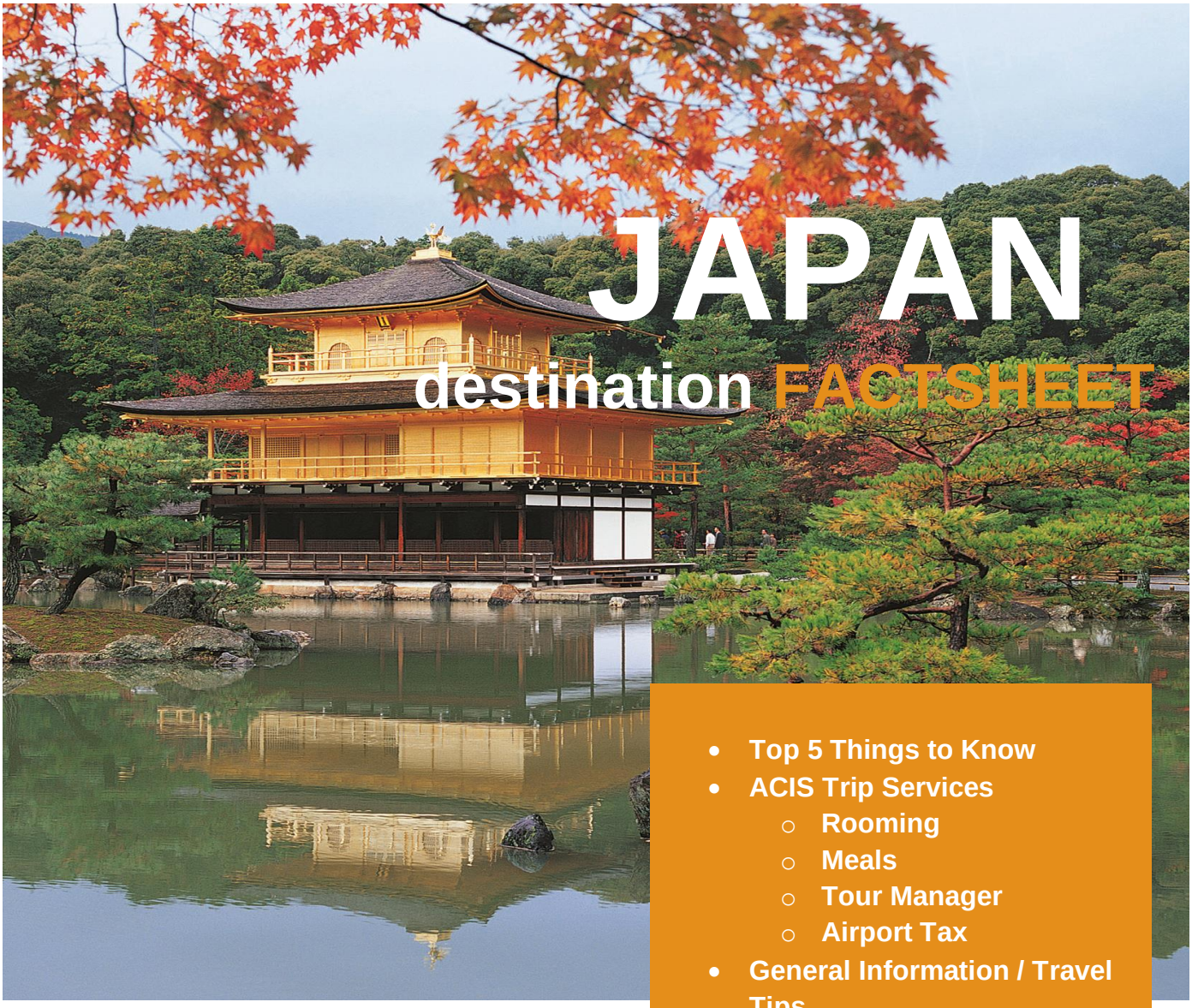
EXCEPTIONAL EDUCATIONAL JOURNEYS



JAPAN

destination FACTSHEET

- Top 5 Things to Know
- ACIS Trip Services
  - Rooming
  - Meals
  - Tour Manager
  - Airport Tax
- General Information / Travel Tips
  - Flights
  - Passport Requirements
  - Parental Consent
  - Time Difference
  - Electrical outlets
  - Luggage Restrictions
  - Tipping
- What to Pack
- Healthcare
- Safety and Security
- Other Important Information

330 Congress Street
Suite 5
Boston, MA 02210
www.acis.com

TOP 5 THINGS TO KNOW

1	**Legal Tender is the Japanese Yen (JPY).** ATM machines are widely used in Japan but only a selection of machines accepts foreign cards. Japan remains a largely cash-based society, so it is important to have some Japanese Yen on you at all times.
2	**Medical Emergencies** In the event of a medical emergency where medical expenses and/or insurance is involved, the passenger must pay the expenses directly and mail receipts to our Boston office for reimbursement. Deductible amounts according to the type of insurance purchased will apply.
3	**Medicine** Many common medications in the United States are not allowed in Japan. All travelers bringing medication are encouraged to check with the Japan's Ministry of Health, Labour, and Welfare before traveling: https://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html
4	**Food** It is very safe to eat all kinds of foods in Japan including raw fish (sushi). You may want to try something new while in Japan like okonomiyaki, taiyaki, and onigiri. Chopsticks are the most frequently used utensils although knives, forks, and spoons are used to eat certain dishes.
5	**Water** It is safe to drink the water in Japan. Beverages such as hot tea, hot coffee or canned or bottled carbonated water or soft drinks are also safe to drink. However, if you are traveling to Asian countries in addition to Japan, the water may not be safe to drink. In those cases, drink only boiled, treated, or bottled water.



ACIS TRIP SERVICES

Rooming

Rooming is based on twin occupancy. Triples are available at the same rate but are more limited in Japan. Similarly, double occupancy rooms (i.e., one queen/king bed for couples) are also limited in Japan and can be hard to secure. We cannot always guarantee a double room and some couples may be roomed in twin rooms. Adults must pay a surcharge. Please note that the hotel rooms in Asia are generally quite small.

Meals

In Japan, breakfast and dinner are provided daily.

We've tried to make this information as accurate as possible, but travel information can sometimes change.
We apologize if any of this information is no longer valid. This is only intended to be used as a guideline for your travel destination.

Description of typical meals:

Dinners will be at both local restaurants and at the hotels. They will be a mix of Japanese food, set Western meals and other dishes such as Korean BBQ and Chinese. Groups interested in ALL Japanese meals during their tour should request this with ACIS and we will make a special arrangement for them.

It is not necessary to tip waiters at restaurants.

Tour Manager

Tour Manager/Guides
Upon arrival, you will be met by an English-speaking tour manager who will accompany you throughout the tour. If the tour begins in a Tour Manager's hometown, he/she may go home for the night rather than staying with the group at their hotel. In that case, the Tour Manager will stay with the group until they are ready for bed and then return first thing in the morning for breakfast, leaving contact numbers should he/she be needed for an emergency during the night.

There may also be an additional local guide in some cities to provide you with additional historical information during sightseeing. It is not necessary to tip the local guides as their tips are already included.

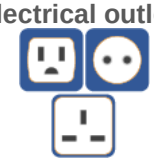
Airport Tax

There are currently no additional taxes being levied in any of our trips involving Japan.

GENERAL INFORMATION AND TRAVEL TIPS

Flights 	Be prepared for a long flight (minimum of 12 hours) - Remember, you will cross the International Dateline.
Passport Requirements 	Non-US citizens should carefully research entry requirements to avoid being denied entry into the country. There must be at least one completely blank page in your passport. Pages for endorsements or amendments cannot be used as a visa page. In addition, single or double entry visas require a passport valid for at least 6 months. For multiple entry visas, a passport should be valid for at least 9 Months. Americans traveling to Japan as tourists with the intention of staying 90 days or less need only a valid passport to enter the country; visa requirements have been waived by a reciprocal visa-exemption agreement. Travel requirements are a Valid US Passport (passport must be valid for 6 months after travel is completed) and a return ticket.

We've tried to make this information as accurate as possible, but travel information can sometimes change.
We apologize if any of this information is no longer valid. This is only intended to be used as a guideline for your travel destination.

Parental Consent (if necessary) 	Parental consent is not required for entry into Japan.
Time Difference 	Japan is 14 hours ahead of Eastern Standard Time.
Electrical outlets 	You don't need a power plug adapter in Japan. You need a voltage converter. Be extra careful with certain appliances because of the difference in frequency.
Luggage Restrictions 	Baggage handling is not included in Japan. Baggage Restrictions: Pack lightly; remember you'll have to carry what you bring! One average case per person should be ample, plus one not too large flight bag. The weight limit on internal flights is one checked bag maximum 44 pounds and one carry-on bag maximum 15 lbs. Identification tags should be on all luggage, even carry-ons, and all other tags should be removed at each destination hotel, so that bags won't get misdirected as you travel through Asia. Take medicines, vanity kit and emergency clothing in your carry-on, in case your luggage is misplaced en route or tardy getting to your hotel room. On certain overnights (for instance, Hakone or Kanchanaburi), you will take only an overnight bag and your normal luggage will either remain in the hotel that you'll return to or be transferred separately by truck to Kyoto. This applies whenever a train is involved in Japan as there is no room for large bags on the train. Also, many of the short internal flights have restrictions on baggage weight. They may charge extra for heavier bags on these flights so this is another reason to pack light.
Tipping 	Pre-paid tipping will be listed on your account to cover tour manager, local bus and guide. All meals included in the itinerary also include gratuity, so it is NOT necessary to leave an additional tip at meals.

We've tried to make this information as accurate as possible, but travel information can sometimes change.
We apologize if any of this information is no longer valid. This is only intended to be used as a guideline for your travel destination.

WHAT TO PACK

What to Wear

As summer temperatures are quite hot and humidity is high, light cottons are recommended. Many buildings in Japan may not be heated in winter or air conditioned sufficiently in summer.

Pack according to the weather, in spring, the country is warm, with only occasional showers, and flowers grace landscapes in both rural and urban areas. Summer brings on temperatures ranging from 75-90°F with most rain falling in the months of June and July. Fall is a welcome relief, with clear blue skies and beautiful foliage. Winter is gray and chilly, with little snow in most areas. Temperatures rarely fall below freezing.



- ✓ Comfortable walking shoes
- ✓ Umbrella
- ✓ Light sweater/Jacket for evenings
- ✓ For winter: Warm casual clothes which can be worn in layers and a warmer jacket

HEALTHCARE

Visit a local travel doctor or your primary care physician with your itinerary to get the best personalized medical advice on any vaccinations or special medication needed for the program or for information on vaccinations needed in each country, we recommend you consult http://www.cdc.gov/.

Medical Expenses

In the event of a medical emergency where expenses are involved, the passenger must pay the expenses directly and mail receipts to our Boston office for reimbursement. Deductible amounts per the type of insurance purchased.

330 Congress Street, Suite 5, Boston, MA 02210

Food

It is very safe to eat all kinds of foods in Japan including raw fish (sushi). You may want to try something new while in Japan like okonomiyaki, taiyaki, and onigiri. Chopsticks are the most frequently used utensils although knives, forks, and spoons are used to eat certain dishes.

Restrictions: In Japan, fish sauce and soy sauce are common ingredients. We will do our best to accommodate all dietary requests but cannot be guaranteed. **Food choices for gluten-free and fish-free meals may be limited**. To avoid cross-contamination and ensure the safety of travelers with special dietary requests, they may be seated at a separate table. It is important to note, that while we will communicate all allergies with our suppliers, it is not possible

We've tried to make this information as accurate as possible, but travel information can sometimes change.
We apologize if any of this information is no longer valid. This is only intended to be used as a guideline for your travel destination.

to guarantee 100% allergen-free food. So, if your allergies are severe, please consider the danger, and traveling on tour will be at your own risk.

Medicine

Many common medications and over-the-counter drugs in the United States are illegal in Japan. For more details, please visit this link: https://jp.usembassy.gov/services/importing-medication/

Any passengers planning to bring medications with them to Japan will need to check with the Japan's Ministry of Health, Labour, and Welfare (MHLW) website to confirm if their medication is allowed or requires special approval: https://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html

Travelers who need to bring more than the Ministry's approved quantity of medication or medical devices should obtain a "Yakkan Shoumei" (importation certificate) prior to travelling, and present it with the prescription to a customs officer upon arrival in Japan. Certificate approval by the Japanese government may take several weeks to process and should be received before bringing the medication or medical devices to Japan.

All travelers entering Japan with a prescription medication, including medication that is not restricted in Japan, should consider bringing a copy of their doctor's prescription as well as a letter stating the purpose of the drug as an added precaution.

Water

It is safe to drink the water in Japan. Beverages such as hot tea, hot coffee or canned or bottled carbonated water or soft drinks are also safe to drink. However, if you are traveling to Asian countries in addition to Japan, the water may not be safe to drink. In those cases, drink only boiled, treated, or bottled water.

SAFETY AND SECURITY



Should you have any issues at all during your trip, please call ACIS and we will rectify the problem immediately. It is vital that you notify us as soon as you experience a problem as we can resolve issues very quickly on the spot before it adversely affects your trip.

ACIS Emergency number 617-450-5678

We've tried to make this information as accurate as possible, but travel information can sometimes change.
We apologize if any of this information is no longer valid. This is only intended to be used as a guideline for your travel destination.

OTHER IMPORTANT INFORMATION

Buses

In Japan the minimum number of paying passengers is 15. Maximum per bus is 40 passengers.

NAF Passengers
The "No Airfare" (NAF) Option is not available on this program due to the complications of group flights.

Americans traveling to Japan as tourists with the intention of staying 90 days or less need only a valid passport to enter the country; visa requirements have been waived by a reciprocal visa-exemption agreement. Travel requirements are a Valid US Passport (passport must be valid for 6 months after travel is completed) and a return ticket.

Currency & Money Matters
Using a credit card in Japan isn't as common as it is in most first-world countries and Japan remains a largely cash-based society. Credit and debit cards are becoming more popular, but if your card is issued by a bank outside of Japan, it could be difficult to use. Larger cities, like Tokyo or Osaka, will accept credit cards more so than rural areas.

ATMs are common but not all will accept international credit or debit cards. Inform your card company prior to travel that you are going to Japan. You can typically use your US cards at ATMs operated by Citibank or at local 7-Elevens. It is important to have some Japanese Yen on you at all times and you may want to transfer cash to Yen before arriving in Japan.

Legal Tender is the Japanese Yen (currency code JPY).

Restrooms
Street-level public toilets are common in most Asian countries but there's often an entrance fee so keep some small change handy. There are two kinds of toilets in China & Japan, "western style" and "Asian style". Westerners sit and Asians squat. Do be prepared to do some squatting, as sometimes there is no choice. It's a good idea to pack Purell and some packaged tissues as paper can be scarce.

Most hotels and restaurants will have a toilet. Another good idea is to go into five-star hotels or restaurants to use the facilities - they are generally up to or above western standards.

We've tried to make this information as accurate as possible, but travel information can sometimes change.
We apologize if any of this information is no longer valid. This is only intended to be used as a guideline for your travel destination.