Pre-Departure Guide to Tsukuba

Welcome to Tsukuba Global Science Week 2015. This guide contains important information for a fruitful and enjoyable stay in Tsukuba and Japan.

September 28 - 30, 2015
# Tsukuba Global Science Week 2015

~ A Brighter Future through Transdisciplinary Collaborations ~

**Dates:** September 28, 2015 (Mon) - September 30, 2015 (Wed)

**Venue:** Tsukuba International Congress Center

**Organizer:** University of Tsukuba with backing from Cabinet Office of Japan, MEXT, Ibaraki Prefecture, and Tsukuba City


<table>
<thead>
<tr>
<th>Session NO.</th>
<th>Session Title</th>
<th>September</th>
<th>Field/Category</th>
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<tr>
<td>0</td>
<td>Opening Session</td>
<td>28 08:00-10:00</td>
<td>3F 300</td>
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<tr>
<td>1</td>
<td>Human Scales and Subjectivities</td>
<td>29 09:00-17:15</td>
<td>3F 304</td>
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<td>2</td>
<td>Culture and Security: Exploring Future Values through Japanese Experiences</td>
<td>29 14:15-17:15</td>
<td>3F 303</td>
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<td>3</td>
<td>Cross-cultural and Cross-religious Encounters in Historical Context</td>
<td>30 09:00-10:10</td>
<td>4F 404</td>
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<td>4</td>
<td>Universe Evolution and Matter Origin</td>
<td>30 09:00-17:00</td>
<td>3F 300</td>
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<td>5</td>
<td>Research Frontier of Developing Energy and Environmental-friendly Materials</td>
<td>30 15:30-16:50</td>
<td>4F 405</td>
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<tr>
<td>6</td>
<td>Frontier Study in Policy and Planning Sciences and in Computing and Enterprise Information Systems</td>
<td>30 12:15-15:15</td>
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<tr>
<td>7/8</td>
<td>Joint Session: Natural Disasters Prevention and Management &amp; Disasters Prevention and Network Resilience</td>
<td>30 09:00-17:00</td>
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<td>Green and Life Innovations by Algae Biomass</td>
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<td>10</td>
<td>International Collaboration for Grassland Conservation in North-East Asia</td>
<td>29 14:15-17:15</td>
<td>4F 403</td>
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<td>11</td>
<td>Plant Science for Food Security and Sustainable Agriculture</td>
<td>30 09:00-12:00</td>
<td>3F 303</td>
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<td>12</td>
<td>Kick-off Seminar for Double Degree Program on Bioresource Engineering between UT and NTU</td>
<td>30 12:15-15:15</td>
<td>4F 402</td>
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<tr>
<td>13</td>
<td>Hermeneutics In Mathematics Education: History of Mathematics to Imagine the Future and Understand the Perspective of Others</td>
<td>30 09:30-17:15</td>
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<td>14</td>
<td>Engagement in the Olympic and Paralympic Movement</td>
<td>30 13:00-16:30</td>
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<td>15</td>
<td>Comparative Study of Architecture between Switzerland and Japan</td>
<td>30 09:00-12:00</td>
<td>3F 301</td>
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<td>16</td>
<td>New Realm of Human Biology</td>
<td>30 14:15-17:15</td>
<td>3F 300</td>
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<td>17</td>
<td>Systems Biology Café</td>
<td>30 12:00-15:15</td>
<td>4F 406</td>
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<td>18</td>
<td>Imaging Science Café - for Biology and Medicine</td>
<td>30 18:00-20:30</td>
<td>4F 406</td>
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<td>19</td>
<td>NTU Lounge</td>
<td>30 12:00-15:00</td>
<td>4F 406</td>
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<td>20</td>
<td>Life and Medical Sciences in Southeast Asia</td>
<td>30 14:15-17:15</td>
<td>4F 402</td>
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<tr>
<td>21</td>
<td>Student Presentations (Oral) / Student Presentations (Poster)</td>
<td>29/30 09:00-17:00</td>
<td>4F 406</td>
</tr>
<tr>
<td>22</td>
<td>Building Research Capacity In Global Health: Opportunities and Challenges (Public Health and Nursing Sessions)</td>
<td>29 09:00-17:00</td>
<td>4F 405</td>
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<tr>
<td>23</td>
<td>The 3rd International Conference on Global Aging</td>
<td>29 13:00-16:00</td>
<td>4F 402</td>
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<tr>
<td>24</td>
<td>Borderless Challenges of Global Aging: Role of Young Power 2015</td>
<td>29 09:30-12:30</td>
<td>3F 303</td>
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<tr>
<td>25</td>
<td>Frontiers in Neuroscience</td>
<td>30 10:00-13:00</td>
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<td>26</td>
<td>International Workshop on Time Series Data Sonification</td>
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<td>27</td>
<td>Current Research of the Local Meteorology Related to the Issue of Renewable Energy and Urban Climate</td>
<td>30 09:30-12:30</td>
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<tr>
<td>28</td>
<td>Frontier Science on Transcription and Metabolism</td>
<td>30 14:15-17:15</td>
<td>3F 304</td>
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<tr>
<td>29</td>
<td>Survival Strategy In Arid Land - Management of Water Resource and Agriculture</td>
<td>30 14:15-17:15</td>
<td>4F 404</td>
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<tr>
<td>30</td>
<td>University of Tsukuba Overseas Alumni Conference 2015</td>
<td>30 11:00-14:00</td>
<td>3F 300</td>
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<tr>
<td>31</td>
<td>AEARU Young Researchers International Conference</td>
<td>30 10:15-13:15</td>
<td>4F 403</td>
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<tr>
<td>32</td>
<td>3rd International Conference for the Global Innovation Joint-Degree Program</td>
<td>30 19:00-20:00</td>
<td>4F 402</td>
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<tr>
<td>33</td>
<td>TTB Joint Workshop: Collaborations Beyond Regions and Disciplines</td>
<td>30 09:00-13:00</td>
<td>4F 405</td>
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<tr>
<td>34</td>
<td>TSUKUBA Declaration 2015 / Reception</td>
<td>30 18:15-20:30</td>
<td>4F 406</td>
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</tbody>
</table>

TGSW offers open opportunities to share innovative research outcomes from every academic field and explore their potential for creating a brighter future. By working together across nations and research fields, leading researchers will showcase the power of science to solve the world’s pressing issues.
Important Information

WEATHER & CLOTHING

Autumn weather in Japan is very mild, with a cool breeze and the colors of the trees start changing. It is a very lovely time of the year. Recommended apparel would be slacks, a light jacket or other kinds of similar clothing. Temperature usually hovers around 15 °C to 23 °C (59 °F to 73 °F) with a humidity of 60%.

ELECTRICAL OUTLETS

The voltage used throughout Japan is 100 volts. Electrical plugs and outlets are like those in North America (see image). Participants whose electrical devices operate on a different system will need to bring an adaptor.

INSURANCE

Please be sure to arrange your own health and/or travel insurance before you come to Japan. The University of Tsukuba does not provide insurance to TGSW participants and cannot cover associated costs (should they arise) during your stay.

CURRENCY EXCHANGE

Unlike other tourist areas around the world, it is doubtful that you will find any currency exchange houses easily in the Tokyo area or elsewhere in Japan. Before coming to Japan, we recommend that you change your money into Japanese Yen (JPY) or US$ in your home country. After arriving, your options are exchange booths at the airport or the foreign exchange sections of local banks. If you choose to change money in Japan, it is probably better to do so at the airport than at a local bank. Please also note that ATMs have limited operating hours on weekends.

IMPORTANT!

Some currencies cannot be exchanged at local banks in Tsukuba. Please exchange money in your home country or use the exchange booths located at Narita and Haneda airports upon your arrival.
Japanese Currencies

BILLS

- One-thousand-yen
- Five-thousand-yen
- Ten-thousand-yen

COINS

- One-yen
- Ten-yen
- Fifty-yen
- Five-hundred-yen
- One-hundred-yen

Two-thousand-yen - truly very rare but can still be used.

<table>
<thead>
<tr>
<th>JPY</th>
<th>USD</th>
<th>EUR</th>
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<tbody>
<tr>
<td>10,000</td>
<td>82.88</td>
<td>73.53</td>
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<tr>
<td>5,000</td>
<td>41.44</td>
<td>36.77</td>
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<tr>
<td>1,000</td>
<td>8.29</td>
<td>7.35</td>
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<td>100</td>
<td>.83</td>
<td>.73</td>
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</tbody>
</table>

* Exchange rates as of Sep 1, 2015

CREDIT CARD ACCEPTANCE

VISA and Mastercard are widely accepted at airports, hotels, major shops and establishments. However, be ready to have cash on hand for use at certain small and family-style businesses.
Upon Arrival

Make sure to hold on to your boarding pass stub. You will be asked to submit it at the TGSW Registration Desk.

AIRPORT

✈️ NARITA (Please check your arrival / departure terminal)

In Narita Airport, there are three terminals for international flights. There is a bus service that will take you to Tsukuba Center from all three terminals after you clear customs.

→ Look for the ticket counter.
→ Purchase a ticket to ‘Tsukuba Center’ (Fare is ¥2,600 / one-way)/
→ Go outside and wait at the bus stop.

There are several stops along the route. Stay on until ‘Tsukuba Center’ (approx. 90 minutes). The final stop is Tsuchiura Station.

Airport Bus Timetable from Narita to Tsukuba

<table>
<thead>
<tr>
<th>Time</th>
<th>Terminal 3</th>
<th>Terminal 2</th>
<th>Terminal 1</th>
<th>Tsukuba Center</th>
<th>Narita to Tsukuba Center</th>
<th>Tsukuba Center to Narita</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:35</td>
<td>7:40</td>
<td>7:45</td>
<td>9:20</td>
<td>5:50</td>
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Reservation: 029-822-5345 (Mon.-Sat. 8:30-19:00) or http://kantetsu.co.jp/bus_reserve/ 
Fare: JPY2600 (one-way)
Narita Terminal 1

Ticket Office, Keisei Counter:
Arrival lobby, 1st Floor, No. 3 & 4 below after you clear customs

Bus Stop ⑧ for Tsukuba Center:
1st Floor, outside the building
Narita Terminal 2

Ticket Office, Keisei Counter:
Arrival lobby, 1st Floor, No. 1 & 2 below after you clear customs

Bus Stop ⑩ for Tsukuba Center:
1st Floor, outside the building
The boarding area and Terminal 3 are connected by a passageway, and it takes approximately 2-6 minutes on foot to travel between them, so please allow yourself sufficient time. Please buy bus tickets at the GPA service counter 14 in Terminal 3. Travelers using hotel buses, charter buses, or the shuttle buses from parking lots outside of the airport should use the boarding area in Terminal 2.

Ticket counter: Departure lobby, 2nd Floor, No. 14 above after you clear customs

← Bus Stop ⑧ for Tsukuba Center
Direct Bus to Tsukuba

Haneda is located 15km from central Tokyo and has a good network of routes across the Tokyo metropolitan area. A bus will take you to Tsukuba Center in about 120 minutes.

Check schedules, bus stop numbers and other details for buses headed to different places from Haneda Airport via the information display at ticket and hotel reservation counters.

Purchase your ticket at a ticket and hotel reservation counter or through a bus ticket vending machine before boarding the bus.

Airport Bus Timetable from Haneda to Tsukuba

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<thead>
<tr>
<th>Haneda Airport International Terminal</th>
<th>Haneda Airport Terminal 2</th>
<th>Haneda Airport Terminal 1</th>
<th>Tsukuba Center</th>
<th>Haneda Airport International Terminal</th>
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<tr>
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Haneda Airport Terminal #1/2: Ground Level Bus Depo #13,
International Terminal: Bus Depo #6

Tel: 03-3765-0301 (Keihin Kyuko) or 029-836-1145 (Kanto Tetsudo)

Fare: JPY1850 (one-way) [http://hnd-bus.com/route/tsukubacenter.html](http://hnd-bus.com/route/tsukubacenter.html)
Haneda Airport International Terminal Bus Stop

Ticket Office: 2\textsuperscript{nd} Floor, inside the building / Bus Ticket Vending Machines
Purchase your ticket before you board the bus.

Bus Stop: 1\textsuperscript{st} Floor
A bus at the bus stop ⑥ of the International Terminal will take you to Tsukuba Center.

Haneda Airport Official Website:  
http://www.tokyo-airport-bldg.co.jp/en/

Keikyu Corporation Official Website:  
http://www.haneda-tokyo-access.com/en/
Taking Trains from Haneda to Tsukuba

**Train**
1 hr 35 min  ¥1750 - ¥1900

- **Haneda Airport Terminal 1**
  21 min - every 10 minutes  ¥600 - ¥650

- **Hamamatsucho**
  10 min - every 5 minutes  ¥150

- **Akihabara**
  50 min - every 30 minutes  ¥1000 - ¥1100

- **Tsukuba**  10 Accommodations

**Depart Haneda Airport Terminal 1**
- Every 10 minutes
- Line Tokyo Monorail Haneda Express, Tokyo Monorail Local, Tokyo Monorail Rapid

- Arrives Hamamatsucho  21 min
- Departs Hamamatsucho

**JR**
- Every 5 minutes
- Line JR Keihin-Tohoku/Negishi Local, JR Yamanote

- Arrives Akihabara  10 min
- Departs Akihabara

**JR**
- Every 30 minutes
- Line Tsukuba Express Rapid, Tsukuba Express Semi-Rapid

- Arrives Tsukuba  50 min
Hotels & Conference Venue

As shown on the Location Map (see page 13), the three main hotels are all within walking distance of the Conference Venue as well as the Tsukuba Bus Center where the Airport Bus makes its stop. Most TGSW participants are booked at these three hotels, unless other arrangements have been made.

OKURA FRONTIER HOTEL
TSUKUBA – EPOCHAL
2-20-1 Takezono, Tsukuba City
TEL: (+81) 29-852-1112
www.okura-tsukuba.co.jp/eng/ - then click on EPOCHAL BUILDING

OKURA FRONTIER HOTEL
TSUKUBA – MAIN
1 Azuma, Tsukuba City
TEL: (+81) 29-860-7700
www.okura-tsukuba.co.jp/eng/ - then click on MAIN BUILDING

DAIWA ROYNET HOTEL
1-5-7 Azuma, Tsukuba City
TEL: (+81) 29-863-3755
www.daiwaroynet.jp/english/tsukuba/

Conference Venue
TSUKUBA INTERNATIONAL CONGRESS CENTER
(EPOCHAL TSUKUBA)
2-20-3 Takezono, Tsukuba City
TEL: (+81) 29-861-0001
www.epochal.or.jp
In Tsukuba

Tsukuba is northeast of Tokyo and is known as a university town as well as the base of many national science institutes and organizations. Mount Tsukuba is one of the main tourist attractions. There are shopping malls at Tsukuba Center and other shopping centers in the area. There are also many independent and chain restaurants as well as fast food shops (both Japanese and foreign) and izakayas (Japanese pubs).

Cash Withdrawal

Cash withdrawal is possible at ATM services available at Japan Post Bank, Seven Bank, and Citibank (in Tokyo). Seven Bank is located inside 7-Eleven convenience stores which are all over Japan.

- Japan Post Bank
  Available at Post Offices located nationwide.

- Seven Bank
  Japanese ATMs and cash dispensers accept your cash card, credit card, or debit card at over 21,000 ATMs at 7-Eleven stores all across Japan.
  For further information: [www.sevenbank.co.jp//intlcard/card2.html](http://www.sevenbank.co.jp//intlcard/card2.html)

Location Map of Banks, Hotels, and the Conference Venue
Wi-Fi Access

Aside from Wi-Fi access available at your hotels, conference venue, and Starbucks, Tsukuba City offers Free Wi-Fi ID/Pass Card to overseas visitors, which can be used in areas with these stickers below:

You can get a card at the Tsukuba Information Booth inside the TX Tsukuba Station (see Location Map on page 13) by showing your passport. The card has an ID and a password. Instructions for access are printed on the back of the card in English, Chinese and Korean. For more information, refer to www.tsukubainfo.jp/info/2014/0225_1624.html

Meals

• Free lunchboxes will be provided to all invitees at the Conference Venue. As for dinner, it will be provided for free during the receptions on Sep. 28 and Sep. 30. The selection will also include Halal and vegetarian meals.

Multi-faith sanctuary

• A room will be available at the Conference Venue for prayers, meditation, and some silence amidst the myriad of activities going on.

Souvenirs

• In case you visit the Tsukuba Information Booth inside the TX Tsukuba Station to get a free Wi-Fi ID/Pass Card (see above), you can also ask where souvenirs from Tsukuba City and the University of Tsukuba can be purchased while you are there since there is a shop nearby.
General Information On University of Tsukuba
Campus Map

University Hall & Gallery
Int’l Student Center
Souvenir Shop
Get off at Daigaku Kaikan Mae bus stop

Student Commons
Get off at Matsumi Ike bus stop

Administration Center
Get off at Daigaku Chuo bus stop

Route of the C10 University loop-line bus service (clockwise)

Tsukuba Center
Buses bound for the University of Tsukuba Campus can be found on Bus Stop No. 6 at the Tsukuba Center Bus Station:
1. C10 University loop-line bus service (Tsukuba Daigaku Junkan) (clockwise)
2. C10 University loop-line bus service (counter-clockwise)
3. 10 Tsukuba Daigaku Chuo bus service

How to use the bus:
1. When boarding the bus, please make sure to take the numbered ticket from the machine near the embarkation door. (No ticket at first stop usually.)
2. When getting off at your stop, pay the amount that matches your ticket number. The price will be indicated on the display above the bus driver.
**When You Leave**

**Hotel Check-Out**

Depending on your arrangements with your session organizers or your sponsors, you may have to make payments upon checking out of your hotels.

**BUS to NARITA or HANEDA Airports**

For your return trip, you need to reserve your seat for the bus from Tsukuba to the airport. Visit: [http://kantetsu.co.jp/bus_reserve/](http://kantetsu.co.jp/bus_reserve/)
Check the availability and click for reservation, or you may go in person to reserve seats and buy tickets at the Bus Ticket Office located on the ground floor of the newly-opened BiVi Shopping Center next to the Tsukuba Center Bus Terminal (should be done in advance before your departure date).

**CONTACT**

For more information and queries:

TGSW Secretariat  
University of Tsukuba  
Email: [TGSWsecretariat@un.tsukuba.ac.jp](mailto:TGSWsecretariat@un.tsukuba.ac.jp)

**MEMO**
Local Norms/Guidelines *

**TPO** – an acronym for ‘Time/Place/Occasion’ – underlines the (extra) importance in Japan of behavioral norms and codes, and what is considered ‘appropriate’ for different situations or environments. Each has its own set of context-specific social rules. Although foreigners are often granted some leeway, the following are a few very simple guidelines and local considerations, many of which you may already know. The list is not extensive, nor do all of the points apply only to Japan, but they are significant here and mentioned merely as quick reminders.

**Taking off your shoes** – Please be sure to remove your shoes when called upon. This applies to people’s homes (if you are fortunate enough to receive such an invitation) and some buildings, as well as certain restaurants, sports changing rooms, and store fitting rooms, among others.

**Lining up/queuing** – Japanese people typically form orderly lines and refrain from cutting in ahead of others. Please do the same (e.g., when waiting on the platform for a train, when buying tickets, etc.), even if you encounter the occasional exception to this social rule.

**Trash/rubbish bins** – You will not find many outdoor trash bins, and yet Japan is a very clean country. One of the reasons for this is that people tend to hold onto their garbage until they can dispose of it properly.

**Feet on seats** – It is uncommon (and poor manners) to put one’s feet on chairs, benches, sofas, train seats, etc. If you absolutely must do this, please remove your shoes.

**Using mobile phones and eating on trains/buses** – These are generally frowned upon. You will see people do it, but try to avoid it if possible. Talking loudly on trains/buses is generally frowned upon as well. Have your phones on vibrate/silent mode. And again, you will see (hear) exceptions, especially late at night … but ‘TPO’ grants a small bit of latitude to slightly loud-but-harmless business people going home from (sake-inspired) after-work outings.

**Tipping** – Customer service is usually of a very high standard, but there is no tipping in Japan. This applies to restaurants, bars, taxis … everything. Very simply, do not tip.

**Giving/receiving** – The polite way to give or receive something (e.g., a gift, a business card, etc.) is with two hands. This also applies in social situations when pouring a drink for someone or having a drink poured for you (hold your glass while this is being done) – two hands in both cases if you want to show respect/be polite. To that extent, you can also show your cultural awareness in such situations by making sure to pour for your peers *before* they have to do it for themselves.
Bowing – You will no doubt be the recipient of the occasional polite bow. A simple rule is to bow to the same depth as the bow you receive, but ‘TPO’ and social status/hierarchy play a role as well. For example, with people of high status, you should bow more deeply than usual. In contrast, bows received from shop or service staff (e.g., after making purchases, receiving information, etc.) are often met simply with a slight bow/nod in acknowledgement.

Shyness – You might find that some people are hesitant or shy if you try to speak to them (e.g., if you ask for directions or even pose a simple ‘yes/no’ question). This is often a result of low confidence in their English ability. In such cases, try writing down any question you have (in very simple English) and showing it to the person, since English reading ability is often better than people’s listening comprehension or speaking skills. And if it is still a problem, they may be quite happy to pull up a map or dictionary on their smartphones to help you out.

On a related note, the word “no” is used less readily than in the West in response to requests or special arrangements. Therefore, if you receive a reply along the lines of “it might be difficult” (or something of a similar nature), or if the person shows noticeable hesitation in his/her response, consider interpreting it as “no” so as to prevent any awkwardness or embarrassment.

Crime/safety – Japan is one of the safest countries in the world. Conflict and aggressive behavior are avoided where possible, and a lot of emphasis is placed on harmony, deference, and mutual compromise/acceptance. Accordingly, personal safety should not be of great concern, as it is highly unlikely that you will encounter any kind of aggressive, dangerous, or hostile situation while here. This is especially true if you adopt a similarly accepting and non-confrontational mindset. It is equally unlikely that you will be the victim of theft, and if you find that you are missing something, there is a good chance that you simply left it somewhere. Nevertheless, do make an effort to watch your belongings.

*Source: Geisler, Guido. Information Guide for Participants to the Tsukuba Summer Institute 2015, University of Tsukuba.

Some Useful Japanese Expressions

Hello
How are you?
I don’t understand.
Do you speak English?
How do you say ___ in Japanese?
Excuse me/ Sorry.

How much?
Thank you.
You’re welcome.

Kon-ni-chiwa (as a general greeting)
O-genki desu ka.
Wakarimasen.
Eigo wa dekimasu ka.
___ wa Nihongo de nan to iimasu ka.
Sumimasen (can mean thank you too – very helpful word in almost all kinds of situation).
Ikura desu ka.
Arigato gozaimasu.
Dou itashimashite.