

LIVING GUIDE



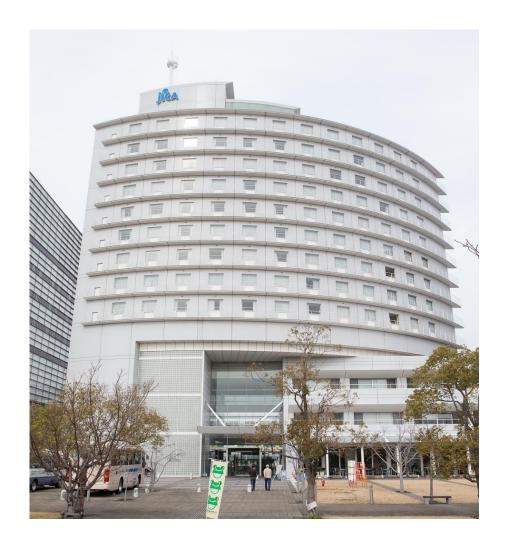
Kansai Center
Japan International Cooperation Agency
(JICA Kansai)

(As of May 2019)

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I. JICA Kansai



Kansai Center, Japan International Cooperation Agency (JICA Kansai)

1-5-2 Wakinohama-kaigan-dori, Chuo-ku, Kobe,

Hyogo 651-0073, JAPAN

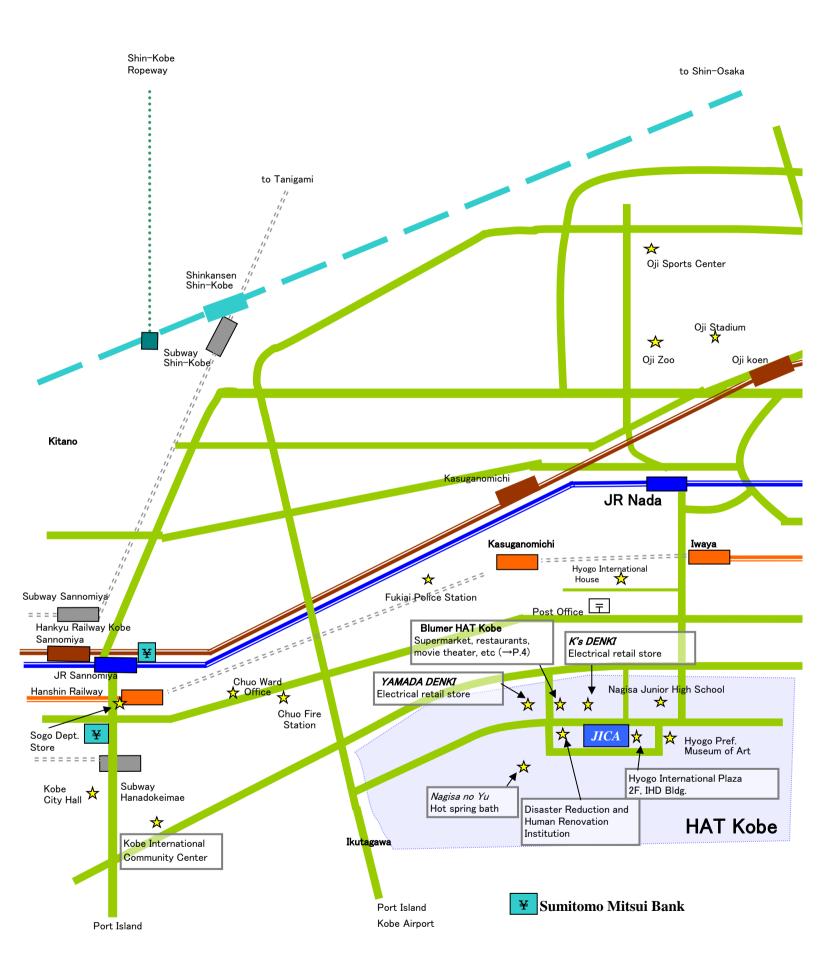
Phone: (078) 261-0341

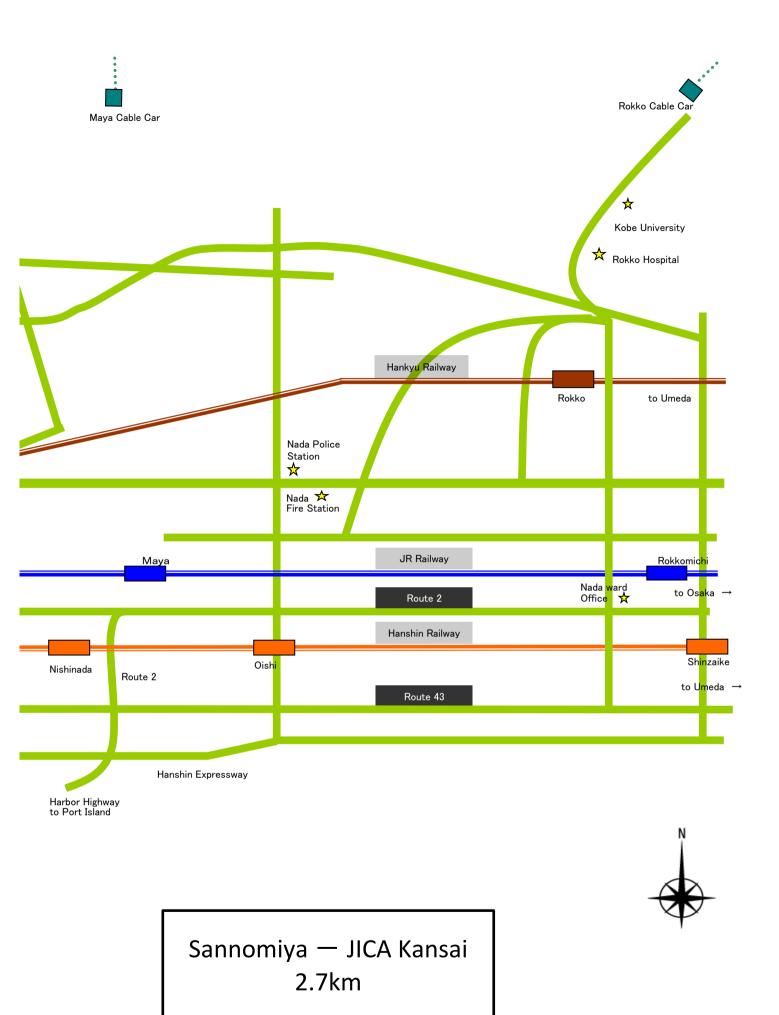
International call: 81+78-261-0341

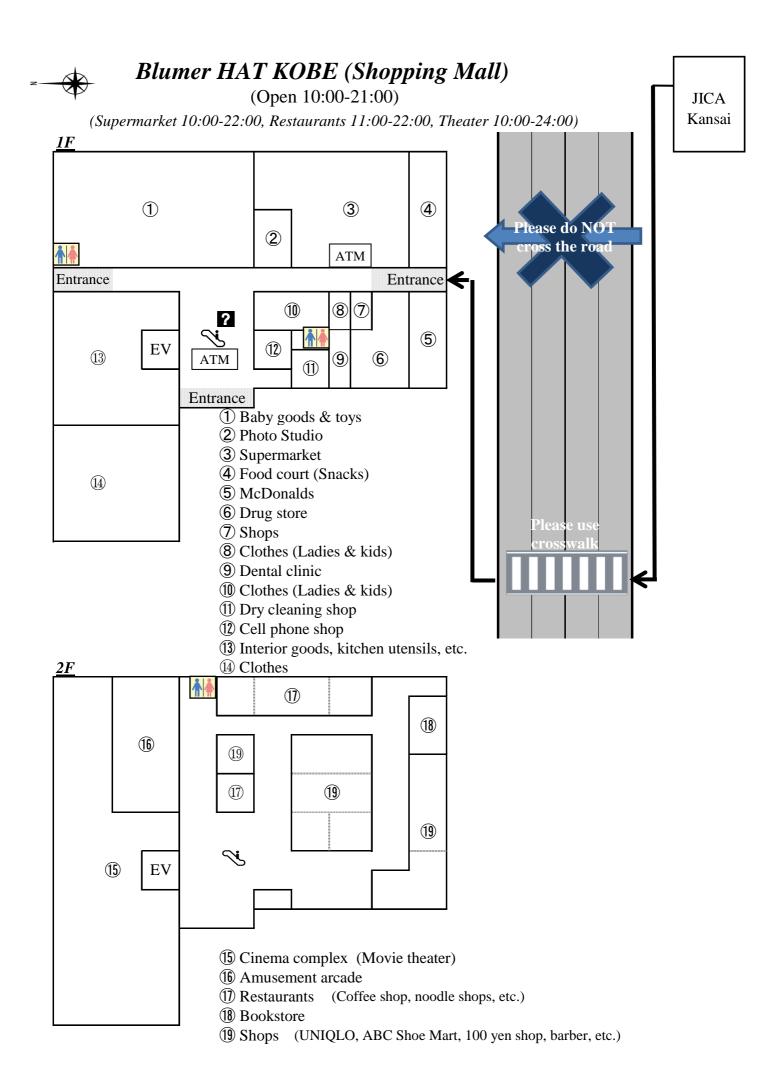
Fax: (078) 261-0465

II. Getting Around

Nada and Iwaya Area

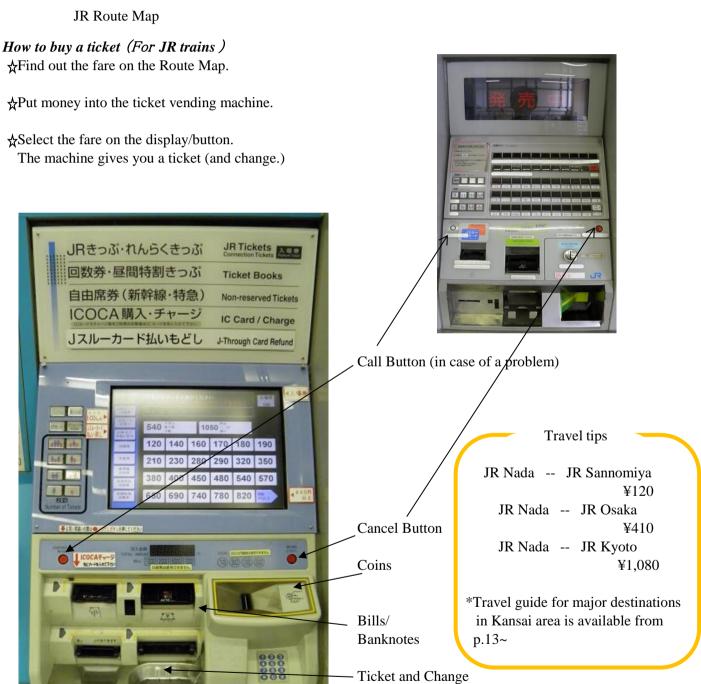






The train takes you everywhere! (JR / Hankyu / Hanshin Railway)







When you get to the ticket gate

☆Put the ticket into the slot.

The gate door will open.

Take your ticket from the end of the gate and keep it until you will arrive at your destination.

☆IC専用:

IC Card (Integrated Circuit Card) only lane.

☆Proceed to the platform.





When you arrive at your destination

☆Put the ticket into the ticket gate slot when you are exiting the station.

The ticket gate will open.

The ticket gate will take your ticket.

Only local trains stop at JR Nada station.

You may see Rapid or Special Rapid trains at big stations such as Sannomiya and Kobe, but they do not stop at Nada station. Do not take these trains when you come back to Nada station.

TYPES of TRAINS



STOPS at Nada Station.



DOES NOT Stop at Nada.





DOES NOT Stop at Nada.

III. Banks

While you stay in Japan, you will use one of JICA's bank accounts to receive allowances from JICA.

The JICA bank account is limited to cash withdrawals and balance inquiries. You cannot conduct financial transactions such as deposit and money transfers through the JICA bank account.

The money deposited by JICA for you can be withdrawn using Cash Dispensers at JICA Centers or ATMs at Sumitomo Mitsui Banking Corporation 三井住友銀行(SMBC). When you withdraw money from the bank account, be sure to take the transaction slip and paste it onto the ledger, which you have to submit to JICA later.

You have to enter your PIN (Personal Identification Number) to withdraw money; if you enter the wrong PIN three times consecutively, your bank card becomes void -- you have to have your card reissued at your own expense (1,080 yen).

1. Cash Dispenser in JICA Kansai

Service Hours: **08:45 - 19:00 Monday - Friday**

09:00 - 17:00 Saturdays

Closed Sundays, Holidays and

Bank Holidays

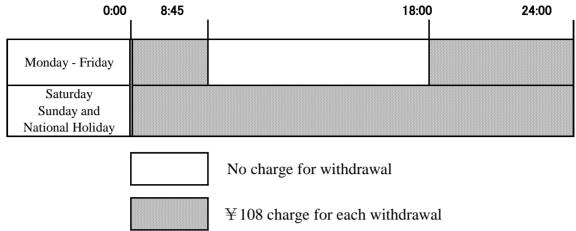
Notes:

- 1) This Cash Dispenser handles only paper money -- 1,000/5,000/ and 10,000 yen notes.
- 2) Please be sure to take your money, bank card and transaction slip within 1 minute after the transaction, otherwise, they will be taken by the machine.
- 3) The display is only in Japanese; please see the English instructions available at Reception.



2. Automated Teller Machine (ATM)

☆ Service hours and service charge (SMBC):



\Rightarrow Withdrawal of coins is available:

Only at some branches of SMBC -- between 8:45 and 18:00 only on weekdays (Monday through Friday).

* ATMs in the following convenience stores are also available, but a service fee will be charged for each transaction.





(E-net , LAWSON ATM





Service fee:

	Weekday		Saturday/Sunday/Holiday			
0:00-08:45	08:45-18:00	18:00-24:00	0:00-24:00 All Day			
¥216	¥108	¥216	¥216			

3. Exchange Counter

A foreign exchange service is available at the exchange counter on the First Floor in Sannomiya Branch of SMBC. (See Map on P.10)

☆ Service Hours: 11:00 - 19:00 **Monday - Friday**

> 10:00 - 18:00 Saturdays, Sundays & Holidays

You can exchange Japanese Yen into foreign currencies and buy traveler's checks at this counter.

X An address/phone number may be required to fill in the form for currency exchange. Refer to page 1.

Sumitomo Mitsui Banking Corporation

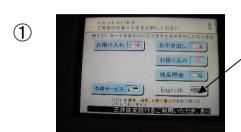




ATM: Automated Teller Machine

Procedure

3



Select English Guidance.



Touch Withdrawal.



Insert your bank card.



Enter your PIN number.

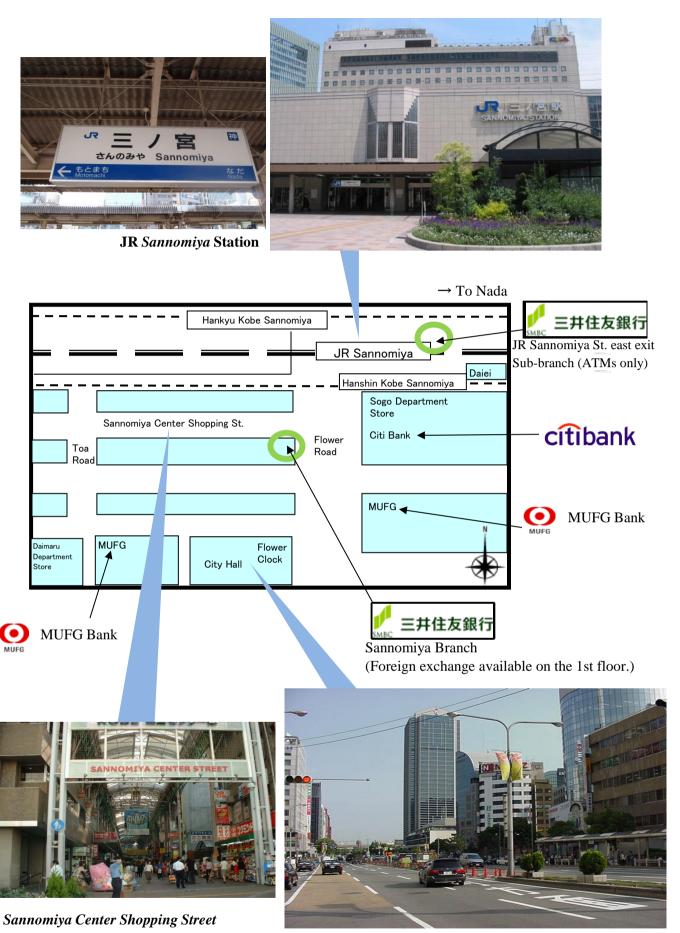
* Your card will become void if you enter the wrong PIN number three times.



Enter the amount of money.

Then touch Confirm.

Be sure to take the transaction slip.



Kobe City Hall (center) and Surrounding Area

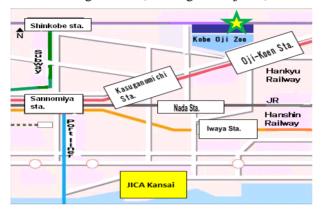
IV. Sports Facilities

Oji Sports Center

1) Facility use fee ¥350/use (Training Room)

2) Opening hours 09:00 - 21:00 (accepting until 20:30)

3) Note: Please bring indoor shoes (Not eligible in sandals and bare feet) and wear training clothes (Not eligible in jeans).



30-minute walk from JICA Kansai



HAT Nagisa no Yu (Natural Hot Spring Spa)

1) Admission fee (weekday) \pm 820/use (Saturday, Sunday, Holiday) \pm 900/use

Please bring your own towel or buy one there.

2) Opening hours 10:00 - 25:00 (Reception until 24:00)

3) How to take a public bath

First, put your shoes into a shoe locker.
 It costs 100 yen. The fee is returned after use.
 Please bring your shoe locker key to the reception.

2. After paying the admission fee, you will receive an IC wristband.

To be a good customer, let's read about ONSEN (hot spring) manners. https://nagisa-u.com/en/

http://www.japan-guide.com/e/e2292 how.html





8-minute walk from JICA Kansai (650m)

V. Mosques / Churches

Kobe Muslim Mosque (Islamic Cultural Center)

Prayer timetable is available at the front desk.

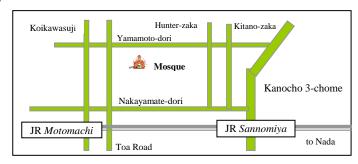
TEL: (078) 231-6060

2-25-14, Nakayamate-dori, Chuo-ku, Kobe

http://kobe-muslim-mosque.com/

Email: kobemasjid@gmail.com





Nakayamate Catholic Church

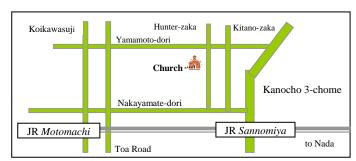
Prayers Sunday 09:00-17:00 Sunday service: (English) 11:15~12:15

TEL: (078) 221-4682

1-28-7, Nakayamate-dori, Chuo-ku, Kobe

They do not have a website.





Kobe Union Church (Interdenominational)

Sunday Schedule 09:30-10:45 a.m. (Sunday service)

10:40-11:10 a.m. (Fellowship Time) 11:10-12:00 a.m. (Sunday School)

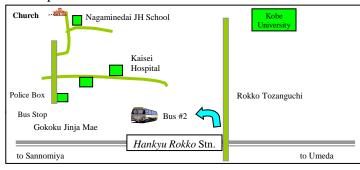
TEL: (078) 871-6844

2-4-4, Nagaminedai, Nada-ku, Kobe

http://kobeunionchurch.org/

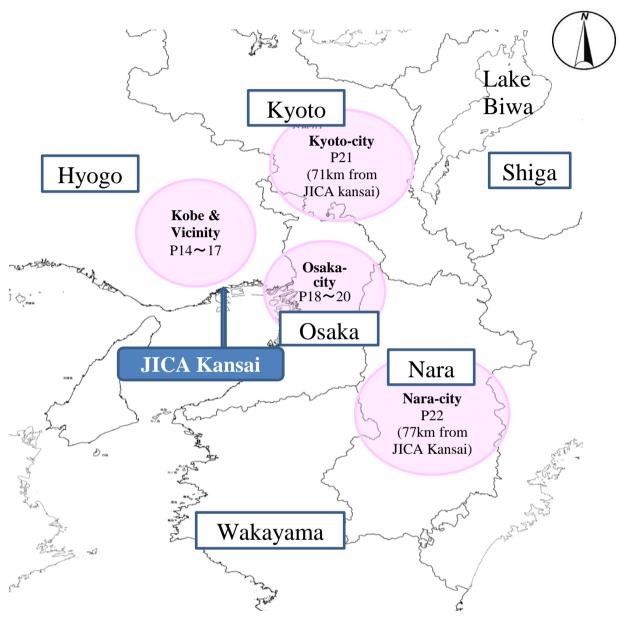
*You can find detailed transportation information on their Web site.





VI. Getting Away

Geographical location of municipalities in Kansai



For travel directions, you can find the most convenient train/flight/bus routes to enjoy traveling in Japan at the following websites.

http://www.hyperdia.com/en/

https://roote.ekispert.net/en

https://world.jorudan.co.jp/mln/en/

KOBE

Getting away is one of the activities you can enjoy and refresh yourself during your stay in Kobe. There is a lot to explore within and outside Kobe City. The following is a brief introduction to "day trip" opportunities within and close to Kobe City. For more information on tourism, transportation and life in Kobe, please refer to guidebooks or contact "Information Centers" listed below.

① Official Tourism Site : <Kobe> http://plus.feel-kobe.jp/

<Hyogo> http://www.hyogo-tourism.jp/english

② Kobe City Information Center (Information Kobe)

Tel. (078) 322-0220

Open daily: 09:00-19:00

09:00-15:00 (Dec. 31-Jan. 2)

Location: South of JR Sannomiya Station, East Gate URL: http://hello-kobe.com/hello-stmap.html

3 Kobe International Community Center (KICC)

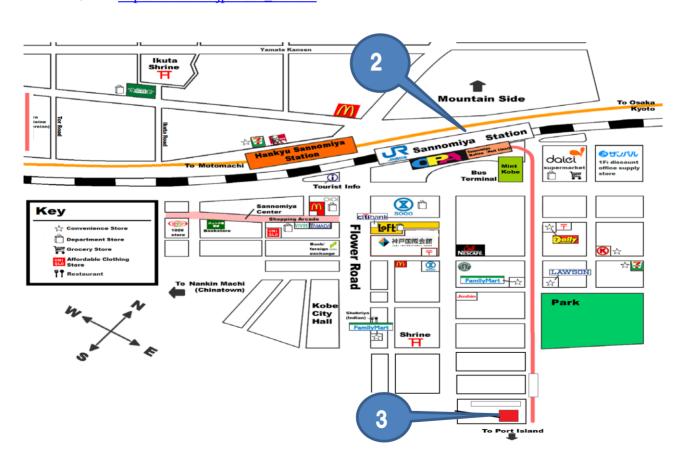
Tel. (078)291-8441

Open: 10:00-20:00 (Mon.-Fri.)

10:00-17:00 (Saturdays)

Closed: Sundays and Holidays
Location: Kobe Commerce, Industry, and Trade Center Building 2F

URL: http://www.kicc.jp/index_en.html



KOBE

☆ Mount Rokko

Mt. Rokko is 931m high. Although a city bus and a cable car take you all the way to the summit, hiking is also possible and enjoyable.

You also have access to tourist facilities such as the Alpine Botanical Garden and the Athletic Field, which are located in the mountain range.

Do not miss the magnificent views overlooking Kobe and Osaka Bay areas.

For details, see ROKKOSAN. Com English

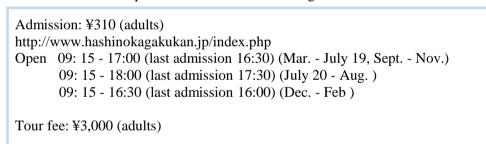
https://www.rokkosan.com/en/access/





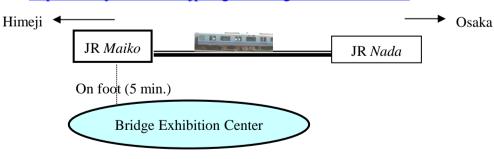
☆ Bridge Exhibition Center (Akashi Kaikyo Bridge)

The *Bridge Exhibition Center* is located near the *Akashi Kaikyo Bridge* (3,911m suspension bridge). It is full of pictures of world famous bridges and their advanced construction technology.

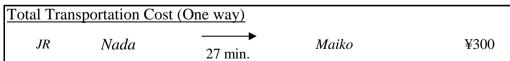




http://www.jb-honshi.co.jp/english/bridgeworld/index.html







☆ Kobe Oji Zoo

Surrounded by green, in the center of the city, is one of the main recreation spots, where about 150 species (800 animals) are kept. There are cages for tropical nocturnal animals and also all kinds of facilities: a recreation park, a zoological data museum, etc. Kobe Oji Zoo is very unique, because you can observe both the giant panda and the koala bear.



Open 09:00 - 17:00 (last admission 16:30)

(Mar. - Oct.)

09:00 - 16:30 (last admission 16:00)

(Nov. - Feb.)

Closed Wednesdays, Dec. 29 - Jan. 1

Admission ¥600

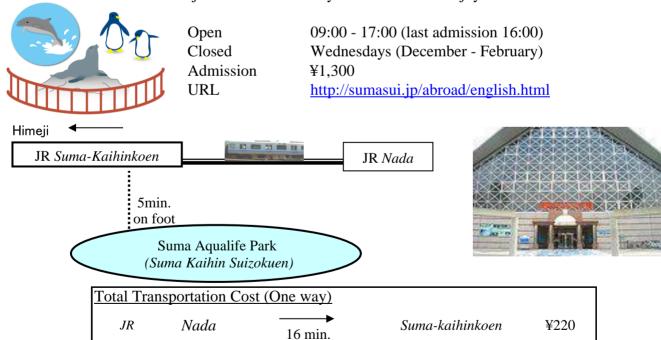
URL http://www.kobe-ojizoo.jp/sp/guide/fl/



For the location, see the map (p.2) It takes about 30 minutes on foot from JICA Kansai.

☆ Suma Aqualife Park in Kobe

This park features a collection of 13,000 marine organisms (about 600 species). Sharks and rays swim in the 1,200 ton-capacity water tank that creates artificial waves. A spectacular dolphin show, a children's amusement area and the sea otter house are just some of the many attractions to be enjoyed.



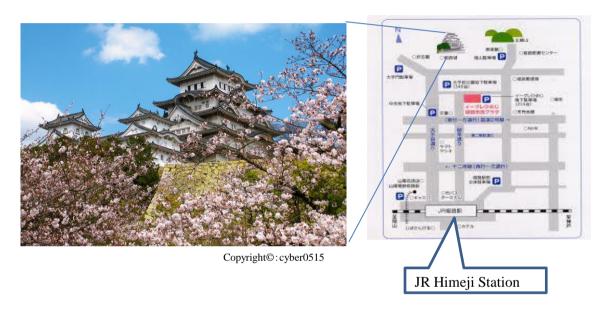
HIMEJI

☆ Himeji Castle

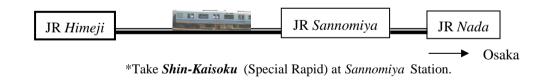
This castle, built in 1601, is designated as a national treasure and a world heritage site. The castle was specially designed to protect it from the enemy.

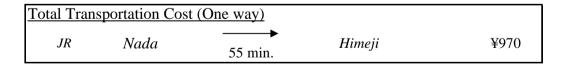
It is the largest and most authentic Japanese castle. From the top of the main keep, you can enjoy a view of the entire downtown Himeji area.

Open daily	09:00 - 17:00 (April 27 - August 31)
	09:00 - 16:00 (September 1 - April 26)
Admission	¥1,000



Himeji Castle (20 minutes from JR Himeji Station on foot.)





Himeji Castle Official Website:

http://www.himejicastle.jp/en/index.php

http://www.himeji-kanko.jp/en/

OSAKA

Osaka is the industrial, financial and commercial center of western Japan. In addition to the numerous business activities and sites, Osaka also has historical sites as well as a wide variety of cultural attractions. The central part of Osaka can be accessed easily by using either the JR Loop Line or one of several subway lines.

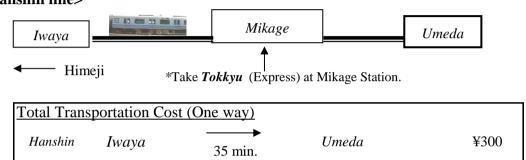
Please refer to the transportation network.

Osaka Tourist Guide URL:

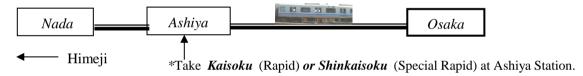
http://www.osaka-info.jp/en/

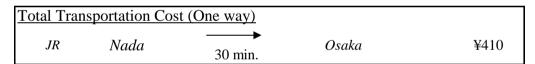
Access to Osaka

•<Hanshin line>



-<JR line>





Recommended Sites

Osaka Castle \rightarrow see P.19 Universal Studios Japan (USJ) \rightarrow see P.20 Osaka Aquarium KAIYUKAN \rightarrow see P.20

Osaka Visitor's Information Center, Umeda

Open daily 08:00 - 20:00

TEL: (06) 6345-2189

* Located at "INFORMATION",

1F North Central Gate of JR Osaka Station

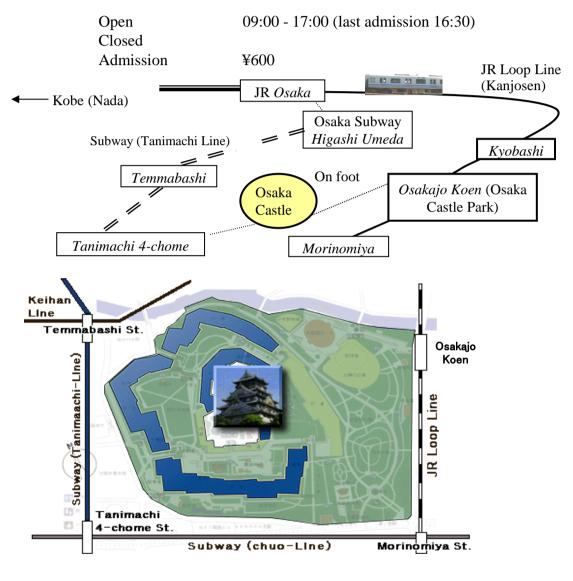


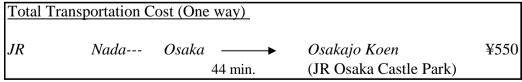
Osaka Castle

☆ Osaka Castle

Osaka castle was built by Toyotomi Hideyoshi, one of Japan's most illustrious warlords who unified the country, which had been torn apart by recurring civil wars. The majestic castle was completed in 1586, but it was burned down twice. In 1931 the citizens of Osaka raised the funds to reconstruct the keep as a tribute to Hideyoshi.

The Main Tower (Tenshukaku) contains various exhibits of historical interest.





Osaka Castle URL:

http://www.osakacastle.net/english/

☆Universal Studios Japan (USJ)

Amusement park-related movies.

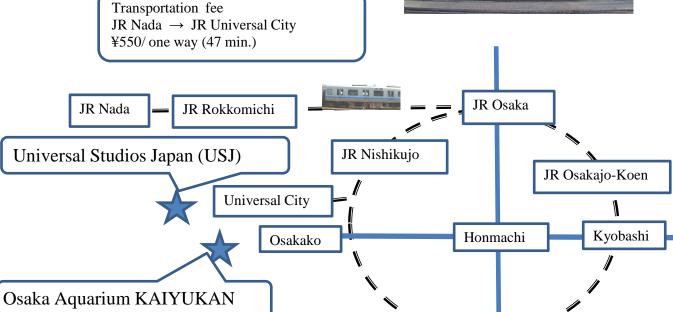
Open: http://www.usj.co.jp/e/parkguide/calendar.html

Admission: ¥7,900 (1-day studio pass)

URL: http://www.usj.co.jp/e/

*Take the kaisoku (rapid) train at Rokkomichi Station. It takes about 30 minutes to reach Osaka and then change to the loop line.





★Osaka Aquarium KAIYUKAN

One of the largest aquariums in the world, located in Tempozan Harbor Village.

Open daily 10:00-20:00 (last admission 19:00) Admission: \(\frac{4}{2}\),300 (adult)

*Opening hours changes by seasons. For details, see Osaka Aquarium KAIYUKAN website below.

URL:http://www.kaiyukan.com/language/eng/index.htm

*Take the kaisoku (rapid) at Rokkomichi Station. It takes about 30 minutes to reach Osaka and then change to the Midosuji subway line, change again at Honmachi to the Chuo line.





Transportation fee JR Nada \rightarrow Osaka/Umeda (M16) \rightarrow Osakako (C11) \pm 410 \pm 280

JR Tennoji

¥690/ one way (57 min.)

KYOTO

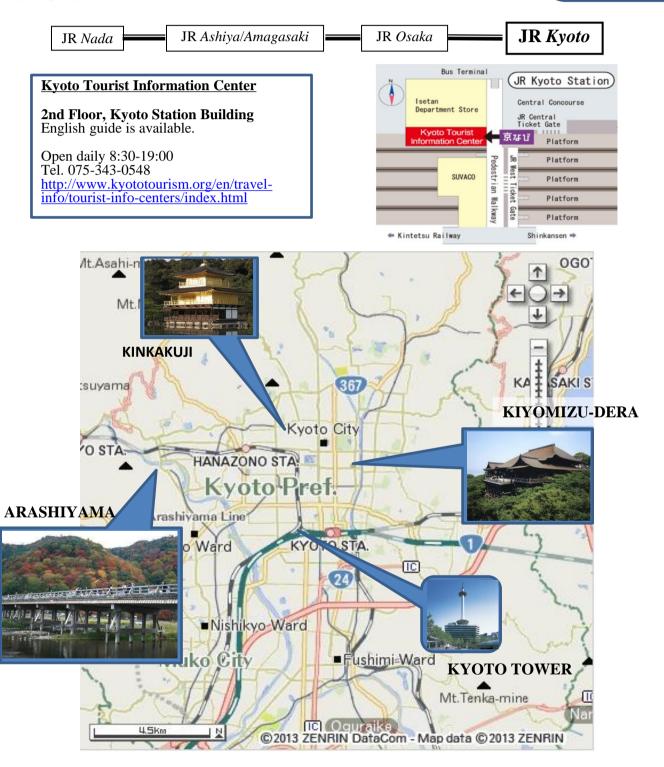
Kyoto, which served as Japan's capital from 794 to 1868, boasts 1,600 Buddhist temples, 850 Shinto shrines and some of Japan's most beautiful gardens and palaces. Although now a modern city of 1.5 million inhabitants, Kyoto remains a center of traditional art and crafts, culture and cuisine.

Exploring Kyoto on foot is a very pleasant experience, or using a one-day-bus ticket (¥500) available at Kyoto City Bus Terminal at Kyoto Station may give you easy access to the major tourist attractions. For further information, see Kyoto Travel Guide

Transportation fee

Nada → Kyoto

¥1,080/ one way (about 1 hour)



NARA

Nara was a glorious capital, "like a fragrant flower in full bloom", as an ancient poet once described it. Nara was the cradle of great Japanese arts and the essence of culture in the long-ago Tempyo Period. The old, world-famous temples and shrines of the province of Yamato (presently Nara Prefecture) have handed down to us their precious history. Enjoy a visit to Nara park where cute deer (considered as a messenger from the gods in Shintoism) stroll around. Its wide and open areas full of greenery embrace the ancient history of Japan. It's nice to walk around Nara, which has a relaxing atmosphere. For details see the following webpages.

Nara Prefectural Government Tourism Bureau https://www.visitnara.jp/

Nara City Tourist Association https://narashikanko.or.jp/en/info/

Transportation fee Nada → Nara ¥1,240/ one way (90 min.)



VII. Important Information and Rules

1. For a Comfortable Stay in Japan

(1) Submission of staying-out form

If you wish to stay outside JICA's designated accommodation, you can do so only on Friday, Saturday and the day before holiday(s). (There is no refund for the room charge for being absent from the designated accommodation.)

Please be sure to submit the "Staying-out Form" (available at the Front Desk of JICA Kansai) in advance to let JICA know of a person to contact in an emergency during your absence. Participants who stay at JICA Kansai: please submit the form to the Front Desk. Those who stay at commercial hotels: please consult with your Program Officer by e-mail and follow his/her instructions.

Form	n for S	tayin	g Out	Over	night		
	it overnight only on Pri				modation is e holiday.		
I, undersigned, hereby ret the responsibilities for any							me all
Name							
Course							
Room no. In JICA Kansal or Accommodation (hotel) name							
Date of Leave	date	/ Inight	month (s) Fri	τ	me :	I he day befor	e holida
Date of Return	date	-	month		me :	1	
Emergency Informa Please make certain of fill.				out			
Name of the person to contact or Name of the accommodation							
Phone Number							
Address							
			Date:				

(2) Traffic rules

Please observe the traffic rules for your safety. Please read through the "Traffic Safety Guidelines" .

http://www.npa.go.jp/koutsuu/kikaku/trafficsafety/traffic_safety_english.pdf



(3) Your individual images

Photos/videos with your image taken during your Knowledge Co-Creation program may be used by JICA for official purposes.

(4) Photographing people on the street — ask permission in advance

If you see photogenic Japanese children/school students on the street, it is natural to be tempted to take a photograph of them for your memories. However, such conduct may be regarded as an infringement of portrait rights. Some people do not want their photograph taken. Please ask for their permission in advance if you wish to take a photograph of children/people.

(5) Photographing articles in store(s) and shop(s)

In department stores and shops, articles are neatly displayed. Display methods and designs are part of the staff's valuable know-how for sales promotion. They also keep their eye on photographing of displays because it may be a source of information for criminal acts such as stealing. Because of such reasons, photographing of displays inside stores and shops is not allowed in principle.

(6) Smoking

According to the Health Promotion Act of Japan, smoking is allowed only in "smoking spots" in public areas. So, please refrain from smoking in public areas. Even if you have a smoking room in your hotel, it is non-smoking outside your room. Even on the smoking floor, smoking is prohibited in corridors and elevator halls.

Major cities such as Kobe and Osaka have enacted the "Street Smoking Prevention" Regulation, and main streets and popular area are designated as "Street-smoking prohibited areas." Those who violate the regulation are fined (1,000 yen in Kobe and Osaka). So, please do not carry lighted cigarettes in those areas.

(7) Drinking alcohol

In JICA Kansai, drinking alcohol is prohibited in principal except in the Cafeteria, the lounge on the 4th floor and your own room.



(8) Littering prohibition

In Kobe, littering is prohibited by an ordinance. If you are found littering, you will be fined (up to 20,000 yen). Major cities have similar local ordinances, so you are advised to throw waste in the designated waste collection boxes.

(9) Purchase of electric appliances — make sure you can use in your home country

- 1) Check the specifications, especially your country's voltage
- 2) Check if an English manual is available



2. Information from Medical Coordinator

(1) To recover from "JET LAG"

Try to expose yourself to daylight, which functions to regulate human biorhythms, and also try to have some moderate exercise before going to bed.

(2) Deep Vein Thrombosis or "Economy Class Syndrome"

While travelling on an airplane, you might have stayed in the same position for a long time. If you have unusual difficulty breathing, chest pains, or badly swelling legs that are painful, pleases contact the Medical Coordinator, JICA Staff or the Course Coordinator.

(3) Recommended daily habits

To keep healthy, it is recommendable to wash your hands well when you return from outside, and gargle with salt water.

Since it is very hot and humid in summer, please take enough water to avoid heatstroke.

(4) Request to participants who need *self-injection* treatment

Japan's Waste Management Law prohibits any person from discarding used needles, syringes and medical devices in public or private places. If you need to discard used medical devices, please inform the Medical Coordinator in JICA Kansai, JICA Staff or the Course Coordinator. We will provide you with a small container to keep used medical devices, and collect them when you leave Japan.

Have a good stay in Japan.

Medical Coordinator

Copyright Policy

Participants in the KCCP (Knowledge Co-Creation Program) are requested to comply with the following copyright policy;

Article 1. Compliance matters with participants' drafting of documents (various reports, action plans, etc.) and presentations (report meetings, lectures, speeches, etc.)

- 1. Contents of the documents and presentations shall be created by the participants in principle.
- 2. Comply with the following matters, if you, over the quotation limit, have to use a third person's work (reproduction, photograph, illustration, map, figure, etc.) that is protected under laws or regulations in your country or copyright-related multinational agreements or the like:
 - (1) Obtain a license to use the work on your own responsibility. In this case, the scope of the license shall meet the provisions of Article 2.
 - (2) Secure evidential material that proves the grants of the license and specifies the scope of the license.
 - (3) Consult with the third party and perform the payment procedure on your own responsibility regarding negotiations with a third person about the consideration for granting the license and the procedure for paying the consideration.

Article 2. Details of the use of works used for KCCP

- (1) The copyright on a work that a participant prepares for KCCP shall belong to the participant. The copyright on the parts where a third party's work is used shall belong to the third party.
- (2) When using texts, supplementary educational materials and other materials distributed for the JICA KCCP, participants shall comply with the purposes and scopes approved by each copyright holder.

(This policy is quoted from "Guidelines of the Application Form for the JICA Knowledge Co-Creation Program")

JICA Environmental Policy

1. Basic Concept

The greatest responsibility of humanity is to provide a rich and diverse environment for future generations.

The increasing scale and diversity of man's activities have resulted in several serious environmental issues, such as global warming, depletion of the ozone layer, air and waste pollution, soil contamination, deforestation, and desertification—all of which are a risk to the future of humanity.

Japan International Cooperation Agency (hereinafter, referred to as JICA) is determined to protect our global environment, vital for the survival of mankind and natural life on earth. It also seeks a balance between environmental conservation, social prosperity, and sustainable development.

2. Basic Policy Guidelines

As stated in the "Law of General Rules of Japan International Cooperation Agency", JICA's mission is to "contribute to the promotion of international cooperation and to the sound development of Japan and the international socioeconomy by contributing to the development or reconstruction of the economy and society, or economic stability of overseas regions which are in the developing stage," particularly to global environmental protection in compliance with environmental laws and regulations. Furthermore, in order to prevent and reduce negative environmental impacts that result from JICA's activities, JICA will utilize an environmental management system and shall work continuously to improve it. The system will be based on the following policies:

(1) Promotion of environmental measures through international cooperation activities

Based on the Japanese government's Official Development Assistance (ODA) policies, JICA will promote cooperation activities for the protection and improvement of the environment. JICA will continue to:

- Promote international cooperation and projects that contribute to environmental protection in developing countries; and
- Mitigate any adverse environmental impacts of development programs and projects in accordance with the guidelines for environmental and social considerations.

(2) Promotion of activities for general environmental awareness

With the aim of raising public awareness, JICA collects information about environmental issues. JICA will continue to:

- Carry out promotional and educational activities by introducing JICA's programs on environmental issues;
- · Conduct surveys and research on environmental issues, and develop relevant proposals; and
- Implement continuous training through seminars and guidance programs for JICA employees and other personnel engaged in JICA's activities.

(3) Promotion of environmentally friendly activities within JICA offices and other JICA facilities

JICA promotes environmental programs to reduce any negative impacts caused by its activities at offices and other facilities. JICA will continue to:

- · Promote waste reduction, resource and energy conservation, recycling; and
- Procure environmentally friendly products based on the "Law on Promoting Green Purchasing" and other relevant laws and regulations.

(4) Compliance with environmental laws and regulations

JICA will consistently adhere to relevant environmental laws and regulations.

This Environmental Policy will be communicated to all employees and personnel who work in or on behalf of JICA, and will also be published.

1st October, 2015 Shinichi Kitaoka President

Japan International Cooperation Agency

Useful Websites & Application

· Japan Guide

http://www.japan-guide.com/



Are you looking for travel information on Japan? Check here!

• Japan National Tourism Organization

http://www.jnto.go.jp/eng/

You can find a wide variety of tourist attractions in Japan!



 $\boldsymbol{\cdot} CLAIR$

http://www.clair.or.jp/tagengo/

(Council of Local Authourities For International Relations)



You can find basic information on Japan in various languages!

·Cool Japan NHK

https://www4.nhk.or.jp/cooljapan/

Find out the most recent trends in Japan! Aren't they cool?



•Multilingual Speech Translation Application

If you find it difficult to communicate with Japanese people, you may consider downloading and using a multilingual speech translation application called "VoiceTra." This free application, created by a consortium initiated by the National Institute of Information and Communications Technology with the assistance of the Ministry of Internal Affairs and Communications, can translate your speech into 31 languages (as of April 2018). Detailed information is available on

http://voicetra.nict.go.jp/en/index.html

