

About myself

Hi! I'm Joseph! I am studying Nursing-Bachelor of Health Care. I decided to go to Japan for exchange because I really love Japan and its culture. I had the chance to study in Tohoku Fukushi University from April to July 2018. I was very happy because it was a dream come true for me to come to Japan, and even more, I have not thought that I will be able to live there. But living there was not easy for me, and felt like everything was very complicated. I think it applies to everyone who comes to a stranger land, even though you feel like you know the culture very well as you have read books, you will be still be culture shocked. Thanks to the help of the staffs in the International centre who had helped me a lot and guided me throughout the exchange. Due to my experience, it motivated me to make this guide so as to help future exchange students to be more prepared before coming to Japan.

This guide is made for you, exchange student from Laurea University applied sciences going to Tohoku Fukushi University. I hope that this guide will be of help to you!

Contact Me

If you have more questions, or something is still unclear, feel free to send me a message and I will do my best to answer your questions

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Laurea University of Applied Sciences

Bachelor’s Thesis

Bachelor of Healthcare- Nursing

Joseph Capapas

Congratulations!

You have been selected to go to exchange in Tohoku Fukushi University! You have made the right choice to go to exchange as it will be a once in a lifetime and unforgettable experience. Deciding to go into a country with a very unique culture is a very courageous decision, and it might be very shocking at first!

The only source of Knowledge is Experience

- Albert Einstein

Worry not! This guide is just designed to prepare you with the culture and surroundings in Japan.

You will get to experience things you have not experienced before, learn Japan's study style, meet new friends, develop your own personal skills and go into exciting adventures.

I wish you an unforgettable and colourful exchange experience!

About the School

Tohoku Fukushi University (東北福祉大学 Tōhoku Fukushi daigaku) is a [Japanese private university](#) in [Sendai](#).

TFU has four faculties, including nine departments, in the fields of Welfare, Healthcare, Education and Management. Our mission as a university is to inquire deeply into the truth, developing widespread knowledge and specialized skills in our fields, and building meaningful relationships, with the ultimate aim of creating paths to well-being (happiness) for all mankind. Since its establishment, our university has been based on Buddhist thought, with "integration of learning and practice" at the heart of our philosophy. Our goal is to help establish a proper welfare society by putting philosophy into practice and always striving to meet the demands of the times. University education involves pursuit of both self-interest and altruism—to live for yourself means to live for others. Your own well-being is enhanced as you seek the well-being of others, creating harmony between self-interest and altruism. We understand that self and others are inseparable, a concept based in a global world-view and global view of life. (Otani Tetsuo, President of Tohoku Fukushi University) Sendai (仙台市 Sendai-shi,) is the capital city of [Miyagi Prefecture, Japan](#), the largest city in the [Tōhoku region](#), and the second largest city north of [Tokyo](#). As of 1 August 2017, the city had a population of 1,086,012, and is one of Japan's [20 designated cities](#). The total area of the city is 786.30 square kilometres.

The city was founded in 1600 by the [daimyō Date Masamune](#), and is nicknamed the City of Trees (杜の都 Mori no Miyako); there are about 60 [zelkova](#) trees on Jōzenji Street (定禅寺通 Jōzenji dōri) and Aoba Street (青葉通 Aoba dōri).





Things to do before exchange

Application for exchange

Once you have decided to go for exchange in Japan, you have to attend the International coordinator's workshop on how to apply for exchange. Here I will also tell you the things I have done during the application process.

1. First you have to do a motivation letter. The letter should be about what motivates you to go to Japan. Why do you want to go to Japan? What do you expect to learn during your exchange in Japan and how would you expect the exchange program to develop your skills?
2. You also have to make a preliminary plan of your studies. In this part, you have to research about what are the possible courses that they offer in the school you want to go. This part was a little hard for me before because they don't have the courses in English so I have to translate the courses. In this guide, I will present the courses I took in Tohoku Fukushi University.
3. You will then be scheduled for a one on one discussion with the International coordinator about the exchange program, like, what are your expectations about the exchange, and how do you think you will manage during the exchange.

Deadlines for this application process: 18th of Feb for following academic year and 15th of Sep for following spring semester. Further information will be given by the international coordinator about the application.

NOTE: You will have to take the course "Go Abroad" wherein incoming and outgoing exchange students from Laurea can share insights together about exchange study.

Patience is a virtue. At first it feels like the application process is so complicated, but you'll get through it.

Making the Learning Agreement

Learning agreement will be filled by instructions given from international office, together with academic responsible person (e.g. tutor teacher)

30 ECTS is recommended amount of ECTS points for one semester. When you get list of courses from TFU it is good to notice that 1 host institution credit is actually 1,6 credits of ours ($18\text{JECT} \times 1.6 = 29$ (28.8) ECTS)

Here are the subjects I took during my exchange in Tohoku Fukushi University:



禅の心 The Heart of Zazen

This is a course for Zen meditation. You will be taught how to find inner peace, peace of mind, and connecting the body with the mind. In doing zazen, you will just have to concentrate, and try to think not to think. If ever we find ourselves thinking, we should go back to not thinking. In real life, If ever we find ourselves taking a wrong direction, we should immediately return to the right path.



Japanese Language

In this course you will be taught about Japanese Language. I used the book Genki. There is a textbook, and a workbook for practice. My teacher gave me the exercises in the workbook as my assignment and we did the exercises in the textbook as practice in the class.



Japanese Language and Culture

In this course, you will be taught about different aspects of Japanese culture. Japanese Food, character, language, Pop culture, Festivals, Ceremonies such as weddings and funerals, Art and poetry, Kabuki (Japanese drama), Hanami (Flower viewing festival) etc.



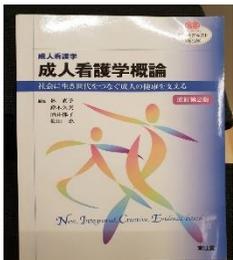
Introduction to campus life

In this course you will be taught about the campus life. In this course, I attended the celebration of buddha's birth. I got to see the University president speak. I also attended a seminar by the Sendai police department about safety measures in the city. I was able to go on a trip with my classmates to a mountain.



Comparative Welfare Societies (Seminar III)

In this course, you will have different discussion topics within the class. We were also asked to make a research question and from that research question, we were asked to do a little research and present it to the class.



Introduction to Adult Nursing

In this course, you will be taught about the common health problems adults usually encounter and how to prevent and manage them. The course was in Japanese but they always give me an English translation of the powerpoint they use in the class.



Medical care system in Japan (Hospital Visits)

I visited 5 different hospitals in Tohoku region to have a look at Japan's Medical care system. (Later in this guide you can see more details of my visits)



Medical care during disaster (The reality of Nursing)

In this course, I had different activities about disaster nursing. I had a lecture about Disaster, Disaster management and Disaster nursing. I had learned about the great Tohoku earthquake of 2011. Since then, Sendai developed the Sendai Framework for Disaster Risk reduction which was adopted by UN member states. I visited a tsunami stricken area and there I saw how devastating were the effects of the tsunami.



Hospital Visits

Tohoku Medical and Pharmaceutical Hospital



This Hospital has a Medical School, and it is aimed to train Medical Doctors and Nursing and other medical staff. The Medical School have been operating for only 2 years now. During my visit in this hospital, I was with a French doctor, and she served as my mentor during the day. I was with her the whole day, from the morning reporting of doctors and nurses until she finishes her work. It was very interesting because I felt like an assistant doctor, and she explained to me thoroughly what she is doing and what plans she will be doing to her patients. She even explained diagnostics such as CT-scan.

Miyagi Children’s Hospital



Miyagi Children’s hospital was a beautiful hospital. It was designed not to look like hospital so that children will not be afraid to go there, and will have a wonderful experience as if they are just playing and enjoy their stay in the hospital. I was surprised that almost everything a child needs is in there. There are 2 big gardens where children can play. There are 2 libraries inside the hospital. There is a special place which they call “Takutokan” which is a place where they can play and have rehabilitation. This art in the picture is the Motto of the Hospital, which is working together to achieve a common goal.



Sendan Hospital



Sendan hospital is a hospital that specializes in psychiatry. In this hospital they are taking care of adolescents, adults and patients who needs acute care. The most common cause of hospitalization is neurosis, followed by emotional disorders, developmental disorders, and depression. Types of treatment can be medical treatment, occupational therapy, psychological treatment, counselling, and support for patients. The characteristics of Sendan hospital are, Community care, support for adolescents mental disorder, Medical treatment for modern society, venue for training professionals, and collaboration with other health team.

Tohoku University Hospital



which means watcher.

Tohoku University Hospital is a very modern hospital. We were able to see Doctor Heli (The name of helicopter) and the staff tells us more about it. In Doctor Heli, there are 4 people, the pilot, mechanic, nurse and the doctor. The nurse and the doctor in Doctor Heli is helping in the hospital when they have no flight. The picture shows the mascots of TUH, Mamoru-kun, which means protector, and Miru-chan

Ishinomaki Red Cross Hospital



Ishinomaki hospital caters to 350,000 people in its circle of responsibility. The original hospital was moved to a new location before the great Tohoku earthquake, that's why Ishinomaki hospital was well prepared for the disaster during that time. During the great Tohoku earthquake, 2 other hospitals were completely dysfunctional, and 3 hospitals are partially dysfunctional, like they have no electricity for example. Ishinomaki Red cross hospital is well known for serving many people during the great Tohoku earthquake in 2011. During the disaster, they made the CSCA strategy. Command and control, Safety, Communication and Assessment. During the disaster, Triage, Treatment and Transport is important.



Application for Visa

Applicants wishing to work, study, or live in Japan, should in principle first obtain a [Certificate of Eligibility](#). The [Certificate of Eligibility](#) is issued by the Ministry of Justice in Japan. To obtain a Certificate of Eligibility, the applicant must ask a sponsor in Japan (an employer, spouse, school, etc.) to contact the local immigration office and make an application on their behalf. The application must be made by a sponsor in Japan. You will have to fill up the application form and provide 2 copies of passport picture, and give it to the international coordinator in Laurea. Processing of COE may take 1 to 3 weeks.

Visa applicants must send the documents below to Embassy of Japan **by post in advance at least one week before your departure.**
Please do not bring the documents to Embassy of Japan in person.

1. One Visa Application Form, completed and signed
2. One passport-sized photograph (taken within the last 6 months)
2. One copy of valid passport ID page
3. One copy of Certificate of Eligibility
4. One copy of residence card of Finland (If visa applicants are not Finnish)

After acceptance, examination and issue of visa, we contact you. After that, please visit Embassy of Japan to pick your visa up with the original below.

1. Valid Passport
2. Certificate of Eligibility
3. Residence card of Finland (If visa applicants are not Finnish)
4. Visa fee in exact cash (If needed)

It normally takes **5 working days** to issue a visa.

Postal and visiting address:

Embassy of Japan
Unioninkatu 20-22
FIN-00130 Helsinki

Passport

Passport should be valid at least during your stay in Japan. Due to possible changes in timetable, it might be good that it will be valid for a longer period of time. Passport should also be in good condition and intact as they will not accept it if there are alterations in your passport.

Grant

You can do the application for grant in SoleGrant area in Laurea's link. The amount of grant may change everytime, so for that reason, It is better to ask the International coordinator about it.

KELA

You can get financial aid abroad if your course of study or period of job training abroad is a recognised part of a course of study you are completing in Finland. If you live independently and get general housing allowance for your home in Finland, you can be paid the housing supplement when you begin a period of study abroad. In that case, payment of the general housing allowance for your home in Finland is stopped after a maximum of 3 months. The amount of student support you will get is normally €250, and housing supplement is €210 euro.

Insurance

You need to get a travel insurance if you are going to exchange. You might get it from your bank or other companies offering insurances. It might cost €100-200. Upon arrival in Japan, they will ask you to apply for national insurance but you don't need to do so if you already have in Finland.

Vaccinations

Remember to bring the full list of vaccinations you have had before. Ask the school clinic to have a copy for you. **Remember to visit the school's public health nurse before leaving for exchange.**

Apartment application

TFU will arrange the apartment for you so don't worry. They have an apartment right in front of the University so it is very convenient. You might want to have special requests such as a room without carpet if you have problems with allergies.

Other things you need to prepare before departure to Japan



International Adapter

You need to buy an international adapter for your electronic devices. There is a different socket in Japan than in Finland.

Cellphone

Be sure that your phone can support foreign sim cards so you can use it in Japan.

Cash

Cash is very important in Japan. They don't use credit card so much in Japan. You can change some of your euros in Finland or in the Airport in Japan, but remember that changing currencies in the airports are usually more expensive than outside. Later you can transfer your money directly from your Finnish bank account to Japanese bank account as it is cheaper.

Plane ticket

You should consider buying your plane ticket so as you will arrive a week or few days before the classes starts so you will have time to do the necessary things such as registration of residence and so on. There is no direct flight to Sendai, so you need to fly from Helsinki to Tokyo, and go by train from Tokyo to Sendai. Plane ticket usually costs €600-800 for round-trip ticket.

Medicines and Hygiene products

You may want to buy medicines and hygiene products in Finland, as it might be difficult to buy these in Japan as everything is written in Japanese.

Arrival in Japan

Upon arriving in Japan, you will pass through the immigration, and you will need to apply for your residence card there. It will be free and the process may take only 30 minutes.

If you flew to Tokyo, you can go from Narita Airport to Tokyo station or Ueno station and from Tokyo or Ueno station; you can go by Shinkansen (bullet train) to Sendai. Bullet train costs Yen11,000.

Arrival in Sendai

Courtesy call with staffs in International Center

In the International Center at Tohoku Fukushi University you will meet the staffs and your personal tutor who will help you with the school related things and also will help you with the things you need to do in Japan.

Student ID

You will get your student ID upon arrival in the International center. The picture you have sent before will be the one used for the ID.

Apartment Key

The staff tutor will escort you to your apartment and give your apartment key. Note that in Japan they don't have the same heating system as in Finland, but the air conditioners function as cooler and heater at the same time.

Electricity and Gas

In Japan, they usually use gas for cooking and for water heating system. Electricity usually cost around 3000 to 5000 yen a month, and gas will also be 3000-4000 yen a month.

Registration of residence in Sendai

Your staff tutor will accompany you in the city office to register your residence in Sendai.



Dos and Don'ts in Japan



Meeting and greeting

Bowing Bow politely when you meet someone, thank them, or say goodbye. The depth, duration and number of bows is something non-Japanese aren't expected to understand and visitors are unlikely to offend if they don't do this perfectly.

DO say "Ojama shimasu" when entering a house – it means something like "I am going to disturb you."

Gifts Returning from a trip, the change of seasons, and moving into a new home are among the many reasons gifts might be exchanged in Japan. For visitors, it's a great idea to bring small gifts from your home country, especially if you'll be staying with locals, or in case you need to say 'thank you' to someone during your trip.

Two hands good The exchanging of business or name cards is still an important part of more formal introductions in Japan. You should use two hands when giving and receiving cards. This also goes for giving and receiving gifts.

Shoes off If a building has a sunken-foyer entrance (called a *genkan*), and there are rows or shelves of footwear by the door, it's a clear sign you're expected to remove your shoes. You'll always have to remove footwear when entering a private home, traditional accommodation (*minshuku* or *ryokan*), and temple halls.

Slurping When eating noodles in Japan, it's standard practice to slurp them. Eat in any noodle restaurant and you'll be surrounded by fellow diners noisily and unabashedly slurping away.

Eating and drinking

Chopsticks There are a number of dos and don'ts related to the use of chopsticks. The main ones to keep in mind are to not leave chopsticks standing upright in a bowl of rice, or use them to pass food directly to another person's chopsticks. These actions are reminiscent of rituals associated with funerals and the dead. Also avoid anything that might be considered 'playing' with your chopsticks (this includes using them as a spear, drumming on the table, waving them to get the waiter's attention, and using them to get at that itch on your back).

Don't say Hai two times, (hai, hai) it could mean "ok,ok whatever".

Don't hand the money when paying in stores, they have a special tray where you should put the money.

DON'T say "chin chin" when making a toast – this means "penis" in Japanese.

DON'T drink until everyone has been served and others around you raise their glasses for a toast.

Don't drink or eat while walking, it is considered bad manner. Other reason for this is that if you accidentally spill your coffee or food in the ground, you will be making the streets dirty.

Tipping There is no custom of tipping in Japan. Leaving a little extra cash on the table at a restaurant will often result in a waiter chasing you down the street to give it back.

Quiet, please It's considered rude to speak on your mobile phone while on trains and buses, and announcements encourage travellers to switch phones to silent

Drink up When pouring glasses from a shared bottle (eg of sake), it's customary to pour drinks for others in your party, and allow someone else to pour yours for you, ie you don't pour your own drink. Say *kam-pai* for 'Cheers!' before drinking.

Table manners Say *i-ta-da-ki-mas* before eating (literally 'I will receive', but it's akin to saying 'bon appetit'), and say *go-chi-sō-sa-ma de-shi-ta* to express appreciation after you're finished. Be sure to throw in a few declarations of *oi-shii* ('delicious!') throughout the meal as required.

Queuing At busy times when waiting to board a train, Japanese form an orderly queue. Train station platforms will have markings showing where the carriage doors will pull up, and may have lines drawn on the platform to guide the direction of the queues.

Turning Japanese A few basic words and phrases in Japanese will go a long way, and locals will be disproportionately impressed by even your most tortured attempt at speaking their language. *Su-mi-ma-sen* ('excuse me', which can also be used for 'sorry'), *a-ri-ga-tō* ('thank you'), *ei-go ga ha-na-se-mas ka* ('do you speak English?'), and *wa-ka-ri-ma-sen* ('I don't understand') are all very handy for starters.

Note:

The easiest way to be friends with Japanese people is to act like Japanese, so you must know these Dos and Don'ts so as not to offend anyone, or if you want to make a good impression.

mode. People also tend not to speak loudly when travelling on public transport, so as not to disturb fellow passengers.

Sniffles It's considered uncouth to blow your nose in public. You may also see people walking around wearing surgical-style masks – some choose to use these when they have cold or flu to help prevent passing on their ailment to others.

DON'T open taxi doors – drivers open them with an automatic button.

Do not litter You will find a very few trashcans in Japan, but yet, you will not find any litter anywhere. You can usually find trashcans in convenience stores.

Opening Bank Account

If you want to open a Japanese bank account, you can ask your staff tutor to help you open a bank account in Japan, but it is not really necessary if you don't want to. It will be a lot cheaper to transfer money from your Finnish bank account to Japanese bank account by internet services such as Transferwise. When I opened my bank account with my tutor, one thing that surprised me is that they said that I will not be able to open a bank account unless I can write my address in Japanese.

Getting an Inkan or name stamp

In Japan, people doesn't just sign their names on papers, they will need a special stamp with your name in it, it is called Inkan.

Getting a travel card/ IC Card

Immediately upon arrival to the airport, you can buy your travel card from the machine. The card itself costs 500 yen, and you will need to recharge it with cash every time you go somewhere. Like in Finland, there are also monthly tickets, but I think it will be more expensive than recharging every time, since you don't have to use the travel card everyday because the apartment is just near the school. You can recharge in the machines, or in buses.

Getting a network connection or sim card

Internet connection is important because nowadays, we use internet applications to send messages. It can also be helpful in an unknown country, when you want to search the route for the place you want to go. This part was a hard one for me, I got a plan in one of the telecomm companies, and have to pay a penalty in the end of 10000 Yen. I asked many friends, and found out that the best way to get an internet connection on your mobile phone is to buy a prepaid simcard in Yodobashi Camera or BIC camera (It's like the Verkkokauppa in Finland). It cost 7500 Yen for unlimited internet for one month, or 3600 Yen for 7gb of data for one month. 7 gb will be enough as you will also have wifi in your apartment, so you will just use the 7gb data when you're out somewhere.



Around the campus

Student Support COCOSA

COCOSA is an organization of a group of students in TFU who are helping International students. They also organize events for international students.

Cafeteria

TFU has two cafeterias in the main campus, 1-8-1 hall, where you can buy very cheap breakfast for 100 yen, at 8am to 9:30am. The other is Fudo, it's a little bit more expensive here than 1-8-1 hall, but better food, although the other one has good food too.

Convenience stores nearby

The nearest convenience store from your house and school is the Family Mart which is just beside the University. There is a Lawson and a 7/11 nearby too.

Supermarkets nearby

Cooking food at home will help you save a lot of money than buying ready made foods from convenient stores or eating at restaurants. Here are some groceries nearby your house:

Sanmari Kunimi Store 2-9-12 Kunimi, Aoba-ku, Sendai

Ohishiya-sato Fresh Foods Aoba-ku, Kitayama, 3 Chome-1-29

SEIYU Kimachi Store 1-31 Kimachi, Aoba-ku, Sendai

Daily life in Sendai

Public Transportation

Train

JR East (East Japan Railway) (Shinkansen, Tohoku Line, Senseki Line, Senzan Line, etc.)

Sendai Airport Transit(Between Sendai Station and Sendai Airport)

Nearest train stations are JR Sensansen Line *Kitayama Station* and *Tohoku Fukushi Dai Mae Station* (*Tohoku Fukushi Station Campus*)



Bus

There is a bus stop in front of TFU, Sendai City Bus Tohoku Fukushidai-mae bus stop

Subway

Namboku (North to South) Line (Sendai City Transport Bureau)
Tozai (East to West) Line (Sendai City Transport Bureau)

Garbage and Recycling

In Japan, garbage must be sorted according to whether it is combustible or incombustible. Combustible/incombustible garbage may be called kanen/funen gomi, moeru/moenai gomi or moyaseru/moyasenai gomi, depending on the area you live in. (Gomi means garbage.) * Incombustible garbage has generally been defined as garbage that emits poisonous gas when burned or raises the temperature in the incinerator so high that it can cause the incinerator to break down.

Example of Sorting



Combustible garbage
Compost from the kitchen, paper, wood debris, clothing (some areas may treat it as recyclable waste)



Incombustible garbage
Metal, glass, ceramics, small home electrical appliances, plastic, rubber products, etc.



Recyclable waste
Cans, bottles, PET bottles, paper bags, newspaper (where separate recycling collection is available)



Oversized garbage
Garbage items that are larger than 30 cm by 30 cm such as furniture, electrical appliance (excluding air conditioner, television, refrigerator and washing machine), bicycles, etc.



There are certain days wherein you can throw your garbage:

Combustible garbage: Tuesdays & Fridays

Incombustibles: Thursdays

Recyclable wastes: Thursdays

Paper: Every first and second Monday of the month

My favorite restaurants in Sendai



Kaisen misakiko

2 Chome-5- 7 Central, Aoba Ward, Sendai

This is a very delicious sushi restaurant



Menya Masamune

Sendai, Aoba Ward, Central,

1 Chome-6-39 菊水ビル仙台駅前館

It is famous for their rame, specially Abura-soba. It means, noodles in oil.



Torihoudai

Ichibancho Aoba-ku Sendai Miyagi

宮城県 仙台市青葉区 一番町 3-4-26

よろず園ビル 3F

The best Yakitori in town! Eat all you can!



And of course, Sendai's delicacy, Gyuutan or Beef tongue! It's very good!

A lot of store has Gyuutan, so you can find it almost anywhere.

What to do on your free time?



Furusuku Sendai is an organization for exchange students and also Japanese students. It is a language exchange activity. It is held during Thursdays in Sendai Shimin Support Center. For more info, you can search Furusuku Sendai in facebook.



Hello World is an international language organization. They organize different activities like cooking together, dancing event, sports event, and some parties. For more info, check their facebook: Hello World.



Karaoke!! Japanese people love Karaoke, so do I! I go to karaoke with friends almost every week. You can see a lot of Karaoke stores in every corner. Some people even sleep on karaoke stores if they didn't make it for the last train going home.

What to do in Emergency Situations?

In the event of an emergency situation such as a fire, traffic accident or crime takes place, stay calm, do not panic, and call for help.

Sudden illness / Injury / Fire . . . Ambulance / Fire engine **Dial 119**

Crime / Traffic accident . . . Police **Dial 110**

Please inform Laurea University in case of any emergency.



Must go places in Tohoku Region



Matsushima Bay, Ishinomaki



Yamadera in Yamagata



Aoba Castle, Sendai



Ginza Onsen, Yamagata
Inspiration of Spirited away anime



Nishi Koen (Nishi Park), Sendai



Art Rice fields, Aomori Prefecture

Let's Study Japanese!

日本語を勉強しましょう！

Modern Japanese is written in a mixture of three main systems: **kanji**, characters of Chinese origin used to represent both Chinese **loanwords** into Japanese and a number of native Japanese **morphemes**; and two **syllabaries**: **hiragana** and **katakana**. The **Latin script** (or romaji in Japanese) is used to a certain extent, such as for imported acronyms and to transcribe Japanese names and in other instances where non-Japanese speakers need to know how to pronounce a word (such as "ramen" at a restaurant).

It is very important to learn how to write at least Hiragana and Katakana first before you can proceed with studying further Japanese language.

ひらがな チャート HIRAGANA CHART PART 1				
BY JOEY HEATON This sheet shows the basic hiragana characters.				
あ a	い i	う u	え e	お o
か ka	き ki	く ku	け ke	こ ko
さ sa	し shi	す su	せ se	そ so
た ta	ち chi	つ tsu	て te	と to
な na	に ni	ぬ nu	ね ne	の no
は ha	ひ hi	ふ fu	へ he	ほ ho
ま ma	み mi	む mu	め me	も mo
や ya	NO HIRAGANA	ゆ yu	NO HIRAGANA	よ yo
ら ra	り ri	る ru	れ re	ろ ro
わ wa	NO HIRAGANA	NO HIRAGANA	NO HIRAGANA	を o
ん n				

かたかな チャート KATAKANA CHART PART 1				
BY JOEY HEATON This sheet shows the basic katakana characters.				
ア a	イ i	ウ u	エ e	オ o
カ ka	キ ki	ク ku	ケ ke	コ ko
サ sa	シ shi	ス su	セ se	ソ so
タ ta	チ chi	ツ tsu	テ te	ト to
ナ na	ニ ni	ヌ nu	ネ ne	ノ no
ハ ha	ヒ hi	フ fu	ヘ he	ホ ho
マ ma	ミ mi	ム mu	メ me	モ mo
ヤ ya	NO KATAKANA	ユ yu	NO KATAKANA	ヨ yo
ラ ra	リ ri	ル ru	レ re	ロ ro
ワ wa	NO KATAKANA	NO KATAKANA	NO KATAKANA	ヲ o
ン n				

Now let's learn some useful words!

English	Japanese
Hello!	Konnichiwa!
Good Morning!	Ohayou Gozaimasu!
Good Evening!	Konbanwa!
Excuse me	Sumimasen
Thank you!	Arigatou Gozaimasu!
Sorry!	Gomennasai!
How are you?	Genki desu ka?
I'm Good!	Genki desu! /Genki desu yo!
Bad	Dame
My name is...	Watashi no namae wa..... desu
I am... years old	Watashi wa ... -sai desu
How old are you?	Nansai desu ka?
Nice to meet you!	Hajimemashitte!
What is your name?	Onamae wa nan desu ka?
I don't understand	Wakarimasen/Wakaranai (casual)
May we have a fruitful relationship!	Yoroshiku Onegaishimasu!
Welcome (in a store for example)	Irrashaimase
How much is this?	Kore wa ikura desu ka?
Do you want to heat this? (food)	Atatamemasu ka?
What?	Nani?
Where?	Doko?
When?	Itsu?
How?	Dou?
Why?	Nande? (Spoken) Doushite? (Written)
What time is it?	Nanji desu ka?
Slowly please	Yukkuri, onegaishimasu
Today	Kyou
Tomorrow	Ashita
Yesterday	Kinou

Here are some useful links for self study:

- 1.) <http://marugotoweb.jp>
- 2.) <http://nihongo-e-na.com>

You can download these apps to your phone:

- a. Kanji Study
- b. LingoDeer

To do list

Have you filled up all application papers?	
Have you done the Learning agreement?	
Have you received the Certificate of Eligibility?	
Have you applied for the visa?	
Have you visited the school's public health nurse?	
Are your vaccinations alright?	
Have you applied for student support from Kela?	
Have you received the student grant?	
Have you taken care of things for your current apartment in Finland?	
Have you checked that your accommodation in Japan is confirmed?	
Have you applied for Travel insurance?	
Is your passport still valid?	
Have you bought adapters for you electronic equipments?	
Have you bought your plane ticket?	
Have you packed your bags?	
Have you filled up the security form? (e-form)	



Whenever I see this picture, it brings back memories. That was a cool day of April. I was the first to come to class. I saw Kazuko sensei looking at the Sakura tree, the she asked me. “Capapas-kun, since you are tall, can you please get that piece of Sakura flower”. We used the flower for our lecture about Ikebana or Japanese flower arrangement and Sakura festival.

One thing that I really wanted to see in Japan since I was a child is the Sakura. It is very beautiful. When I finally saw it, it felt like a dream. I didn't know that I will learn an important lesson from the Sakura. I have learned about Mono no aware (物の哀れ). It is a Japanese term for the awareness of impermanence (無常), or transience of things, and both a transient gentle sadness (or wistfulness) at their passing as well as a longer, deeper gentle sadness about this state being the reality of life. The flowers of the cherry blossom trees are only in blossom for a few days, and they will start to fall after that. The real moment of hanami is not looking on the flowers on the trees, but watching the flowers fall to the ground. With a friend's help, I made a haiku or Japanese poem:



東より 秋風運ぶ 哀愁の夜
Azuma yori akikaze hakobu aishū no yoru

Its meaning is, “From the east (Japan), the autumn wind (autumn implies a sad emotion in Japanese, kind of nostalgia, missing something), carries the night of pathos or sorrows. I made this poem, because as I was doing this guide, I remember happy memories when I was in Japan.