

Home Stay and Hostel Stay Instruction

Welcome to Japan!

Are you coming to Japan for the first time? Or many times already?

Welcome to Japan, which is the country of rising sun!

We really want you to enjoy staying Japan while you are attending the historically significant consultation TOKYO 2010! Christians in Japan are expecting you to have great time in Tokyo, so they are preparing for welcoming you now. Staying for several days is too short to get used to Japanese life style, I suppose. So please read the followings carefully.

You all have to know.....

- Some people will stay at Christian family's houses and the others will stay at hostels or in a church. You will know where you stay after you come to Nakano Sun Plaza.

If you arrive in Japan before May 10, you should go to the Nakano Sun Plaza, 4-1-1 Nakano, Nakano-ku, after 13:30 pm on Monday, May 10. But most assignments and host pick up to go to your hostel or host home will happen after 18:00 pm as most of the host families will come to get you after getting off of work.

If you arrive in Japan on May 10, you will go directly to the Nakano Sun Plaza for registration and home/hostel assignments. As above, most delegates will need to wait until after 18:00 to go to their assigned home/hostel, although some staying at a hostel may be able to go to their assigned hostel before that time.

If you arrive in Japan on May 11, you will go directly to the Nakano Sun Plaza for registration and home/hostel assignments. Because the conference starts with the Opening Ceremony at 17:50 PM, you will be picked up at the Nakano Sun Plaza to go to your home/hostel after 21:00 pm. There will be an assigned place to keep your luggage until that time.

- Your host family member will pick you up at Nakano Sun Plaza. Make sure to get their names, home address, and phone numbers.
- For your first morning, your host family member will go to Nakano Sun Plaza together with you. Then please take note how to get to Nakano Sun Plaza, since there are no street names in Japan.
- For those who stay in hostels will be guided between Nakano Sun Plaza and your hostels every time. (If you want to go back to your hostels before the workshops finish, please ask the guides.) The names and phone numbers of the guides will be given to you at Nakano Sun Plaza.

- Those who will stay longer than 15th morning, they are responsible for their room and board.
- Those who are coming before 11th evening for home stay should be responsible for their meals until lunch of 11th.
- Bring your own towels!
- Breakfast will be provided from 12th morning until 14th. It is light meal which consists of rice or bread.
- For breakfast in hostels, they will be given a small packet of meal such as sandwich in the evening before. For 15th check out time, breakfast will be provided.
- Fundamentally we will provide rooms from 11th, but delegates arriving on 10th to Tokyo can stay from 10th. Make sure that it is your responsibility to get your meal by yourself on 10th and 11th.
- We will make effort to place spouses or family members together, but we can't promise that your family members can stay with you in the same room.
- When you go through immigration and custom at Narita or Haneda Airports, you may have to write the address where you stay. Use the address of Nakano Sun Plaza: 4-1-1 Nakano, Nakano-ku, Tokyo, Japan 164-8512
- Each home and hostel is different, so please understand that the styles of the accommodation differ. Japanese homes are small and guests typically will sleep on the floor in a common room, so don't expect a private room. At hostels rooms, bathroom, and shower will be shared. Some will sleep on the floor and others will have beds, but you will not know the specifics until you arrive there.

Meal schedule

	10	11	12	13	14
Breakfast	self	self	See notes above.	See notes above.	See notes above.
Lunch	Self	Self: during registration, snacks will be ready	Lunch box: Inside Sun Plaza	Lunch box: Inside Sun Plaza	Lunch box: Inside Sun Plaza
Supper	Self	After 9PM: Celebration meal box	Meal box: Inside function rooms	Meal box: Inside function rooms	After 9 PM Celebration Time: Meal box

About money exchange

* You should exchange your money to Japanese yen at airports. Once you get to Tokyo, it is not easy to do so. You cannot expect that you will be able to do so in your hotel either. There are some banks near Nakano Sun Plaza, but you can change only US dollars and Euro to Japanese yen ; no other currency is exchangeable.

For all delegates from all over the world.

- 1 In Japan, they usually don't hug each other for greeting, but bowing or shaking hands.
- 2 In restaurants, you have to pay at their registers usually located near these entrances.
- 3 Trains, buses, and subways are convenient in Tokyo, but really complicated. So it is better to have a train map with you.
- 4 Japanese people are mostly not really good at English. Please learn some phrases in advance. I will show them later.
- 5 You can drink water from fountains. It is safe and tasty!
- 6 Regarding having meals, you can ask for a fork, if you feel difficult using chopsticks.
- 7 There are two types of toilets; one is a western style and the other is an old Japanese style. Well, just try.....
- 8 When you buy things, you have to pay 5 % sales tax. Sometimes it is included in the price shown, but sometimes it is not included. Mostly in supermarket, it is not included.
- 9 There is no tipping custom in Japan, but if you want to give tips, just go ahead.
- 10 If you have emergency, you can call police #110. If you need to call fire department and need an ambulance to come, the number is #119. Both are free to call.

For Homestaying and Churchstaying delegates.

Missionary Jenny Takayama from Philippine, who has been serving the Lord for a long time in Japan gave you some suggestions as follows.

“Welcome to Japan ! “ I hope you studied the Japanese customs, tradition and culture including Japanese foods. If so, you will not have a hard time to adjust. I hope you will give a good impression to the Japanese because this will not reflect on yourself only but it will also affect the impression for your country. Remember, you not only representing your country but you also represent our LORD JESUS CHRIST because you are a Christian and a missionary.

Complaints, criticism and misunderstanding stem simply from the lack of knowledge of Japanese customs and habits. You need to prepare yourself by learning Japanese way of life and adapting your lifestyle with the Japanese society as quickly as possible. Never hesitate to ask question when you do not know what to do. Don't act in presumptions.

While in Japan, you are virtually a member of a Japanese society as well as a missionary. Interacting with you will offer your Japanese host family and other Japanese good opportunities to develop an understanding of different cultures. However, as it has traditionally been quite unusual for Japanese communities to have non-Japanese members, you may draw the attention of people around you.

Try your best to study what you are going to learn in the seminars and workshops so that you will be able to bring impact and changes for the betterment of your country when you go back home and bring revival and transformation. Below are some helpful guidelines:

1. When you meet your host family, try to get to know each one of them. Be polite and courteous always. Don't hesitate to ask questions politely, to avoid trouble.
2. Japanese houses have “vestibule area” (“genkan”) .The genkan is not only an entrance but also a boundary between the outdoors and the inside hose, where you are not allowed to wear your outdoor shoes.

Once inside, you must remove your outdoor shoes before proceeding inside. Don't forget to take off your shoes and wear slippers when you arrive home. In case, you forgot to take off your shoes and remembers it along the way, you must clean where you stepped on. You must step inside with you bare feet or change to your room slippers. Please take great care concerning this matter !

3. When you arrive home, say “tadaima !!!”
- after greeting your host family, excuse yourself and wash your hands and gargle first , before joining them, or before doing any thing.

Before leaving the house “ Itte kimasu !!!”

4. Before eating, say “ **Itadakimasu** “
After eating say “ **Gochisousama deshita** “.

Note: If you cannot use chopsticks when you eat, use fork and spoon or fork and knife. Avoid eating with your fingers especially when dining at a restaurant or at a party.

- Clean the table after eating and wash the dishes.
- Don't leave the kitchen filthy.
- Don't pour down everything in the drainage.
- Follow community rules such as garbage disposal methods.
- Segregate combustible materials from incombustible materials, bottles from plastic bottles, styro foam containers, etc...
- Waste must be separated into the following 6 categories:
 1. Combustible waste
 2. Incombustible waste
 3. Recyclable waste
 4. Hazardous waste
 5. Bulk waste
 6. Uncollectible waste
- Don't throw spit or cough out phlegm and throw garbage out of the window.

5. Laundry

- learn how to use the washing machine, ask your hosts to teach you when you do not know what to do.
 - ask your host where you can hang and dry your clothes
 - or you can ask your host if there's a coin laundry nearby to dry your clothes.

6. Bath & Shower

In your country, taking a shower may be the most common way to clean the body. However in Japan, taking a bath in a tub is an essential part of daily life.

Japanese bathroom consists of 2 parts: a bathtub and a floor area where you wash your body. The bathtub is only for soaking your body in a hot water, not for washing your body. You must not wash the body or use soap while in the tub.

The **Japanese bath procedure** is as follows:

1. Rinse the body outside the bathtub and then step into the bath to warm your body.

However, on a sweaty warm day, you are advised to wash off thoroughly before entering the bath.
2. Get out of the bath, wash the body and rinse the soap off thoroughly with hot water from the tub using a basin
3. Enter the bath again to warm yourself

Since it is a customary in Japan for all family members to use the same water in the bathtub, **each one needs to be careful to keep the water clean.** Do not put body towel in the tub.

7. Keep your room clean always.

- Keep your bed neat and clean.
- If you are using futon beds, you must bring it out of the closet before bedtime every night and tidied away again in the morning before going out. If you do not put your futon bed into the closet

every morning leaving it laid out on the floor, which is frowned upon as being very unsanitary, you will be thought of as a lazy person.

8. When you are **not feeling well**, don't hesitate to tell your host, so that he/she can take you to the doctor.

9. **Know your train and bus schedule** ahead of time so that you will not be late going to the venue. It is also very important to know your train and bus schedules going home.

“May the GOD Who gives endurance and encouragement give you a spirit of unity among yourselves as you follow CHRIST JESUS, so that with one heart and mouth you may glorify the GOD and the FATHER of our LORD JESUS CHRIST.

See to it that you complete the work you have received in the LORD. Stand firm . Let nothing move you. Always give yourselves fully to the work of the LORD, because you know that your labor in the LORD is not in vain “.

Jennie Seiko Takayama

Adviser- for Southeast Asia

Useful words and phrases.

Konnichwa こんにちは “Hello.”

Konbanwa こんばんは “Good evening”

Ohayougozaimasu. おはようございます “Good morning.”

Ogenkidesuka? おげんきですか? “How are you?”

Sumimasen. すみません “Excuse me.”

Gomennasai ごめんなさい “I am sorry.”

Sayounara さようなら “Good bye.”

Oyasuminasai おやすみなさい “Good night.”

Arigatou ありがとう “Thank you.”

Dou itashimashite どういたしまして “You are welcome.” (response to “Arigatou.”)

Itadakimasu, いただきます said before a meal by those eating it.

Gochisousamadeshtia ごちそうさまでした said after a meal by those eating it

Wakarimasen わかりません “I don’t understand.”

Soudesuka. そうですか “I see.”

Ikuradesuka いくらですか “How much?”

Kore kudasai. これください “I will buy this.”

Sore kudasai. それください “I will buy it.”

Are kudasai あれください “I will buy that.”

Fork kudasai. フォークください “Can I have a fork?”

Toire wa doko desuka. トイレはどこですか “Where is a restroom?”

Nakano ni douyatte ikemasuka なかのにどうやっていけますか “How can I get to Nakano?”

Koko wa doko desuka ここはどこですか “Where are we?”

Kippu wo douyatte kaemasuka きっぷをどうやってかえますか “How can I buy a ticket?”

Dono eki de orimasuka. どのえきでおりますか “Which station should I get off?”

Watashi no namae wa Lucy desu. わたしのなまえはルーシーです “My name is Lucy.”

Yoroshiku onegaishimasu よろしくおねがいします “Let’s get acquainted.” or “Nice to meet you.”

Ima nanji desuka いまなんじですか “What time is it now.”

9. gracias → arigato ありがとう

10. disculpe → sumimasen すみません

11. adios → sayonara さようなら