

# Life in JAPAN



## 1 | Japanese Currency

All Japanese currency – made up of both bills and coins – is known as yen.

The word comes from the Japanese word 円: en, which means “round”, referring to the round shape of the coins first used by the Japanese people in ancient times. Unlike the American dollar sign, which is put in front of a money amount (i.e. \$100), the Japanese yen symbol is put after the numerical amount (i.e. 1,000円). Continuing the comparison of American dollars to Japanese yen, \$1 USD is equal to about 100 yen.

**NOTE:** Although Japanese currency is called yen, when you are speaking in Japanese, you do not pronounce the “y”. For example, 1円 is “ichi en” and 100円 is “hyaku en”.

### Coins



**1 yen 1円**  
= around €1 (USD)



**5 yen 5円**  
= around €5 (USD)



**10 yen 10円**  
= around €10 (USD)



**50 yen 50円**  
= around €50 (USD)



**100 yen 100円**  
= around \$1 USD



**500 yen 500円**  
= around \$5 USD

### Bills



**1,000 yen 1,000円**  
= around \$10 USD



**2,000 yen 2,000円**  
= around \$20 USD



**5,000 yen 5,000円**  
= around \$50 USD



**10,000 yen 10,000円**  
= around \$100 USD

## 2 | Seasonal Climate in KANTO Area

NCC Hospital

NCC Hospital East



Tokyo and adjacent cities (Kanto Area) has a humid, subtropical climate with warm summers and cool winters, that can occasionally be very cold. The warmest month is August, when temperatures hover around 81 degrees Fahrenheit/27.5 degrees Celsius, while the coldest month is January, averaging just 41 degrees Fahrenheit/5 degrees Celsius. The city receives approximately 60 inches of rain per year, with most of it concentrated from June till July which is known as Rainy Season. Snow is irregular but usually does occur at least once per year. The Kanto Area can occasionally experience typhoons.

### 【Spring】

City	March		April		May	
	Avg. Temp. (°C/°F)	Avg. Humid. (%)	Avg. Temp. (°C/°F)	Avg. Humid. (%)	Avg. Temp. (°C/°F)	Avg. Humid. (%)
Sapporo	0.9/34	66	7.2/45	62	12.8/55	65
<b>Tokyo</b>	<b>9.5/49</b>	<b>56</b>	<b>14.7/58</b>	<b>60</b>	<b>19.1/66</b>	<b>65</b>
Osaka	9.6/49	59	15.1/59	59	19.9/68	62

### 【Summer】

City	June		July		August	
	Avg. Temp. (°C/°F)	Avg. Humid. (%)	Avg. Temp. (°C/°F)	Avg. Humid. (%)	Avg. Temp. (°C/°F)	Avg. Humid. (%)
Sapporo	16.8/62	72	20.8/69	76	22.4/72	75
<b>Tokyo</b>	<b>22.1/72</b>	<b>73</b>	<b>26.0/79</b>	<b>74</b>	<b>27.5/81</b>	<b>72</b>
Osaka	23.5/74	68	27.5/82	70	28.9/84	66

### 【Autumn】

City	September		October		November	
	Avg. Temp. (°C/°F)	Avg. Humid. (%)	Avg. Temp. (°C/°F)	Avg. Humid. (%)	Avg. Temp. (°C/°F)	Avg. Humid. (%)
Sapporo	18.4/65	71	11.9/53	67	5.0/41	67
<b>Tokyo</b>	<b>23.9/75</b>	<b>72</b>	<b>18.6/65</b>	<b>67</b>	<b>13.3/56</b>	<b>61</b>
Osaka	25.0/77	67	19.2/67	65	13.6/57	64

### 【Winter】

City	December		January		February	
	Avg. Temp. (°C/°F)	Avg. Humid. (%)	Avg. Temp. (°C/°F)	Avg. Humid. (%)	Avg. Temp. (°C/°F)	Avg. Humid. (%)
Sapporo	-1.0/30	69	-3.5/26	70	-3.0/27	69
<b>Tokyo</b>	<b>8.5/47</b>	<b>53</b>	<b>5.9/43</b>	<b>49</b>	<b>6.5/44</b>	<b>51</b>
Osaka	8.5/47	63	5.9/43	61	6.4/43	60

(Average of years 1981-2019. Based on data from Japan Meteorological Agency)

## 3 | Public Transportation

The public transportation system in Japan is very well developed especially in the city center. There are pre-paid cards or tickets that can be used on trains/ buses or both of them, which one just holds over a scanner when boarding, eliminating the need to pay in cash or buy tickets every time.

### 【Taking a Train & a Bus】

#### ★PASMO and Suica cards★

PASMO and Suica are rechargeable pre-paid cards that can be used on the following public transportation in Japan – Tsukuba Express, Tobu Railway, JR, Tokyo Metro and all buses. This card automatically calculates the fare when it is held against the scanner at the ticket gate at either end of the journey. As the functions of PASMO and Suica are the same. The only difference is the issuing company, **there is no need to carry two cards.**



or



<https://www.pasmo.co.jp/visitors/en/>

<https://www.jreast.co.jp/e/>

#### ★How to buy PASMO and Suica cards★

PASMO and Suica cards can be purchased at touch-panel style ticket machines at stations. A deposit of 500 yen is required, however, this is refundable when you return the card at the station. A handling fee of 220 yen, will be deducted from the refunded amount. Cards can be recharged at the same ticket machines.

**\*Currently only PASMO PASSPORT and Welcome Suica are available to purchase because of a chip shortage. You can purchase them in designated locations such as Haneda and Narita airports, and some train stations. Please check the link below for more information.**

[What is PASMO PASSPORT | PASMO PASSPORT / PASMO](#)

[Welcome Suica | JR-EAST \(jreast.co.jp\)](#)

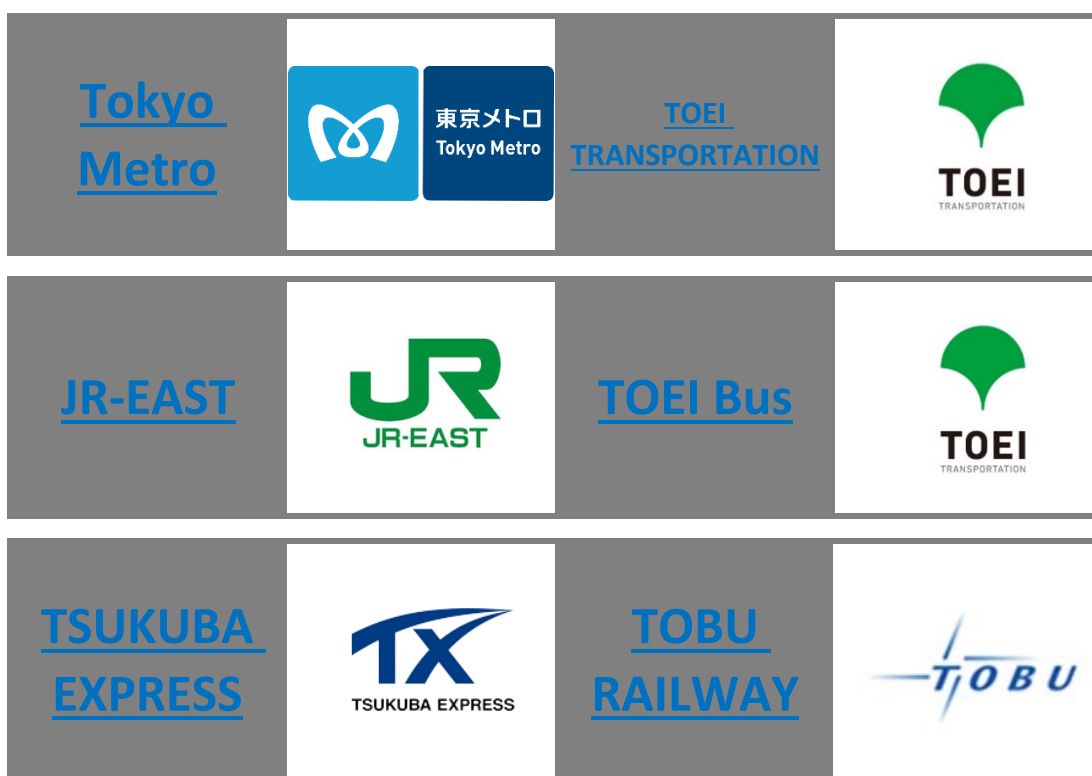
#### ★PASMO and Suica on electronic payments★



This symbol can be found at stores, vending machines and other places including on the hospital premises where PASMO/Suica can be used for payment.

Look for this sign!

## ★Major Trains, Subways & Bus★



Click the name of each railroad company to access the route map

## 【Taking a Taxi】

Taxis can be taken at taxi stands near stations, hospitals, etc, as well as on the streets by signaling to the driver by raising one's hand. All taxis in Tokyo are **non-smoking**.

Fare: **420yen / 1.052km**      Extra Charge: **22:00 - 5:00 (additional 20%)**

## 【Bicycle】

Commuting by bicycles is not common in the NCC Hospital, but if you have any chance to use bicycles, you should protect yourselves by following the safety rules and purchasing the bicycle insurance in case of accidents.

## ★Theft Prevention Registration★

When purchasing a bicycle, theft prevention registration is completed at the store.

## ★Bicycle Rules★

Some of the actions among the following are punishable by imprisonment or a fine:

<b>Rule 01:</b>	<b>Ride on designated paths (No sidewalks)</b>	<b>Rule 02:</b>	<b>Ride in the direction of traffic (Keep LEFT)</b>
<b>Rule 03:</b>	<b>Turn on your lights after dark</b>	<b>Rule 04:</b>	<b>No riding double</b>
<b>Rule 05:</b>	<b>No holding of an umbrella while riding</b>	<b>Rule 06:</b>	<b>No using of electronics while riding</b>
<b>Rule 07:</b>	<b>No bicycles on the train</b>	<b>Rule 08:</b>	<b>No obstructing pedestrians</b>
<b>Rule 09:</b>	<b>No drunk cycling</b>	<b>Rule 10:</b>	<b>No cycling side by side</b>

## 4 | Garbage Disposal

In Japan, each autonomy has strict rules regarding garbage disposal. All garbage must be sorted into different categories, such as **combustible**, **non-combustible**, and **recyclables**, and **put out at specific timings on particular days at designated specified locations**. Some municipalities also specify the type of garbage disposal bag that must be used. Please look up the website and other information sources of your local city office, as rules regarding garbage disposal vary by region.

[Click here to find websites of the 23 wards of Tokyo](#) 【Bureau of Environment】

If your region requires designated garbage bags, you can purchase them in supermarket or convenience stores in the area.

## 5 | Emergencies

# Emergency Call

## 緊急時電話

Dial  
119

Operator will ask you:

→ KAJI desuka? (Is there a fire?)

→ KYUKYU desuka? (Do you need an ambulance?)



You say:

→ KAJI desu! (Fire!) or

→ KYUKYU-SHA onegai shimasu! (Ambulance please!)

### 1. In case of FIRE / 火事



In case fire goes out of control, dial **119** and say "**KAJI desu**" (Fire!) and tell the operator your address. Calling a fire engine is **FREE**, and the service is available 24 hours a day.

### 2. If you need an ambulance / 救急



If you want to call an ambulance, dial **119** (**FREE** & available 24 hours) and tell the operator "**Kyukyu-sha onegai shimasu**," followed by your name, address, nearby landmarks, and your phone number.

### 3. Traffic accident, Theft, or Violence / 交通事故・盗難・暴力

Dial  
110

In case of traffic accident, theft or violence encounter, dial **110** in the event of accident or incident in order to file a report / ask for an assistance to the police center.



#### 4. KOBAN / 交番



What is known as **KOBAN**, in the Japanese language, is a small police unit located in residential communities. It is known to be the smallest unit of Japan's police department which has been intended to provide safety assurance and protection to their localities. **KOBAN are located in every town and city in Japan.** Most of them are near train stations. If theft, violence, or a traffic accident take place, either call the police (**dial 110**) or contact a nearby KOBAN.

## 24-hour Visitor Hotline



In case of  
accidents &  
emergencies

Telephone Number:

**050-3816-2787**

Available in English,  
Chinese, Korean and  
Japanese

## 6 | Other Safety Information

[Twitter](#)  
[@JapanSafe](#)  
[Travel](#)

[Weibo/微博](#)  
[@安心访日](#)  
[JapanSafeTravel](#)

[COVID-19](#)  
[Travel](#)  
[Restrictions](#)

[Japan](#)  
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[Agency](#)

[Safety Tips](#)  
[for Travelers](#)

[Evacuation](#)  
[Info.](#)

[Tourist](#)  
[Information](#)  
[Center](#)

[Medical Needs](#)  
[& 24/7](#)  
[Multilingual](#)

# National Holidays in JAPAN

## 日本の祝日

<u>DATE</u>	<u>JAPANESE</u>	<u>ROMA-JI</u>	<u>ENGLISH</u>
1-Jan	元日	Ganjitsu	New Year's Day
2nd Monday-Jan	成人の日	Seijin no hi	Coming of Age Day
11-Feb	建国記念日	Kenkoku kinenbi	National Foundation Day
23-Feb	天皇誕生日	Tennou Tanjyoubi	The Emperor's Birthday
20-Mar ★	春分の日	Shunbun no hi	Vernal Equinox ★
29-Apr	昭和の日	Shouwa no hi	Showa Day
3-May	憲法記念日	Kenpoukinenbi	Constitutional Memorial Day
4-May	みどりの日	Midori no hi	Greenery Day
5-May	子供の日	Kodomo no hi	Children's Day
3rd Monday-Jul	海の日	Umi no hi	Marine Day
11-Aug	山の日	Yama no hi	Mountain Day
3rd Monday-Sep	敬老の日	Keirou no hi	Respect-for-the-Aged Day
23-Sep ★	秋分の日	Shubun no hi	Autumnal Equinox ★
2nd Monday-Oct	体育の日	Taiiku no hi	Health & Sports Day
3-Nov	文化の日	Bunka no hi	Culture Day
23-Nov	勤労感謝の日	Kinroukansha no hi	Labour Thanksgiving Day

The dates of national holidays marked with ★ may changed from year to year.



# 7 | Useful Information

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## 1 Greetings:

When encountering neighbors and coworkers, it is customary to exchange bows or nods while saying "**Ohayo (gozaimasu)**" in the morning. "**Konnichi wa**" in the afternoon, and "**Konban wa**" in the evening.

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## 2 Meals:

Before eating a meal it is common to say "**Itadaki masu.**" It is an essential phrase during your days in Japan. As often translated as "I humbly receive," but in mealtime setting, it is compared to "let's eat," "bon appétit," or "thanks for the food." "**Gochisou sama**" is the Japanese phrase used after finishing the meal. Both "**Itadaki masu**" and "**Gochisou sama**" are used in the sense of gratitude to those who have prepared the meal and the food itself by putting your palms together or bowing lightly.

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## 3 Houses in Japan:

Generally, the entryway of Japanese houses is slightly lower than the actual interior rooms. It is common practice to take off your shoes at the doorway before you enter into the interior room.

Slippers are occasionally worn indoors, but they are taken off before entering a room with **TATAMI** flooring which is used for a Japanese traditional-style room.

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## 4 Baths:

Japanese-style bathtubs are to be soaked in after washing yourself first outside of the tub, which is similar to taking a bath at Onsen (Hot Spring) or public bath. The water is not changed for each individual person, so bathtubs should be used in hygienic manner.

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## 5 Tipping:

In Japan it is not customary to provide monetary tips. If you come from a country where tipping is routinely practiced, it may come as a surprise that there is no such culture in Japan. If you are visiting bars, cafes, or restaurants, taking taxis or staying in hotels, there is simply **NO need** to tip.

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## 8 | Getting online in Japan

According to the foreign visitors, internet Wi-Fi services in Japan is not as convenient as it is in other countries. However, free Wi-Fi spots have gradually increased and Japan making it more convenient than ever before.

**Unfortunately, there is no free Wi-Fi available on neither NCC Campuses (Tsukiji & Kashiwa) to provide for international visitors' mobile devices.**

There are some options of internet usage depending on the length of stay as follows. Each visitor should consider which option is most suited for you based on the duration of your stay and your mobile device.

### ★Free Wi-Fi hotspots★

Free Wi-Fi hotspots are available across Japan, which laptops, smartphones and other mobile devices can use to connect to the internet, especially in/around **airports, train stations, convenient stores (i.g. Seven Eleven, Family Mart & Lawson), restaurants, coffee shops (i.g. Starbucks & Tully's) and bars**. Most hotels in Japan also offer free internet in their guest rooms.

[TOKYO FREE Wi-Fi \(wifi-tokyo.jp\)](http://wifi-tokyo.jp)

### ★SIM Cards★

No matter the airport, there will almost always be a counter selling prepaid data-only SIM cards in or near the arrival area. You can also find prepaid data-only SIM cards for sale in major electronics stores such as **BIC CAMERA** or **Yodobashi Camera**.

Make sure that **your smartphone has been unlocked** and is able to use a prepaid SIM card. You should also check which type of SIM card your device requires (nano, micro or regular).

[Comparison of SIM Cards for travelers to Japan](#)

[BIC CAMERA Store Location](#)

[Yodobashi Camera Store Location](#)

### ★eSIM Cards★

An eSIM card, or "embedded SIM" card, replaces the need for a physical SIM card. These days more phone suppliers are manufacturing phones with eSIMs. Each should be aware that using an eSIM has benefits and also limitations.

[Comparison of eSIM providers for travelers to Japan](#)

### ★Rental Wi-Fi routers/pocket Wi-Fi★

Wi-Fi routers are small, battery-powered devices that use the cellular phone network to create a local wireless network. They are easy to set up, provide reasonably fast internet, work anywhere there is cell phone service, allow multiple devices to connect at once and relatively inexpensive. Wi-Fi routers are available to rent on a daily basis at major Japanese airports or via the internet for delivery to your home or hotel.