Welcome to Japan

Tokyo, Kobe, Nagoya, Yokohama

For Temporary Duty Officers

CBP Attaché Office Japan
January, 2010
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CBP Country Resource Manual – Japan
Country Profile

Profile: Japan
Source: www.state.gov and CIA World Factbook at www.cia.gov

Japan is an island country in East Asia. Located in the Pacific Ocean, it lies to the east of China, Korea, and Russia, stretching from the Sea of Okhotsk in the north to the East China Sea in the south. The four main islands, running from north to south, are Hokkaido, Honshu (or the mainland), Shikoku, and Kyushu. Okinawa Island is about 380 miles southwest of Kyushu. About 3,000 smaller islands are included in the archipelago. In total land area, Japan is slightly smaller than California. Japan's capital and largest city is Tokyo.

Full country name: Japan
Area: 377,864 sq. km. (145,894 sq. mi.)
Population: 127.08 million (July 2009 est.)
Capital City: Tokyo
People: Nationality: Noun and adjective--Japanese
Language: Japanese
Religion: Shintoism and Buddhism
Government: Constitutional monarchy with a parliamentary government
GDP: (2008 est.): $4.34 trillion (official exchange rate); $4.911 trillion (PPP).
GDP per capita: (2008 est. PPP): $34,100.
Head of State: Emperor Akihito. Akihito succeeded his father, Hirohito, in 1989. Under the 1947 constitution, Japan's emperors have a purely ceremonial role.
Head of Government: Prime Minister Yukio Hatoyama. Yukio Hatoyama succeeded Taro Aso, head of the former ruling Liberal Democratic Party (LDP) as prime minister and head of the ruling Democratic Party of Japan (DPJ) in September 2009.
Major Industries: Machinery and equipment, metals and metal products, textiles, autos, chemicals, electrical and electronic equipment.
Main exports: Transport equipment, motor vehicles, semiconductors, electrical machinery, chemicals
Major Trading Partners: US 17.8%, China 16%, South Korea 7.6%, Hong Kong 5.1% (2008)
Monetary unit: Yen
Internet domain: .jp
International dialing code: +81

While retaining its time-honored culture, Japan rapidly absorbed Western technology during the late 19th and early 20th centuries. After its devastating defeat in World War II, Japan recovered to become the second most powerful economy in the world and a staunch ally of the U.S. While the emperor retains his throne as a symbol of national unity, actual power rests in networks of powerful politicians, bureaucrats, and business executives. The economy experienced a major slowdown in the 1990s following three decades of unprecedented growth.

Area, Geography, and Climate
About 73% of the country is mountainous, with a chain running through each of the main islands. Japan's highest mountain is the world famous Mt. Fuji (12,385 feet). Since so little flat area exists, many hills and mountainsides are cultivated all the way to the summits. As Japan is situated in a volcanic zone along the Pacific depth, frequent low intensity earth tremors and occasional volcanic activity are felt throughout the islands. Destructive earthquakes occur several times a century.

Hot springs are numerous and have been developed as resorts. Temperature extremes are less pronounced than in the United States since no part of the interior is more than 100 miles from the coast.
Country Profile

At the same time, because the islands run almost directly north south, the climate varies considerably. Sapporo, on the northernmost main island, has warm summers and long, cold winters with heavy snowfall. Tokyo, Nagoya, Kyoto, Osaka, and Kobe, in central and western parts of the largest island of Honshu, experience relatively mild winters with little or no snowfall and hot, humid summers. Fukuoka, on the island of Kyushu, has a climate similar to that of Washington, DC, with mild winters and short summers. Okinawa is subtropical.

Winters are cool and sunny in the south, cold and sunny around Tokyo (which occasionally has snow), and very cold around Hokkaido, which is covered in snow for up to four months a year. Summer, between June and September, ranges from warm to very hot, while spring and autumn are generally mild throughout the country. Rain falls throughout the year, with June and early July the rainiest. Hokkaido, however, is much drier than the Tokyo area. Typhoons are possible in September or October, and rarely last more than a day.

Population
Japan's population, currently some 128 million, has experienced a phenomenal growth rate during the past 100 years as a result of scientific, industrial, and sociological changes, but this has recently slowed because of falling birth rates. High sanitary and health standards produce a life expectancy exceeding that of the United States. Japan is an urban society with only about 6% of the labor force engaged in agriculture. Many farmers supplement their income with part-time jobs in nearby towns and cities. About 80 million of the urban population is heavily concentrated on the Pacific shore of Honshu and in northern Kyushu. Major population centers include: Metropolitan Tokyo with approximately 14 million; Yokohama with 3.3 million; Osaka with 2.6 million; Nagoya with 2.1 million; Kyoto with 1.5 million; Sapporo with 1.6 million; Kobe with 1.4 million; and Kitakyushu, Kawasaki, and Fukuoka with 1.2 million each. Japan faces the same problems that confront urban industrialized societies throughout the world: overcrowded cities, congested highways, air pollution, and rising juvenile delinquency.

People and History
Japanese legend maintains that Japan was founded in 600 BC by the Emperor Jimmu, a direct descendant of the sun goddess and ancestor of the present ruling imperial family. About AD 405, the Japanese court officially adopted the Chinese writing system. Together with the introduction of Buddhism in the sixth century, these two events revolutionized Japanese culture and marked the beginning of a long period of Chinese cultural influence. From the establishment of the first fixed capital at Nara in 710 until 1867, the emperors of the Yamato dynasty were the nominal rulers, but actual power was usually held by powerful court nobles, regents, or "shoguns" (military governors).

Japan's Cultural Contributions
Japan's unique culture includes centuries-old graphic and performing arts. Modern theater forms and modern graphic arts are very popular, and Japanese artists and designers are among the world's best. Institutions like Tokyo's National Theater continue to preserve and encourage traditional art forms. Flower arranging (ikebana), one of the unique cultural heritages, originated in the 1300s with the advent of the tea ceremony; today Japan has 3,000–4,000 ikebana schools with millions of followers. The tea ceremony (chanoyu), perfected in the 16th century, fascinates both participants and spectators by its simplicity and elegance, designed to create peace of mind in both the performer and the partaker. Kabuki, one of the most colorful forms of traditional Japanese entertainment, a bustling, exaggerated drama accompanied by music and song, and Noh, a form of Japanese court dance characterized by use of masks, are performed regularly in cities throughout Japan.
Martial arts which include judo, karate, kendo, aikido, and Japanese long-bow archery draw on Zen philosophy and traditionally have as their objective the achievement of self-discipline and inner peace. Martial arts performances can be seen regularly in the leading cities.

**Arts, Science, and Education**

Japan's educational system is based on 6 years of elementary and 3 years of middle or junior high school. Schooling is compulsory and free. More than 97% of children finishing middle school go on for 3 years of upper or senior high school.

Japan has over 1,174 universities, colleges, and junior colleges and over 3 million college students, making it second only to the U.S. in the proportion of its college-age population that are students. Nevertheless, the most prestigious Japanese universities can accept only a fraction of the applicants. About half of the Japanese university students study in the Tokyo area. Before senior high school and college, students must take extremely rigorous competitive entrance examinations. The most difficult college entrance examinations are for national universities like Tokyo and Kyoto.

Despite the difficulty of the written language, Japan has one of the world's highest literacy rates. It is a country of readers, ranking second only to the U.S. in book publishing.

**Government**

Japan is a constitutional monarchy with a parliamentary government. There is universal adult suffrage with a secret ballot for all elective offices. The executive branch is responsible to the Diet (government), and the judicial branch is independent. Sovereignty, previously embodied in the emperor, is vested in the Japanese people, and the Emperor is defined as the symbol of the state.

Japan's Government is a parliamentary democracy, with a House of Representatives and a House of Councillors. Executive power is vested in a cabinet composed of a prime minister and ministers of state, all of whom must be civilians. The prime minister must be a member of the Diet and is designated by his colleagues. The prime minister has the power to appoint and remove ministers, a majority of whom must be Diet members.

The six major political parties represented in the National Diet are Democratic Party of Japan (DPJ); Social Democratic Party (SDP); People's New Party (PNP); Liberal Democratic Party (LDP); the New Clean Government Party (Komeito); Japan Communist Party (JCP)

Japan's judicial system, modeled after European civil law systems with English-American influence; judicial review of legislative acts in the Supreme Court; accepts compulsory ICJ jurisdiction with reservations

Japan does not have a federal system, and its 47 prefectures are not sovereign entities in the sense that U.S. states are. Most depend on the central government for subsidies. Governors of prefectures, mayors of municipalities, and prefectural and municipal assembly members are popularly elected to 4-year terms.
U.S.-Japan Relations
The U.S.-Japan alliance is the cornerstone of U.S. security interests in Asia and is fundamental to regional stability and prosperity. Despite the changes in the post-Cold War strategic landscape, the U.S.-Japan alliance continues to be based on shared vital interests and values. These include stability in the Asia-Pacific region, the preservation and promotion of political and economic freedoms, support for human rights and democratic institutions, and securing of prosperity for the people of both countries and the international community as a whole.

Japan provides bases and financial and material support to U.S. forward-deployed forces, which are essential for maintaining stability in the region. Under the U.S.-Japan Treaty of Mutual Cooperation and Security, Japan hosts a carrier battle group, the III Marine Expeditionary Force, the 5th Air Force, and the Army's 9th Theater Support Command. The United States currently maintains approximately 53,000 troops in Japan, about half of whom are stationed in Okinawa.

Over the past decade the alliance has been strengthened through revised Defense Guidelines, which expand Japan's noncombatant role in a regional contingency, the renewal of our agreement on Host Nation Support of U.S. forces stationed in Japan, and an ongoing process called the Defense Policy Review Initiative (DPRI). The DPRI redefines roles, missions, and capabilities of alliance forces and outlines key realignment and transformation initiatives, including reducing the number of troops stationed in Okinawa, enhancing interoperability and communication between our respective commands, and broadening our cooperation in the area of ballistic missile defense. In February 2009 Secretary of State Clinton and then-Foreign Minister Nakasone signed the Guam International Agreement (GIA) in Tokyo. The GIA commits both nations to completing the transfer of approximately 8,000 U.S. Marines from bases in Okinawa to new facilities in Guam built with the assistance of Japan.

Implementation of these agreements will strengthen our capabilities and make our alliance more sustainable. After the tragic events of September 11, 2001, Japan has participated significantly in counterterrorism efforts by providing major logistical support for U.S. and coalition forces in the Indian Ocean. Japan ended its refueling mission in the Indian Ocean on January 15, 2010 with the expiry of the law authorizing it.

Timeline: a chronology of key events in Japan
1894 - Japan goes to war with China. Japan's better equipped forces win victory in just nine months.
1895 - China cedes Taiwan to Japan and permits Japan to trade in China.
1910 - Japan annexes Korea after three years of fighting. Japan is now one of the world's great powers.
1914 - Japan joins World War I on the side of Britain and her allies. Japan has limited participation.
1923 - Earthquake in Tokyo region kills more than 100,000 people.
1925 - Universal male suffrage is instituted. The electorate increases fivefold.

Continued on next page
Ultra-nationalism and war

Late 1920s - Extreme nationalism begins to take hold in Japan. The emphasis is on a preservation of traditional Japanese values, and a rejection of "Western" influence.

1931 - Japan invades Manchuria, renames it and installs a puppet regime.
1932 - Japanese Prime Minister is assassinated by ultra-nationalist terrorists. The military holds increasing influence in the country.
1936 - Japan signs an anti-communist agreement with Nazi Germany. It concludes a similar agreement with Italy in 1937.
1937 - Japan goes to war with China. By the end of the year, Japan has captured Shanghai, Beijing and Nanjing. Japanese forces commit atrocities, including the "Rape of Nanjing", in which up to 300,000 Chinese civilians are said to have been killed.
1939 - Outbreak of World War II in Europe. With the fall of France to Nazi Germany in 1940, Japan moves to occupy French Indo-China.

Attack on Pearl Harbor

1941 - Japan launches a surprise attack on the U.S. Pacific fleet at Pearl Harbor, Hawaii. Twelve ships are sunk, with a further 9 damaged; nearly 2,500 people are killed. The U.S. and its main allies declare war on Japan the following day.
1942 - Japan occupies a succession of countries, including the Philippines, Dutch East Indies, Burma and Malaya. In June, U.S. aircraft carriers defeat the Japanese at the Battle of Midway. The U.S. begins a strategy of "island-hopping", cutting the Japanese support lines as its forces advance.
1944 - U.S. forces are near enough to Japan to start bombing raids on Japanese cities.

Hiroshima and Nagasaki

1945 - U.S. planes drop two atomic bombs, one on Hiroshima (6 August), the second on Nagasaki (9 August). Emperor Hirohito surrenders and relinquishes his divine status. Japan is placed under U.S. military government. All Japanese military and naval forces are disbanded.
1947 - A new constitution comes into force. It establishes a parliamentary system, with all adults eligible to vote. Japan renounces war and pledges not to maintain land, sea or air forces for that purpose. The emperor is granted ceremonial status.
1951 - Japan signs peace treaty with the U.S. and other nations. To this day, there is no peace treaty with Russia, as the legal successor to the Soviet Union.

Independence

1952 - Japan regains its independence. The U.S. retains several islands for military use, including Okinawa.
1955 - Liberal Democratic Party (LDP) formed. Apart from a brief interlude in the early 1990s, the party governs almost uninterruptedly for the rest of the century and beyond.
1964 - Olympic Games held in Tokyo.
1972 - Japanese prime minister visits China and normal diplomatic relations are resumed. Japan subsequently closes its Embassy in Taiwan. Okinawa is returned to Japanese sovereignty, but U.S. retains bases there.
1982 - Japanese car firm Honda opens its first plant in the U.S.
1989 - Emperor Hirohito dies, succeeded by Akihito.
1993 - Elections held against a background of bribery scandals and economic decline see the LDP ousted for the first time since 1955. A seven-party coalition takes power.
1994 - The coalition collapses. An administration supported by the LDP and the Socialists takes over.
Natural and man-made disasters

1995 January - An earthquake hits central Japan, killing thousands and causing widespread damage. The city of Kobe is hardest hit.

1995 March - A religious sect, Aum Shinrikyo, releases the deadly nerve gas on the Tokyo underground railway system. Twelve people are killed and thousands are injured. Three U.S. servicemen based on Okinawa rape a local schoolgirl. There are mass protests demanding the removal of U.S. forces from the island.

1997 - The economy enters a severe recession.

1998 - Keizo Obuchi of the LDP becomes prime minister.

2000 - Obuchi suffers a stroke and is replaced by Yoshiro Mori. Obuchi dies six weeks later.

2000 November - Peruvian President Alberto Fujimori resigns while on a visit to Japan. He later takes up Japanese citizenship and avoids extradition.

2001 February - A U.S. submarine executes an emergency surfacing maneuver off Hawaii and collides with a Japanese training vessel. Nine Japanese are missing after the incident.

2001 March - Mori announces his intention to resign as LDP leader and prime minister.

2001 April - Junichiro Koizumi becomes new LDP leader and Prime Minister.


2001 August - Koizumi pays homage at the Yasukuni shrine dedicated to the country's war dead, provoking protests from Japan's neighbors. The memorial also honors war criminals.

2001 October - Koizumi visits Seoul and offers an apology for the suffering South Korea endured under his country's colonial rule.


2002 October - Five Japanese nationals kidnapped by North Korea return home to emotional family reunions.

2003 December - Government announces decision to install "purely defensive" U.S.-made missile shield.

Iraq deployment

2004 February - Non-combat soldiers arrive in Iraq in first Japanese deployment in combat zone since World War II.

2004 September - Japan, along with Brazil, Germany and India, launches an application for a permanent seat on the UN Security Council.

2004 October - More than 30 people are killed in powerful earthquakes in the north, the deadliest quakes in almost a decade.

2004 December - Dispute with North Korea over the fate of Japanese citizens kidnapped by North Korea during the Cold War. Pyongyang says any imposition of sanctions by Tokyo will be treated as declaration of war.

2005 April - Relations with Beijing deteriorate amid sometimes-violent anti-Japanese protests in Chinese cities, sparked by a Japanese textbook which China says glosses over Japan's World War II record. More than 100 people are killed when a commuter train crashes near the western city of Amagasaki. It is Japan's worst railway accident in more than 40 years.

2005 September - PM Koizumi wins a landslide victory in early general elections called after the upper house rejects plans to privatize the postal service - the key part of his reform agenda. Parliament approves the legislation in October.
Country Profile

2006 March - Japan, China fail to reach a breakthrough at talks in Beijing over the issue of who controls soil and gas reserves in disputed areas of the East China Sea.
2006 July - The last contingent of Japanese troops leaves Iraq.
2006 September - Shinzo Abe succeeds Junichiro Koizumi as prime minister.
2006 December - Parliament approves the creation of a fully-fledged defense ministry - the first since World War II.

Recent events
2007 April - Wen Jiabao becomes the first Chinese prime minister to address the Japanese parliament. Mr Wen says both sides have succeeded in warming relations.
2007 July - The ruling LDP suffers a crushing defeat in upper house elections.
2007 August - On the 62nd anniversary of Japan's surrender in World War II, almost the entire cabinet stays away from the Yasukuni shrine. Prime Minister Abe says he has no plans to visit the shrine for as long as the issue continues to be a diplomatic problem.

Abe steps down
2007 September - Prime Minister Shinzo Abe resigns, is replaced by Yasuo Fukuda.
2007 November - A Japanese whaling fleet sets sail on a six-month mission Tokyo describes as scientific research. Australia and other nations call the programme a front for commercial whaling.
2008 June - The opposition-controlled upper house passes a censure motion against Mr Fukuda for his handling of domestic issues, but the lower house backs a confidence motion in him.

Japan and China reach a deal for the joint development of a gas field in the East China Sea, resolving a four-year-old dispute.

2008 September - Prime Minister Yasuo Fukuda resigns. Former foreign minister Taro Aso appointed as new premier.
2008 November - General Toshio Tamogami, head of Japan's air force, loses his job after writing an essay seeking to justify Japan's role in the Second World War.
2009 February - Economics Minister Kaoru Yosano says Japan is facing worst economic crisis since World War II, after figures show its economy shrank by 3.3% in last quarter.
Finance Minister Shoichi Nakagawa resigns amid claims that he was drunk at a G7 meeting.
2009 July - Prime Minister Taro Aso calls an election for 30 August following his party's emphatic defeat in local elections held in Tokyo. The outlook for Japan's economy remains uncertain as consumer confidence increases but fears remain over output and deflation.

LDP defeated
2009 August - Opposition Democratic Party of Japan (DPJ) wins general election by a landslide, ending more than 50 years of nearly unbroken rule by the Liberal Democratic Party.
2009 September - DPJ leader Yukio Hatoyama elected PM at head of coalition with Social Democratic Party and People's New Party.

Source: BBC NEWS: http://news.bbc.co.uk/go/pr/fr/-/1/hi/world/asia-pacific/country_profiles/1261918.stm (Updated: 1/12/10)
TOKYO, JAPAN

Embassy: Tokyo, Japan

WCO Membership: Yes  CMAA: June 17, 1999
CAPERS Network: Yes

Activities:
DHS Organizational Entities: Customs & Border Protection, Coast Guard; Immigration and Customs Enforcement; Transportation Security Administration

CSI Seaports: Kobe; Nagoya; Tokyo; Yokohama
IAP Airport: Narita International Airport

Preclearance Stations: None

Country Map:
Kobe

This city is located almost in the center in Japan. The average yearly temperature is 16.8 (max. 34.5/min. -3.5 in 2003). Annual rainfall amount is 1,538.0 mm in 2003. It means that it is very comfortable namely, warm in winter and cool in summer relatively in Japan where the four seasons are very distinct. Its population is about 1,520,000, which is the 8th-largest in Japan. Over 44,500 foreigners and over 1,800 students from 117 countries including South Korea, North Korea, China, U.S.A., and Vietnam live here. It has been flourished as a representative trading port of Japan with the internationality.

Nagoya

Nagoya's main industry is the automotive business, as many Japanese automotive companies are based out of Nagoya as U.S. automakers are based out of Detroit. Toyota is headquartered in the nearby city of Toyota. The Japanese confectionery company Marukawa is headquartered in Nagoya, as is the fine ceramics company Noritake. There is also a sizable aerospace and electronics industry in the area.
Tokyo

Tokyo is located in the Kanto region on the island of Honshu, but its borders extend to outlying islands in the Pacific Ocean, some as far as 1,000 km south of the mainland. Tokyo is the nation’s center of politics, business, finance, education, mass media, and pop culture. Tokyo has Japan’s highest concentration of corporate headquarters, financial institutions, universities and colleges, museums, theaters, and shopping and entertainment establishments. Tokyo is widely considered to be one of the world’s major "global cities", and a Mega city.

Yokohama

Yokohama is centered on an inlet on the western side of Tokyo Bay, 30 kilometers (18 miles) from Tokyo, to which it is connected by a half-dozen railway lines as well as expressways and surface streets via the city of Kawasaki. A major industrial zone known as the Keihin Industrial Area stretches along the reclaimed coastline to the north of the central area towards Kawasaki and Tokyo beyond.
Safety & Travel

Tips for Traveling Abroad

If you are traveling abroad here are the top 10 tips you need to make your trip easier:

1. Make sure you have a signed, valid passport and visas, if required. Also, before you go, fill in the emergency information page of your passport!

2. Read the Consular Information Sheets (and Public Announcements or Travel Warnings, if applicable) for the countries you plan to visit. You can find these at the Department of State’s website at http://travel.state.gov.

3. Familiarize yourself with local laws and customs of the countries to which you are traveling. Remember, the U.S. Constitution does not follow you! While in a foreign country, you are subject to its laws.

4. Make 2 copies of your passport identification page. This will facilitate replacement if your passport is lost or stolen. Leave one copy at home with friends or relatives. Carry the other with you in a separate place from your passport.

5. Leave a copy of your itinerary with family or friends at home so that you can be contacted in case of an emergency.

6. Do not leave your luggage unattended in public areas. Do not accept packages from strangers.

7. Prior to your departure, you should register with the nearest U.S. Embassy or Consulate through the State Department’s travel registration website at https://travelregistration.state.gov/ibrs.

Registration will make your presence and whereabouts known in case it is necessary to contact you in an emergency. In accordance with the Privacy Act, information on your welfare and whereabouts may not be released without your express authorization. Remember to leave a detailed itinerary and the numbers or copies of your passport or other citizenship documents with a friend or relative in the United States.

8. To avoid being a target of crime, try not to wear conspicuous clothing and expensive jewelry and do not carry excessive amounts of money or unnecessary credit cards.

9. In order to avoid violating local laws, deal only with authorized agents when you exchange money or purchase art or antiques.

10. If you get into trouble, contact the nearest U.S. Embassy.
Safety & Travel

Security Overview: Japan
Source: ijet International, Inc. - Intelligent Risk Systems

Japan remains one of the safest countries in the world, despite recent figures indicating a countrywide increase in reported crimes. The nation's crime rate has risen approximately 50 percent since 1998. More than 60 percent of crimes have involved theft. The Justice Ministry partially blames the crime jump on the country's economic recession.

The most significant threat to expatriates is petty crime, which typically occurs at airports, bus stations, crowded shopping areas and tourist areas where pickpocket gangs are most active. Other crimes involve vandalism and personal disputes. Violent crime is rare.

Japan is located on the infamous "ring of fire" and experiences several earthquakes every year. In November 2005, a 6.9 earthquake struck off the coast of Japan, triggering a small tsunami. It did not cause casualties or damage to buildings and structures. In 1995, the Great Hanshin Earthquake devastated much of Kobe and killed over 5,000 people. Another significant environmental factor in Japan is the typhoon season, which usually extends from June through September. During this period, expatriates should keep abreast of local weather conditions and avoid coastal areas if a typhoon is approaching.

Overall Security Rating

Security Alerts
Japan has more than 80,000 organized crime groups (yakuza). The largest faction is the Yamaguchi Gumi, with alleged illicit dealings in politics, economics and business transactions. Half of yakuza earnings come from the illicit drug industry and another 25 percent from prostitution.

Yakuza often deal with smaller crime groups that compete for attention in business districts. Local businesses believe yakuza enforcement is quicker and more effective than that of the police.

Avoid establishments that appear shady or illegal; maintain a low profile in business districts and marketplaces.

Travel Security
The events of September 11, 2001, serve as a reminder of the continuing threat from terrorists and extremist groups to Americans and American interests worldwide. There have been no major terrorist incidents in Japan since 1995; however, since terrorists can strike at any time and at any place, U.S. citizens should be aware of the potential risks and take these into consideration when making travel plans. Following the recent London bombings in July 2005, the security situation in Japan remains unchanged, with no new credible threat information.
Safety & Travel

The Department of State will continue to develop information about potential threats to U.S. citizens overseas, and to share threat information through its consular information program documents, available on the Internet at the Bureau of Consular Affairs home page. The government of Japan is vigilant in tracking terrorist threat indicators and remains at a high state of alert. Local police substations (Koban) and police emergency dispatchers (tel. 110) should be contacted to report suspicious activity.

Personal Security

Japanese crime rates are low compared to international standards, but violent crime is on the rise. In general, Japan is one of the safest countries in the world, and visitors rarely fall victim to violent crime. While crime is low by international standards, violent crime is reportedly on the increase, with 21,760 cases reported to Japanese police in the first eleven months of 2003 compared with 20,354 cases for the same period in 2002. On the other hand, the overall crime rate decreased by 2.3 percent in that same period.

Incidents of pocket picking occur with some frequency in crowded shopping areas of metropolitan Tokyo; always remain alert to belongings. Americans in Japan have reported to the U.S. American Citizens Service in Tokyo that criminals have done the following: stolen valuables and documents; assaulted males; and drugged women's drinks in bar districts (particularly Roppongi and Shibuya in Tokyo). Intoxicated males have also physically harassed women on the street or on public transportation. Other foreigners should also exercise vigilance toward these types of crimes.

Youth crime has been on the increase since the mid-1990s, with a number of recent high-profile incidents of violent crime by teenagers. Serious crimes involving guns have also increased, although the numbers are still extremely low by U.S. standards, as stringent gun laws are strictly enforced.

Foreigners are routinely named as a cause for the increasing crime rates and deteriorating levels of public safety. The Japanese media often blames immigrants and students from China and Southeast Asia for criminal activities in Japan. Cooperation between Japan's Yakuza criminal network and Chinese criminal groups has gained considerable attention in Japanese media and law enforcement circles.

It should be noted that the incidence of reporting of crimes is very high and that crime in Japan remains for the most part nonviolent.

Civil Unrest

There is little threat from civil unrest or terrorism in Japan. Demonstrations and protests occur, but are usually well-planned and controlled by local authorities. For the most part, the few terrorist/extremist groups that exist in the country have little history of targeting foreign companies. Public frustration over Japan's involvement in Iraq has resulted in protests in the past and could trigger future rallies, particularly in major cities such as Tokyo and Osaka. Growing questions about U.S. military presence in Japan might also inspire extremists to carry out anti-U.S. acts, although this seems unlikely to pose a significant threat to foreign-owned businesses.

In March 1995, the Aum Shinrikyo doomsday cult planted a number of toxic gas containers in the Tokyo subway system, resulting in 12 deaths and thousands of injuries. While Aum all but disappeared when most of its leaders were arrested after the subway attack, it has since made a slight comeback. The group now calls itself "Aleph" and is closely monitored by security authorities.
Kidnapping / Hostage Situation

Kidnapping remains a very low risk for both visitors and residents. There have been occasional instances in which criminals or criminal gangs have targeted wealthy locals for ransom or in which crime syndicates have abducted individuals to collect debts from illegal business deals or gambling. Such cases are infrequent and, therefore, usually draw widespread media attention. According to police statistics, there were 237 reported kidnapping cases nationwide in 2001, down from 302 the previous year. The arrest rate for kidnapping cases is constantly at or above 90 percent, among the highest for any crime.

Chinese triad gangs, which have become increasingly active in the Tokyo and Osaka areas, have been involved in abducting and holding for ransom illegal immigrants from China that have been smuggled into the country by rival gangs.

Terrorist Targeting

The threat of international terrorist activity in Japan is low, however, there is some recent evidence of possible or previously existing Al-Qaeda presence in the country. Police arrested at least two foreigners during raids May 26 that local media said marked Japan's first investigation into individuals suspected of links to Al-Qaeda. The raids were connected to the recent revelation that Algerian French national Lionel Dumont, considered a senior member of Al-Qaeda, spent at least seven months in Japan. Police believe Dumont attempted to set up a Japanese Al-Qaeda network. During his time in Japan, Dumont apparently contacted the two suspects, who were arrested for alleged immigration violations. In early 2004, Al-Qaeda's number three leader, Khalid Shaikh Mohammed, told U.S. security authorities that Al-Qaeda sought to attack Japan during the 2002 World Cup, but that the lack of a network in Japan prevented an attack from taking place.

The Japanese government's policy of support for U.S.-led operations in Iraq has included the dispatch of Japanese troops to Iraq. The move was highly controversial within Japan and earned the country the ire of international terrorist groups, including Al-Qaeda. Security has been increased in Japan in the wake of threats from Al-Qaeda and related groups. Japanese police Feb. 18 searched the offices and residences of members of the Kakurokyo, a group of leftist radicals suspected of Feb. 17 explosions near Japan's Defense Agency. There were no reports of serious damage or injury, however, police found two projectile launchers and a timer 600 yards away from the agency. The Kakurokyo claimed responsibility for a similar attack on the agency in 2003. The group is also suspected of attempted attacks on U.S. military facilities in Japan.

Property Security

Japan's crime rate is among the lowest in the world, but travelers should observe common safeguards. Keep hotel doors and windows locked, lock large personal items in luggage and keep cash, valuables and personal documents in the hotel or room safe.

Do not leave any personal property openly displayed in unattended vehicles. Roll up windows, lock doors and activate the theft deterrent system, if there is one.

Scams, Fraud, Corruption and Extortion

Scams perpetrated against travelers are rare in Tokyo, Japan. There are no serious scam concerns for travelers to Tokyo.
Police
The police force in Japan is well-trained and effective in criminal investigations. An important reason for the low crime rate is the "koban" or police box system, whereby every neighborhood nationwide has one or more police boxes, with one or two officers on duty 24 hours a day. Police throughout the country have enjoyed a reputation for honesty and efficiency, although a series of scandals involving police during 1999 and 2000 tarnished that image somewhat and led to calls for reform and closer public supervision. To help with the growing number of foreigners visiting Japan, the city of Tokyo, for one, has established a multilingual police squad.

Security Contacts & Communication
Useful telephone numbers for services in Japan:
Fire Emergency 119  
Police Emergency 110  
International Country Code 81  
Tourist Board 81-3-3201-3331

Red Cross Society contact information in Japan:
Japanese Red Cross Society  
1-1-3 Shiba Daimon, Minato-ku  
Tokyo 105-8521 Japan  
Phone: 81-3-3438-1311  
Fax: 81-3-3435-8509  
Telegram: JAPANCROSS TOKYO  
Email: kokusai@jrc.or.jp  
Web: www.jrc.or.jp/english/index.html

Police contact numbers in Japan.
For non-emergency police service:  
Aichi: 81-52-951-1611  
Fukuoka: 81-22-251-4141  
Hokkaido: 81-11-251-0110  
Okinawa: 81-98-862-0110  
Osaka: 81-6-943-1234  
Tokyo: 81-3-3581-4321  
For roadside assistance:  
Fukuoka: 81-92-841-5000  
Okinawa: 81-98-877-9163  
Osaka: 81-6-577-0111  
Sapporo: 81-11-857-8139  
Tokyo: 81-3-5395-0111

Japan Helpline, a 24-hour English-language emergency service: 0120-461-997 (toll-free).

Tokyo English Life Line, for counseling help: 81-3-3264-4347.
Safety & Travel

Suspicious Objects, Letter and Package Bombs

Recognizing suspicious objects and the threat of hidden explosives
The best advice on suspicious objects is to avoid them. Never touch or pick up a suspicious object, and leave the area if you see any. Terrorists, organized crime figures and others are skilled in hiding explosives in a variety of objects. Any item that cannot be identified as belonging to a specific person or in a particular place should be treated as suspicious. The age of miniaturization allows terrorists and organized crime groups to hide explosives in an endless array of objects. Some examples of everyday objects used by terrorists as bombs:

- Sealed envelopes
- Packages
- Holiday and anniversary gifts
- Suitcases
- Briefcases
- Purses
- Backpacks
- Sports bags
- Trash
- Lunch bags
- Shopping bags
- Toys
- Books
- Fruits and vegetables
- Bread and pastries
- Bolts of fabric
- Baby carriages
- Motor cycles
- Bicycles
- Scooters
- Cars

Target Locations
The prime locations for terrorist bombs are:
- Public places frequented by targeted individuals.
- Public places that draw crowds, including: public transport hubs; outdoor markets and festivals; shopping centers; nightclubs and bars.
- Forums or gatherings where prominent individuals give speeches. Do not attend such events unless security forces have completed a sweep and have cordoned-off the area.

Warnings
In many nations, signs are posted advising the public to be alert for such suspicious objects. If you are traveling with children, point out warning posters and reinforce the fact that they are in a different environment than back home. Impress upon them that they are not to touch any suspicious objects. Also tell them to:
- Report the object and its location to an adult.
- Pay attention to announcements in public places advising of a suspicious object and follow instructions. Leave the area as soon as possible.
Letter and Package Bombs
One of the favored ways to hide explosives when specific individuals are targeted is a letter or a package. Follow these steps:
- While traveling, do not accept mail or unexpected deliveries unless you are sure of the source.
- Do not accept sealed envelopes or packages to your hotel room.
- If an unexpected package is in your room when you return, leave the room immediately, contact the front desk, and ask that it be removed.

Look for the following danger signs if you receive a sealed letter or package:
- Is it from an unknown (to you) place?
- Is there an excessive amount of postage?
- Do the return address and the postmark differ?
- Is the spelling on the item correct (especially check common words)?
- Is the item marked conspicuously with the receiver's name, such as "Personal for Mr. Smith," or "Confidential for Mr. Smith?"
- Is the item unusually heavy or light for its size?
- Is the item uneven in balance or lopsided?
- If an envelope, is it overly rigid?
- Are there stains on the item?
- Does it smell peculiar, like shoe polish or almonds?
- Are wires or strings protruding from -- or attached to -- the item in an unusual way?
- Does the letter or package contain an inner letter or package addressed to a particular individual?
  Is there an inner letter tied with a string, tape, wire, aluminum foil, rubber band or any other compression item?

If the parcel is at all suspicious, do not touch it. If you are already holding it, place it down gently, leave the room or area, and call the police.
Personal Security While Walking

Travelers overseas are particularly vulnerable to becoming victims of crime while walking. It is very difficult for a foreigner to blend in with the local populace. Many things can give you away as a tourist, including, your physical appearance, habits, clothing, manner of walk or speech, even your smell. In most countries worldwide, tourists are assumed to be wealthier than the average local citizen and not savvy to local threats. This makes them attractive to thieves and other criminals.

Before Venturing on Foot

- Buy a good map. Mark key points on the map, such as embassies and police stations.
- Study the map and make a mental note of alternative routes to your home or other local lodging.
- Learn how to use the local telephone system and keep the proper change, token or telephone card on hand. Carry the emergency telephone numbers you might need, such as police, firefighters, your hotel, a local contact and the nearest U.S. Embassy or Consulate.
- Learn a few key expressions in the local language so that you can signal your need for help and be clearly understood. Alternatively, carry such phrases with you, written by a local person.
- Do not discuss travel plans or other personal matters with strangers. If planning a tour, hire a reputable guide.
- Try not to go out alone. Let someone at your home base know where you are going and when you plan to return.
- Bring along a personal alarm or whistle, but never active protective devices such as weapons, mace or pepper spray. These devices, if not used properly, may further antagonize a criminal and increase your risk of harm.
- Leave the fanny pack or tummy pack behind; those only advertise that you have something of value to protect. Disperse your cash and documents among various pockets.
- Know where you are going before you leave.

While Out Walking

- Be constantly aware of your surroundings and of those around you throughout the day.
- Look up and down the street before exiting a building. At intersections and when preparing to cross a street, use the opportunity to scan your surroundings.
- Avoid bringing unwanted official attention to yourself. Follow all local rules and regulations. Keep as low a profile as possible and avoid loud conversations or arguments.
- Avoid reviewing maps in public places, as it may mark you as a disoriented tourist.
- When walking, try to remain on wide, well-lighted streets and try to walk against the normal flow of vehicular traffic so that you can observe cars, motor cycles, scooters and bicycles approaching you.
- Be especially cautious in or avoid areas where you are more likely to be victimized. These areas include crowded subways, train and bus stations, elevators, tourist sites, market places, packed bars, sports stadiums, festivals and marginal areas of cities.
- Do not use short cuts or walk in narrow alleys or on poorly lit streets. Avoid passing close to shrubbery, dark doorways or through construction sites. Do not walk alone at night and never walk in isolated or deserted area such as lonely beaches or empty parks.
- Avoid public demonstrations and other civil disturbances; leave the area immediately.
- Even if you are lost, act as if you know where you are going. Enter a hotel, public building, bank, or police station to be redirected. Walk confidently and with your eyes off the ground. Know where you are going before you begin the next segment of your walk.
- Stay alert for signs denoting restricted areas and change direction to avoid them.

Continued on next page
Avoid scam artists. If a deal seems too good to be true, it probably is. Beware of strangers who approach you offering bargains, to be your guide, or to bring you to special places that most tourists do not have access to.

Beware of pickpockets. They frequently have an accomplice who will jostle you, ask you for directions or the time, point to something spilled on your clothing, accuse you of inappropriate or illegal behavior or distract you by creating a disturbance.

Beware of groups of vagrant children who create a distraction or surround you in order to immobilize you and pick your pocket. Try to keep walking or walk through them. If you stop, you will probably be victimized.

If you are confronted and feel threatened, do not fight back. Give up your valuables one small portion at a time until the thief is satisfied. Often, a little for you is a lot to the thief. Your money, jewelry, valuables and passport can be replaced, but you cannot.

Use your personal alarm or whistle, especially if the assailant does not exhibit a firearm and you are not in a deserted spot but within earshot of others.

Wear the shoulder strap of any bag or purse over a shoulder, but never around your neck. Walk with the bag away from the curb to avoid drive-by purse-snatchers.

When you stop for a meal or drink, keep your purse or bag on your lap, or near you with the strap around your chair leg. Do not place it unsecured on the floor, on another seat or on the back of a chair.

Avoid using ATMs except for those in banks, hotels or exchange facilities. Never count your money at an ATM or leave with your wallet or cash exposed.
Cultural Environment

Cultural Adjustment

During the first week or so you will be bombarded with forms, literature, information on culture shock, and check-in lists. All of this at one time may seem overwhelming. And it is. In this guide we have tried to compile essential information you will need at post so that it isn’t too much to handle at once. Browse through this guide when you have time or look up information, as you need it. Don’t try to absorb it all at once! Do try to remember that it will take some time to get used to everything. Do it little by little and feel your way. On the cautious side, read the security hints carefully so you will be prepared to live and travel in Japan safely. And check out tourism and educational opportunities as well as possibilities for language study (see information in this manual, the general CBP deployment guide, and elsewhere).

Notes on Culture Shock

There is no clear-cut way of dealing with culture shock. Simply recognizing its existence and your accepting vulnerability to it is an important first step. As long as you know in advance that you will probably fall victim to culture shock at a certain level, you can prepare yourself psychologically to accept the temporary discomfort and turn it into an advantage by learning from it. Remember that you are not the only one experiencing occasional frustration, irritability, and depression. Falling victim to culture shock, in other words, does not imply the existence of any psychological or emotional shortcomings on your part. Psychologist Robert Kohls says, “Culture shock is in some degree inevitable... and is the occupational hazard of overseas living through which one has to be willing to go through in order to enjoy the pleasures of experiencing other countries and cultures in depth.”

Undergoing culture shock is in itself a learning experience that you should take advantage of. It is a way of sensitizing you to another culture at a level that goes beyond the intellectual and the rational. Just as an athlete cannot get in shape without going through the uncomfortable conditioning stage, so you cannot fully appreciate the cultural differences that exist without first going through the uncomfortable stages of psychological adjustment.

Cultural Adaptation

There are four generally recognized stages of cultural adaptation. The first stage is often known as the “honeymoon” stage, where everything is exciting and exotic.

This is followed by the stage where all those things you initially found quaint are suddenly intensely irritating and incomprehensible (everything is expensive, the traffic is awful, the tube is always breaking down, nothing works properly, my house has FIVE levels). This is the “why can’t they do things right, the way we do it” stage. If you don’t get out of this stage, you’re in major trauma, otherwise known as “culture shock”.

Hopefully, you do get out of this stage and you’re well on the way to adapting – starting to accept how things work, and managing day-to-day routines.

The best stage to be in is when you are finally comfortable, you don’t have to consciously think about doing everything, you appreciate the way many things are done here, and even occasionally prefer some things to your “home” culture – in fact, you have adjusted.

So how do you know if you’re going through culture shock, and how do you get past it if you are? First of all, you should know what some of the common symptoms are. Second, you should already have some strategies worked out. It's very difficult when you're negative and/or depressed to cheerfully come up with positive coping strategies!
Cultural Environment

If you think about how you typically react to stress, this is likely to be the way you will react to "culture stress", so this will help you know in advance what your personal culture shock symptoms might be. Similarly, you have probably developed ways to deal with stress, and if so, these same strategies will probably help you move through the cultural transition process more smoothly, as well.

Some of the most common symptoms of culture shock are: marital stress, too much sleep, boredom, loneliness, stereotyping, exaggerated cleanliness, low work productivity, alcohol/drug/food abuse, avoiding people, constant complaints, and physical illness.

Everyone needs to develop their own personal strategies, but here are a few strategies that most people find helpful: (1) Recognize that it's natural and normal -- everyone goes through it to one degree or another; (2) Become a student again: find out as much as you can about the new culture and new ways of doing things. Venture out, explore, and get lost… (3) Find people who like it here! People who like the culture and country will be happy to share all the positive aspects with you, and this will help you develop an appreciation for the differences much sooner. Conversely, try to avoid those who are eager to share their complaints and horror stories; (4) Find things you like to do -- and DO them; and (5) Take care of your health: eat and sleep properly, exercise regularly.

Don’t be reluctant to reach out if you need a sympathetic friend to talk to. The CLO office is always willing to listen, as are many colleagues and neighbors. Admitting that you’re feeling down is not a weakness – if anything, it’s a sign of strength and health. Realization that you can’t beat the blues alone is the first step in fitting into your new community. Friends – even brand new ones – are for leaning on!

Get involved. Choose some activity or interest that appeals to you and get busy. There’s so much to do and see in Japan that you’ll hardly have time to do it all in one tour. So you’ll want to get started.
Cultural Environment

Cultural Differences
Every nationality has its character traits and cultural quirks. The Japanese are no different. Some of the
costumistics you observe may be difficult for you as a foreigner to accept at first. Being aware of certain
differences and trying to understand them may make them a little easier to cope with. Here are just a few
of the most obvious:

- When you visit Japan, keep your shoes shined at all times, since everyone will be looking at them
  a lot when bowing.
- A slight bow demonstrates that you respect their customs.
- It is considered rude to stare; prolonged direct eye contact is considered impolite and even
  intimidating. A few shrewd Japanese negotiators have learned that Westerners expect averted
  eyes, so at the bargaining tables the Japanese do just the opposite; they sit and stare. This is so
  atypical of the Japanese that it can completely unnerve Westerners.

Communication
Understanding various ways of communication in different countries is important and vital.
Miscommunication of different gestures, etc. can lead to big misunderstandings.

Milton Neshek is an American lawyer and officer of a Japanese-owned company located in the North
American Midwest. He once accompanied the governor of his state on a trade mission to Japan where the
governor addressed a large and distinguished audience of Japanese officials. At the conclusion of the
presentation, the visibly upset governor cornered Neshek and lamented, “My speech was a disaster! I shouldn’t have delivered it. Why didn’t my staff warn me?” Confused, Neshek asked, “What made you think it was so bad?” The governor complained he had seen many
members of the audience asleep, even nodding their heads. Relieved, Neshek quickly explained that
among the Japanese a common way to show concentration and attentiveness was to close the eyes in
contemplation and nod the head slightly, up and down.
What the governor read as boredom was actually a signal of respect and attention.

General Protocol
Shoes are removed before entering a Japanese home but can be left on in a Western-style building.

Names and Greeting
The usual form of greeting is a long and low bow, now a handshake. Be prepared to exchange business
cards. Never address Japanese by their first name. Only his family and very close friends use the first
name. To say “Mister (last name),” simply say the last name and add the word san.

Appointments/Punctuality
Punctuality is advisable for both business and social engagements.

Hospitality/Gift Giving
Visitors should be prepared to be invited by their business colleagues to lavish dinner parties, which may
last for hours. These parties are almost always held in Japanese restaurants or nightclubs. Entertainment
of visitors at private homes is not very common. If you do visit a Japanese home, remove your hat and
gloves once inside the entrance to the house and then remove your shoes. It is not customary to take
flowers for the hostess, but take a box of cakes or candy. The Japanese enjoy receiving gifts, which
should be wrapped in pastel-colored paper, no bows.
Cultural Environment

They particularly relish gifts of brandy and frozen steaks. Gifts given in twos are supposed to bring good luck, so such things as cuff links and pen and pencil sets are especially well received. Never give four of anything, as one Japanese word for four is also the word for death.

Conversation
One topic to be avoided: World War II

Tipping
The Japanese do not expect and will rarely accept tips. It is inappropriate to tip in restaurants. If you do leave a tip, the waiter or manager will likely look for you to return it. You should only tip on American military bases or at the Sanno Hotel.

Do not tip taxi drivers or round fares upward. Give a wrapped gift of JPY 500 to drivers hired for a half day. Give a wrapped gift of JPY 1000 to drivers hired for a full day. Pay porters JPY 200 per bag at the airport and rail stations. A 10-15 percent service charge is added to the bill at hotels and restaurants.

Cultural advice upon greeting
The bow is the traditional Japanese greeting showing respect. Foreigners should bow slightly to show courtesy. The Japanese welcome Western traditions but offer weak handshakes without eye contact. Women may bow and shake hands. If they do not offer their hand, do not press the point.

There are three greetings commonly used in Japanese society, each depending on time of day:

<table>
<thead>
<tr>
<th>Time of Day</th>
<th>Japanese</th>
<th>English Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>Ohio Gozaimas</td>
<td>Good morning</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Konnichiwa</td>
<td>Good afternoon</td>
</tr>
<tr>
<td>Evening</td>
<td>Kombanwa</td>
<td>Good evening</td>
</tr>
</tbody>
</table>

Each of these greetings is usually followed by introducing yourself with name and title. The Japanese give their family name first, followed by their given name. When introducing someone, follow the family name with the suffix "san," showing honor. The given name should not be used when addressing an older person. Never use the suffix "san" with your own name.

"Sayonara" means goodbye.

Note: The discussion of these cultural traits is in no way meant to be derogatory; they are only noted as different from our own. As time goes on, these very traits, along with the warmth of the Japanese people, tend to make the culture even more endearing.
Cultural Questions & Answers: Bowing, Shaking Hands, and Exchanging Business Cards

Who bows first? And how low?
The operative word is rank. The shortcut for this lesson is simply to remember “The higher the rank of the person facing you, the lower you bow.” In Japanese society, it is extremely important, especially in business, to know the rank of people with whom you come in contact. The same applies to the rank of your company. For example, the middle-level manager in a large powerful company outranks a department head from a smaller, less important company. Therefore, who bows first and lowest? Answer: The person of lower rank bows first and lowest.

When do we shake hands?
The answer is complicated by the fact that many Japanese, especially those who travel abroad on business, are quickly adopting Western ways. As a result, our respective learning curves may collide midway. We may bow in respect to their practices, while they may simultaneously stick out their hand. They may even give a firm grip and add direct eye contact because they’ve been told that’s how the Westerners do it.

When do we exchange business cards?
Called meishi in Japanese, business cards are very important. The business card is more than a convenience. It represents one’s personal identity, one’s label, shingle, sign, rank, and name tag—all in one. (Incidentally, take care when listing your title on the card; make certain it is clear and accurate, neither overblown nor obscure. Also have all the information printed in Japanese on the reverse side, preferably with the same quality printing on both sides lest you imply their language is second class) In Japan, greeting and business cards go together like sake and rice. When exchanging business cards in Japan, the proper etiquette is:

- Exchange cards at the very first stages of an introduction.
- Present (and receive) the card with both hands. Grasp the card between thumbs and forefingers, with the lettering facing the recipient. Accompany all this with a slight bow.
- Each recipient then takes several seconds to study the name, title, company name, and address before continuing.
- Now... shake hands and bow a few more times.
- Some final words of advice: Treat business cards with respect. The card is, after all, a symbol of that person’s very identity. Avoid writing notes on it, at least in front of the other person. Avoid carrying your cards or putting their card in your hip pocket—you are, obviously, then sitting on the cards. After receiving the other person’s card, place it respectfully on the table in front of you. And, speaking of wrong signals, I’ve seen one bored American businessperson take the Japanese person’s card and absentmindedly pick his teeth with it!
## Cultural Environment

### Japanese Holidays

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 1</td>
<td>New Year's Day (Oshogatsu)</td>
<td>National holiday - most businesses closed</td>
</tr>
<tr>
<td>January 2-3</td>
<td>Bank holidays</td>
<td>Banks are closed</td>
</tr>
<tr>
<td>January 11</td>
<td>Coming of Age Day (Seijin no hi)</td>
<td>National holiday - some businesses closed</td>
</tr>
<tr>
<td>February 11</td>
<td>National Day (Kenkoku kinen no hi)</td>
<td>National holiday - most businesses closed</td>
</tr>
<tr>
<td>March 21-22</td>
<td>Start of Spring - Vernal Equinox (Shumbun no hi)</td>
<td>National holiday - some businesses closed</td>
</tr>
<tr>
<td>April 29*</td>
<td>Shōwa Day</td>
<td>National holiday - most businesses closed</td>
</tr>
<tr>
<td>May 3*</td>
<td>Constitution Day (Kenpo Kinenbi)</td>
<td>National holiday - most businesses closed</td>
</tr>
<tr>
<td>May 4*</td>
<td>Day of Nature or Greenery Day (Midori no hi)</td>
<td>National holiday - most businesses closed</td>
</tr>
<tr>
<td>May 5*</td>
<td>Children's Day (Kodomo no hi)</td>
<td>National holiday - most businesses closed</td>
</tr>
<tr>
<td>May 14-16</td>
<td>Sanja Festival</td>
<td>Asakusa Shrine, Tokyo</td>
</tr>
<tr>
<td>July 19</td>
<td>Navy Day or Marine Day(Umi no hi) - 3rd Monday of July</td>
<td>National holiday - some businesses closed</td>
</tr>
<tr>
<td>August 6</td>
<td>Hiroshima Memorial Day - Hiroshima only</td>
<td>Hiroshima only - some businesses closed</td>
</tr>
<tr>
<td>August 9</td>
<td>Nagasaki Memorial Day - Nagasaki only</td>
<td>Nagasaki only - some businesses closed</td>
</tr>
<tr>
<td>August 11-15</td>
<td>Anniversary of end of World War II</td>
<td>Yasukuni Shrine in Tokyo. Anti-war rallies possible</td>
</tr>
<tr>
<td>August 13-15</td>
<td>Obon Festival</td>
<td>Unofficial holiday - some businesses closed</td>
</tr>
<tr>
<td>September 20</td>
<td>Respect for the Aged Day (Keiro no hi)</td>
<td>National holiday - some businesses closed</td>
</tr>
<tr>
<td>September 23</td>
<td>Fall Equinox (Shubun no hi ) Shinto</td>
<td>National holiday - some businesses closed</td>
</tr>
<tr>
<td>October 11</td>
<td>Health-Sports Day (Taiiku no hi) - 2nd Monday of October</td>
<td>National holiday - some businesses closed</td>
</tr>
<tr>
<td>November 3</td>
<td>National Culture Day (Bunka-no-hi)</td>
<td>National holiday - some businesses closed</td>
</tr>
<tr>
<td>November 23</td>
<td>Labour Thanksgiving Day (Kinro Kansha no hi)</td>
<td>National holiday - some businesses closed</td>
</tr>
<tr>
<td>December 23</td>
<td>Emperor's Birthday (Tenno Tanjobi)</td>
<td>National holiday - most businesses closed</td>
</tr>
<tr>
<td>December 31</td>
<td>Bank holidays</td>
<td>Banks closed</td>
</tr>
</tbody>
</table>

* -Part of Golden Week

Note: Holidays falling on Sunday are observed the Monday following. If two holidays are one day apart, that day is also taken as a holiday. Many businesses are closed Dec. 29-Jan. 3.

*The date of some holidays may vary from one year to the next. Please verify actual holiday date for the current year.
Protocol

Standards of Social Conduct

It has been the practice in Japan to forgo some of the formality usually found at large posts. Social life tends to be informal and based on individual initiative. Some senior staff members have heavy representational obligations, and Japan’s tourist attractions keep many people busy with out-of-town guests, especially during the summer. You will find that there is not as much official entertaining as there is in some small post.

In Japan, where style and grace and courteousness are revered, bowing would surely be noted, appreciated, and probably remembered. Think about the subtle psychology of this and all gestures.

Nature of Functions

The Chief of Mission and senior officers entertain and are entertained by high-ranking Japanese officials, senior officers of the diplomatic missions, leading members of the business community, and American military officers. Cocktail parties, dinners, and other forms of home entertainment are popular. Large receptions are held on national days and other appropriate occasions by the diplomatic missions. On occasion, these events may be for the employees only with spouses not included.

Middle- and junior-level officers generally follow the same pattern of social life but on a reduced scale.

Clothing

Bring clothing suitable for the Carolinas, including warm jackets. Clothes can be purchased at the exchange (akin to Walmart or Sears in selection, but with slightly higher prices), at local shops catering to foreigners (where prices are very high), or through catalog mail orders. Bring special sizes or brand names, or plan to shop by mail. Japanese adult clothing is expensive and comes only in small sizes. Dry-cleaning and laundry service is available on the military bases through Japanese concessions, so prices are the same as at off-base facilities. American officers are invited to several black-tie functions throughout the year, so a tuxedo or formal wear for women is very useful.

Men

Post personnel either wear a suit to work or shirt/tie and keep a jacket in the office. The post exchanges have a selection of ties, blazers, underwear, casual clothing, and shoes. Slacks, good shirts, jackets, and suits are best mail-ordered or brought to post. Dark blue or gray suits are worn to Japanese functions. After work, normal U.S. leisure clothing is fine, bearing in mind that Japanese tend to dress conservatively.

Women

Consulate General employees should dress as professionals would in Washington, D.C. Cotton and other lightweight dresses and accessories are suitable for summer wear. Afternoon and evening wear is similar to that worn in the U.S., though depending on the occasion, more variety and less formality is seen. Scarves, jackets, and wraps are practical during the cool months. Lightweight wool suits and dresses are worn, as well as coats, jackets, and sweaters. The exchanges stock a variety of women’s clothes, as do local department stores and shops, although prices are high and sizes limited in the latter. Many American women prefer to order from catalogs.

Children

Children dress as they would in the U.S. As with adults, shopping for children’s clothing is usually accomplished through a combination of the military exchange, local stores, and mail order. The supplies available on the island are adequate, but the range of choice in both style and pace is often limited. Kids have the most luck in Japanese department stores, although prices are higher than in the U.S.
Utilities and Equipment

Electricity and plug information for Japan
Electricity in eastern Japan is supplied at 100 volts AC, 50 Hz. This includes the cities of Tokyo, Kawasaki, Sapporo, Yokohoma and Sendai. Electricity in western Japan is supplied at 100 volts AC, 60 Hz. This area includes the cities of Osaka, Kyoto, Nagoya and Hiroshima. Japan uses North American two-pronged flat-blade plugs. Converters are not needed to use many appliances that run on 110 AC, 60 Hz. Battery chargers, hair dryers, razors, etc. will run slower than normal if used with electricity supplied at 50 Hz. They may overheat if used for long periods. Appliances rated for 60 Hz that rely on timers or must operate at certain speeds (such as CD players, cassette players, clocks or anything digital) will not work correctly without a converter, which can be found in Japanese department stores. Most laptop computers operate with any voltage from 100 to 240 volts and at any frequency; however, check your computer’s requirements first.

Transformers
These useful devices need to be handled with special caution. Make sure the transformer is the proper size for the appliance you intend to use. Also remember that transformer location and installation demand precaution against electrical shock.

- Always isolate transformer location out of the reach of children.
- Transformers get hot! Do not place on combustible surfaces.
- Keep transformers and wiring from any contact with water.
- Unplug transformers when not in use. They pull a lot of electricity.
- Label appliances that need transformers and don’t let the un-informed use them.
- Plug transformer in the wall outlet first; then plug in appliance. Don’t connect both at the same time.
- DO NOT OVERLOAD TRANSFORMERS!
# Financial Information

## Banking and Currency

<table>
<thead>
<tr>
<th>Currency Name/Code</th>
<th>The official currency of Japan is the yen (JPY). There are bills of 10,000, 5,000, and 1,000. Coins are 500, 100, 50, 10, 5 and 1.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Currency Convertibility</td>
<td>Exchange traveler’s checks at banks with signs in English reading &quot;Authorized Foreign Exchange Bank.&quot; They may also be exchanged at major post offices and some of the large hotels and stores. It is illegal in Japan to use any currency other than yen. Any attempts by foreigners to use anything other than yen will be taken as an insult. Banks offer the best exchange. ATM rates are excellent but the transaction fees may be higher abroad than at home. Exchange rates are not favorable in airports, rail and bus stations, hotels, restaurants, or stores. Because of the low crime rate in Japan, the Japanese feel safe carrying large amounts of cash. If you are heading into the less populated areas, take a fair amount of cash, because it will be difficult to find an exchange service outside the major centers.</td>
</tr>
<tr>
<td>Credit Card Acceptance</td>
<td>Japanese businesses accept most major credit cards, although cash is more popular. The favored cards are American Express, Diners Club, MasterCard and Visa.</td>
</tr>
<tr>
<td>ATM Availability</td>
<td>MasterCard/Cirrus/Maestro, Visa/Plus and Diners Club ATM cards are not widely accepted at ATMs in Japan. International Visa/Plus accepted at Citibank locations. Citibank ATMs are open 24 hours. Shinsei Bank has at least seven locations in Tokyo accepting Visa/Plus. MasterCard/Cirrus/Maestro cards are accepted by Sumitomo Credit Service. Japan’s post offices accept most international cards; ATMs are available 0900-1700.</td>
</tr>
<tr>
<td>Traveler’s Checks</td>
<td>Traveler’s checks can be exchanged in banks and exchange bureaus across Japan. Take checks in Japanese yen or U.S. dollars for the lowest exchange rates.</td>
</tr>
<tr>
<td>Wire Services</td>
<td>There are no MoneyGram offices in Japan. <a href="http://www.moneygram.com">www.moneygram.com</a>. There are three Western Union offices in Tokyo, none in Osaka, four in Fukuoka, and one in Nagoya. Ask your bank for referral to an agent most convenient for you.</td>
</tr>
<tr>
<td>Sales Tax/VAT</td>
<td>There is an across-the-board, nonrefundable 5 percent consumer tax levied on all sales. A 5 percent federal consumer tax is added to all restaurant bills. Another 3 percent local tax is added to the bill if it exceeds JPY 7,500. A five percent federal consumer tax is added to all hotel bills. Another 3 percent local tax is added to the bill if it exceeds JPY 15,000.</td>
</tr>
<tr>
<td>Tipping</td>
<td>The Japanese do not expect and will rarely accept tips. To show appreciation, give a monetary gift in an envelope imprinted specifically for this purpose. Enclose paper money only, no coins. A small crum from your home country or from your travels is always appropriate. All gifts should be wrapped, but do not use white or blue paper (which symbolizes death). Do not tip taxi drivers or round fares upward. Give a wrapped gift of JPY 500 to drivers hired for a half day. Give a wrapped gift of JPY 1000 to drivers hired for a full day. Pay porters JPY 200 per bag at the airport and rail stations. A 10-15 percent service charge is added to the bill at hotels and restaurants.</td>
</tr>
</tbody>
</table>
Currency Denominations
The currency most commonly used in Japan is the Yen (¥). Currency and exchange information for the Yen are provided below.

Exchange Rate
Currency exchange rates fluctuate according to the daily market. Details regarding the current exchange rate can be found at www.xe.com.

Reminders
- Travelers Checks are accepted by leading banks, hotels, and stores in major cities
- International credit cards (American Express, VISA, Diners Club, MasterCard, etc.) are also acceptable at major establishments.
- Credit card transactions may not be convenient outside big cities. It is recommended that you obtain cash before traveling to the countryside.
Communication

Telephones
- To call Japan from overseas, dial your country's international dialing code, then dial 81 (the country code for Japan), then the city code, and finally the number.
- For long-distance within Japan, include zero with the area code.
- To call overseas from Japan, dial the international access number, overseas country code, then area code and number. Note: When using public telephones in Japan, local calls are possible from any phone but overseas calls can only be made from certain phones.

Wireless Services
Mobile phones with Internet access are widely available in Japan; in fact, mobile phone subscribers in Japan outnumber those using fixed-line phones. The popularity of mobile phones has been driven in part by NTT DoCoMo's i-mode service, which allows users to surf the Internet, send and receive email on their cell phones. The i-mode service has overtaken conventional Japanese Internet service providers (ISPs) such as Fujitsu to become Japan's biggest Internet access platform.

The Japanese mobile network uses PDC (Personal Digital Cellular System) technology, which is not compatible with GSM or other mobile services. Some phone rental companies allow you to reserve a phone and get your phone number before your departure. Rental charges are usually a set rate plus additional rate per minute used.

Internet Service
There are numerous Internet cafes in Tokyo. In addition to the Internet cafes, hotels and business centers offer Internet access. Fees range from JPY 100 for 30 minutes to JPY 10,000 for a year's membership and unlimited usage. Kinko's, M-Stone, Surf Scape Tokyo and Tsukumo Internet House and are among the most widely available internet outlets.

Mail and Pouch
The Japanese postal system is reliable and efficient. Post offices and mailboxes are marked by a large white and red "T." Mailboxes are brilliant orange-red.

Main offices are open Monday-Friday 0900-1900 and Saturday 0900-1500. Smaller offices are open Monday-Friday 0900-1700 and Saturday 0900-1200.

The main post offices in larger cities have English-speaking personnel and will hold mail addressed Poste Restante (General Delivery) for up to 30 days.

Postcards to North America cost JPY 70, aero grams cost JPY 90 and airmail letters cost JPY 110. Most hotels will sell stamps and mail letters with no service charge. Packages can be mailed from post offices.
Communication

Broadcast Radio & Television

Radio
Japanese radio offers few English-language programs. Some stations broadcast partially in English. Japan Broadcasting Corporation (NHK) broadcasts its news in English on the Internet (Real Player required). U.S. Armed Forces Radio can be heard in several locations. BBC and Voice of America can be heard on short wave. Following are a few of the primary stations in Japan:

- **NHK** - public, operates news/speech-based Radio 1, cultural/educational network Radio 2, classical music-based network FM Radio, external service Radio Japan
- **Inter FM** - Tokyo commercial music station
- **J-Wave** - Tokyo commercial music station
- **Tokyo FM** - Tokyo-based commercial network
- **TBS Radio** - network operated by Tokyo Broadcasting System

Television
Japanese television offers little programming in English. There is a nightly bi-lingual news update; and some sets are equipped with a device eliminating the Japanese dubbing of English-language shows. The primary television networks are:

- **NHK** - public, operates the General TV, Educational TV channels. NHK also runs satellite channels BS-1 and BS-2 and high-definition TV (HDTV) network Digital Hi-Vision. NHK World is the organization’s TV service for Japanese nationals living overseas.
- **TV Asahi** - national commercial network
- **Fuji TV** - national commercial network
- **Nippon TV (NTV)** - national commercial network
- **Tokyo Broadcasting System (TBS)** - national commercial network

Newspapers, Magazines & Technical Journals

There is a wide variety of English-language newspapers and magazines available in Japan, especially in the larger urban centers. The Japan Times is considered to be the best English-language newspaper. The International Herald Tribune and Financial Times can be found in major cities. Newspapers and magazines can be bought in hotels and at newsstands. There is no delay in newspaper publication and availability. Other press pages include:

- **Asahi Shimbun** - daily, English-language pages
- **Yomiuri Shimbun** - daily, English-language pages
- **Mainichi Daily News** - English-language pages
- **Sankei Shimbun** - daily
- **Nikkei Net** - English-language pages
- **The Japan Times** - English-language
- **Kyodo** - English-language pages
Transportation

Public Transportation

Japan features a vast array of public transportation, with ferry service being a popular option to go along with bus, rail, and taxi service. In most of Japan's major cities, using some form of public transportation is recommended due to heavy population and traffic density.

The public transportation systems of Japan's major cities are among the most modern in Asia and include excellent trains, extensive subway systems, and buses. All cities have an abundance of taxis. As in all heavily populated areas, transportation facilities are overtaxed, particularly during rush hours. Japan Railway (JR) electric trains link the major parts of Tokyo with outlying towns and cities, and the subway system crisscrossing Tokyo is the most inexpensive transportation in the city. Osaka has a JR loop line, and subway systems are also located in Yokohama, Nagoya, Osaka, Fukuoka, and Sapporo. Bus service links subway and loop train lines in Tokyo and is the system of local transportation in cities and towns throughout Japan. Signs and directions in subway and railway stations in the major cities usually appear in English as well as Japanese, making subway and rail travel relatively simple for the non-Japanese-speaking traveler.

Cruising taxis are plentiful. Taxis are safe and clean, though not inexpensive. Most taxi drivers do not speak English, so have directions to your destination written in Japanese. Most hotels have these instructions at the front desk to assist their guests in returning to the hotel. Taxi doors are operated by the driver, opening and closing automatically. Taxis are metered; the charge in Tokyo is Y710 for the first 2 kilometers plus Y90 for each additional 288 meters. There are additional charges for slow movement in traffic and late-night service. Consumption tax is added to the total fare amount. It is not customary to tip taxi drivers. Use the guidelines below when traveling in Japan.

Train

The railway system in Japan is safe and punctual. Purchase short-distance tickets at ticket machines in any train station. For longer distances, reservations and ticket arrangements must be made with a ticket office. Your ticket will be punched when you board the train. Punched tickets must be returned at your destination. The name of the station appears in the center of the sign (often in both Japanese and English). Adjacent stations are listed below or to either side. The Shinkansen (bullet train) is operated at 15-minute intervals from Tokyo to major cities.

Bus

All major cities have extensive intra-city bus routes. The destination is written in Japanese above the bus windshield, but it often includes a route number to help you find your way. Bus tickets are numbered to indicate the fare zone where you board the bus. The fare schedule is posted on the bus (in columns that correspond with each fare zone). Pay the fare in the cash box beside the driver's seat when leaving the bus. Long-distance buses run between Tokyo and other major cities. Though travel time is often longer, traveling by bus is more economical than by plane or by train.
Taxi
When hailing a taxi, a red light in the lower right corner of the windshield indicates that the taxi is available (any other color means the taxi is reserved or occupied). Enter the back door on the left side, which the driver opens and closes automatically. Due to the complicated layout of larger cities, it's preferable to have a map to your destination (an address is sometimes not enough). Pay only the metered fare, as tipping is not practiced.

Subway
The main subway lines are Toei (Metropolitan) and Eidan (Teito Rapid Transit Authority). Subway lines are color-coded. Most stations have a subway map and fare tables in English. Station names are written using the alphabet.

Regional Transportation
Most of the country is served by the JR system. The Shinkansen (popularly known as the bullet train) is a familiar sight speeding across the Japanese countryside connecting Tokyo and many of the larger cities throughout Japan. These and other express and local trains combine to form a vast rail network that is heavily used. Sleeping, dining, and first-class (green) coaches are available on the main lines. Trains maintain strict schedules, and the personnel are polite and efficient. Porters or redcaps are available at all principal stations although they are extremely few in number. Their charges range from ¥200 to ¥300 per piece of baggage or more if the baggage is extremely heavy.

Most of the major international airlines and a number of steamship companies provide service to Japan. Domestic air travel is quite extensive. Several domestic airlines operate to all the major cities in Japan; airbus service has been instituted between Tokyo and several cities. The airport used for domestic travel is Haneda, 23 kilometers from Tokyo. Rapid monorail or bus service is available from Haneda to downtown Tokyo locations, and taxis are plentiful. The taxi fare is around ¥8,000.

The new Tokyo International Airport at Narita, about 77 kilometers from Tokyo, is used for all international flights (except those of China Airlines, the Republic of China national carrier that operates from Haneda). Surface transportation from Narita into the city is commonly via limousine bus directly to the Tokyo City Air Terminal (TCAT) or by taxi. Train service is also available, but its use is not recommended for the newcomer due to the complicated connections. Transit time by bus and taxi can be time consuming, at least 1-1/2 hours, often more, depending on traffic conditions on the heavily congested highways serving the airport from central Tokyo. The airport limousine bus fare is ¥3,000, and taxi fare is approximately ¥27,000, including toll charges.

Many express toll roads are excellent. Almost all roads are paved. The main roads are generally in good condition, the secondary roads are more inclined to be narrow and winding.
Out & About

Specialty Restaurants
Many restaurants in Japan specialize in just one type of food. The following are various types of food found throughout Japan.

Sushi-ya
Sushi-ya are restaurants which specialize in sushi. In most sushi-ya, customers can sit either at a normal table or at a counter (sushi bar), behind which the sushi chef is working.

Nigiri
Small rice balls with fish, etc. on top. There are countless varieties of nigizushi, some of the most common ones being tuna, shrimp, eel, squid, octopus and fried egg.

Gunkan
Small cups made of sushi rice and dried seaweed filled with seafood, etc. There are countless varieties of gunkanzushi, some of the most common ones being sea urchin and various kinds of fish eggs.

Norimaki
Sushi rice and seafood, etc. rolled in dried seaweed sheets. There are countless varieties of sushi rolls differing in ingredients and thickness. Sushi rolls prepared “inside out” are very popular outside of Japan, but rarely found in Japan.

Temaki
Temakizushi (literally: hand rolls) are cones made of nori seaweed and filled with sushi rice, seafood and vegetables.

Oshizushi
Oshizushi is pressed sushi, in which the fish is pressed onto the sushi rice in a wooden box. The picture shows trout oshizushi in form of a popular ekiben (train station lunch box).

Inari
Inarizushi is a simple and inexpensive type of sushi, in which sushi rice is filled into aburaage (deep fried tofu) bags.

Chirashi
Chirashizushi is a dish in which seafood, mushroom and vegetables are spread over sushi rice.
Kaiten-zushi
Kaiten-zushi are sushi restaurants, where the sushi dishes are presented to the customers on a conveyor belt. Customers can then freely pick the dishes that they like or order dishes which are not available on the belt. In the end, the number of plates is counted to determine the cost. There are usually a few kinds of plates (differing in color or pattern), each being associated with a certain price. Kaiten-zushi tend to be less expensive than usual sushi-ya.

Ramen-ya
Ramen-ya specializes in ramen dishes, Chinese style noodles served in a soup with various toppings. Every ramen-ya has developed its own soup, the most crucial ingredient for a restaurant’s success.

Tonkatsu-ya
Tonkatsu-ya serve tonkatsu, deep fried breaded pork cutlets. Korroke and other deep fried dishes are also available at many tonkatsu-ya.

Okonomiyaki-ya
Okonomiyaki-ya specialize in okonomiyaki and sometimes monjayaki. Customers are usually preparing their okonomiyaki by themselves on a hot plate which is built into the table.

Yakitori-ya
Yakitori-ya specialize in yakitori grilled chicken skewers. They are particularly popular among salarymen after work.

Sukiyaki-ya
Sukiyaki-ya specialize in sukiyaki and shabu-shabu. They tend to be expensive and are not very numerous.
General Restaurants
The following are some restaurant types that offer a broader range of dishes than specialized stores.

Izakaya
Izakaya are drinking places that offer a variety of small dishes, such as robata (grilled food), salads and finger food. It is probably the most popular restaurant type among the Japanese people. Izakaya tend to be informal, and the people at one table usually share all dishes, rather than ordering and eating individually.

Family Restaurant and Shokudo
Family restaurants (famiresu) offer a variety of Western, Chinese and Japanese dishes in order to please all family members. Shokudo also offer a variety of dishes, however, the term is not commonly used anymore, and the difference to family restaurants is small.

Teishoku-ya
Teishoku-ya are restaurants that sell teishoku (set menus). A set menu usually consists of a main dish such as a fried fish, a bowl of cooked rice and small side dishes. Teishoku-ya are especially numerous in business areas and popular during lunch time.
Out & About

Foreign Cuisine

Many restaurants in Japan specialize in a foreign cuisine. Especially Korean, Chinese and Italian cooking, as well as American style fast food enjoys a great popularity among the Japanese.

Chinese Restaurants
There are very many Chinese restaurants in Japan. Many of them serve slightly Japanized Chinese dishes, while others offer authentic Chinese food.

Italian Restaurants
The Italian cuisine is very popular across Japan. Many Italian restaurants have Japanese flavored pasta dishes on their menus besides conventional dishes.

Hamburger Fast Food
There are many hamburger fast food restaurants across Japan. They include major American chain stores such as McDonald's, but also various Japanese chain stores such as Mos Burger and Lotteria.

Ethnic Cuisine
In Japan, ethnic cuisine means South East Asian food, such as Thai, Indonesian and Vietnamese food.

Entertainment
Tokyo is one of the entertainment capitals of the world. It offers an infinite variety of nightlife from the most deluxe and expensive clubs and spectacular music hall revues to jazz coffeehouses and working-class restaurants. Restaurants are everywhere. Hardly a street in the city does not have at least one Japanese restaurant specializing in tempura (shrimp, fish, and various vegetables deep fried in oil), sushi (raw fish or shrimp in a small rice mold wrapped in a special kind of seaweed), and sukiyaki, perhaps the best-known Japanese food among foreigners. Many nice restaurants feature international cuisine or regional specialties (Chinese, French, American, Russian, Italian, Korean, or Spanish). Tokyo also has a variety of fast-food chains, both Japanese and such American favorites as McDonald's, Wendy's, Burger King, Shakey's, Kentucky Fried Chicken, and Pizza Hut. Recent casual restaurant additions include Outback Steakhouse and TGI Friday's. Prices in the restaurants range from moderate to extremely expensive. One of the best ways to sample the restaurants in Tokyo is at lunchtime when a meal costs half as much when served in the evening.
Out & About

Tokyo is the center of the Kabuki and Noh theaters. Two major theaters in Tokyo present Kabuki, and usually at least two productions are playing at any one time. Several productions of Noh and the classical Japanese comedy, Kyogen, are shown every week. The famous Bunraku Puppet Theater of Osaka visits Tokyo regularly.

Tokyo has nine symphony orchestras that perform year round, several ballet and opera companies, and many chamber groups and individual artists. With these choices, and with the constant stream of visiting foreign orchestras, ballet and opera companies, and individual artists, it has become one of the world’s music centers. However, ticket prices are expensive.

Tokyo Weekender and Tokyo Classified, periodic publications especially for foreign residents or tourists in the city, present useful information on what is happening in music and the theater in Tokyo and describes various events going on throughout Japan. Copies are available at the Embassy, at the compound commissary, and at the New Sanno Hotel.

Tokyo is also the center of Japan’s contemporary art life. Several museums have fine collections of Japanese and Western arts, and innumerable small galleries present showings of Japanese and foreign artists. The major department stores often sponsor art exhibitions. The Tokyo Museum of Modern Art each year has several large foreign exhibitions of international significance.

The Western Theater in Tokyo attracts much interest and activity. Most foreign plays are translated and presented in Japanese. The Tokyo International Players, an international English-language amateur group, produces several plays and readings during their October–May season. American and other foreign movies, shown with Japanese subtitles, are quite popular in Tokyo. They are, however, expensive. The English-language press carries detailed schedules. American movies are shown on Sunday afternoons and evenings at the New Sanno Hotel.

Photography is a popular hobby for both still and video enthusiasts. The Japanese are avid picture takers, and most foreigners follow suit. Excellent Japanese cameras and accessories are sold at the exchanges at reasonable prices. American film is sold locally and at the exchanges, although Japanese film is also of high quality. The military facilities do an excellent job of developing and printing for black and white film and color negatives, as do outlets on the local economy.
Additional Information

Emergency Services

Contact Information
Contact information for all U.S. Citizen Services offices in Italy is available on the "Contact Information" web page at [http://japan.usembassy.gov/e/acs/tacs-7123.html](http://japan.usembassy.gov/e/acs/tacs-7123.html)

Replacement of a Lost or Stolen Passport
Information on how to replace your lost or stolen passport is available on the "Lost or Stolen" web page at [http://japan.usembassy.gov/e/acs/tacs-7130e.html](http://japan.usembassy.gov/e/acs/tacs-7130e.html)

Arrest of a U.S. Citizen
Information on the arrest of a U.S. citizen abroad is available on the "Assistance to U.S. Citizens Arrested Abroad" web page on the "travel.state.gov" website. [http://japan.usembassy.gov/acs](http://japan.usembassy.gov/acs)

Death of a U.S. Citizen in Japan
Information and guidance is available on the "Death of a U.S. Citizen" web page at [http://japan.usembassy.gov/acs](http://japan.usembassy.gov/acs)

Internet Resources

Following are links to help with your overseas transition. These sites should provide the most upto-date information on travel, safety and other detailed information about the country where you will be deployed.

CBP Japan webpage in the U.S. Embassy website - [http://japan.usembassy.gov/e/info/tinfo-cbp.html](http://japan.usembassy.gov/e/info/tinfo-cbp.html)

U.S. Customs & Border Protection, Japan
- CBP’s Layered Border Strategy - The Immigration Advisory Program (IAP), Carrier Liaison Program (CLP), Trusted Traveler Programs - Global Entry Program, Container Security Initiative (CSI), Customs-Trade Partnership Against Terrorism (C-TPAT), and Secure Freight Initiative (SFI)
- Other Links - Department of Homeland Security (DHS) and U.S. VISIT – Biometric procedures for international travelers to the U.S.


U.S. Department of State, Office of the Coordinator for Counterterrorism
Country Reports submitted annually to Congress by the Department of State on countries where terrorist acts have occurred, the status of cooperation against terrorism between the United States and selected countries, a report on state sponsorship of terrorism, and assessments of terrorist groups.


U.S. Department of State
Country Commercial Guides (CCG's) are prepared annually by U.S. embassies with the assistance of several U.S. government agencies. These reports present a comprehensive look at countries' commercial environments, using economic, political and market analysis. The CCG's were established by recommendation of the Trade Promotion Coordinating Committee, a multi-agency task force, to consolidate various reporting documents prepared for the U.S. business community.
Additional Information

State Magazine - http://www.state.gov/m/dghr/statemag/
U.S. Department of State

State Magazine is published monthly, except bimonthly in July and August, by the U.S. Department of State, 2201 C St., N.W., Washington, DC 20520. State Magazine is published to facilitate communication between management and employees at home and abroad and to acquaint employees with developments that may affect operations or personnel. The magazine is also available to persons interested in working for the Department of State and to the general public.

U.S. Department of State

Annual report submitted to the Congress by the Department of State, in accordance with the Foreign Assistance Act, which describes the efforts of countries, including those that received U.S. assistance, in the fight against drugs, and on Presidential narcotics certification determinations on drug producing and transit countries.

Key Officers of Foreign Service Posts - http://foia.state.gov/MMS/KOH/keyoffcity.asp
U.S. Department of State

This directory lists key officers and their telephone and fax numbers from the Departments of business representatives around the world.

Background Notes - http://www.state.gov/r/pa/ei/bgn/
U.S. Department of State

These handy guides provide information on a country's leaders, politics, economy, and relations with the U.S. Note: Background Notes appear on the Department's web site before they are sent to press for GPO subscribers.

U.S. Department of State

Travel Warnings are issued when the State Department decides, based on all relevant information, to recommend that Americans avoid travel to a certain country. Countries where avoidance of travel is recommended will have Travel Warnings as well as Consular Information Sheets.

U.S. Department of State

Consular Information Sheets are available for every country of the world. They include such information as location of the U.S. embassy or consulate in the subject country, unusual immigration practices, health conditions, minor political disturbances, unusual currency and entry regulations, crime and security information, and drug penalties. If an unstable condition exists in a country that is not severe enough to warrant a Travel Warning, a description of the condition(s) may be included under an optional section entitled "Safety/Security." Consular Information Sheets generally do not include advice, but present information in a factual manner so the traveler can make his or her own decisions concerning travel to a particular country.
Additional Information

Personal Post Insights

The comments below do not necessarily reflect the views of the U.S. government; they are the comments and personal opinions of individuals who are either currently serving or has recently returned from the named post. The primary source of these comments is responses collected by the Department of State’s Foreign Service Institute from questionnaires and internet surveys. Some comments were also drawn from postings on the Real Post Reports internet site at www.talesmag.com

Nagoya

Travel time to post from Europe or the U.S.: 18-24 hours, depending on your route and final destination. You can fly to Detroit directly from Nagoya on Northwest (about 13 hours flying time) and then from there to most other cities in the U.S. If you take Delta through Portland it generally adds another stop to your schedule (Portland-hub-destination) and thus more travel time.

Average Daily Commute: 30-45 minutes door-to-door on the clean, efficient subway.

Pollution Index: Good

Price of a Big Mac: About $2.44 at current exchange rate

American Fast Food Available: Yes (McDonalds, KFC, Dominos, Mr. Donut). Large cheese pizza from Dominos is about $20.

Food and Groceries: Large modern Japanese supermarkets have just about everything but are expensive. (Hamburger is about $8 per lb.) Shopping at military bases is authorized, so we make a major trip a few times a year--the closest one is about 5 hours drive. You can place orders from the Embassy Tokyo commissary for a 10% handling charge and you pay shipping (about $10/box).

English-Language Newspaper/TV: Plenty

Cable TV Available: Yes

Internet Access Available: Yes, but the phone company charges you additionally for the amount of time you are connected.

Entertaining Expected: Yes, and no. Yes, the officer is expected to entertain but events very, very seldom include spouses, and spouses are often expected to be hardly seen and not heard even in events at home.

Medical Officer At Post: No, but local medical care is good; the FSNP in Tokyo is great for telephone consultations; and the military bases are an option for major tests if necessary.

Morale at Post: Fine.

Weather Patterns: Very similar to DC except for a 1-2 week "rainy season" in June.

Can You Save Money at Post: Yes. (Surprise!) If you don’t buy things locally and don’t go out to eat (or to the movies), the COLA and language differential can really add to your savings. If you never eat at home, expect to spend every penny you make.
Tokyo
(The following is from a contributor who is affiliated with a foreign government and has lived in Tokyo for four years.)

Travel time and best routes to this city from Europe or the U.S.: There are direct flights to both the West Coast (9-11 hours) and the East Coast (13-14 hours). Also plenty of direct flights to Europe lasting between 9 and 12 hours, depending on the destination.

Pollution index? Good. Tokyo is surprisingly clean for a city of its size, thanks to a good auto park and relatively little electricity produced with coal.

Security concerns? Absolutely none. People always like to joke about the fact that you can leave your handbag on your chair to save your seat in a restaurant when going to the toilet.

Are there problems with racial, religious or gender prejudices? Some Japanese people can sometimes be intolerant of foreigners, especially those coming from other Asian countries. In general, though, people manage to live together without too much trouble.

What difficulties would someone with physical disabilities have living in this city? Except for the most recent lines that were opened only a few years ago, Tokyo’s subway system has no escalators or elevators. The trains are essential for moving around the city, as traffic can be heavy, tolls are VERY expensive, and there is limited parking space.

Interesting/fun things to do: Too much to say in these few lines. Restaurants are great, night life is also very good: from Roppongi expat bars, if you need a fix of ABBA, to Japanese pubs and drinking holes, to all-night dancing in warehouses in the suburbs and international DJs coming from all over the world. My favorites, I must admit, are the Karaoke bars.

What fast food and decent restaurants are available? There are 100,000 restaurants in Tokyo, so everything is available including, of course, Japanese food (and that means more than just sushi) and other Asian food, especially Indian and Chinese. McDonald’s offers the same thing as in the U.S. but with better service and more options made out of fish. The Big Mac index is at about 300 yen ($2.75 U.S.).

What is the best way to make phone calls back home? Skype, Internet is the best for international phone calls, no doubt!

English-language religious services available? Denominations? English-language religious services are available.


Internet access cost and quality: Excellent broadband Internet is available for about $40/month.

Morale among expats: Morale among expats is great; however, some guys are pretty arrogant. I recommend sticking to the Japanese crowd if possible.
Entertaining/social life: I recommend having a Japanese colleague introduce you to his or her NAKAMA (group of friends) and enjoying a night out with drinks, etc.

Dress code at work and in public: Show your AMERICAN SPIRIT! Wear the loudest clothes you can find!

Any health concerns? What is the quality of medical care available? HIV and other STDs are prevalent. I spoke with three Japanese women who have admitted that they contracted STDs in the past, most likely from foreign men.

But don't forget your: extra-strength umbrellas, as typhoon winds can be devastating, and it's easy to forget your umbrella on the train.

Weather patterns? Very cold, but with almost no snow at all in the winter. Summers are very sweaty!

Can you save money? Cook food at night instead of eating out on a regular basis, in order to save money.

What unique local items can you spend it on? Spend your money on train tickets, plane tickets, toll roads, gasoline, hotels, and delicious restaurants!

Knowing what you now know, would you still go there? Japan is my home away from home.

Recommended fiction related to this city: Memoirs of a Geisha by Arthur Golden. Very interesting. You can read between the lines to understand present-day women in Japan.

Recommended nonfiction related to this city: James Steward's The Japanese.

Recommended movies/videos related to this city: Last Samurai. When Japanese guys complain about the lack of attention they get from American women, tell them they should dress up like Watanabe Ken!

Any other comments: Japan is the best-kept secret in the world. I recommend learning the language as early as possible and keeping your experience with this country alive forever.