-shugi ryōri wa arimasuka?
 菜食主義料理はありますか。
 What do you recommend?
 o-susune wa nan desuka?
 おすすめは何ですか。
 This is delicious.
 oishii desu
 おいしいです。
 Please bring the bill.
 o-kanjō onegai shimasu
 お勘定お願いします。

breakfast 朝食/朝ご飯
 chōshoku/asa gohan
 lunch ランチ/昼ご飯
 ranchi/iru gohan
 dinner 夕食/晩ご飯
 yūshoku/ban gohan
 Chinese food 中国料理
 chūgoku ryōri
 Buddhist vegetarian food 精進料理
 shōjin ryōri
 Japanese food 日本料理/和食
 nihon ryōri/
 washoku
 western dishes 洋食
 yōshoku
 restaurant レストラン
 resutoran
 cafeteria 食堂
 shokudō
 quality Japanese restaurant 料亭
 ryōtei
 coffee shop コーヒーショップ/
 kōhī shoppu
 kissaten 喫茶店
 bar バー
 bā
 pub パー
 pub 居酒屋
 izakaya
 Shopping
 How much is this?
 kore wa ikura desuka?
 これはいくらですか。
 It's too expensive.
 taka sugimasu
 高すぎます。

Can you give me a discount?
 waribiki dekimasu ka?
 割引できますか。
 I'm just looking.
 miru dake desu
 見るだけです。
 Please give me this/that
 (kore)/(sore) o kudasai
 (これ)/(それ)をください。
 Can I have a receipt?
 ryōshiūsho o kudasai
 領収書をください。

cheap やすい
 expensive 高い
 takai
 big 大きい
 ōkii
 small 小さい
 chisai
 shop 店
 mise
 supermarket スーパー
 sūpā
 bookstore 本屋
 honya
 camera shop 写真屋
 shashinkyū
 department store デパート
 depōto

Health
 How do you feel?
 kibun wa ikaga desuka?
 気分はいかがですか。
 I don't feel well.
 kibun ga warui desu
 気分が悪いです。
 It hurts here.
 koko ga itai desu
 ここが痛いです。
 I have asthma.
 watashi wa zensoku desu
 私は喘息です。
 I have diarrhoea.
 geri o shite imasu
 下痢をしています。

I have a toothache.

ha ga itamimasu
歯が痛みます。

I have a cold.

kaze o hikimashita
風邪をひきました。

I'm allergic to antibiotics/penicillin.

kōsei bussōjū/penishirin ni arerugai desu
抗生物質/ペニシリンにアレルギーです。

Days

today kyō 今日
tomorrow ashita 明日
yesterday kinō きのう
Sunday nichiyōbi 日曜日
Monday getsuyōbi 月曜日
Tuesday kayōbi 火曜日
Wednesday suiyōbi 水曜日
Thursday mokuyōbi 木曜日
Friday kinyōbi 金曜日
Saturday doyōbi 土曜日

hospital

byōin 病院

doctor isha 医者

dentist ha-isha 歯医者

pharmacy yakkyoku 薬局

constipation bempo 便秘

diabetes tonryōbyō 糖尿病

fever netsu 熱

food poisoning shōku chōdoku 食中毒

hay fever kajin shō 花粉症

indigestion shōka furyō 消化不良

migrane henritsū 偏頭痛

condom kondōmu コンドーム

aspirin asupirin アスピリン

tampons tampon タンポン

contraceptive piru ピル

antiseptic shōdoku 消毒

Numbers

0 zero/rē 0
1 ichi 一
2 ni 二
3 san 三
4 yon/shi 四
5 go 五
6 roku 六
7 nana/shichi 七
8 hachi 八
9 kyū/ku 九
10 jū 十
11 jūichi 十一
12 jūni 十二
20 nijū 二十
21 nijūichi 二十一
30 sanjū 三十
100 hyaku 百
200 nihyaku 二百
1000 sen 千
5000 gosen 五千
10,000 ichiman 一万
20,000 niman 二万
100,000 jūman 十万
1,000,000 hyakuman 百万

入 出



iriguchi
Entrance



deguchi
Exit

非常口

hijōguchi
Emergency Exit

押す

PUSH

osu
Push

引く

PULL

hiku
Pull

受付

uketsuke
Reception

エレベーター

erebētā
Elevator

エスカレーター

esukarētā
Escalator

← お手洗

o-tearai
Toilet

男

otoko
Men, Gentlemen

◀ 化粧室

keshō-shitsu
Powder Room

女

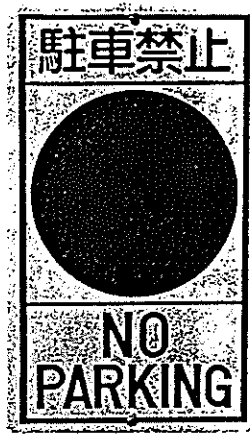
onna
Women, Ladies



usetsu kinshi
No right turn



sasetsu kinshi
No left turn



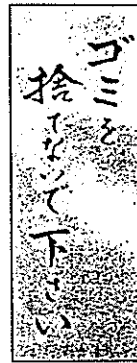
chūsha kinshi
No Parking



Te o furenaide
kudasai.
Do not touch.



ippōtsūkōro
One Way Street



Gomi o sutenaide
kudasai.
Please don't litter.



Shibafu no naka ni
hairanaide kudasai.
Please keep off the grass.



chūshajō
Parking lot



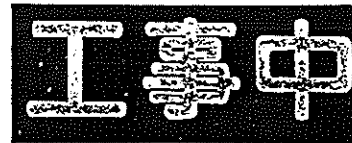
kin'en
No Smoking



tachiiri kinshi
No Admittance



chūi
Caution!



kōjichū
Under Construction



kiken
Danger!

A final word...

What you need most to enjoy your tour time in Japan:

A keen desire to experience and learn new things.

A sense of adventure.

Flexibility to adjust to new surroundings and different ways of doing things.

A sense of humour to be able to laugh at yourself when you make mistakes.

An eagerness to communicate in Japanese as much as possible - no matter what level of Japanese you have.

Enjoy your trip and have a great time!!