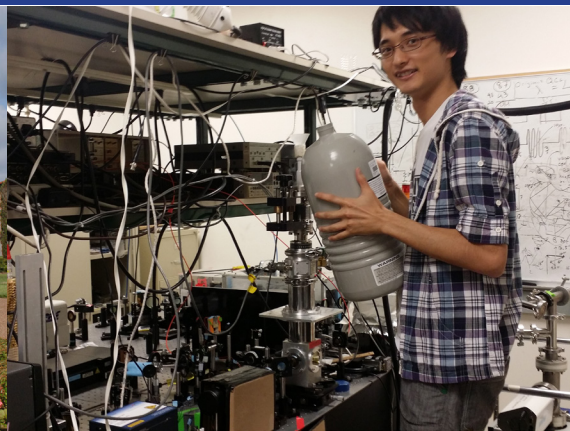
TOMODACHI

2016

TOMODACHI Initiative STEM @ Rice University Program



TOMODACHI Initiative 2016 STEM & Rice University Program
Website: http://tomodachistem.blogs.rice.edu/

TOMODACHI-STEM @ Rice University is a five-week research internship program for 10 Japanese undergraduate students majoring in science & engineering (S&E). Held at Rice University in Houston, TX, the program will enable students to gain real world experience with S&E research, provide an introduction to U.S. higher education and provide opportunities for cultural engagement and collaboration with U.S. students. The program will serve as a catalyst for Japanese students interested in S&E study and research and engagement with the U.S. through international research collaborations.

The objectives of TOMODACHI-STEM @ Rice University are to:

- Cultivate an interest in science and engineering research and research collaborations between the U.S. and Japan;
- Nurture the next generation of science and engineering students in Japan;
- Contribute to the development of a generation of internationally savvy Japanese students who have a specific interest in and knowledge of the U.S.; and
- Educate students in culture, language, and technology, in order that they may be more effective when addressing global scientific problems.

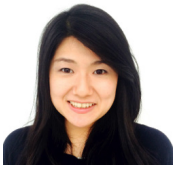
TOMODACHI Initiative
Website: http://usjapantomodachi.org/

The TOMODACHI Initiative is a public-private partnership between the U.S.-Japan Council and the U.S. Embassy in Tokyo. Born out of support for Japan's recovery from the Great East Japan Earthquake, TOMODACHI invests in the next generation of Japanese and American leaders through educational and cultural exchanges as well as leadership programs. We seek to foster a "TOMODACHI Generation" of young American and Japanese leaders who are committed to and engaged in strengthening U.S.-Japan relations, appreciate each other's countries and cultures, and possess the global skills and mindsets needed to contribute to and thrive in a more cooperative, prosperous, and secure world.

4 Program Faculty
5 Rice Campus Map
6 2016 TOMODACHI Participants
8 Important Phone Numbers
9 Program Schedule
30 Rice Campus Map
40 Speaker Bios
41 Living in the U.S.
42 Money in the U.S.
43 Helpful Conversions
44 Living in Houston
45 Shopping Conversions
46 Public Dining at Rice
47 Rice Shuttle Transportation
48 Grocery Shopping Words
53 Hotel Info
54 Rodeo Houston Hotel Shuttle
55 Emergency and Medical Resources
56 Safety in the U.S.
58 Illness or Accident
59 CISI Preferred Urgent Care Clinics
60 CISI Preferred Hospital Emergency Rooms (ER)
61 OISS Health Insurance Tips
62 Sample CISI Card
63 CISI Booklet
67 Medical Vocabulary

Junichiro Kono, Professor, Rice University
Departments of Electrical & Computer Engineering, Physics & Astronomy, and Materials Science & Nano-engineering
TOMODACHI STEM Research Program Director
E-mail Address: kono@rice.edu
Office Location: Brockman Hall, Room 351
Office Phone: [redacted] Mobile Phone: [redacted]

Sarah Phillips, Rice University
Department of Electrical & Computer Engineering
TOMODACHI STEM Education Program Director
E-mail Address: sphillips@rice.edu
Dates in Houston and DC: 2/21 - 2/29/16 and 3/17 - 3/26/2016
Office Mobile: [redacted] Personal Mobile: [redacted]



Keiko Kato, Rice University
PhD Student, Ajayan Lab, Materials Science & Nano-engineering
TOMODACHI Student Assistant
E-mail Address: [redacted]
Personal Mobile: [redacted] LINE: [redacted]

Prof. Sayuri Shimizu, Rice University
Department of History
TOMODACHI STEM Co-Advisor for Washington, DC Week
E-mail Address: [redacted]
Dates in DC: Tuesday, 3/22 - Friday, 3/25/16
Office Location: Humanities Building, Room 308
Office Phone: [redacted]

Dr. Cheryl Matherly, Lehigh University
Vice Provost for International Affairs
TOMODACHI STEM Assessment Coordinator

Rice University Campus Map

8/28/2015

MAP KEY

- Entrance Gates
- Visitor's Entrances
- Bus Stops
- One-way Road

PARKING KEY

- Faculty/Staff Parking
- Resident Student Parking
- Commuter Parking
- Visitor Parking
- Accessible Parking

Parking Lots:

APB Alice Pratt Brown Hall Lot
B Baker College–Housing & Dining Lot
BG Biology–Geology Lot
BRC BioScience Research Collaborative Garage
C Campanile Lot
CG Central Campus Garage
FE Facilities, Engineering and Planning Lot
G Greenbriar Lot
GA Greenbriar Annex
K Keck Lot
L Lovett Lot
L6 Lot Six
M Moody Lot
N North Lot
NA North Annex Lot
NC North Colleges Residents Lot
SC South Colleges Residents Lot
SS South Stadium Lot
W West Lot

Parking Rates:

West of Entrance 18: $1 each 20 minutes, $11 daily maximum
East of Entrance 18 and BioScience Research Collaborative Garage: $1 each 12 minutes, $11 daily maximum
Greenbriar Lot: $1 per entry, per day

Payment Methods:

BioScience Research Collaborative Garage and Central Campus Garage: cash or credit card
Greenbriar Lot, Founder's Court, North and West Lots Visitor Section: credit card

BUILDINGS

Abercrombie Engineering Laboratory 1
Allen Business Center 2
President's Office
Anderson Biological Laboratories, M.D. ... 3
Anderson-Clarke Center 4
Dean of Susanne M. Glasscock School of Continuing Studies
Anderson Hall, M.D. 5
Dean of Architecture
Baker College 6
Baker College Masters House 7
Baker Hall, James A. III 8
Dean of Social Sciences, James A. Baker III Institute for Public Policy
BioScience Research Collaborative 9
Booth Centennial Pavilion, Suzanne Deal.... 10
James Turrell's "Twilight Epiphany" Skyspace
Brochstein Pavilion, Raymond and 11
Susan
Brockman Hall for Physics 12
Brown College, Margarett Root 13
Brown College Masters House 14
Brown Hall, Alice Pratt 15
Dean of Shepherd School of Music
Brown Hall, George R. 16
Dean of Wiess School of Natural Sciences
Brown Hall for Mathematical Sciences, ... 17
Herman
Butcher Hall, Dell 18
Cohen House, Robert and Agnes 19
Cox Fitness Center, John L. 22
Duncan College 23
Duncan College Masters House 24
Duncan Hall, Anne and Charles 25
Dean of George R. Brown School of Engineering
Facilities Engineering and Planning 26
Building
Fondren Library 27
Gibbs Recreation and Wellness Center, ... 28
Barbara and David
Greenbriar Building 29
Greenhouse 30
Hamman Hall 31
Hanszen College 32
Hanszen College Masters House 33
Herring Hall, Robert R. 34
Herzstein Hall 35
Holloway Field 37
Wendel D. Ley Track
Housing and Dining 38
Hudspeth Auditorium 20
Huff House, Peter and Nancy 39
Alumni Affairs, Center for Student Professional Development
Humanities Building 40
Dean of Humanities
Jones College, Mary Gibbs 41
Jones College Masters House 42
Keck Hall 43
Keith-Wiess Geological Laboratories 44
Ley Student Center 45
Lovett College, Edgar Odell 46
Lovett College Masters House 47
Lovett Hall 48
Admission Office, Welcome Center
Martel College 49
Martel College Masters House 50
McMurtry College, Burton and Deedee .. 51
McMurtry College Masters House 52
McNair Hall, Janice and Robert 53
Dean of Jesse H. Jones Graduate School of Business
Mechanical Engineering Building 54
Mechanical Laboratory 55
Media Center 56
Mudd Computer Science Building 57
North Servery 58
Oshman Engineering Design Kitchen 59
Rayzor Hall 60
Reckling Park at Cameron Field 61
Rice Children's Campus 62
Rice Memorial Center 63
University Bookstore
Rice Memorial Chapel 64
Rice Stadium 65
Rice University Police Department 66
Rich Student Health Center, Morton L. . 67
Richardson College, Sid W. 68
Richardson College Masters House 69
Ryon Engineering Laboratory 70
Seibel Servery, Abe and Annie 71
Sewall Hall 72
Rice Art Gallery
South Plant 73
South Servery 74
Space Science and Technology Building .. 75
Tudor Fieldhouse and Youngkin Center .. 76
Autry Court, Fox Gymnasium
West Servery 77
Wiess College 78
Wiess President's House 79
Will Rice College 80
Will Rice College Masters House 81
Wilson House 82
Wiess College Masters

ACADEMIC SCHOOLS

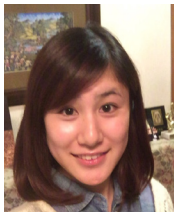
Architecture, School of 5
Business, Jesse H. Jones Graduate School of 53
Continuing Studies, Susanne M. Glasscock School of 21/4
Engineering, George R. Brown School of 25
Humanities, School of 40
Music, The Shepherd School of 15
Natural Sciences, Wiess School of 16
Social Sciences, School of 8

OFF-CAMPUS FACILITIES

Rice Graduate Apartments
Rice Village Apartments

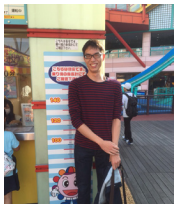
Rice Campus Map / 5

Yoko AMAZAKI, Osaka University
Junior (B3), Chemistry
E-mail: [redacted]
U.S. Cell Phone: Residence Inn Hotel Room: 3521
Host Professor at Rice: Prof. Jun Lou, Materials Science & Engineering
Research Mentor: Linlin Cao
Lab Website: http://n3lab.rice.edu/?



Ruriko HARAGUCHI, University of Tskuba
Junior (B3), Engineering Systems
E-mail: [redacted]
U.S. Cell Phone: Residence Inn Hotel Room: 3521
Host Professor at Rice: Prof. Yildiz Bayazitoglu, Mechanical Engineering
Research Mentor/s: Murat Aksoy
Lab Website: http://www.ruf.rice.edu/~bayaz/Research/index.html

Mikiko IWAGO, Tokyo University of Science
Senior (B4), Mechanical Engineering
E-mail: [redacted]
U.S. Cell Phone: Residence Inn Hotel Room: 1920
Host Professor at Rice: Prof. Tayfun Tezduyar, Mechanical Engineering
Lab Website: http://www.tafsm.org/~tezduyar/

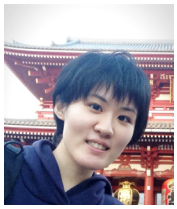


Kota KATSUMI, University of Tokyo
Senior (B4), Physics
E-mail: [redacted]
U.S. Cell Phone: Residence Inn Hotel Room: 3621
Host Professor at Rice: Prof. Junichiro Kono, Electrical & Computer Engineering
Research Mentor/s: Dr. Tim Noe and Fumiya Katsutani
Lab Website: http://kono.rice.edu/

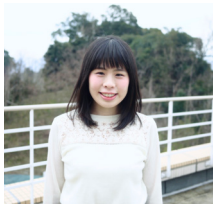
Ryota KATSUMI, University of Tokyo
Senior (B4), Physics
E-mail: [redacted]
U.S. Cell Phone: Residence Inn Hotel Room: 2121
Host Professor at Rice: Prof. P.M. Ajayan & Dr. Robert Vajtai, Materials Science & Nano-engineering
Research Mentor/s: Kaushik Chandra
Lab Website: http://ajayan.rice.edu/

Makiko OGINO, University of Tokyo
Junior (B3), Applied Physics
E-mail: [redacted]
U.S. Cell Phone: Residence Inn Hotel Room: 1920
Host Professor at Rice: Prof. Emilia Morosan, Physics & Astronomy
Research Mentor: Chih-Wei Chen
Lab Website: http://www.morosan.rice.edu/

Kosuke OKADA, Osaka University
Senior (B4): Electronic Engineering
E-mail: [redacted]
U.S. Cell Phone: Residence Inn Hotel Room: 3621
Host Professor at Rice: Prof. Junichiro Kono, Electrical & Computer Engineering
Research Mentor/s: Ahmed Zubair and Weilu Gao
Lab Website: http://kono.rice.edu/



Megumi SAKAMOTO, Sophia University,Tokyo
Junior (B3), Engineering and applied sciences
E-mail: [redacted]
U.S. Cell Phone: Residence Inn Hotel Room: 2221
Host Professor at Rice: Prof. Rick Barrera, Mechanical Engineering/Materials Science & Nano-Engineering
Resaerch Mentor/s: Dr. Liehui Ge
Lab Website: http://msne.rice.edu/Content.aspx?id=105



Yoko TOMO, Kyushu University
Senior (B4), Aerospace Engineering
E-mail: [redacted]
U.S. Cell Phone: (713) 858-9564 Residence Inn Hotel Room: 2221
Host Professor at Rice: Prof. P.M. Ajayan & Dr. Robert Vajtai, Materials Science & Nano-engineering
Research Mentor/s: Peter Owuor
Lab Website: http://ajayan.rice.edu/

Shuhei YOSHIDA, University of Tokyo
Senior (B4), Mechanical Engineering
E-mail: [redacted]
U.S. Cell Phone: Residence Inn Hotel Room: 2121
Host Professor at Rice: Prof. Bruce Weismam, Chemistry
Research Mentor/s: Dr. Sergei Bachilo and Mr Patrick Sun
Lab Website: http://chemistry.rice.edu/FacultyDetail.aspx?RiceID=597

8 / Important Phone Numbers

CALLING FROM YOUR U.S. CELL TO A JAPANESE CELL PHONE
The caller will need to dial 011 followed by the Japanese Country Code (81) and then your phone number. They should drop the 0.

CALLING FROM YOUR JAPANESE CELL PHONE TO A U.S. NUMBER U.S.
When placing an international call using your Japanese cell phone dial the international code for the U.S. (0101) then the area code followed by the number.

CALLING A U.S. CELL PHONE FROM YOUR U.S. CELL PHONE
+1 is the country code for the U.S. but if you are a calling a U.S. cell phone you don't need to use this. Just dial the area code and 7-digit number. For example, if you are calling Sara's work cell phone from your U.S. cell phone just enter 832-420-2751

SKYPE & WIFI CALLS
The most economical way to call home to Japan is to use Skype or making a call via the wi-fi on your Japanese cell phone. Be sure you turn your Japanese cell phone's data/roaming off and only use your Japanese cell phone when on a wi-fi network. Depending on your phone plan in Japan, you could end up with a very large bill if you regularly use your phone or data roaming feature.

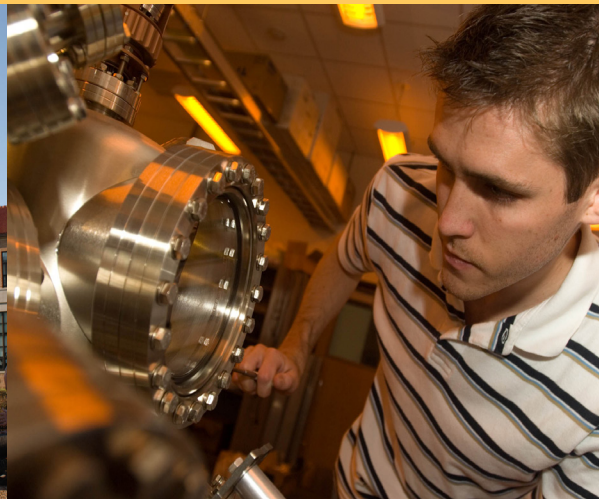
EMERGENCY NUMBERS IN THE U.S.: CALL SARAH OR KEIKO KATO IF YOU ARE ILL!
ER on Rice University Campus: Call RUPD at (713) 348-6000
ER Off-Campus (Police, Fire or Ambulance): Call 911 from your U.S. phone Residence Inn Hotel: (713) 660-7993
Japanese Consulate in Houston: +1 (713) 652-2977

Hampton Inn & Suites Navy Yard Hotel in DC: +1 (202) 800-1000
Japanese Embassy in DC: +1 202-238-6700

CISI Health Insurance: For 24/7 Emergency Assistance in the U.S. call (609) – 986-1234 or email medservices@assistamerica.com.

2016 Program Schedule

9



GATEWAY TOURIST
PO BOX 642027
LOS ANGELES CA 90064-9998
TEL 213-413-3200
INFO@GATEWAYLAX.COM

MAILING ADDRESS
MS SARAH PHILLIPS
DEPT ELECTRIC COMPU ENGINRING
MS 378 PO BOX 1892
RICE UNIVERSITY
HOUSTON TX 77251-1892

CONTACT INFO:
1. 832-420-2751-CELLULAR
2. 713-348-6362-BUSINESS PHONE

TRAVELER(S) NAME
AMAZAKI/YOKO
HARAGUCHI/RURIKO
IWAGO/MIKIKO
KATSUMI/KOTA
KATSUMI/RYOTA
OGINO/MAKIKO
OKADA/KOSUKE
SAKAMOTO/MEGUMI
TOMO/YOKO
YOSHIDA/SHUHEI

TRIP LOCATOR: N8V8RX
PAYMENT METHOD: Credit Card
TICKET STATUS: E-Ticket is issued.
Photo ID must be presented at check-in.
Passenger's credit card will be required for self check-in.

Flight number and time are changed by airline often without notice, please check them before your travel date.

DEPART	ARRIVAL	FLIGHT NBR/CLASS
Narita Airport, Tokyo Narita, Japan Sun 21 FEB 5:00 PM DEPART TERMINAL: 1	George Bush Intercontinental Airport, Houston Geo Sun 21 FEB 1:45 PM ARRIVE TERMINAL: E	United Airlines 6 Class: L AIRCRAFT: BOEING 777 MILES: 6658 FLIGHT TIME: 11h45m NON STOP **STATUS: Confirmed** **AIRLINE CONFIRMATION: ENBZ4Q.** **SEAT NUMBER: AZAK Requested RAGU Requested KIKO Requested TSUM Requested TSUM Requested INO/ Requested ADA/ Requested KAMO Requested MO/Y Requested SHID Requested .** Dinner
George Bush Intercontinental Airport, Houston Geo Sat 19 MAR 11:50 AM DEPART TERMINAL: C	Washington Dulles International Airport, Washingto Sat 19 MAR 3:44 PM ARRIVE TERMINAL:	United Airlines 373 Class: W AIRCRAFT: BOEING 767 MILES: 1203 FLIGHT TIME: 2h54m NON STOP **STATUS: Confirmed** **AIRLINE CONFIRMATION: ENBZ4Q.** **SEAT NUMBER: AZAK Requested RAGU Requested KIKO Requested TSUM Requested TSUM Requested INO/ Requested ADA/ Requested KAMO Requested MO/Y Requested SHID Requested .** Lunch
Washington Dulles International Airport, Washingto Sat 26 MAR 12:35 PM DEPART TERMINAL:	Narita Airport, Tokyo Narita, Japan Sun 27 MAR 3:30 PM ARRIVE TERMINAL: 1	United Airlines 803 Class: L AIRCRAFT: BOEING 777 MILES: 6762 FLIGHT TIME: 13h55m NON STOP **STATUS: Confirmed** **AIRLINE CONFIRMATION: ENBZ4Q.** **SEAT NUMBER: AZAK Requested RAGU Requested KIKO Requested TSUM Requested TSUM Requested INO/ Requested ADA/ Requested KAMO Requested MO/Y Requested SHID Requested .** Lunch

2016 TOMODACHI STEM @ Rice University Program

2016 TOMODACHI STEM @ Rice University

Rice University Contacts

Sarah Phillips **Education Program Director** Email: sphillips@rice.edu Work Mobile: [redacted] Personal Mobile: [redacted]	**Prof. Junichiro Kono** **Research Director** Email: kono@rice.edu Office: [redacted] Mobile: [redacted]	**Keiko Kato** **Student Assistant** Email: [redacted] Cell Phone: [redacted] Line: [redacted]

Important Phone Numbers & Addresses in Houston

Your U.S. Cell Phone Number		
Your Host Professor's Phone Number & Office Location		
Your Research Mentor/s Name, Phone Number & Office Location		
Emergency On-Campus at Rice University	**Call Rice University Police Department at +1 (713) 348-6000.**	
Emergency Off-Campus	**911 - for Police, Fire and Ambulance**	
Residence Inn Hotel in Houston Medical Center	**Hotel Address:** 7710 South Main Street Houston, Texas 77030	
	Hotel Front Desk Phone: (713) 660-7993	
	Hotel Shuttle: The hotel shuttle departs the lobby approximately every half-hour. You must know the name/address of the location you are going to. For pick-up, you will need to call the hotel front desk to request a pick-up and provide them with the name and address of your pick-up location. The last pick-up is 9:30 PM (Mon – Fri.) and 7:00 PM (Sat. & Sun.) The front desk may ask for your U.S. cell phone number when you call for shuttle pick-up so the driver can call you if he/she has difficulty finding you.	
Rice University	**Address:** 6100 Main St., Houston, TX 77005	
	Campus Map: Carry a printed map with you at all times. Download at http://www.rice.edu/maps/maps.html	
	Drop-Off/Pick-up Location at Rice: The hotel shuttle will drop-off/pick-up outside of Brockman Hall (Bldg. 12 on map). This is Entrance 21 on the Rice University Campus map off of Rice Blvd. The driver should pull into campus and at the stop sign pull into the U-shaped drive.	
CISI Health Insurance	**Group Sponsor:** Rice University	**Team Assist ID #:** 01-AA-CIS-01133
	Policy Number: 11STV8510920-VI	**Participant ID:** See your CISI Card
	For 24/7 Emergency Assistance in the U.S. call (609) – 986-1234 or email medservices@assistamerica.com.	
	U.S. Provider Search: See http://www.providerlookuponline.com/coventry/po7/Search.aspx	

2016 TOMODACHI STEM @ Rice University Program

Sunday, February 21, 2016	
By 3:00 PM	**Check-in at United Ticket Counter at Tokyo Narita Airport**
	For international flights you must check-in at least two hours prior to departure. Be sure that you hand-carry your passport, immigration documents, and health insurance card. You should print off a copy of this schedule and carry it with you to refer to this to fill out the immigration forms you will be given during the flight.
	United Website: https://www.united.com/ual/en/us/
	Please login to the United website at least 24 hours in advance of your flight to make sure there have been no changes to the departure time.
	Mileage Program - Star Alliance
	United is a member of the Star Alliance so you can earn airline miles for your travel if you belong to one of the participating programs. In Japan their partner is ANA or you can opt to sign up for the United Mileage Plus Program online. When you check-in for your flight, give the ticket agent your airline mileage membership number so it can be added to your reservation.
	Check Baggage Limits: https://www.united.com/web/en-US/content/travel/baggage/default.aspx
	Confirm United's checked and carry-on baggage limits. Remember, you will fly internationally between the U.S. and Japan but you will also have one domestic flight from Houston to Washington, DC that would incur a checked bag fee.
5:00 PM	**United Flight #6 Departs Tokyo Narita.**
	You will gain one day as you cross the international date line traveling towards the U.S. this means you will arrive in Houston on Sunday, February 21 earlier than you left Japan.
1:45 PM	**International Flight Arrives in Houston**
	Before You Get Off the Plane: You will be given visa and customs forms to complete on the airplane before landing. You will need a black or blue ink pen to complete the immigration forms. Some information you may need to complete the forms: • Address in the U.S.: Residence Inn Hotel, 7710 South Main Street Houston, TX 77030 • Phone in the U.S.: For now, list the hotel phone number which is (713) 660-7993 • Emergency Contact in the U.S.: Sarah Phillips, [redacted] • Purpose in the U.S.: Short-term Study Program at Rice University. • Date of Arrival in the U.S.: 2/21/2016 on United #6 • Date of Departure from the U.S.: 3/26/2016 on United #803
	Buddy System: Please stay with one other TOMODACHI student during the immigration and customs process. You may be directed to different immigration lines but wait for your friend/buddy before proceeding to the next step.
	Clearing Immigration: When you get to the immigration officer present him/her your passport, DS-2019 and the forms you completed on the plane. If asked what your purpose in the U.S., you can say it is for a 'short-term study program at Rice University'. Your date of departure from the U.S. will be March 26, 2016.
	Collect Baggage: After clearing immigration, proceed to the baggage area to collect your suitcases. Wait for all of the other TOMODACHI students to collect their luggage and then proceed as a group through customs.
	Clearing Customs: Walk through the green, 'Nothing to Declare' line and hand the officer the customs form that you filled out on the plane. Stay together as a group if possible.

2016 TOMODACHI STEM @ Rice University Program

Sunday, February 21, 2016 (cont.)		
~ 3:00 or 3:30 PM	**Meet Sarah Outside Arrival Hall** Sarah will be waiting for you outside of the baggage hall. There should be time for you to go to the restroom, exchange money into USD if needed, and purchase a drink or fill up a water bottle if you have your own.	
4:00 PM	**Rice Shuttle Arrives IAH to Pick-up Students** The shuttle will arrive and wait in the Cell Phone lot for Sarah to call and let him know that the students are ready to be picked up. The driver is Gus Alejandro (832-362-1627).	
~ 5:00 PM	**Students Arrive at the Residence Inn & Check-in** TOMODACHI student assistant Keiko Kato will meet us at the hotel.	Hotel Address: 7710 South Main Street Houston, Texas 77030
	Yoko Amazaki & Ruriko Haraguchi: [redacted]	Kota Katsumi & Kosuke Okada: [redacted]
	Makiko Iwago & Mikiko Ogino: [redacted]	Ryota Katsumi & Shuhei Yoshida: [redacted]
	Megumi Sakamoto & Yoko Tomo: [redacted]	
~ 5:30 Pm	**Hand-out Schedule/Guidebooks and Bento Boxes** Before heading to your hotel room, Sarah will distribute the printed schedule, bento dinner boxes, and water or tea. Please try to stay awake until at least 9:00 today to help with jet lag. ***Note: Donna Cole, a U.S.-Japan Council member, of Cole Chemicals, has donated the bento dinner boxes. She will be at Prof. Kono's party on 2/24/2016.***	

The following websites may be helpful for you to review prior to your departure from Japan:

Rice OISS What to Expect at the Airport:
https://oiss.rice.edu/prearrival/#What%20to%20Expect%20at%20the%20Airport

At the airport where you enter the U.S., an immigration officer will inspect your passport, visa, DS-2019 (if applicable), documents from Rice and letters indicating how you will be financed while living in the U.S. Keep these items easily available. Do not pack them away in your luggage. The official should stamp your passport with your entry stamp. The entry stamp is very important because it shows your admission status. Finally, the customs officials will inspect your baggage for illegal materials. There may be dogs sniffing for drugs as well.

U.S. Arrival Procedures for Students:
http://www.cbp.gov/travel/international-visitors/study-exchange/exchange-arrivals

What to expect when arriving in the United States (Video):
https://www.youtube.com/watch?v=pd5wIVuM8E4

2016 TOMODACHI STEM @ Rice University Program

Monday, February 22, 2016		
By 7:00 AM	**Meet Sarah in Hotel Lobby for Included/Free Hot Breakfast** *Served Monday – Friday from 6:30 – 9:30 AM*	
	Due to jet lag, you may wake up quite early on Monday morning. There is free wi-fi in your room and we strongly encourage you to call or email your parents to let them know you have safely arrived if you have not already done so. If you are very hungry, you can walk next door to the Kroger grocery store which is open 24 hours a day.	
~ 7:30 (Group 1) ~ 8:00 (Group 2)	**Hotel Shuttle to Rice University Campus**	
	If there is not enough room on the 7:30 shuttle the group will need to divide into two and about half will go on the shuttle departing at about 8:00. Sarah or Keiko Kato will be waiting outside Brockman Hall for you to arrive and then we will walk to Lovett Hall. Please wear casual attire. Bring your passport, immigration & health insurance paperwork, laptop (if available), notebook/pen, umbrella, hat, water bottle and wear comfortable walking shoes.	
9:00 – 10:00 AM	**Welcome & Orientation to TOMODACHI STEM, Sarah Phillips**	Dean's Study, Lovett Hall, Entrance A, 1st Floor (Bldg. 48 on campus map)
	- Introductions & Ice Breakers - Overview of Schedule	
10:00 – 12:00 PM	**Office of International Students and Scholars Orientation**	
12:00 – 1:00 PM	**Lunch – Pay Individually, Estimated Cost $10 - $15** We will walk to the student center for lunch.	Rice Memorial =Center (Bldg. 63 on campus map)
1:00 – 2:30 PM	**Campus Tour by Rice University Welcome Center**	Welcome Center, Lovett Hall (Bldg. 48 on campus map)
2:30 – 3:30 PM	**Visit Rice Police Department to Get Rice University IDs**	Rice University Police Department
	Our TOMODACHI student assistant, Keiko Kato, will meet with the students at the end of the tour and take them to RUPD. Once done, she will take the students back to wait outside Brockman Hall for the shuttle driver.	
4:00 PM	**Hotel Shuttle Pick-up & Return to Residence Inn** ***Meet outside of Brockman Hall (Bldg. 12 on campus map)***	
5:00 PM	**Purchase Pre-Paid Cell Phones at Target & Grocery Store Tour**	Target and Kroger
	Led by Sarah Phillips & Keiko Kato. Meet in lobby and we will then walk to Target first to purchase your pre-paid cell phones and then go to the Kroger grocery store where you can purchase	
6:00 – 7:30 PM	**Free Evening Reception at Residence Inn Hotel Lobby with Snacks & Beverages (M, T, W only)**	
Evening	**Students - Free – Relax on Your Own** To help with jet lag, try to stay up as late as possible tonight, ideally until at least 10:00 PM. Homework: Set up your pre-paid cell phone and enter in all of the emergency contact phone numbers we have provided to you.	

2016 TOMODACHI STEM @ Rice University Program

Tuesday, February 23, 2016		
Early Morning	**Included Breakfast in Hotel Lobby** *Served Monday – Friday from 6:30 – 9:30 AM*	
~ 7:30 Group 1 ~ 8:00 Group 2	**Hotel Shuttle to Rice University Campus** Attire: You will be meeting your host professor today so perhaps dress up a little bit. Do not wear a suit though, that would be too formal. Bring a notebook/pen, your laptop, your cell phone, and your Rice University ID card.	
9:00 – 10:00 AM	**TOMODACHI STEM Orientation & Introduction Via Skype by Mya Fisher of the U.S.-Japan Council**	Duncan Hall, Room 1049 (Bldg. 25 on campus map)
10:00 – 10:45	**Meeting with Rice University President David Leebron**	Allen Center, President's Suite (Bldg. 2 on campus map)
11:00 – 12:00 PM	**Introduction to Research & Graduate Study in the U.S., Prof. Junichiro Kono**	Brockman Hall, Room 200 (Bldg. 12 on Campus Map)
12:00 – 1:00 PM	**Working Lunch (Pizza): Assessments & Meet & Greet with JP Students & NJ Alumni**	
	• Yoichi Harada, a visiting scholar of Prof.Kono's laboratory from Hokkaido University. Email: [redacted] Phone: [redacted] • Fumiya Katsutani, a PhD student in Electrical & Computer Engineering in Prof. Kono's laboratory. Email: [redacted] • Lisa Chiba, a 2014 NanoJapan: IREU alumnus a senior majoring in Chemical & Biomolecular Engineering (CHBE) at Rice University. Email: [redacted]	
Afternoon	**Student Meetings with Rice University Host Professors** **During your meeting with your host professor and/or graduate student mentor you should discuss the following. Bring a pen and notebook so you can take notes during this meeting.** • What is your research project and is there a working/draft project title? Remind your professor and mentor that you will give a presentation on your project at Rice on Friday, March 18. • Who will you be working with on a day-to-day basis? What is that person's name, phone number, and office location? • What should your normal working hours be each day? • What buildings, labs, or offices will you need access or keys to? (Note: All students have after hours access to Brockman Hall, Abercrombie Lab, and Duncan Hall already) • Are there any regularly scheduled group or sub-group meetings that you should attend and what days/times are these? • Provide your host professor and/or mentor with the list of the days/times that you will need release time from the lab for English classes or program seminars/talks that Sarah gave to you. • Provide your host professor and your mentor with your U.S. cell phone and preferred email address. • Make plans with your professor or mentor for when you should arrive at Rice on Wednesday morning.	

2016 TOMODACHI STEM @ Rice University Program

Tuesday, February 23, 2016 (cont.)		
Afternoon Meeting Times	• **Yoko Amazaki: 2:00 PM -** Meet with Linlin Cao in Mechanical Engineering Building in room 118 (Bldg. 54 on campus map) • **Ruriko Haraguchi:** 1:30 PM: Meet with Prof. Bayazitoglu in Mechanical Engineering Building, Room 235 (Bldg. 54 on campus map). • **Mikiko Iwago: 1:30 PM -** Meet with Prof. Tayfun Tezduyar in Mechanical Engineering Building, Room 236 (Bldg. 54 on campus map) • **Kota Katsumi: 1:00 PM -** Meet with Fumiya Katsutani in Abercrombie A161 for a lab tour and then meet with Dr. Tim Noe at 3:30 PM in A127 (Bldg. 1 on campus map). • **Ryota Katsumi: 3:00 PM -** Meet with Dr. Robert Vajtai at in Mechanical Engineering Building, Room 218 (Bldg. 54 on campus map). • **Maikiko Ogino: 1:30 PM -** Meet with Prof. Morosan at in Brockman Hall, Room 339 (Bldg. 12 on campus map) • **Kosuke Okada: 1:15 PM -** Meet with Ahmed Zubair and Weilou Gao in Brockman Hall, Room, Room364 (Bldg. 12 on campus map). • **Megumi Sakamoto: 1:00 PM -** Meet with Prof. Rick Barrera and Dr. Liehui Ge, Post-Doc, in the Mechanical Engineering Building, Room 237 (Bldg. 54 on campus map). • **Yoko Tomo: 3:00 PM -** Meet with Dr. Robert Vajtai in Mechanical Engineering Building, Room 218 (Bldg. 54 on campus map). • **Shuhei Yoshida: 1:00 PM -** Meet with Prof. Bruce Weisman in Space Science, Room 111 (Bldg. 75 on campus map)	Various Times and Locations on Campus. Refer to campus map for building locations. Prior to or after your meeting you can wait outside of Brockman Hall, at the Rice Student Center or Coffee Shop or explore campus on your own. Rice Memorial (Student) Center is Bldg. 63 on campus map.
3:00 PM	**First Hotel Shuttle Pick up for Students Outside of Brockman Hall (Bldg. 12 on campus map)**	
4:30 PM	**Second Hotel Shuttle Pick up for Students Outside of Brockman Hall (Bldg. 12 on campus map)**	
6:00 – 7:30 PM	**Free Evening Reception at Residence Inn Hotel Lobby with Snacks & Beverages (M, T, W only)**	

2016 TOMODACHI STEM @ Rice University Program

Wednesday, February 24, 2016		
Morning	**Included Breakfast in Hotel Lobby** *Served Monday – Friday from 6:30 – 9:30 AM*	
	Take the Hotel Shuttle on your Own to Rice University The hotel shuttle departs the lobby approximately every half hour. You should leave approximately 1 hour prior to your lab research start time as you will need extra time to find your research lab on the first day. Tell the shuttle driver you are going to Rice University and should be dropped off outside Brockman Hall. Show the driver the Rice Campus map if needed.	
Day	**Work in Research Labs at Rice**	
12:00 – 1:00 PM	**OISS English Class: Grammar & Pronunciation** *Mikiko Iwago, Ryota Katsumi, Megumi Sakamoto*	OiSS,Lovett Hall, Entrance A, 1st Floor (Bldg. 48 on campus map)
4:00 PM	**Hotel Shuttle Pick up for Students Outside of Brockman Hall (Bldg. 12 on campus map)** All 10 students should depart Rice University on the 4:00 PM hotel shuttle. This will give you time to return to the hotel, relax and bit and change (if needed) prior to Prof. Kono's party. If the hotel shuttle is more than 15 minutes late, call the hotel front desk to ask about the status of the van's arrival time.	
5:30 PM	**Hotel Shuttle Departs from Lobby for Prof. Kono's Party** *Dress: Casual attire for party.*	Address: 2303 North Blvd, Houston, TX 77098
8:00 PM	**Shuttle Pick-up at Prof. Kono's and Return to Hotel**	
Thursday, February 25, 2016		
Morning	**Included Breakfast in Hotel Lobby** *Served Monday – Friday from 6:30 – 9:30 AM*	
	Take Hotel Shuttle on your Own to Rice University	
	Work in Research Labs at Rice	
12:00 – 12:40 PM	**OISS English Class: Beginning English Conversation** *Mikiko Iwago, Kota Katsumi, Makiko Ogino, Kosuke Okada, Megumi Sakamoto, Shuhei Yoshida*	OiSS,Lovett Hall, Entrance A, 1st Floor (Bldg. 48 on campus map)
1:00 – 2:30 PM	**Panel Discussion: "Graduate Study in the U.S. – A Japanese Student Perspective"** *Moderated by Keiko Kato*	Brockman Hall, Room 200 (Bldg. 12 on Campus Map
Afternoon	**Work in Research Labs at Rice**	
Between 5:00 – 5:30 PM	**Hotel Shuttle Pick up for Students Outside of Brockman Hall (Bldg. 12 on campus map)** The hotel shuttle should stop between 5:00 – 5:30 PM outside of Brockman Hall. However, if you want to stay at Rice later you can. You would just need to call the hotel shuttle approximately 45 minutes before you want to leave campus and ask them to pick you up outside Brockman Hall at Rice University. Remember, Monday – Friday the latest pick-up time is 9:30 PM and Saturday and Sunday the latest pick-up time is 7:00 PM.	
Evening	**Free – Have Dinner on your Own**	

2016 TOMODACHI STEM @ Rice University Program

Friday, February 26, 2016	
Morning	**Included Breakfast in Hotel Lobby** *Served Monday – Friday from 6:30 – 9:30 AM. Note: Your rooms should be cleaned on Fridays.*
	Take Hotel Shuttle on your Own to Rice University
Day	**Work in Research Labs at Rice**
Btwn. 5 :00 – 5:30 PM	**Hotel Shuttle Pick up for Students Outside of Brockman Hall (Bldg. 12 on campus map)**
Evening	**Free – Have Dinner on your Own**
Saturday, February 27, 2016	
Morning	**Included Breakfast in Hotel Lobby** *Served Saturday - Sunday from 7:00 – 10:00 AM*
Meet at 12:00 PM in Hotel Lobby	**Attend Houston Rodeo BBQ Championship Cook-off** **Website: http://www.rodeohouston.com/Events/WorldsChampionshipBarBQue.aspx** Donna Cole of the U.S-Japan Council and Cole Chemical has generously donated admission ticket, food cards, and carnival ride books for all 10 TOMODACHI students, Sarah, and Keiko Kato. We will go together to the BBQ on Saturday and you will be able to explore on your own and try out many different types of wonderful Texas BBQ. So come hungry and be prepared to have a lot of fun! We will use the special Houston Rodeo Shuttle for transport to the BBQ.
~ 5:00 PM	**Houston Rodeo Hotel Shuttle Back to Hotel** We will meet back at where the shuttle dropped us off at 5:00 PM to return to the hotel. If you would like to stay longer you can, but you will need to call the hotel shuttle to come and pick you up and remember, the latest pick-up is 7:00 PM on the weekends.
Evening	**Free – Have Dinner on your Own**
Sunday, February 28, 2016	
Morning	**Included Breakfast in Hotel Lobby** *Served Saturday - Sunday from 7:00 – 10:00 AM*
Day & Evening	**Free – Enjoy Exploring Houston on your Own!** Make plans to explore Houston on your own, work in you research lab, or meet up with your lab mates or some of the students you met at Rice during the first week. You can ask the hotel shuttle to take you places within the nearby area (confirm address with front desk) but remember the last pick-up on the weekends is 7:00 PM. You can also use Uber or call Yellow Cab for transportation needs.
7:00 – 8:00 PM	**Sarah in Lobby** Today is the last day that Sarah will be at the hotel with you. She will be in the hotel lobby from approximately 7:00 – 8:00 PM if you would like to meet with her before she checks out of the hotel on Monday morning. You can always Sarah her via email or cell phone (work or personal) and can call me 24 hours per day if it is an urgent matter. Prof. Kono will also be available via email or phone/Skype and Keiko Kato will be on campus the entirety of your stay at Rice. **Do not hesitate to contact us for any reason! We want to be able to help you as much as possible.**

2016 TOMODACHI STEM @ Rice University Program

Monday, February 29, 2016		
Morning	**Included Breakfast in Hotel Lobby** *Served Monday – Friday from 6:30 – 9:30 AM*	
	Take Hotel Shuttle on your Own to Rice University	
Day	**Work in Research Labs at Rice**	
1:00 – 2:00 PM OR 2:00 – 3:00 PM	**OISS English Class: Advanced/intermediate English Conversation** *Yoko Amazaki, Yoko Tomo*	Student Center, Meyer Conference Room (Bldg. 45/63 on campus map)
Btwn. 5 :00 – 5:30 PM	**Hotel Shuttle Pick up for Students Outside of Brockman Hall (Bldg. 12 on campus map)**	
6:00 – 7:30 PM	**Free Evening Reception at Residence Inn Hotel Lobby with Snacks & Beverages (M, T, W only)**	
Tuesday, March 1, 2016		
Morning	**Included Breakfast in Hotel Lobby** *Served Monday – Friday from 6:30 – 9:30 AM*	
	Take Hotel Shuttle on your Own to Rice University	
Day	**Work in Research Labs at Rice**	
12:00 – 1:00 PM	**OISS English Class: English Idioms & Slang** *Yoko Amazaki, Ruriko Haraguchi, Kota Katsumi Makiko Ogino, Megumi Sakamoto, Yoko Tomo,*	OiSS,Lovett Hall, Entrance A, 1st Floor (Bldg. 48 on campus map)
Btwn. 5 :00 – 5:30 PM	**Hotel Shuttle Pick up for Students Outside of Brockman Hall (Bldg. 12 on campus map)**	
6:00 – 7:30 PM	**Free Evening Reception at Residence Inn Hotel Lobby with Snacks & Beverages (M, T, W only)**	
Wednesday, March 2, 2016		
Morning	**Included Breakfast in Hotel Lobby** *Served Monday – Friday from 6:30 – 9:30 AM*	
	Take Hotel Shuttle on your Own to Rice University	
Day	**Work in Research Labs at Rice**	
12:00 – 1:00 PM	**OISS English Class: Grammar & Pronunciation** *Mikiko Iwago, Ryota Katsumi, Megumi Sakamoto*	OiSS,Lovett Hall, Entrance A, 1st Floor (Bldg. 48 on campus map)
Btwn. 5 :00 – 5:30 PM	**Hotel Shuttle Pick up for Students Outside of Brockman Hall (Bldg. 12 on campus map)**	
6:00 – 7:30 PM	**Free Evening Reception at Residence Inn Hotel Lobby with Snacks & Beverages (M, T, W only)**	

2016 TOMODACHI STEM @ Rice University Program

Thursday, March 3, 2016		
Morning	**Included Breakfast in Hotel Lobby** *Served Monday – Friday from 6:30 – 9:30 AM*	
	Take Hotel Shuttle on your Own to Rice University	
	Work in Research Labs at Rice	
12:00 – 12:40 PM	**OISS English Class: Beginning English Conversation** *Mikiko Iwago, Kota Katsumi, Makiko Ogino, Kosuke Okada, Megumi Sakamoto, Shuhei Yoshida*	OiSS,Lovett Hall, Entrance A, 1st Floor (Bldg. 48 on campus map)
Afternoon	**Work in Research Labs at Rice**	
Between 5:00 – 5:30 PM	**Hotel Shuttle Pick up for Students Outside of Brockman Hall (Bldg. 12 on campus map)**	
Evening	**Free – Have Dinner on your Own**	
Friday, March 4, 2016		
Morning	**Included Breakfast in Hotel Lobby** *Served Monday – Friday from 6:30 – 9:30 AM*	
	Take Hotel Shuttle on your Own to Rice University	
Day	**Work in Research Labs at Rice**	
3:00 PM	**Guest Lecture: "Presenting on Scientific Research – In English!", Dr. Beata Krup, Rice Center for Engineering Leadership, Communication Support** Website: http://www.rcelconnect.org/communicationssupport/	Duncan Hall, Room 1049 (Bldg. 25 on campus map)
Btwn. 5 :00 – 5:30 PM	**Hotel Shuttle Pick up for Students Outside of Brockman Hall (Bldg. 12 on campus map)**	
Evening	**Free – Have Dinner on your Own**	
Saturday, March 5, 2016		
Morning	**Included Breakfast in Hotel Lobby** *Served Saturday - Sunday from 7:00 – 10:00 AM*	
10:00 AM: Rice Shuttle Departs Residence Inn ~10:30 AM Arrival at NASA 2:00 PM: Rice Shuttle Departs NASA ~ 2:30 PM Arrival at Residence Inn Hotel	**Visit Space Center Houston** **Website: http://spacecenter.org/** **Rice Shuttle Driver: Samara Mendez. Her phone is** [redacted] Meet in the lobby at 10:00 AM for departure via a Rice University Shuttle for Space Center Houston! TOMODACHI will pay for shuttle transportation and your admission tickets. You will be responsible for any snacks/food. It will take approximately 30 – 45 minutes for travel to/from NASA so you should have about 3 hours at NASA. We recommend you get in the line for the Tram Shuttle Tour right away after arriving (no extra charge) and then once the tram ride is over you can explore the other exhibits. In addition to the 10 TOMODACHI students the following individuals will join the trip to NASA. - Mr. Kei Koizumi, Assistant Director, Federal Research and Development, White House Office of Science & Technology Policy. Email: [redacted] - Keiko Kato & her sister who is visiting Houston this week - Dr. Yuji Sakai, Tonouchi Lab, Osaka University Email: [redacted] - 1 – 2 other visiting Japanese students at Rice (TBD)	
Evening	**Free – Have Dinner on your Own**	

2016 TOMODACHI STEM @ Rice University Program

Sunday, March 6, 2016		
Morning	**Included Breakfast in Hotel Lobby** *Served Saturday - Sunday from 7:00 – 10:00 AM*	
Day & Evening	**Free – Enjoy Exploring Houston on your Own!** Make plans to explore Houston on your own, work in you research lab, or meet up with your lab mates or some of the students you met at Rice during the first week. You can ask the hotel shuttle to take you places within the nearby area (confirm address with front desk) but remember the last pick-up on the weekends is 7:00 PM. You can also use Uber or call Yellow Cab for transportation needs.	

Monday, March 7, 2016		
Morning	**Included Breakfast in Hotel Lobby** *Served Monday – Friday from 6:30 – 9:30 AM*	
	Take Hotel Shuttle on your Own to Rice University	
Day	**Work in Research Labs at Rice**	
12:00 – 1:00 PM	**Optional – Rice Int'l Ladies Networking Luncheon** Students may choose to attend this free OISS event. International Ladies Networking Luncheon. SFor more Information see https://oiss.rice.edu/international-ladies/	Student Center, Basement, Graduate Student Lounge (Bldg. 45/63 on campus map)
1:00 – 2:00 PM OR 2:00 – 3:00 PM	**OISS English Class: Advanced/intermediate English Conversation** *Yoko Amazaki, Yoko Tomo*	Student Center, Meyer Conference Room (Bldg. 45/63 on campus map)
Btwn. 5 :00 – 5:30 PM	**Hotel Shuttle Pick up for Students Outside of Brockman Hall (Bldg. 12 on campus map)**	
6:00 – 7:30 PM	**Free Evening Reception at Residence Inn Hotel Lobby with Snacks & Beverages (M, T, W only)**	
Tuesday, March 8, 2016		
Morning	**Included Breakfast in Hotel Lobby** *Served Monday – Friday from 6:30 – 9:30 AM*	
	Take Hotel Shuttle on your Own to Rice University	
Day	**Work in Research Labs at Rice**	
12:00 – 1:00 PM	**OISS English Class: English Idioms & Slang** *Yoko Amazaki, Ruriko Haraguchi, Kota Katsumi Makiko Ogino, Megumi Sakamoto, Yoko Tomo,*	OiSS,Lovett Hall, Entrance A, 1st Floor (Bldg. 48 on campus map)
Btwn. 5 :00 – 5:30 PM	**Hotel Shuttle Pick up for Students Outside of Brockman Hall (Bldg. 12 on campus map)**	
6:00 – 7:30 PM	**Free Evening Reception at Residence Inn Hotel Lobby with Snacks & Beverages (M, T, W only)**	

2016 TOMODACHI STEM @ Rice University Program

Wednesday, March 9, 2016		
Morning	**Included Breakfast in Hotel Lobby** *Served Monday – Friday from 6:30 – 9:30 AM*	
	Take Hotel Shuttle on your Own to Rice University	
Day	**Work in Research Labs at Rice**	
12:00 – 1:00 PM	**OISS English Class: Grammar & Pronunciation** *Mikiko Iwago, Ryota Katsumi, Megumi Sakamoto*	OiSS,Lovett Hall, Entrance A, 1st Floor (Bldg. 48 on campus map)
4:00 – 5:00 PM	**Guest Lecture: "U.S – Japanese Relations", Prof. Sayuri Shimizu, Department of History** Biography: http://history.rice.edu/faculty/sayuri-guthrie-shimizu	Brockman Hall, Room 200 (Bldg. 12 on Campus Map)
~ 5:30 PM	**Hotel Shuttle Pick up for Students Outside of Brockman Hall (Bldg. 12 on campus map)**	
6:00 – 7:30 PM	**Free Evening Reception at Residence Inn Hotel Lobby with Snacks & Beverages (M, T, W only)**	

Thursday, March 10, 2016		
Morning	**Included Breakfast in Hotel Lobby** *Served Monday – Friday from 6:30 – 9:30 AM*	
	Take Hotel Shuttle on your Own to Rice University	
	Work in Research Labs at Rice	
12:00 – 12:40 PM	**OISS English Class: Beginning English Conversation** *Mikiko Iwago, Kota Katsumi, Makiko Ogino, Kosuke Okada, Megumi Sakamoto, Shuhei Yoshida*	OiSS,Lovett Hall, Entrance A, 1st Floor (Bldg. 48 on campus map)
Afternoon	**Work in Research Labs at Rice**	
3:00 PM	**Guest Lecture: "The Role of the Civic Scientist in the U.S. & Introduction to the Baker Institute for Public Policy's Science & Technology Program", Prof. Neal Lane** Biography: http://bakerinstitute.org/experts/neal-f-lane/	Baker Hall, Room 111 (Bldg. 8 on campus map)
~4:20 PM	**Hotel Shuttle Pick-up Outside of Brockman Hall** *Someone will need to call the driver at 3:50 to request group pick-up.*	
~ 5:00 PM: Arrive at Hotel & drop bags in room. Immediately return to the lobby to depart on the Rodeo Hotel Shuttle (see pg. 52) 6:45 PM Rodeo Starts	**Take Metrorail to Houston Reliant Park for Rice Night at the Houston Rodeo!** Website: http://www.rodeohouston.com/ *Attendees: 10 Tomodachi Students, Keiko Kato, Yoichi Harada, Lisa Chiba, Natsumi Komatsu, and 2 other students (TBD)* *Cost: Admission Paid by TOMODACHI, you will pay for food, drinks, and souvenirs* 6:45 PM: Tonight is Rice Night at the Houston Rodeo and TOMODACHI has purchased admission tickets for you in the special Rice University section. President Leebron and Sammy the Owl (our mascot) will be opening the Rodeo tonight so be sure to be in your seats by 6:45 PM for the start of the show! After the show, enjoy the carnival rides and food. *Houston Rodeo Hotel Shuttle:* There is a free Houston Rodeo hotel shuttle that will run until 2:00 AM. This departs right from the Reliant Stadium and you can use it to come back to the hotel at any time tonight.	

2016 TOMODACHI STEM @ Rice University Program

Friday, March 11, 2016	
Morning	**Included Breakfast in Hotel Lobby** *Served Monday – Friday from 6:30 – 9:30 AM*
	Take Hotel Shuttle on your Own to Rice University
Day	**Work in Research Labs at Rice**
Btwn. 5 :00 – 5:30 PM	**Hotel Shuttle Pick up for Students Outside of Brockman Hall (Bldg. 12 on campus map)**
Evening	**Free – Have Dinner on your Own**

Saturday, March 12, 2016	
Morning	**Included Breakfast in Hotel Lobby** *Served Saturday - Sunday from 7:00 – 10:00 AM*
Day & Evening	**Free – Enjoy Exploring Houston on Your Own!** Make plans to explore Houston on your own, work in you research lab, or meet up with your lab mates or some of the students you met at Rice during the first week. You can ask the hotel shuttle to take you places within the nearby area (confirm address with front desk) but remember the last pick-up on the weekends is 7:00 PM. You can also use Uber or call Yellow Cab for transportation needs.

Sunday, March 13, 2016	
Morning	**Included Breakfast in Hotel Lobby** *Served Saturday - Sunday from 7:00 – 10:00 AM*
Day	**Free – Enjoy Exploring Houston on your Own!** Make plans to explore Houston on your own, work in you research lab, or meet up with your lab mates or some of the students you met at Rice during the first week. You can ask the hotel shuttle to take you places within the nearby area (confirm address with front desk) but remember the last pick-up on the weekends is 7:00 PM. You can also use Uber or call Yellow Cab for transportation needs.
5:00 – 8:00 PM	**Party for TOMODACHI Students at Prof. Shimizu's House** **Address: 4404 Mount Vernon Street, Houston, TX 77006** **Shimizu-sensei's Cell Phone: 517-316-5538 or Husband's Cell Phone: 517-316-5539** - 5:00 PM: Rice University Shuttle will depart hotel lobby - Driver: Tuan Nguyen, Cell: [redacted] - 5:30 – 7:30 PM: Party - 7:30 PM: Rice University Shuttle returns to hotel

2016 TOMODACHI STEM @ Rice University Program

Monday, March 14, 2016		
Morning	**Included Breakfast in Hotel Lobby** *Served Monday – Friday from 6:30 – 9:30 AM*	
	Take Hotel Shuttle on your Own to Rice University	
Day	**Work in Research Labs at Rice**	
1:00 – 2:00 PM OR 2:00 – 3:00 PM	**OISS English Class: Advanced/intermediate English Conversation** *Yoko Amazaki, Yoko Tomo*	Student Center, Meyer Conference Room (Bldg. 45/63 on campus map)
Afternoon	**One-on-One Presentation Coaching** One of Dr. Beata's trained presentation coaches from the Communications Support off of RCEL will schedule one-on-one presentation coaching sessions with each TOMODACHI student on either Monday or Tuesday. To prepare for this coaching session, you will need to have a rough draft of the PPT you plan to present on Friday and be prepared to practice your presentation with him. Dr. Beata and her coach will provide you with detailed instructions on how to sign up for your preferred coaching time and the building and room location.	
Btwn. 5 :00 – 5:30 PM	**Hotel Shuttle Pick up for Students Outside of Brockman Hall (Bldg. 12 on campus map)**	
6:00 – 7:30 PM	**Free Evening Reception at Residence Inn Hotel Lobby with Snacks & Beverages (M, T, W only)**	
Tuesday, March 15, 2016		
Morning	**Included Breakfast in Hotel Lobby** *Served Monday – Friday from 6:30 – 9:30 AM*	
	Take Hotel Shuttle on your Own to Rice University	
Day	**Work in Research Labs at Rice**	
12:00 – 1:00 PM	**Optional – Japanese Language Table hosted by Prof. Naoko Ozaki, Japanese Language Professor at Rice University** If you plan to attend, you must purchase a meal voucher for $8 from Ozaki-sensei and should email her at least 3 days in advance to let her know you will be attending. She will then purchase a meal voucher on your behalf and you can pay her back on that day. Her email address is [redacted]	Lovett College, Private Dining Room (Bldg. 46 on campus map)
12:00 – 1:00 PM	**OISS English Class: English Idioms & Slang** *Yoko Amazaki, Ruriko Haraguchi, Kota Katsumi Makiko Ogino, Megumi Sakamoto, Yoko Tomo,*	OiSS,Lovett Hall, Entrance A, 1st Floor (Bldg. 48 on campus map)
Afternoon	**One-on One Presentation Coaching** (see above)	
Btwn. 5 :00 – 5:30 PM	**Hotel Shuttle Pick up for Students Outside of Brockman Hall (Bldg. 12 on campus map)**	
6:00 – 7:30 PM	**Free Evening Reception at Residence Inn Hotel Lobby with Snacks & Beverages (M, T, W only)**	

2016 TOMODACHI STEM @ Rice University Program

Wednesday, March 16, 2016		
Morning	**Included Breakfast in Hotel Lobby** *Served Monday – Friday from 6:30 – 9:30 AM*	
	Take Hotel Shuttle on your Own to Rice University	
Day	**Work in Research Labs at Rice**	
12:00 – 1:00 PM	**Optional – Rice Conversations Entrepreneurial Club** **Facebook Page: https://www.facebook.com/riceconversations/** Are you interested in entrepreneurship? If so, 'Like' this Facebook page so you can get regular updates about special guest speakers and other related events at Rice. Rice Conversations is scheduled to have a lunchtime guest speaker on Wednesday, March 16 and TOMODACHI students are invited to attend. They will post details about these events on their Facebook page so be sure to watch their page for postings.	Location TBA
12:00 – 1:00 PM	**OISS English Class: Grammar & Pronunciation** *Mikiko Iwago, Ryota Katsumi, Megumi Sakamoto*	OiSS,Lovett Hall, Entrance A, 1st Floor (Bldg. 48 on campus map)
Btwn. 5:00 - 5:30 PM	**Hotel Shuttle Pick up for Students Outside of Brockman Hall (Bldg. 12 on campus map)**	
6:00 – 7:30 PM	**Free Evening Reception at Residence Inn Hotel Lobby with Snacks & Beverages (M, T, W only)**	
Thursday, March 17, 2016		
Morning	**Included Breakfast in Hotel Lobby** *Served Monday – Friday from 6:30 – 9:30 AM*	
	Take Hotel Shuttle on your Own to Rice University	
	Work in Research Labs at Rice	
	Sarah Phillips Arrives in Houston & Will Stay at Residence Inn Hotel on Thursday & Friday Night	
12:00 – 12:40 PM	**OISS English Class: Beginning English Conversation** *Mikiko Iwago, Kota Katsumi, Makiko Ogino, Kosuke Okada, Megumi Sakamoto, Shuhei Yoshida*	OiSS,Lovett Hall, Entrance A, 1st Floor (Bldg. 48 on campus map)
2:00 – 3:00 PM	**Optional – OISS Undergraduate Coffee & Conversation** This special event by OISS is to allow opportunities for international undergraduate students and visitors at Rice to meet and discuss various aspects related to life in the U.S. and at Rice. Free coffee and snacks are typically served.	Student Center, Miner Lounge (Bldg. 45/63 on campus map)
Afternoon	**Work in Research Labs at Rice**	
Btwn. 5:00 - 5:30 PM	**Hotel Shuttle Pick up for Students Outside of Brockman Hall (Bldg. 12 on campus map)**	

2016 TOMODACHI STEM @ Rice University Program

Friday, March 18, 2016 – Final Day at Rice!		
Morning	**Included Breakfast in Hotel Lobby** *Served Monday – Friday from 6:30 – 9:30 AM*	
	Take Hotel Shuttle on your Own to Rice University	
Morning	**Work in Research Labs at Rice/Finalize Presentations**	
3:00 – 5:00 PM	**TOMODACHI STEM Research Symposium at Rice** *Attire: Business Attire (Suit)* Each TOMODACHI student will give a brief 7 minute PPT presentation on their research experience at Rice University followed by 3 minutes for questions. This presentation will focus on your research topic and understanding of the type of research conducted in your host lab at Rice in general (3 slides) and your experience at Rice/living in the U.S. (1-2slides). The Rice University community will be invited along with local members of the Japanese community in Houston.	Duncan Hall, Room 1064
Evening	**Free – Final Night in Houston** Be sure that you finish packing and cleaning up your room tonight so you are ready to check-out tomorrow morning!	

2016 TOMODACHI STEM @ Rice University Final Week in Washington, DC

Rice University Contacts

Sarah Phillips **Education Program Director** Email: sphillips@rice.edu Personal Mobile: [redacted]	**Prof. Sayuri Shimizu** Professor & Dunlevie Family Chair, Department of History, Rice University Email: [redacted] Cell Phone: [redacted] Dates: Arrives 3/22 and departs 3/25

Important Phone Numbers & Addresses in Houston

Emergency	**911 - Police, Fire and Ambulance**	
Hampton Inn & Suites Navy Yard	**Hotel Address:** 1265 1st Street Se Washington DC 20003	
	Hotel Website: https://www.united.com/web/en-US/content/travel/baggage/default.aspx	
	Closest Metro: Navy Yard Metro Station	
CISI Health Insurance	**Group Sponsor:** Rice University	**Team Assist ID #:** 01-AA-CIS-01133
	Policy Number: 11STV8510920-VI	**Participant ID:** See your CISI Card
	For 24/7 Emergency Assistance in the U.S. call (609) – 986-1234 or email medservices@assistamerica.com.	
	U.S. Provider Search: Go to http://www.culturalinsurance.com/ and under the 'Services' menu select U.S Provider Search.	
Nearest Urgent Care Clinic to Hotel in DC	**Medstar Prompt Care Capital Hill:** 228 7th St SE, Washington, DC 20003-4306. Phone: 202-698-0795	

2016 TOMODACHI STEM @ Rice University Program

Saturday, March 19, 2016 - Depart for Washington, DC	
Morning	**Included Breakfast in Hotel Lobby** *Served Saturday - Sunday from 7:00 AM*
By 8:55 AM	**Meet Keiko Kato in Lobby with Luggage**
9:00 AM	**Rice University Shuttle Departs Residence Inn for Bush Intercontinental Airport (IAH)** *Driver: Samara Mendez* [redacted]
~ 9:45 AM	**Arrival at Bush Intercontinental Airport (IAH) Terminal C & Check in at United Ticket Counter** **United Baggage Information: https://www.united.com/web/en-US/content/travel/baggage/default.aspx** Upon arrival at Terminal C look for Sarah. We will check-in at the Group Ticket Counter. You may be charged $25 for your first checked back, but you may not be as the online United Baggage Fee calculator considers this just one leg/part of your overall international itinerary. After check-in proceed through security and you should have time to purchase gifts or lunch/food for the plane. Remember, there is no free meal service on U.S. domestic flights.
11:50 AM	**United Flight #373 Departs IAH**
3:35 PM	**Flight Arrives at Dulles (IAD) in Washington, DC** After getting off the plane, we will walk together to collect our baggage.
~ 4:30 PM	**Super Shuttle To Hotel** *Confirmation* [redacted] *Phone: 1-800-Blue Van*
Early Evening	**Check-in to Hampton Inn & Suites Navy Yard Hotel, 1265 1st Street Se Washington DC 20003** **Website:** http://hamptoninn3.hilton.com/en/hotels/district-of-columbia/hampton-inn-and-suites-washington-dc-navy-yard-WASNYHX/index.html This hotel is a two block walk to the Navy Yard Metro Station. Students will have double occupancy rooms (two beds per room). Free daily breakfast included.

Sunday, March 20, 2016	
Morning	**Included Breakfast at hotel**
Day & Evening	**Sight-Seeing Day in Washington, DC** More details on recommendation sights or itineraries will be provided at a later day. Students will pay individually for all DC Metro, any admission tickets, food & drinks, and souvenirs. - DC Metro Website: http://www.wmata.com/ - Official Tourism Site – Washington, DC: http://washington.org/ - 25 Free Things to Do in Washington, DC: http://dc.about.com/od/artsandentertainment/tp/25-Free-Things-To-Do-In-Washington-DC.htm

2016 TOMODACHI STEM @ Rice University Program

Monday, March 21, 2016		
Morning	**Included Breakfast at hotel**	
By 8:00 AM	**Meet in Hotel Lobby** Business Casual Attire. Please wear/bring TOMODACHI button.	
10:00 – 12:00 PM	**Visit to Japan Society for the Promotion of Science (JSPS) Office** *Website:* http://jspsusa.org/wp/ *Contact:* Takeshi Enami, Phone: [redacted] Introduction to JSPS and their work in the U.S. and various programs/opportunities available to Japanese science & engineering students and researchers.	*Location:* 2001 L Street, NW, Suite 1050, Washington DC (10th floor) *Metro Instructions:* From Navy Yard metro station take the Green Line to L'Enfant Plaza and transfer to the Oarange Line to Farragut West. You will take 10-15 minutes from station to our office by walk.
Lunch	**Recommendation from JSPS: Sichuan Pavilion** *Location:* 1814 K St NW, Washington, DC 20006 JSPS has made a reservation for us at this restaurant at 12:15 PM. You will each pay individually for your lunch. This restaurant is also near GWU so it is convenient for our afternoon meeting.	
2:00 PM	**Visit to George Washington University's Center for International Science & Technology Policy** *Host:* Prof. Nicholas S. Vonortas, Director, Center for International Science and Technology Policy and Professor of Economics & International Affairs *Website:* **http://cistp.elliott.gwu.edu/** The Center for International Science and Technology Policy (CISTP) is a world leader in international public policy research and education in science, technology, and innovation. It hosts visiting scholars from around the world and offers an International Science and Technology Policy M.A. program.	*Location:* Elliott School of International Affairs, 1957 E Street, N.W., Suite 403, Washington, DC 20052. *Phone:* [redacted] *Closest Metro:* Farragut West and walk straight down 19th street to campus
Evening	**Free - Dinner on Your Own**	

2016 TOMODACHI STEM @ Rice University Program

Tuesday, March 22, 2016	
Morning	**Included Breakfast at hotel**
By 9:15 AM	**Meet in Lobby to Travel to White House** We must arrive at the Visitor Center entrance by 10:15 AM for our tour. Don't forget your passport and you **cannot** bring any bag/purse or camera. You are only allowed to carry a wallet, cell phone, small camera (detachable lenses not allowed) and umbrella (without metal tips). Photos are allowed. There are no storage facilities available at the visitor's center so we will be traveling light today.
10:30 – 12:00 PM	**Group Tour of White House** Kei Koizumi of the White House's Office of Science & Technology Policy has arranged a group tour of the White House for us on Tuesday morning.
Lunch	**Recommendation: Vapiano, 1800 M Street N.W, Washington, DC 20036** This is an Italian restaurant. You'll get a "credit card" at the front register for charging items throughout your meal. Each time you order an item, they'll ask for your card. When you've finished dining, take the card to the front register to check out & pay for your individual meal. Be sure you turn in your "credit card" when you leave or you will be charged $50! Menus and water pitchers are placed throughout the restaurant. You'll seat yourself, get your own place setting, and order drinks and meal courses from staffed counters at your leisure. Bread is served as a free accompaniment with appropriate courses. There are trays under the silverware stations to help carry your order to/from tables.
Afternoon	**Sight-seeing at National Mall & Visit to Tidal Basin to See the Cherry Blossoms** After lunch we will walk back through the National Mall. I recommend that we select 1 museum to explore together as a group and after visiting a museum walk to the Tidal Basin to see the Cherry Blossoms. Some options on the National Mall include: - *Monuments & Memorials*: Lincoln, Jefferson, Martin Luther King Jr., Franklin Delano Roosevelt, Vietnam Veterans Memorial, National WWII Memorial, Korean War Memorial (Free) - *Museums & Art Galleries:* - National Air & Space Museum. Open from 10:00 – 5:30 PM. (Free) - Smithsonian Castle. Open from 10:00 – 5:30 PM (Free) - National Gallery of Art. Open from 10:00 – 5:30 PM (Free) - Other Museums: National Museum of American History, National Museum of Natural History, and National Museum of the American Indian - Tidal Pool Basin Cherry Blossoms: These are scheduled to peak on Wednesday & Thursday so they should already be in bloom on Tuesday afternoon. It is about a 5 minute walk from the Lincoln Memorial, World War II Memorial, or Washington Monument. The closest Metro station is the Smithsonian (Orange, Silver, and Blue lines). L'Enfant Plaza Metro Station is also not far (Yellow or Green line).
Late Night	**Prof. Sayuri Shimizu will arrive in Washington, DC and Check-in to Hampton Inn & Suites Navy Yard Hotel**

2016 TOMODACHI STEM @ Rice University Program

Wednesday, March 23, 2016	
Morning	**Included Breakfast at hotel**
By 8:45 AM	**Meet in Hotel Lobby** Casual Attire. Please wear/bring TOMODACHI button. This will be a long day and we will not return to the hotel before the basketball game. Plan accordingly for any items you want to bring with you.
Day	**Howard University Campus Visit** *Website:* **https://www2.howard.edu/** *Nearest Metro Stop:* Take green line from Navy Yard Metro to Howard-Shaw Metro Station This visit is hosted and organized by Dr. Thomas Searles of the Department of Physics & Astronomy. Dr. Searles received his PhD in Applied Physics from Rice University and was a member of Prof. Junichiro Kono's research group. Our tentative schedule today will include: - 9:30 arrival at HU - 10 - 12 pm: Campus tour and presentation by Howard University Graduate School - 12:00 – 1:30: Provided Lunch (pizza) and round-table discussion with Howard University undergraduate students - 1:30 -2:30: Research Presentation by Howard University Physics department - 2:30-3:00: Tour of Howard Nano Science and Engineering Facility - 3:30-4:30: Physics Department Seminar: A LIGO scientist from LSU will discuss gravitational wave work. - ~ 5:00 PM: Depart Howard University Campus - 5:30 – 7:00 PM: Dinner (somewhere close to the arena, pay individually) - 7:00 PM Wizards Basketball Game with Dr. Searles & some Howard University Students. Tickets & a free t-shirt included.
Evening	**Wizards Professional Basketball Game with Howard Students** **Wizards Basketball: http://www.nba.com/wizards/** Tickets have been purchased by the TOMODACHI STEM @ Rice Program and will include a free t-shirt. You will need to bring money for dinner, snacks, and drinks.

2016 TOMODACHI STEM @ Rice University Program

Thursday, March 24, 2016		
Morning	**Included Breakfast at hotel**	
By 8:15 AM	**Meet in Hotel Lobby** Professional attire. This will be a long day and we will not return to the hotel until after the networking dinner. Plan accordingly for any items you want to bring with you.	
Day & Evening	**Joint Program with TOMODACHI Initiative Women's Leadership Program** The TOMODACHI Initiative Women's Leadership Program organizes this day and we will join with these other visiting students from Japan for a full day of activities. Lunch and dinner are included and have been paid for by the TOMODACHI STEM @ Rice University Program. The planned agenda for the day will include: - 9:00 – 10:00 AM: Policy Proposal Workshop - 10:00 – 11:30 AM: Japanese Women's Career Panel - 11:30 – 1:30: Lunch with U.S. – Japan Council Members - 2:00 – 3:00 PM: STEM Career Panel - 5:30 – 8:0O PM: Networking Dinner	*Location:* Embassy Row Hotel, 2015 Massachusetts Avenue NW, Washington, DC 2003 *Metro Directions:* From the Navy Yard Metro station take the green line to Dupont Circle Metro station. Walk about 1 minute to the hotel.

Friday, March 25, 2016		
Morning	**Included Breakfast at hotel**	
By 9:00 AM	**Meet in Hotel Lobby**	
10:00 – 11:30 AM	**Introduction to the National Science Foundation & U.S. – Japan Research Collaborations** *Host:* Anne Emig, Program Manager, Office of International Science & Engineering (OISE) *Website*: http://www.nsf.gov/ *Room:* International Office Conference Room The Office of International Science & Engineering at the NSF will provide us with an introduction to their office and an overview of how the NSF seeks to foster research ties and collaboration between professors and students in the U.S. and Japan.	*Location:* National Science Foundation Headquarters, 4201 Wilson Boulevard, Arlington, VA 22230 *Metro Directions:* From the Navy Yard Metro station take the green line to L'Enfant Plaza and transfer to the Oarange Line to Ballston-MU Station. Walk about 2 minutes to the NSF building.
Afternoon	**Free – Enjoy Sight-seeing in DC on your Own**	
Evening	**De-Briefing Session at Hotel or Group Dinner (Details to be announced)**	

2016 TOMODACHI STEM @ Rice University Program

Saturday, March 26, 2016	
Early Morning	**Included Breakfast at Hotel**
By 7:30 AM	**Meeting in Hotel Lobby with all Luggage**
7:45 – 8:00 AM	**Super Shuttle Vans Depart for Dulles Airport (IAD)** *Confirmation* [redacted] *Phone: 1-800-Blue Van*
~ 9:00 – 9:30 AM	**Arrival at Dulles Airport (IAD) and Check-in at United Ticket Counter** Sarah will travel with you to the airport. You will need to show your passport upon check-in and should request that the ticket agent enter in any airline mileage number that you would like added to your reservation..
12:15 PM	**United Flight #803 Departs Washington Dulles (IAD) for Tokyo Narita (NRT)** *You will lose one day as you cross the international date line.*
Sunday, March 27, 2016	
3:10 PM (Tokyo)	**International Flight Arrives Tokyo Narita (NRT)**
Late Afternoon	**Students Travel on their Own Home**

Speaker Bios

30

RICE

Rice University's Office of International Students & Scholars (OISS) sponsors... FREE English & Culture Classes!!!

General Sign-up will take place online starting on Thursday, January 14, 2016, at 10:00 a.m.
Instructions will be sent out through OISS-Announce and can also be found at
http://oiss.rice.edu/english-class/
If you have any questions please contact us at 713-348-6095.

Free Classes offered for Spring 2016

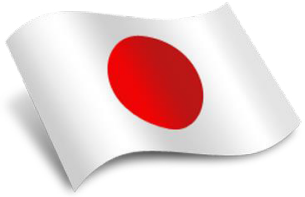
Advanced/Intermediate English Conversation:
Teacher: Catherine Spain
Class: Mondays from 1-2 p.m., or 2-3 p.m. in the Ley Student Center, Meyer Conference Room
Begins: Monday, January 25, 2016
Ends (tentatively): Monday, April 25, 2016

English Idioms & Slang Class
Teacher: Emily Brown
Class: Tuesdays from 12:00 – 1:00 p.m. in OISS
Begins: Tuesday, January 26, 2015
Ends (tentatively): Tuesday, April 26, 2016

Grammar & Pronunciation
Teacher: Lauren Hanson & Chris Sneller
Class: Wednesdays from 12:00 – 1:00 p.m. in OISS
Begins: Wednesday, January 27, 2016
Ends (tentatively): Wednesday, April 27, 2016

Beginning English Conversation:
Teacher: Laura Russell & Rachel Portwood
Class: Thursdays from 12:00 – 12:40 p.m. in OISS
Begins: Thursday, January 28, 2016
Ends (tentatively): Thursday, April 28, 2016

32 / JAPANESE LANGUAGE TABLE



Japanese
にほんごの

Language Table
ランゲージ・テーブル

Little Japan on Rice Campus!

クッキーちゃん

Lovett College

Private Dining Room (PDR)

Noon - 12:50pm

Tuesday, 1/19, 2/2, 2/16, 3/15, 3/29, 4/12

Donna Fujimoto Cole, President and Chief Executive Officer, Cole Chemical & Distributing, Inc. (Houston, Texas)

Donna Fujimoto Cole founded Cole Chemical in 1980 at the age of 27, divorced with a four-year old daughter with $5,000 from savings. In 2014, $85million in chemical sales and chemical supply chain management solutions to a wide range of customers and industries. Customers include: Bayer Material Scientific, BP America, Chevron, ExxonMobil, Lockheed Martin, Procter & Gamble, Shell, Spectra Energy and Toyota. ICIS ranks chemical distributors and Cole Chemical is number 131 globally and has received numerous quality awards from Fortune500 companies and the SBA.

Ms. Cole was inducted into the Hall of Fame in 2009 by Greater Houston Women's Chamber ofCommerce and recognized as a Junior Achievement Laureate. 2010 recognized as a Breakfast of Champions by the Harris County Education Department. 2010 one of Houston's 50 Most Influential Women by Houston Woman Magazine. In 2013 in the Top 10 Minority owned businesses in Houston by the Houston Business Journal. 2013 selected as a Who's Whoof Asian Americans. In 2014 Ms. Cole received The Japanese Ministries of Foreign Affairs recognition for her work bridging US Japan relations.

Ms. Cole was accepted to be on the Board of US Japan Council and the Advisory Board of Women Energy Network. She has served on many national, regional, advisory boards and currently serves on the Center for Asian Pacific American Women Board, Advisory board of University of St Thomas, Rice University's Chao Center for Asian Studies, The Women's Home, and the Houston Minority Supplier Development Council Board and Executive Advisory Board. She also served on President George H. Bush President's Export Council in 1991-93. Ms. Cole attended Pan American University and The Amos Tuck School of Business Minority Business Executive Program and graduated from Manpower Business Training Institute of Technology.

Community service projects includes: Building a Pipeline for the Sciences, The All Earth Ecobot Challenge, Dismantling the Cradle to Prison Pipeline, and Building a Leadership Pipeline for Asian Women. Working withthe National Veterans Network's Congressional Gold Medal, Exhibit Tour through the United States and Smithsonian Exhibit in recognition of the Japanese American soldiers serving in the 100th, 442nd, MIS during WWII. An Asian Pacific American Women's Leadership Institute Fellow in 1996, the Center for Houston's Future class of 2005, A Japanese American Leadership Delegate in 2006, American Jewish Committee's Asian Leadership Delegation to Israel in 2007, and American Leadership Forum Class of XXV.

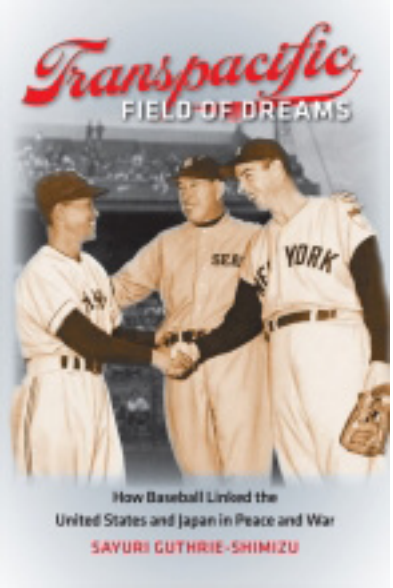
She is a Co-founder of Pantheon of Women, a production company telling stories of strong women in film and television to change the way men treat and perceive women and how young girls see themselves. Through good role models and education women and young girls can empower themselves, lift up their families, help their communities and even change their countries. When not working in her businesses, Ms. Cole enjoys cooking, travel and golf as well as mentoring and building ethical, caring and compassionate leaders for the future and giving back to community.

Sayuri Shimizu, Professor of History and Dunlevie Family Chair in History, Rice University
Ph.D. Cornell University, 1992
M.A. Cornell University, 1988

Areas of Interest:

- US and the World
- History of Modern International Relations
- International Political Economy
- Pacific World
- Global History of Sports

I am a historian of the United States' relations with the wider world, with a particular emphasis on US-East Asian relations since the mid 19th century. My research interests, cutting across historiographical and national boundaries, include the history of U.S.-Japanese relations, comparative colonialism, the transpacific world, sports in international relations, and global governance. My current book project examines the rise and transformation of international ocean resource (particularly fisheries) management regimes in the North Pacific in the first half of the 20th century.



Selected Publications:

- Transpacific Field of Dreams: How Baseball Linked the United States and Japan in Peace and War (Chapel Hill: University of North Carolina Press, 2012)
- Creating People of Plenty: The United States and Japan's Economic Alternatives, 1950-1960 (Kent: The Kent State University Press, 2001)
- Nichibei Kankeishi [The History of Japan-U. S. Relations], with Masuda Hiroshi, et.al (Tokyo: Yuhikaku Press, 2001)

Neal Lane, Senior Fellow in Science and Technology Policy and Malcolm Gillis University Professor, Rice University
Ph.D. Cornell University, 1992
M.A. Cornell University, 1988

Current Project
The Science and Technology Policy Program is focused on the relationships between scientists and the public. Specifically, we are interested in the regulation and funding of scientific research and development, and how science is used in public policy. Programs include the Civic Scientist Initiative, which analyzes the public understanding of science, and the International Stem Cell Policy Initiative. Additional program topics focus on the federal funding of science, environmental policy and science diplomacy.

My Recent Research and Publications
- 10/20/2015 - Protecting science research funding
- 08/10/2015 - John "Jack" Gibbons: 1929–2015
- 02/23/2015 - The changing political climate for U.S. science
- 11/11/2014 - Plight of thousands of postdoctoral researchers in Boston
- 07/17/2014 - Science, Technology and the American Dream
- 05/09/2014 - A Controversial Effort to Curb Science Funding
- 04/29/2014 - A Strategy for American Innovation
- 04/03/2013 - Where Are the Scientist-Advocates and Civic-Scientists?
- 03/08/2013 - Science and Technology: Ensuring America's Science Future
- 10/28/2012 - Science Is the Key to Growth

Biography
Neal F. Lane, Ph.D., is the senior fellow in science and technology policy at the Baker Institute. He is also the Malcolm Gillis University Professor at Rice University and professor in the Department of Physics and Astronomy.

Previously, Lane served in the federal government as assistant to the president for science and technology and director of the White House Office of Science and Technology Policy (OSTP) from August 1998 to January 2001, and he served as director of the National Science Foundation (NSF) and member (ex officio) of the National Science Board from October 1993 to August 1998. Before his post with NSF, Lane was provost and professor of physics at Rice, a position he had held since 1986.

He first came to the university in 1966, when he joined the Department of Physics as an assistant professor. In 1972, he became professor of physics and space physics and astronomy. He left Rice from mid-1984 to 1986 to serve as chancellor of the University of Colorado at Colorado Springs. Additionally, from 1979 to 1980, while on leave from Rice, he worked at the NSF as director of the Division of Physics.

Lane has received the National Academy of Sciences Public Welfare Medal, the American Institute of Physics K.T. Compton Medal, the Association of Rice Alumni Gold Medal and the Distinguished Friend of Science Award from the Southeastern Universities Research Association. In 2013, the National Science Board presented Lane with the Vannevar Bush Award, which recognizes exceptional, lifelong leaders who have made substantial contributions to the nation through public service activities in science, technology and policy. He is a fellow of the American Academy of Arts and Sciences and other honorary and professional associations. Lane received his Ph.D., M.S. and B.S. in physics from the University of Oklahoma.

Kei Koizumi, Assistant Director for Federal Research and Development, White House Office of Science & Technology Policy

Kei Koizumi is Assistant Director for Federal Research and Development at the White House Office of Science and Technology Policy (OSTP). He is responsible for leading OSTP engagement on the U.S. Federal R&D budgets, appropriations, and policies.

Before joining OSTP, he served as the Director of the R&D Budget and Policy Program at the American Association for the Advancement of Science (AAAS).

He received his M.A. from the Center for International Science, Technology, and Public Policy program at the George Washington University, and received his B.A. in Political Science and Economics from Boston University. He is from Columbus, Ohio. He is a Fellow of the American Association for the Advancement of Science.

THE GEORGE WASHINGTON UNIVERSITY
WASHINGTON DC

CENTER FOR INTERNATIONAL SCIENCE AND TECHNOLOGY POLICY & DEPARTMENT OF ECONOMICS

Nicholas S. Vonortas

Nick Vonortas is *Professor of Economics and International Affairs* at The George Washington University in Washington D.C. He is a faculty member of the Department of Economics, of the Center for International Science and Technology Policy, and of the Trachtenberg School of Public Policy and Public Administration. He has served for several years as the *director* of both the CISTP and of the graduate program in International Science and Technology Policy. He is now the director of Ph.D. Candidacy (Unit II) of the Department of Economics.

Professor Vonortas currently holds a *'São Paulo Excellence Chair' in Technology and Innovation Policy* at the Universidade Estadual de Campinas (UNICAMP), State of São Paulo, Brazil (2014-2019). He is a *leading research fellow* at the Institute for Statistical Studies and Economics of Knowledge, National Research University Higher School of Economics (HSE), Moscow, Russian Federation (2015-2016). He also serves as a member of the *Innovation Policy Forum* of the US National Academies of Science.

Professor Vonortas' teaching and research interests are in industrial organization, in the economics of technological change, and in technology and innovation policy and strategy. He specializes on strategic partnerships/innovation networks, investment under uncertainty, technology transfer, knowledge-intensive entrepreneurship, high-risk financing, and R&D program evaluation. He has published widely on these issues.

Professor Vonortas has held visiting appointments at several universities including the University of Lund (Sweden), Fundação Getulio Vargas (FGV) (Brazil), the University of Maastricht (Netherlands), Luigi Bocconi University (Italy), and the Athens University of Economics and Business and the National Technical University of Athens (Greece). He has served as a consultant to many government agencies in the United States, the European Union and member countries, the Republic of Korea, Japan, and Mexico and to several international organizations such as the World Bank and the United Nations on issues related to strategic partnerships, R&D program evaluation, risk investing, science and technology indicators, innovation systems, and industrial competitiveness.

Professor Vonortas is an editor of the peer-reviewed journal *Science and Public Policy*.

Professor Vonortas holds a Ph.D. and M.Phil. in Economics from New York University (USA), a MA in Economic Development from Leicester University (UK), and a BA in Economics from the National and Kapodistrian University of Athens (Greece).

Living in the U.S.

40

Costs Paid by TOMODACHI

- Airfare
- Airport shuttle in Houston & DC
- Hotel lodging (double-occupancy) in Houston & DC
- Supply stipend for your lab
- Seminars & Meetings
- Some cultural activity costs

Costs Paid by You Individually

- Passport, visa & SEVIS fees
- Meals
- Free hot breakfast at hotel & all rooms have full kitchen
- U.S. Cell Phone
- Daily Transportation
- Admission costs for cultural excursions
- Free-sightseeing
- Personal Expenses
- Any Medical Care Costs over and above the amount paid for or reimbursed by your CISI Insurance

Use of Credit Card

The U.S. is a credit/debit card based society. Check to see if you can use your credit card or debit/cash/ATM card in the U.S. and how you can withdraw money from an ATM in the U.S. from your Japaense banking account. Be sure to ask if there are any daily withdrawal limits, how they compute the currency conversion rate, and if you will be charged any fees for withdrawing money in the U.S.

Travelex Cash/Debit Card

http://www.travelex.co.jp/JP/For-Individuals/Products-and-Services/Cash-Passport/Multi-Currency-Cash-Passport/

This is a card you can obtain in Japan prior to departure and put money into in JPY. You can then widraw money from this card in many different currencies including U.S. dollars. You can purchase this online or at a Travelex store in Japan and then add money to it either at the store or online. You can use like a debit/credit card at many locations in the U.S. or withdraw money in USD from an ATM. If you have questions about using this cash card feel free to contact Keiko

How Much Money to Bring?

In terms of money to bring with you consider that you will be in the U.S. for 35 days. If you spend about $15 per day that would come out to ~$525. If you budget to spend about $30 per day that would come out to $1,050. If you budget to spend $50 per day that would come out to $1,500. If you plan to shop or buy many souvenirs I would recommend the high end of this range. If you plan to cook all your meals on your own and not spend much on shopping or sight-seeing (e.g. you only stay in the lab or at the hotel) then maybe the lower end is okay but it would be a very tight budget

U.S. Currency

Paper bills in the U.S. are all the same size and color. The most commonly used are $1, $5, $10, and $20 deonmications. When you withdraw money from an ATM in the U.S. you will almost always receive $20 notes. It is less common for people to use the larger $50, $100 or above notes and if you are only buying a small items (say $5 or so) if you use a $100 bill the store may have to get extra cash to give you change. Again, most people in the U.S. use a debit or credit card for almost all purchases.

Pictured left to right, the most common U.S. coins come in denomications of $0.01 (a penny), $0.05 (a nickel), $0.10 (a dime), $0.25 (a quarter). Coins above this are uncommon and you likely will not receive a $0.50 (50 cent piece), $1 (silver dollar), or $2 dollar coin. If you find one, keep it, it will be a nice souvenir. The coin that will be most helpful to you is the $0.25 (quarter) as you will need quarters to do your laundry at the hotel. When you get a quarter, save it, so you have enough but you can also ask the hotel front desk if they can make change for you from a $1 or $5. In vending machiens in the U.S. you can use quarters, dimes, and nickels but not pennies.

U.S. TIPPING GUIDELINES

BARTENDER
$1 to $5 per round of drinks, depending on the number of drinks

SKYCAP AT AIRPORT
$1 to $3 per bag checked

BELLHOPS
$1 to $5 per bag, depending on the level of the hotel

TAXI
15%–20%, but round up the fare to the next dollar amount

HOTEL CONCIERGE
$5 or more, if he or she performs a service for you

TOUR GUIDE
10% of the cost of the tour

HOTEL DOORMAN
$1–$2 if he helps you get a cab

VALET PARKING ATTENDANT
$1–$2, but only when you get your car

HOTEL MAID
$1–$3 a day (either daily or at the end of your stay, in cash)

WAITER
15%–20%, with 20% being the norm at high-end restaurants

HOTEL ROOM-SERVICE WAITER
$1 to $2 per delivery, even if a service charge has been added

RESTROOM ATTENDANTS
$1 or small change in more expensive restaurants

PORTER AT AIRPORT OR TRAIN STATION
$1 per bag

COAT-CHECK PERSONNEL
$1–$2 per item checked unless there is a fee, then nothing.

Fodor's Travel

Budget Living/Travel Resources

- Rice University Discounts for Students, Faculty & Staff: http://sa.rice.edu/initiatives/hedgehopper.php
- Houston on the Cheap: http://www.houstononthecheap.com/
- Top 25 Free Things to Do in Houston: http://www.southernsavers.com/top-25-free-things-houston-finished/
- 25 Free Things to Do in Washington, DC: http://dc.about.com/od/artsandentertainment/tp/25-Free-Things-To-Do-In-Washington-DC.htm

Residence Inn Hotel Shuttle in Houston

- Front Desk Phone: (713) 660-7993
- The FREE hotel shuttle departs the lobby approximately every half-hour. You must know the name/address of the location you are going to. For pick-up, you will need to call the hotel front desk to request a pick-up and provide them with the name and address of your pick-up location. The last pick-up is 9:30 PM (Mon – Fri.) and 7:00 PM (Sat. & Sun.) The front desk may ask for your U.S. cell phone number when you call for shuttle pick-up so the driver can call you if he/she has difficulty finding you.

Public Transportation in Houston

- We recommend using Google maps to get public transportation information. You enter in the departure and destiantion address and can select an icon for walking, bus/public transport, biking, or driving directions.
- Houston Public Bus: There are multipe bus stops within walking distance of the hotel with many different bus routes. Use Google Maps to determine the best route and which time you should leave and then what bus station you should walk to. However, buses in Houston are often late due to heavy traffic and the have more limited hours in the evenings and on weekends. You can use the bus to get to Rice University, the Galleria Mall, and other areas in Houston but the Hotel Shuttle will likely be more convenient.
- Houston Metrorail: The closest Metrorail station to Rice is the Rice University/Hermann Park station. The closest Metrorail station is Smithlands Metrorail station which is about a 15 minute walk. We recommend using the hotel shuttle whenever possible as the streets you must walk along to get to the Smithlands Metrorail are very busy. See http://www.ridemetro.org/Pages/Rail.aspx for more information.
- UBER: This is a car sharing/taxi like service that is relatively inexpensive (depending on the times you need a ride). You must download the Uber App and enter a debit or credit card for payment. Keiko Kato can give you an introduction to using this service in Houston. See http://www.ridemetro.org/Pages/Rail.aspx
- Yellow Cab Taxi: You can make a taxi pick-up request online at http://www.yellowcabhouston.com/ or call 713-236-1111 if needed.

Shopping

- Kroger Grocery Store: Right next door to the Residence Inn Hotel. Purchase food, laundry soap, personal care items, etc. There is also a small phramacy center where you can purchase medicine.
- CVS Pharmacy: One block from Residence Inn Hotel. Can purchase medicine, fill prescriptions (medications that require a doctor's note), and purchase basic food and supplies.
- Target: Large department store 2 blocks from Residence Inn Hotel. Can purchase food, personal care items, medicine/pharmacy, houshold good, clothes, office supplies, pre-paid cell phones and more!
- Galleria Mall: You can request a hotel shuttle ride to the Galleria Mall for a wide range of clothing and other types of stores. The mall also has many restaurants and an ice skating rink!

Clothings & Shoe Size Conversions

Clothing sizes in the U.S. are different for both men and women. We recommend you try on all shoes and clothes before buying them as the sizes and cut of the clothing may be very different from what you are used to in Japan. If adult size clothes are very big on you, sometimes it can be helpful to look in the children's section (even some Americans do this). The following blogh has helpful information and though they were written for U.S. traverls to Japan, they work for Japanese travelers coming to the U.S. as well. Also, every brand in the U.S. uses different sizing, so even if you 'know' you are a size 4 because something else you bought fit, still try it on, as in this brand of clothing you may actually be a 2 or a 6.

Understanding Japanese Clothing Sizes for Women: http://blog.fromjapan.co.jp/en/fashion/japanese-clothing-and-shoe-sizing-guide-important-for-online-shopping.html

Buying Clothes on a Budget

There are lots of budget options for clothing in the U.S. Some favorites of U.S. students includes. Unless otherwise noted these stores are not within walking distance of the hotel or Rice but you could use Google Maps to find the closest and how to get there on the bus.

- Target: Just 2 blocks from your hotel they have a wide array of casual clothing. socks, underwear, inexpensive shoes and more.
- Old Navy: Similar in a way to Uniqlo but clothing styles are very casual
- TJ Maxx, Marshall's, or Ross: These stores have department store style clothing but at a discounted price.
- DSW Shoe Warehouse: Rows and rows of designer and department store shoes at discounted prices. Just be sure to consider the difference in sizes between U.S. and Japan and look for 'narrow' options if the regular sizes are too wide for you.

International Shoe Sizing Chart -WOMEN-

Japan	USA	UK	Europe	Australia
21	5	2.5	35	3.5
22	6	3.5	36	4.5
22.5	6.5	4	37	4
23.5	7.5	5	38	6
24.5	8.5	6	39	7
25	9	6 1/2	40	7.5
25.5	9.5	7	41	8
26	10	7 1/2	42	8.5
27	10.5	8	43	9

Men's Shoe Sizes			
UK	**European**	**US**	**Japan**
6	38 ½	6 ½	24 ½
6 ½	39	7	25
7	40	7 ½	25 ½
7 ½	41	8	26
8	42	8 ½	27 ½
8 ½	43	9	27 ½
9	43 ½	9 ½	28
9 ½	44	10	27 ½
10	44	10 ½	28 ½
10 ½	44 ½	11	29
11	45	12	29 ½

Rice University Public Dining Options: http://dining.rice.edu/public-dining/

In Rice Memorial Center (RMC)/Ley Student Center

- Rice Coffeehouse (Student-run): Inexpensive coffee and pastries/bagels
- Willy's Pub (Student-run): Open for lunch, dinner, and late-night. Must be 21 or older to purchase or consume alcohol.
- Sammy's: The Whoo Deli – made-to-order sandwiches and salads, Grillosophy – a gourmet grill, In the Loop – epicurean, char-grilled pizza and the Parliament of Chefs – items from each of the four campus serveries and two college kitchens will be featured on different days .

Brochstein Pavillion - Salento Coffee House

Evening Food Trucks Outside of Brockman Hall

- An alternate dining option available to all Rice students, faculty, staff and visitors are food trucks! Several local vendors offer a wide variety of cuisine and are located outside of Brockman Hall in the U-shaped driveway.
- Monday - Friday from 5:30 - 9:00 PM
- Try out a different food truck each evening!
- Monday: Anna's Gourmet Greek
- Tuesday: Yummy Dog AND Bonjour Creperie
- Wednesday: Bubba Burger
- Thursday: Foreign Policy
- Friday: The Waffle Bus

Rice Farmers Market

- The Rice University Farmers Market supports activities, goods and services that promote community education about the benefits of eating fresh, locally produced food.
- The Rice Farmers Market is open every Tuesday, rain or shine, from 3:30 p.m. until 6:30 p.m. at Entrance 13B off of Greenbriar Dr (5600 Greenbriar Dr, Houston, TX 77005). Parking is free!
- No cash? Not a problem. The market has tokens that can be purchased with a check and used for purchases with our vendors.

Valhalla

- Ask a graduate student to show you where this is.
- You must be 21 or older to purchase or consume alcohol.
- At lunch time they used to serve a sandwich, chips and a drink for $5 or $6. Ask a graduate student in your lab if they still do.

lit View History Bookmarks Tools Window Help Mon 11:

sara... | White House Ev... | Invitations, Free ... | Google Calendar... | Mail :: Inbox | 2016 TOMODAC... | Cultural Insuranc... | Ri

n.rice.edu Search

ok Gmail: Email from ... Google + Hootlet Inbox (98) - sarah.r... Nakatani RIES: Re... Home - Rice Unive... japan-guide.com -... TOMODACHI-STE

RICE Transportation Department

SEARCH

Home | Campus Bus Routes & Schedules | Bus Tracking | Charter Services | Carpool | Resources | Contact Us

Welcome to the Transportation Department

The Rice Transportation Department is committed to providing safe and convenient transportation services and commuting information to the Rice community.

Take a Ride on our Shuttle

Bus Tracking

Rice shuttles can be tracked on your computer at http://bus.rice.edu or on your iPhone (free app at http://iphone.rice.edu). The app allows faster loading of the route map, viewing all the buses on the routes and their locations in real time. The buses are color coded to enable the passengers to identify the buses with colored bus symbols.

Texas Medical Center/BRC	Inner Loop	Graduate Apts
Rice Village Apts/ Greenbriar	Friday Night Rice Village / Saturday Night Rice Village	Graduate Apts Shopping
Undergraduate Shopping	Night Escort Service	Greater Loop

Item	Kanji Reading	Kana Reading	Romaji Reading
Bamboo shoots	竹の子	たけのこ	takenoko
Bean sprout		もやし	moyashi
Beef	牛肉	ぎゅうにく	gyuuniku
Buckwheat Noodle	蕎麦	そば	soba
Chicken	鶏肉	とりにく	toriniku
Crab	蟹	かに	kani
Cucumber	胡瓜	きゅうり	kyuuri
Dairy products	乳	にゅう	nyuu
Egg	卵	たまご	tamago
Fish	魚	さかな	sakana
Gluten	麩質	ふしつ	fushitsu
Lamb	羊肉	ようにく	youniku
Milk	牛乳	ぎゅうにゅう	gyuunyuu
Miso Paste	味噌	みそ	miso
Miso Soup	味噌汁	みそしる	misoshiru
Oil	油	あぶら	abura
Onion	玉葱	たまねぎ	tamanegi
Peanuts		ピーナッツ	peanuts
Pepper	胡椒	こしょう	koshou
Pork	豚肉	ぶたにく	butaniku
Pumpkin		カボチャ	kabocha
Ramen		ラーメン	ramen
Rice Cake	餅	もち	mochi
Rice Wine	お酒	おさけ	osake
Salt	塩	しお	shio
Shrimp	海老	えび	ebi
Soy Milk	豆乳	とにゅう	tonyuu
Soy Sauce	醤油	しょうゆ	shouyu
Sugar	砂糖	さとう	satou
Tofu	豆腐	とうふ	toufu
Vinegar	酢	す	su
Wasabi	山葵	わさび	wasabi
Wheat	小麦	こむぎ	komugi
Wheat Flour Noodle		うどん	udon

Meguro Language Center 200507 BP1-00

Shopping Words

1.	Milk	Gyūnyū	ぎゅうにゅう	牛乳
2.	Low-fat milk	Teishibōnyū	ていしぼうにゅう	低脂肪乳
3.	Condensed milk	Kondensu miruku	コンデンスミルク	
4.	Soybean milk	Tōnyū	とうにゅう	豆乳
5.	Fresh cream	Nama kurīmu	なまクリーム	生クリーム
6.	Butter	Batā	バター	
7.	Unsalted butter	Muenbatā	むえんバター	無塩バター
8.	Yogurt	Yōguruto	ヨーグルト	
9.	Low fat yogurt	Teishibō yōguruto	ていしぼうヨーグルト	低脂肪ヨーグルト
10.	Salt	Shio	しお	塩
11.	Pepper	Koshō	こしょう	
12.	Sugar	Satō	さとう	砂糖
13.	Granulated sugar	Guranyūtō	グラニューとう	グラニュー糖
14.	Powder sugar	Konazatō	こなざとう	粉砂糖
15.	Raw sugar (Brown sugar)	Kurozatō	くろざとう	黒砂糖
16.	Soy sauce	Shōyu	しょうゆ	
17.	Low salt soy sauce	Gen' enshōyu	げんえんしょうゆ	減塩しょうゆ
18.	Vinegar	Su	す	酢
19.	Rice vinegar	Komezu	こめず	米酢
20.	Grain vinegar	Kokumotsusu	こくもつす	穀物酢
21.	Soba soup	Sobatsuyu / Mentsuyu	そばつゆ / めんつゆ	
22.	Ajinomoto	Ajinomoto	あじのもと	味の素
23.	Instant bouillon	Dashinomoto	だしのもと	だしの素
24.	Consomme	Konsome	コンソメ	
25.	Bouillon, Broth	Buiyon	ブイヨン	
26.	Oyster sauce	Oisutā sōsu	オイスターソース	
27.	Mayonnaise	Mayonēzu	マヨネーズ	
28.	Low fat mayonnaise (Calorie half)	Teishibō mayonēzu (Karorī hāfu)	ていしぼうマヨネーズ (カロリーハーフ)	低脂肪マヨネーズ

50 / GROCERY SHOPPING WORDS

Meguro Language Center BP1-00

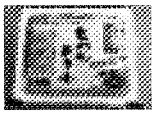
29.	Ketchup	Kecchappu	ケチャップ	
30.	Sour cream	Sawā kurīmu	サワークリーム	
31.	Margarine	Māgarin	マーガリン	
32.	Japanese horseradish	Wasabi	わさび	
33.	Japanse mustard	Karashi	からし	
34.	Mustard	Masutādo	マスタード	
35.	Shortening	Shōtoningu	ショートニング	
36.	Yeast	Īsuto	イースト	
37.	Baking powder	Bēkingu paudā	ベーキングパウダー	
38.	Vanilla essence	Banira essensu	バニラエッセンス	
39.	Vanilla oil	Banira oiru	バニラオイル	
40.	Gelatin	Zerachin	ゼラチン	

41.	Flour	Komugiko	こむぎこ	小麦粉
42.	Strong powder	Kyōrikiko	きょうりきこ	強力粉
43.	Soft flour (for cakes)	Hakurikiko	はくりきこ	薄力粉
44.	Tempura powder	Tempurako	てんぷらこ	てんぷら粉
45.	Potato starch	Katakuriko	かたくりこ	片栗粉
46.	Cornstarch	Kōnsutāchi	コーンスターチ	
47.	Bread crumbs	Panko	パンこ	パン粉
48.	Agar-agar	Kanten	かんてん	寒天

49.	Japanese tea	Nihoncha	にほんちゃ	日本茶
50.	Green tea	Ryokucha	りょくちゃ	緑茶
51.	Roasted green tea	Hōjicha	ほうじちゃ	ほうじ茶
52.	Coarse tea	Bancha	ばんちゃ	番茶
53.	Oolong tea	Ūroncha	ウーロン茶	
54.	Brown rice tea	Genmaicha	げんまいちゃ	玄米茶
55.	Powdered green tea	Maccha	まっちゃ	抹茶
56.	Dust tea	Konacha	こなちゃ	粉茶

57.	Rice	Kome	こめ	米
58.	Sweet rice	Mochigome	もちごめ	もち米
59.	No-rinse rice	Musenmai	むせんまい	無洗米

Meguro Language Center BP1-00

60. Tofu	Tōfu	とうふ	豆腐	
61. Cotton tofu	Momendōfu	もめんどうふ	木綿豆腐	
62. Silk tofu	Kinudōfu	きぬどうふ	絹豆腐	
63. Oil	Abura	あぶら	油	
64. Salad oil	Sarada oiru	サラダオイル		
65. Olive oil	Orību oiru	オリーブオイル		
66. Sesame oil	Goma abura	ごまあぶら	ごま油	
67. Tempura oil	Tempura abura	てんぷらあぶら	てんぷら油	
68. Rapeseed oil	Nataneabura	なたねあぶら	なたね油	
69. Linoleic acid	Rinōrusan	リノールさん	リノール酸	
70. Chicken	Toriniku	とりにく	鳥肉	
71. Beef	Gyūniku	ぎゅうにく	牛肉	
72. Pork	Butaniku	ぶたにく	豚肉	
73. Minced meat	Hikiniku	ひきにく	ひき肉	
74. Combination minced meat (Beeg and pork)	Aibikiniku	あいびきにく	合挽肉	
75. Rice ball	Onigiri	おにぎり		
Pickled *ume* [plum]	Ume(boshi)	うめ(ぼし)	梅(干)	
Salmon	Syake	しゃけ	鮭	
Seaweed	Konbu	こんぶ	昆布	
Spicy fish eggs(cod roe)	Mentaiko	めんたいこ	明太子	
Bonitoflakes	Okaka	おかか		
Tuna flakes	Shī chikin	シーチキン		
76. Bread (Loaf)	Syokupan	しょくパン	食パン	
77. Peanut butter	Pīnattsu batā	ピーナッツバター		
Smooth type	Sumūsu taipu	スムースタイプ		
Crunchy type	Kuranch itaipu	クランチタイプ		
78. Soup stock	Sūpusutokku	スープストック		
79. Throat candy	Nodoame	のどあめ	のど飴	
80. Sugarless	Nonsyugā	ノンシュガー		

52 / GROCERY SHOPPING WORDS

81.	Chemical-free vegetable	Munōyaku yasai	むのうやくやさい	無農薬野菜
82.	Draft beer	Namabīru	なまビール	生ビール
83.	Low-malt beer	Happusyu	はっぽうしゅ	発泡酒

84.	Detergent	Senzai	せんざい	洗剤
85.	Detergent (for clothes)	Sentaku yō senzai	せんたくようせんざい	洗濯用洗剤
86.	Dishwasher detargent	Shokkiarraiki yō sennzai	しょっきあらいきようせんざい	
87.	Wash-up requid	Shokki yō sennzai	しょっきようせんざい	食器用洗剤
88.	Toilet bowl cleaner	Toire yō senzai	トイレようせんざい	トイレ用洗剤
89.	Bathroom cleaner	Ofuro yō senzai	おふろようせんざい	お風呂用洗剤
90.	Softner	Jūnanzai	じゅうなんざい	柔軟剤

Useful structures

1. Is this _____?	Kore wa _____ desuka.	これは_____ですか。
2. Where is _____ ?	_____ wa doko desuka.	_____は どこですか。
3. Does this contain beef?	Gyūniku, haitte imasuka.	「牛肉(ぎゅうにく)、 入(はい)っていますか」

Residence Inn Houston Medical Center in Houston, TX (2/21 - 3/18, 2016)

- Website: http://www.marriott.com/hotels/travel/houas-residence-inn-houston-medical-center-nrg-park/
- Address: 7710 South Main Street Houston Texas 77030 USA
- Moody Manor (long-term stay) Hotel Office Phone (between 6:00 AM - 10:00 PM): (713) 351-1400
- Hotel Front Desk Phone (for hotel shuttle or after 10:00 PM): (713) 660-7993
- Amenities: Free hotel shuttle/van, free daily breakfast, free evening receiption (M-W), Pool, Coin Laundry, located right next door to a grocery store., basketball and volleyball courts.
- Long-term stay rooms are cleaned weekly and should be cleaned on Friday's
- If you need clean towels or sheets put the dirty ones in the 'Linen' bins outside of the room and go to the Moody Manor office at the back of the hotel during office hours to ask for clean towels or bedding.
- If you have concerns or questions about your room (e.g. something is broken or your neighbors are too noisy) call the Moody Manor office during their open hours or call the Residence Inn Front Desk. You can also ask Sarah to speak with the office if you prefer.
- Note: Sarah will be staying at this same hotel from 2/21 - 2/9 and also 3/17 - 3/18.

Residence Inn Hotel Shuttle in Houston

- Front Desk Phone: (713) 660-7993
- The FREE hotel shuttle departs the lobby approximately every half-hour. You must know the name/address of the location you are going to.
- All pick-up and drop-offs at Rice University will be outside of Brockman Hall.
- For pick-up, you will need to call the hotel front desk to request a pick-up and provide them with the name and address of your pick-up location.
- The last pick-up is 9:30 PM (Mon – Fri.) and 7:00 PM (Sat. & Sun.)
- The front desk may ask for your U.S. cell phone number when you call for shuttle pick-up so the driver can call you if he/she has difficulty finding you.

Rice University Gym: http://recreation.rice.edu/fitness/

There is no gym or fitness center at the Residence Inn hotel in Houston. However, we have confirmed that you should have free access to the Rice University Gym and all you will need to do is show your Rice University ID card to gain access. If you'd like to use the gym I recommend letting the front desk know you are a new student and ask if they can give you a short tour or introduction to the facility. Certain yoga or exercise classes may have an additional charge.

Hampton Inn & Suites Navy Yard Hotel in Washington, DC (3/19 - 3/26/2016)

- Website: http://hamptoninn3.hilton.com/en/hotels/district-of-columbia/hampton-inn-and-suites-washington-dc-navy-yard-WASNYHX/index.html
- Address: 1265 First Street SE, Washington, District of Columbia, 20003, USA
- 2 blocks from Metro Navy Yard Station
- Phone: (202) 800-1000
- Free daily hot breakfast
- Amenities: Coin-operated laundry, Fitness Room

Houston® Livestock Show and Rodeo

Scan to download a copy of the shuttle schedule

Complimentary Shuttle Service to Reliant Park for Guests and Exhibitors

Hours of Operation
February 24 - March 20, 2016

AM Peak Service	6:00 AM - 10:00 AM	15 minute intervals
Midday Service	10:00 AM - 4:00 PM	30 minute intervals
PM Peak Service	4:00 PM - 12:00 AM	15 minute service
Midnight Service	12:00 AM - 2:00 AM	30 minute service

HOTEL	ROUTE	BOARDING LOCATION
Hilton Plaza Medical Center	1	Outside hotel entrance on Travis
Spring Hill Suites Houston Center/Reliant Park	2	Adjacent to hotel on Old Spanish Trail
Wyndham Houston - Medical Center Hotel & Suites	1	At Old Main on the corner of Main St. (behind hotel)
Residence Inn Medical Center	2	On Main St. in front of hotel

Wheelchair accessible transportation is available during hours of operation. **Call 1-888-267-8566** (Please allow 30 minutes).

1-888-267-8566
Call for all shuttle inquiries

TMS Shuttles managed & operated by **Transportation Management Services**

Carbon Neutral Shuttles

Emergency & Medical Resources

55

Select Language
Powered by Google Translate

US Colleges and Universities offering programs in...

2-Year
4-Year
Agriculture
Aviation
Business and Management
Community Colleges
Computer
Culinary Arts
Distance Learning/Online Education
Engineering
English Language
Graduate Programs
Health and Medical
Hospitality and Tourism
Law
Liberal Arts and Humanities
Physical and Life Science
Religion/Faith-based
Social Science
Summer
Testing
Women's Colleges

Select Another US Program

Safety in the U.S.

Tips for International Students

You have made an important and exciting decision to study in the U.S and as you begin your planning to start your studies, there are some very important safety tips that will keep you safe.

Despite what you may have heard or have seen, the U.S. is not a dangerous country, in fact it is safe. No matter where you travel be it the U.S. or abroad there are common threads of safety that you can string along in all your travels.

We are very fortunate that the majority of U.S. educational institutions have coordinated safety plans in place to protect you. Once you arrive on your campus you should check-in with the international student office. This office will provide you with orientation session(s) that will give you specific information that will enhance your educational, cultural, social and safety experience while studying in the U.S.

Safety Tips for Students

Observant

First, let me say regardless of where you travel you should always be "alert," always observing your surroundings indiscreetly determining who is in front and behind of you. Law enforcement states that many crimes could be avoided if people would just be "alert."

Night Company

You should avoid walking alone at night because most crimes that are committed are crimes of opportunity. Most campuses have campus police and are safe. However, when you leave the campus at night you should walk in groups or pairs. Many campuses have escort services connected with the campus police. Make sure when you arrive you ask if your campus have a campus safety escort service. If so, you should not hesitate to use it when you have to leave the library or lab late at night.

Valuables

One of the most popular crimes on and off campus is larceny, which is the "crime of theft." Never, ever leave your personal belongings (i.e. purse, personal computer, books, cell phone, etc.) unattended and walk away. It only takes seconds for someone to steal these while you walked to the rest room or to a vending machine. This rule also applies to automobiles—you should never leave wallets, purses, or computers visibly on your seat while you leave your car to get gas or go into a store. Even if your door is locked, people can break your car window and grab your valuables.

Housing

Many campuses have different housing choices. Whether you live in a campus dormitory or off-campus, always lock your door and windows while you are away and at home. Never

open the door for strangers—it is a part of the American culture to talk through doors without opening them if we don't know the person. If you didn't invite the person, don't open the door unless it is a law enforcement official. You will be able to tell when you look out of your window or through the door's "peep" hole. Even then, have the officer show you his or her official badge.

Personal Information

Always protect your personal information like social security numbers, and credit card numbers. You are aware that identity theft is a worldwide problem. Identity theft comes in many forms. One major form is "scams." You may receive e-mails from phony companies asking for your personal information. Always remember that your bank and credit card company will always communicate to you in an honest, legitimate way. Remember, they already have your credit card and bank information, and they will never ask you for your password (except when you log on to your online banking site or telebank system). Secondly, if someone comes up to you and asks you if you want to learn how you can make some money, say "no," and quickly walk away.

Keep copies of your passports, visa, I-94 and other important documents.
Remember you have a lot of belongings to keep track of and it's easy to leave something behind during your travel. So, take your time and don't feel rushed. You do not want to accidentally leave your important documents at the airport, in the taxi or at one of the many places you will visit when you arrive.

My final tip is for you is to remember that you are ultimately responsible for yourself. If safety information is not addressed as detailed as you prefer, don't hesitate to contact your international student office or the campus police directly. Your university is there to serve and help you. Many students have questions but are afraid to ask because they feel they are a burden. Remember, your university is in business to serve their students, and it is their pleasure and obligation to provide you with the information and resources you need to have a pleasant and successful study experience in the U.S.

Editorial provided by Linda Seatts, Director of the Office of International Students and Scholars at Wayne State University in Detroit, Michigan.

A Spindle Publishing Company Publication • www.spindlepub.com

Illness/Accident During Program

- If you are experiencing a medical emergency and your are ON-CAMPUS at Rice University you should call RUPD at (713) 348-6000
- If you are experiencing a medical emergency and your are off-campus you should call 911 which is the emergency number for ambulance, fire, and police.
- If you are sick and need to see a doctor please call Sarah Phillips or Keiko Kato as soon as possible and we will try to arrange for someone to take you to the doctor's. It is best to have someone go with you when you are sick who has familiarity with the U.S. health care system.
- You will need to fill out paperwork when you arrive and provide your passport and a copy of your CISI insurance card.
- You may be asked to make a small payment (co-pay) at the time of service and then the clinic will directly bill your insurance for the balance. You would be reponsible for any remaining balance that the insurance does not pay to the clinic.
- OR, you may be asked to pay in full via a credit card if the clinic you go to is not familiar with or does not accept your insurance. In this case, you will need a detailed receipt/report from the clinic and you will need to fill out the CISI reimbursement forms for the insurance to pay you back directly.
- If you need to seek medical care but it is not an emergency (e.g. general illness) then you should go to an Urgent Care clinic rather than a hospital Emergency Room. Emergency rooms can be very expensive and the wait time can be very long. An Urgent Care clinic is best for most non-severe/life threatening illnesses.
- Accident in the Research Lab: If you are injured while working in a research lab at Rice there is a special on-campus office that must be notified ASAP as they track all workplace injuries. Please tell your research host professor, Prof. Kono, and Sarah immediately if you are injured while working in the research lab.

CISI Health Insurance: For 24/7 Emergency Assistance in the U.S. call (609) – 986-1234 or email medservices@assistamerica.com.

CISI Provider Search: http://www.providerlookuponline.com/coventry/po7/Search.aspx

- If you would like to make an appointment with a doctor rather than visit an urgent care you should look for a medical provider using this searchable database.
- Enter the Zip code where you are located to find doctor's closest to you. Limit your search to no more than 5 miles from Rice
- By going to one of the clinics or doctor's in the CISI directory it is more likely you will pay less than going to other clinics or doctor's.
- There are more than 300 primary care physicicans within 1 mile of Rice University covered by the CISI policy!

First Health

Provider Online Search

Your Search: **First Health Network**
Urgent Care Centers
Less than 2 miles

Narrow Your Results

77005

2 miles (3)

Although health care services may be or have been provided to you at a health care facility that is a member of the provider network used by your health benefit plan, other professional services may be or have been provided at or through the facility by physicians and other health care practitioners who are not members of that network. You may be responsible for payment of all or part of the fees for those professional services that are not paid or covered by your health benefit plan.

AFC Urgent Care#

Specialty: Urgent Care Center

Estimated Distance: **0.9 mile**
5568 Weslayan St
Houston, TX 77005-1942
713-666-7050

Houston Medical Care, PA#

Specialty: Urgent Care Center

Estimated Distance: **0.9 mile**
5568 Weslayan St
Houston, TX 77005-1942
713-666-7050

Medspring Urgent Care-Greenway#

Specialties: Multi-Specialty Physician Group, Urgent Care Center

Estimated Distance: **1 mile**
3899 Southwest Fwy
Houston, TX 77027-7515
888-980-0505

While we make every effort to maintain accurate and up-to-date information, we recognize that provider information may occasionally change.

The listing of providers in this directory is not a guarantee of benefits for the services they provide as some facility-based physicians (such as anesthesiologists, pathologists, radiologists, emergency medicine physicians, and neonatologists) may not be contracted as in-network providers. Before your appointment, it is important that you confirm your provider's network status and confirm if any practice limitations are applicable.

Some practitioners may require patients to pay an access fee in order to receive services. This fee is not a covered benefit. It is recommended that you check with the practitioner before seeking services.

Please note that because you and your provider make all treatment decisions, the quality and results of your care are the responsibility of the provider you select.

Important Information About Our Provider Directory

Last Data Update 02/19/2016

First Health

Provider Online Search

Provider List

Houston Methodist Hospital

Specialties: Ambulatory Surgical Center, Cardiac Rehabilitation, Critical Care Medicine , Free Standing Emergency Center, Hospital - General Acute Care, Hospital - Psychiatric, Laboratory, Neonatal and Perinatal Medicine, Obstetrics , Occupational Medicine , Occupational Therapy, Outpatient Facility, Physical Therapy , Psychiatry , Radiology , Rehabilitation, Occupational & Physical Therapy, Substance Abuse, Surgery - Cardiovascular, Surgery - Transplant, Surgery Center

Estimated Distance: **1.7 miles**
6565 Fannin St
Houston, TX 77030-2703
713-790-3311

Memorial Hermann Hospital

Specialties: Ambulatory Surgical Center, Cardiac Rehabilitation, Critical Care Medicine , Emergency Medicine , Free Standing Emergency Center, Hospital - General Acute Care, Hospital - Pediatric, Laboratory, Neonatal and Perinatal Medicine, Obstetrics , Occupational Medicine , Occupational Therapy, Outpatient Facility, Physical Therapy , Radiology , Rehabilitation, Occupational & Physical Therapy, Surgery - Cardiovascular, Surgery - Transplant, Surgery Center

Estimated Distance: **1.8 miles**
6411 Fannin St
Houston, TX 77030-1501
713-704-4000

Park Plaza Hospital

Specialties: Ambulatory Surgical Center, Critical Care Medicine , Free Standing Emergency Center, Hospital - General Acute Care, Laboratory, Neonatal and Perinatal Medicine, Obstetrics , Occupational Therapy, Outpatient Facility, Physical Therapy , Radiology , Rehabilitation, Occupational & Physical Therapy, Surgery - Cardiovascular, Surgery Center

Estimated Distance: **2.4 miles**
1313 Hermann Dr
Houston, TX 77004-7005
713-527-5000
Fax: 713-524-6159

RICE

Health Insurance Tips

Office of International Students & Scholars *Revised 9/11/2014*

1) **Understand your health insurance policy terminology**
   - Premium = the amount that you pay to purchase your insurance coverage
   - Deductible = the amount that you must pay before the insurance company starts to pay.
   - Co-payment/Co-insurance = the percentage that you must pay after the deductible is paid.
   - ➢ Example: If your deductible is $100, your co-insurance amount is 10%, and your total medical bill is $2000. You will be responsible for $290 ($100 deductible + 10% of the remaining $1900).

2) **Be prepared:**
   - Carry your insurance ID card with you.
   - Learn the details of your insurance plan by looking at the explanation of benefits, so you best understand how to use your policy.
   - Know the name and location of network providers/hospitals near Rice and your home (see http://health.rice.edu "Obtaining Care")
   - Do your best to live a healthy lifestyle to minimize your chances of illness or injury that may require medical treatment while you are studying in the United States.

3) **Seeking medical care (http://health.rice.edu/Content.aspx?id=41):**
   - Normal sickness or minor emergencies (for students only) = Try to go to the Rice Student Health Center during regular business hours, appointments are preferred. As a student, you already pay for access to the Health Center.
   - Minor emergencies or if Student Health Center is closed = Go to urgent care centers
   - Major emergencies = Go to emergency room
   - Life-threatening emergency = Dial 911 (off-campus) or x6000 (on-campus) for an ambulance to be sent to your location.

4) **Paying your medical bills**
   - A claim must be filed with your insurance company to get the process started. The hospital/clinic may offer this service or you may need to contact your insurance company for assistance in filing a claim.
   - Remember, your insurance will pay a portion of your expenses. Any remaining expenses are your responsibility to pay to the doctor/hospital/medical care provider.

5) **Getting assistance with your particular insurance questions**
   - Aetna (students) = studentinsurance@rice.edu
   - All SAS plans = Paul Fisher (phone 877-626-0360)
   - Aetna (scholars) = Human Resources (benefits@rice.edu)
   - OISS is also available to provide guidance on how to resolve insurance issues.

Cultural Insurance Services International

YOKO AMAZAKI

03-Feb-2016

Dear YOKO:

Your request for insurance coverage has been processed. Below you will find your identification card which reflects your dates of coverage: **21-Feb-2016** through **27-Mar-2016**, and your **Participant ID: 1661120** under the protection plan policy number: **16 11STV8510920-VI.**

Should you require medical attention please be sure to present your identification card to the medical provider. This will ensure that the claim will be sent to us and will enable us to properly identify you as a covered participant under this insurance.

If you should have any questions, at any time, regarding your insurance please contact us at 800-303-8120. We look forward to providing the best coverage and service to you and we hope that your study abroad experience will be both memorable and rewarding!

Sincerely,

Cultural Insurance Services International

CISI Cultural Insurance Services International

First Health Network

GROUP SPONSOR: RICE UNIVERSITY

Your protected plan policy number is 16 11STV8510920-VI
Your participant ID is 1661120

Participant Name: AMAZAKI, YOKO
Coverage Dates: 21-Feb-2016 to 27-Mar-2016

For 24/7 emergency assistance call ASSIST AMERICA at (800) 872-1414 (in U.S.), +1 (609) 986-1234 (call collect from outside the U.S.), Email: MEDSERVICES@ASSISTAMERICA.COM.
Your Team Assist ID # is 01-AA-CIS-01133.

KEEP THIS CARD WITH YOU AT ALL TIMES

It is proof of identification as an insured under this plan. If you lose it or have questions about your insurance coverage, call CISI at 1-800-303-8120. Present this card and another form of identification to the hospital or doctor. Complete the claim form, sign and mail to CISI with originals of all medical bills.

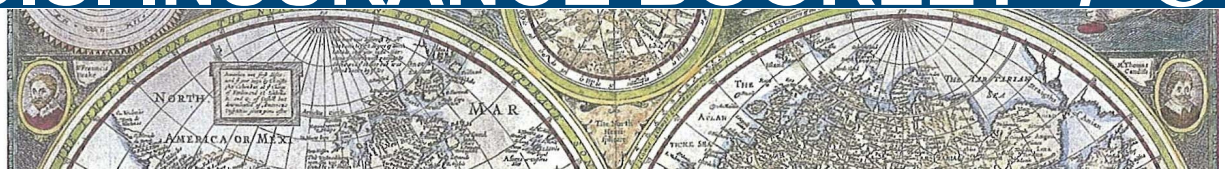
Submit claims to: CISI, 1 High Ridge Park, Stamford CT 06905

Should an emergency arise, I authorize any medical provider to release information regarding my condition to CISI or their insurance provider/emergency assistance services, and I understand they may contact my next of kin or my nominated emergency contact without my prior consent.

The First Health Network phx

To access a listing of preferred providers in the U.S., please visit our website: www.culturalinsurance.com

CISI
Cultural Insurance Services International



A Plan of Insurance

designed for eligible participants who enroll in the

World Class International Students & Scholars Program

Administered by Cultural Insurance Services International • 1 High Ridge Park • Stamford, CT 06905
This plan is underwritten by Arch Insurance Company, a Missouri Corporation (NAIC # 11150)
Executive offices are located at One Liberty Plaza, New York, NY 10006
Coverage is subject to actual policy language.

Benefits are provided for eligible Insured Persons. Terms and conditions are briefly outlined in this summary of coverage. Complete provisions pertaining to this insurance are contained in the policy. In the event of any conflict between this summary of coverage and the policy will govern.

Schedule of Benefits

Coverage and Services	Maximum Limits
Section I	
Insurance for F-1, J-1, M-1 visa holders	
• Medical expenses (per Accident or Sickness):	
Deductible	$200
Emergency Room Deductible	$300 (for non-emergencies)
Limit	*$250,000 at 80%*
Baggage and Personal Effects	$50 deductible, Max Benefit $1,000
Insurance for Dependents of F-1, J-1, M-1 visa holders	
• Medical Accident (per Accident or Sickness):	
Deductible	*$200*
Emergency Room Deductible	$300 (for non-emergencies)
Limit	*$100.000 at 80%*
Section II	
• Medical Evacuation/Repatriation	$100,000
Return of Mortal Remains	$50,000

Eligibility requirements

This program is designed for international students and scholars, exchange program participants or others with a valid passport and F-1, J-1 or M-1 visa who have not applied for permanent residency in the host country. Eligible dependents include spouse and unmarried dependent children under 18 years of age who accompany you and have a similar visa or passport.

Period of coverage

The coverage effective date is noted in the Confirmation of Coverage to cover short term limited duration trips. The effective and termination dates of coverage will appear on the Confirmation of Coverage and in no instance will coverage begin prior to the effective date nor extend past the termination date or exceed 10 months.

Section I—Benefit Provisions

Benefits are payable under this Policy for Covered Expenses incurred by an Insured Person for the items stated in Section II, Schedule of Benefits. Benefits shall be payable to either the Insured Person or the Service Provider for Covered Expenses incurred outside the Insured Person's Home Country.

The Insured Person must remain continuously insured under the policy for duration of the treatment.

The charges enumerated herein shall in no event include any amount of such charges which are in excess of Reasonable and Customary charges. If the charge incurred is in excess of such average charge such excess amount shall not be recognized as a Covered Expense. All charges shall be deemed to be incurred on the date such services or supplies, which give rise to the expense or charge, are rendered or obtained.

Accident and Sickness Medical Expenses

The Company will pay Covered Expenses due to accident or Sickness only, as per the limits stated in the Schedule of Benefits. Coverage is limited to Covered Expenses incurred subject to Exclusions. All bodily Injuries sustained in any one accident shall be considered one Disablement, all bodily disorders existing simultaneously which are due to the same or related causes shall be considered one Disablement. If a Disablement is due to causes which are the same or related to the cause of a prior Disablement (including complications arising there from), the Disablement shall be considered a continuation of the prior Disablement and not a separate Disablement.

Treatment of an Injury or Illness must occur within 30 days of the accident or onset of the Illness.

When a covered Injury or illness is incurred by the Insured Person the Company will pay Reasonable and Customary medical expenses excess of the Deductible and Coinsurance as stated in the Schedule of Benefits. In no event shall the Company's maximum liability exceed the maximum stated in the Schedule of Benefits as to Covered Expenses during any one period of individual coverage.

The Deductible amount consists of Covered Expenses which would otherwise be payable under this policy. These expenses must be borne by the Insured Person.

Baggage and Personal Effects

The Company will reimburse the Insured Person, up to the amount stated in Section II, Schedule of Benefits, Baggage and Personal Effects,

for theft or damage to baggage and personal effects, checked with a Common Carrier] provided the Insured Person has taken all reasonable measures to protect, save and/or recover his/her property at all times. The baggage and personal effects must be owned by and accompany the Insured Person at all times.
There will be a per article limit of $100; $250 for cameras.

The Company will pay the lesser of the following:

1. The actual cash value (cost less proper deduction for depreciation at the time of loss, theft or damage;
2. The cost to repair or replace the article with material of a like kind and quality; or
3. $100 per article

For Baggage Loss, this Insurance does not cover:

1. Aircraft, automobiles, automobile equipment, motors, motorcycles, bicycles (except bicycles when checked as baggage with a common carrier,) boats or other conveyances or their accessories;
2. Animals;
3. Artificial teeth or limbs, hearing aids;
4. Sunglasses, contact lenses or eyeglasses;
5. Documents of any kind, including but not limited to documents, bills, currency, deeds, evidences of debt, letters of credit, stamps, credit cards, money, notes, securities, transportation or other tickets;
6. household furnishings.

Covered Accident and Sickness Medical Expenses

Only such expenses, incurred as the result of a Disablement, which are specifically enumerated in the following list of charges, and which are not excluded in the Exclusions section, shall be considered as Covered Expenses:

- Charges made by a Hospital for semi-private room and board to a maximum of $750 per day, floor nursing while confined in a ward or semi-private room of a Hospital and other Hospital services inclusive of charges for professional service and with the exception of personal services of a non-medical nature; provided, however, that expenses do not exceed the Hospital's average charge for semiprivate room and board accommodation
- Charges made for Intensive Care or Coronary Care charges and nursing services to a maximum of $1,000 per day
- Charges made for diagnosis, treatment and Surgery by a Physician.
- Charges made for an operating room.
- Charges made for Outpatient treatment, same as any other treatment covered on an Inpatient basis. This includes ambulatory Surgical centers, Physicians' Outpatient visits/examinations, clinic care, and Surgical opinion consultations.
- Charges made for the cost and administration of anesthetics.
- Charges for medication, x-ray services, laboratory tests and services, the use of radium and radioactive isotopes, oxygen, blood, transfusions, and medical Treatment
- Charges for physiotherapy, for inpatient if recommended by a Physician for the Treatment of a specific Disablement and administered by a licensed physiotherapist.
- Dressings, drugs, and medicines that can only be obtained upon a written prescription of a Physician or Surgeon.
- Local transportation to or from the nearest Hospital or to and from the nearest Hospital with facilities for required treatment. Such transportation shall be by licensed ground ambulance only, within the metropolitan area in which the Insured Person is located at that time the service is used. If the Insured Person is in a rural area, then licensed ground ambulance transportation to the nearest metropolitan area shall be considered a Covered Expense.
- Medical expenses incurred for treatment of injuries sustained as a result of a covered motor vehicle accident are payable up to $10,000.

Exclusions

For benefits listed in the Schedule of Benefits, this Insurance does not cover:

Pre-Existing conditions, defined in this Policy. This exclusion does not apply to Emergency Evacuation/Repatriation;

- Charges for treatment which is not Medically Necessary;
- Injury or Illness claim which is not presented to the Company for payment within 6 months of receiving treatment;
- Charges for treatment which exceed Reasonable and Customary charges;
- Charges incurred for Surgery or treatments which are, Experimental/Investigational, or for research purposes;
- Services, supplies or treatment, including any period of Hospital confinement, which were not recommended, approved and certified as Medically Necessary and reasonable by a Physician;
- Injury sustained while participating in professional athletics;
- Routine physicals, immunizations or other examinations where there are no objective indications or impairment in normal health, and laboratory diagnostic or x-ray examinations, except in the course of a Disablement established by a prior call or attendance of a Physician unless otherwise covered under this Policy;
- Treatment of the Temporomandibular joint;
- Vocational, speech, recreational or music therapy;
- Services or supplies performed or provided by a Relative of the Insured Person, or anyone who lives with the Insured Person;
- Travel arrangements that were neither coordinated by nor approved by the Assistance Company in advance;
- Cosmetic or plastic Surgery, except as the result of a covered Accident; for the purposes of this Policy, treatment of a deviated nasal septum shall be considered a cosmetic condition;
- Elective Surgery which can be postponed until the Insured Person returns to his/her Home County, where the objective of the trip is to seek medical advice, treatment or Surgery;
- Treatment and the provision of false teeth or dentures, normal ear tests and the provision of hearing aids;
- Eye refractions or eye examinations for the purpose of prescribing corrective lenses for eye glasses or for the fitting thereof, unless caused by Accidental bodily Injury incurred while insured hereunder;
- Congenital abnormalities and conditions arising out of or resulting there from;
- Treatment in connection with alcoholism and drug addiction, or use of any drug or narcotic agent;
- Expenses as a result or in connection with the commission of a felony offense;
- Injury sustained while taking part in mountaineering where ropes or guides are normally used; hang gliding, parachuting, bungee jumping, racing by horse, motor vehicle or motorcycle and parasailing;
- Treatment paid for or furnished under any other individual or group policy or other service or medical pre-payment plan arranged through the employer to the extent so furnished or paid, or under any mandatory government program or facility set up for Treatment without cost to any individual;
- Expenses incurred while the Insured Person is in their Home Country, unless otherwise covered under this Policy;
- Treatment for human organ tissue transplants or bone marrow transplants and their related Treatment;
- Dental care, except as the result of Injury to natural teeth caused by Accident;
- Routine Dental Treatment;
- Drug, Treatment or procedure that either promotes or prevents conception, or prevents childbirth, including but not limited to: artificial insemination, Treatment for infertility or impotency, sterilization or reversal thereof, or abortion;
- Charges provided at no cost to the Insured Person;
- Any consequence, whether directly or indirectly, proximately or remotely occasioned by, contributed to by, or traceable to, or arising in connection with:
    - war, invasion, act of foreign enemy hostilities, warlike operations (whether war be declared or not), or civil war.
    - mutiny, riot, strike, military or popular uprising insurrection, rebellion, revolution, military or usurped power.
    - any act of any person acting on behalf of or in connection with any organization with activities directed towards the overthrow by force of the Government de jure or de facto or to the influencing of it by terrorism or violence.
    - martial law or state of siege or any events or causes which determine the proclamation or maintenance of

marital law or state of siege (hereinafter for the purposes of this Exclusion called the "Occurrences").

- Any consequence happening or arising during the existence of abnormal conditions (whether physical or otherwise), whether directly or indirectly, proximately or remotely occasioned by, or contributed to by, traceable to, arising in connection with, any of the said Occurrences shall be deemed to be consequences for which the Company shall not be liable under this Policy except to the extent that the Insured Person shall prove that such consequence happened independently of the existence of such abnormal conditions.

- Injury sustained while under the influence of or Disablement due to wholly or partly to the effects of intoxicating liquor or drugs other than drugs taken in accordance with Treatment prescribed and directed by a Physician for a condition which is covered hereunder [but not for the Treatment of drug addiction;
- Injury sustained while participating in Amateur or Interscholastic Athletics;
- Expenses which are non-medical in nature;
- Expenses as a result or in connection with intentionally self-inflicted Injury or Illness;
- Treatment of venereal disease;
- Drug, Treatment or procedure that either promotes or prevents conception, or prevents childbirth, including but not limited to: artificial insemination, Treatment for infertility or impotency, sterilization or reversal thereof;
- Expenses incurred during a Hospital Emergency visit which is not of an Emergency nature;
- Covered Expenses incurred for which the Trip to the Host Country was undertaken to seek medical Treatment for a condition;
- Covered Expenses incurred during a Trip after the Insured Person's Physician has limited or restricted travel;
- Sex change operations, or for Treatment of sexual dysfunction or sexual inadequacy;
- Weight reduction programs or the surgical Treatment of obesity;

Definitions

"Accident" or **"Accidental"** shall mean an event, independent of Illness or self inflicted means, which is the direct cause of bodily Injury to an Insured Person.

"Assistance Company" means the service provider with which the Company has contracted to coordinate and deliver Emergency travel assistance, medical evacuation, and repatriation.

"Benefit Period" means the allowable time period the Insured Person has from the date of Injury or onset of Illness to receive Treatment for a covered Injury or Illness. If the Insured Person's plan terminates during the Benefit Period, the Insured Person will still be eligible to receive Treatment so long as the Treatment is within the Benefit Period and outside the Insured Person's Home.

"Common Carrier" shall mean any land, sea, and/or air conveyance operating under a valid license for the transportation of passenger for hire.

"Company" shall be Arch Insurance Company.

"Covered Expenses" shall mean expenses which are for Medically Necessary services, supplies, care, or Treatment; due to Illness or Injury; prescribed, performed or ordered by a Physician; Reasonable and Customary charges; incurred while insured under this Policy; and which do not exceed the maximum limits shown in Section II, Schedule of Benefits, under each stated benefit.

"Deductible" shall mean the amount of eligible Covered Expenses which are the responsibility of each Insured Person and must be paid by each Insured Person before benefits under the Policy are payable by the Company. The Deductible amount is stated in Section II, Schedule of Benefits, under each stated benefit.

"Dentist" shall mean a legally licensed doctor of dental Surgery; dental medicine or dental science. A dental hygienist who works within the scope of his/her license, under the supervision of a Dentist, is a covered practitioner.

"Dependent" shall mean the spouse who is legally married to the Insured Person; the Insured Person's unmarried Child until his/her 18th birthday and is dependent on the Insured Person for his/her support and maintenance. The age limits that apply to Dependent Child(ren) will not apply to any insured Child of the Insured Person who remains dependent on the Insured Person for support and maintenance because he or she becomes incapable of working due to a physical handicap or retardation which occurs: before reaching the age limit; and while insured under this Policy or any prior plan, provided such Child was insured on the date of termination of the prior plan.

"Effective Date" shall mean the date the Insured Person's coverage under this Policy begins. The Effective Date of this Policy is the later of the following:

1. The Date the Company receives a completed application and premium for the Policy Period or
2. The Effective Date requested on the application or
3. The Date the Company approves the application.

"Elective Surgery or Elective Treatment" shall mean surgery or medical treatment which is not necessitated by a pathological or traumatic change in the function or structure in any part of the body first occurring after the Insured's effective date of coverage. Elective Surgery includes, but is not limited to, circumcision, tubal ligation, vasectomy, breast reduction, sexual reassignment surgery, and submucous resection and/or other surgical correction for deviated nasal septum, other than for necessary treatment of covered purulent sinusitis. Elective Surgery does not apply to cosmetic surgery required to correct a covered Accident.

"Emergency" shall mean a medical condition manifesting itself by acute signs or symptoms which could reasonably result in placing the Insured Person's life or limb in danger if medical attention is not provided within 24 hours.

"Experimental/Investigational" means all services or supplies associated with: 1) Treatment or diagnostic evaluation which is not generally and widely accepted in the practice of medicine in the United States of America or which does not have evidence of effectiveness documented in peer reviewed articles in medical journals published in the United States. For the Treatment or diagnostic evaluation to be considered effective such articles should indicate that it is more effective than others available: or if less effective than other available Treatments or diagnostic evaluations, is safer or less costly; 2) A drug which does not have FDA marketing approval; 3) A medical device which does not have FDA marketing approval; or has FDA approval under 21 CFR 807.81, but does not have evidence of effectiveness for the proposed use documented in peer reviewed articles in medical journals published in the United States. For the devise to be considered effective, such articles should indicate that it is more effective than other available devices for the proposed use; or if less effective than other available devices, or is safer or less costly. The company will make the final determination as to whether a service or supply is Experimental/Investigational.

"Family Member" shall mean a spouse, parent, sibling or Child of the Insured Person.

"Home Country" shall mean the country where an Insured Person has his or her true, fixed and permanent home and principal establishment.

"Hospital" as used in this Policy means a place that 1.) is legally operated for the purpose of providing medical care and Treatment to sick or injured persons for which a charge is made that the Insured is legally obligated to pay in the absence of insurance 2.) provides such care and Treatment in medical, diagnostic, or surgical facilities on its premises, or those prearranged for its use; 3.) provides 24-hour nursing service under the supervision of a Registered Nurse at all times; and 4.) operates under the supervision of a staff of one or more Doctors. Hospital also means a place that is accredited as a hospital by the Joint Commission on Accreditation of Hospitals, American Osteopathic Association, or the Joint Commission on Accreditation of Health Care Organizations (JCAHO).

Hospital does not mean:

-a convalescent, nursing, or rest home or facility, or a home for the aged;

-a place mainly providing custodial, educational, or rehabilitative care; or

-a facility mainly used for the Treatment of drug addicts or alcoholics.

"Host Country" shall mean any country other than the country where an Insured Person has his or her true, fixed and permanent home and principal establishment holds a current and valid passport.

"Illness" wherever used in this Policy shall mean Sickness or disease of any kind contracted and commencing after the Effective Date of this Policy.

"Injury" wherever used in this Policy means accidental bodily injury or injuries caused by an accident. The Injury must be the direct cause of

the loss, independent of disease, bodily infirmity or other causes. Any loss due to Injury must begin after the Effective Date of this policy.

"Insurance" shall mean the coverage that is provided under this Policy.
"Insured Person(s)" shall mean a person eligible for coverage under the Policy as defined in Section I, Declarations #3 "Eligible Persons" who has applied for coverage and is named on the application and for whom the company has accepted premium. This may be the Insured Person or Dependent(s).
"Loss" in reference to quadriplegia, paraplegia, hemiplegia, and uniplegia, shall mean the complete and irreversible paralysis of such limbs and with regard to hands and feet, actual severance through and above the wrist or ankle joints, and with regard to eyes, entire irrecoverable Loss of sight and with regard to thumb and index finger, actual severance through or above the joint that meets the finger at the palm. Loss in reference to other coverages shall mean injury or damage sustained by the Insured in consequence of happening of one or more of the accidents against which the Company has undertaken to indemnify the Insured.
"Maximum Benefit" means the largest total amount of Covered Expenses that the Company will pay for the Insured.
"Medically Necessary" or **"Medical Necessity"** shall mean services and supplies received by the Insured Person while insured that are determined by the Company to be: 1) appropriate and necessary for the symptoms, diagnosis, or direct care and Treatment of the Insured Person's medical conditions; 2) within the standards the organized medical community deems good medical practice for the Insured Person's condition; 3) not provided solely for educational purposes or primarily for the convenience of the Insured Person, the Insured Person's Physician or another Service Provider or person; 4) not Experimental/Investigational or unproven, as recognized by the organized medical community, or which are used for any type of research program or protocol; and 5) not excessive in scope, duration, or intensity to provide safe and adequate, and appropriate Treatment. For Hospital stays, this means that acute care as an Inpatient is necessary due to the kinds of services the Insured Person is receiving or the severity of the Insured Person's condition, in that safe and adequate care cannot be received as an Outpatient or in a less intensified medical setting. The fact that any particular Physician may prescribe, order, recommend, or approve a service, supply, or level of care does not, of itself, make such Treatment Medically Necessary or make the charge of a Covered Expense under this Policy.
"Medicine" or **"Medications"** shall mean the drugs prescribed or dispensed to the Insured Person, by a licensed Physician, as a result of a Covered Expense. Medicine or Medication shall mean the generic equivalent of a drug, or if the generic equivalent is not available, the brand name drug.
"Mental and Nervous Disorder" shall mean any condition or disease listed in the most recent edition of the International Classification of Diseases as a mental disorder, which exhibits clinically significant behavioral or psychological disorder marked by a pronounced deviation from a normal healthy state and associated with a present painful symptom or impairment in one or more important areas of functioning. This disease must not be merely an expectable response to a particular stimulus. Mental Illness does not mean learning disabilities, attitudinal disorders or disciplinary problems.
"Outpatient" shall mean an Insured Person who receives care in a Hospital or another institution, including; ambulatory surgical center; convalescent/skilled nursing facility; or Physician's office, for an Illness or Injury, but who is confined and is not charged for room and board.
"Policy Period" or **"Period of Coverage"** shall mean the period of coverage issued by the Company to the Insured Person, typically beginning with the Effective Date and ending with the termination date or the date coverage is renewed by the Company.
"Physician" as used in this Policy shall mean a doctor of medicine or a doctor of osteopathy licensed to render medical services or perform Surgery in accordance with the laws of the jurisdiction where such professional services are performed, however, such definition will exclude chiropractors and physiotherapists.
"Policy" shall mean this document, the application and any endorsements, riders or amendments that will attach during the Period of Coverage.

"Policyholder" means the Policyholder shown on the face page of this Policy.

"Pre-existing Condition" Pre-existing Condition" for the purposes of this Policy shall mean 1) a condition that would have caused a person to seek medical advice, diagnosis, care or Treatment any time prior to the Effective Date of coverage under this Policy; 2) a condition for which medical advice, diagnosis, care or Treatment was recommended or received any time prior to the Effective Date of coverage under this Policy; 3) expenses for a Pregnancy existing on the Effective Date of coverage under this Policy.

"Reasonable and Customary" shall mean the maximum amount that the Company determines is Reasonable and Customary for Covered Expenses the Insured Person receives, up to but not to exceed charges actually billed. The Company's determination considers: 1) amounts charged by other Service Providers for the same or similar service in the locality were received, considering the nature and severity of the bodily Injury or Illness in connection with which such services and supplies are received; 2) any usual medical circumstances requiring additional time, skill or experience; and 3) other factors the Company determines are relevant, including but not limited to, a resource based relative value scale.

For a Service Provider who has a reimbursement agreement, the Reasonable and Customary charge is equal to the amount that constitutes payment in full under any reimbursement agreement with the Company.

If a Service Provider accepts as full payment an amount less than the negotiated rate under a reimbursement agreement, the lesser amount will be the maximum Reasonable and Customary charge.

The Reasonable and Customary charge is reduced by any penalties for which a Service Provider is responsible as a result of its agreement with the Company.
"Registered Nurse" shall mean a graduate nurse who has been registered or licensed to practice by a State Board of Nurse Examiners or other jurisdictional authority, and who is legally entitled to place the letters "R.N." after his or her name.

"Scheduled Departure Date" means the date on which the Insured Person is originally scheduled to leave on the Trip.

"Scheduled Return Date" means the date on which the Insured Person is originally scheduled to return to the point of origin or to a different final destination.

"Service Provider" shall mean a Hospital, convalescent/skilled nursing facility, ambulatory surgical center, psychiatric Hospital, community mental health center, residential Treatment facility, psychiatric Treatment facility, alcohol or drug dependency Treatment center, birthing center, Physician, Dentist, chiropractor, licensed medical practitioner, Registered Nurse, medical laboratory, assistance service company, air/ground ambulance firm, or any other such facility that the Company approves.

"Sickness" means illness or disease contracted and causing loss commencing while the Policy is in force as to the Insured Person whose Sickness is the basis of claim. Any complication or any condition arising out of a Sickness for which the Covered Person is being treated or has received Treatment will be considered as part of the original Sickness.

"Surgery" shall mean an invasive diagnostic procedure; or the Treatment of Illness or Injury by manual or instrumental operations performed by a Physician while the patient is under general or local anesthesia.

Meguro Language Center 200506 BP1-00

Medical Vocabulary and Phrases

(1) Useful structures

1. I have a pain in my_____. _____ | ga itai desu. / が痛(いた)いです。

2. My _____ itches. _____ | ga kayui desu. / が痒(かゆ)いです。

Body Parts

		[kana]	[kanji]
(1) head	atama	あたま	頭
(2) eyes	me	め	目
(3) eyelid	mabuta	まぶた	瞼
(4) teeth	ha	は	歯
(5) ears	mimi	みみ	耳
(6) ear lobe	mimitabu	みみたぶ	耳たぶ
(7) nose	hana	はな	鼻
(8) chest・breast	mune	むね	胸
(9) back	senaka	せなか	背中
(10) bone	hone	ほね	骨
(11) shoulder	kata	かた	肩
(12) neck	kubi	くび	首
(13) stomach	i	い	胃
(14) arm	ude	うで	腕
(15) hand	te	て	手
(16) wrist	tekubi	てくび	手首
(17) fingers	yubi	ゆび	指
(18) nails	tsume	つめ	爪
(19) hip	oshiri	しり	尻
(20) leg・foot	ashi	あし	脚・足
(21) toes	tsumasaki	つまさき	爪先

[Common expression]

(1) Onaka ga itai desu. お腹(なか)が 痛(いた)いです。
- Onaka: abdomen, stomach, bowel, (tummy)
- itai desu: have a pain

(2) Koshi ga itai desu. 腰(こし)が痛(いた)いです。 I have a backache.

(2) Name of disease

(1)	measles	hashika	はしか	麻疹
(2)	chicken pox	mizubōso	みずぼうそう	水疱瘡
(3)	mumps	otafuku	おたふく	
(4)	whooping cough	hyakunichizeki	ひゃくにちぜき	百日咳
(5)	tetanus	hashofū	はしょうふう	破傷風
(6)	atopy	atopī	アトピー	
(7)	ulcer	kaiyō	かいよう	潰瘍
(8)	stomach ulcer	ikaiyō	いかいよう	胃潰瘍
(9)	influenza	infuruenza	インフルエンザ	
(10)	melancholy	utsubyō	うつびょう	うつ病
(11)	stiff shoulder	katakori	かたこり	肩こり
(12)	backache	yōtsū	ようつう	腰痛
(13)	hepatitis	kan' en	かんえん	肝炎
(14)	liver cirrhosis	kankōhen	かんこうへん	肝硬変
(15)	cancer	gan	がん	癌
(16)	eyestrain	ganseihirō	がんせいひろう	眼精疲労
(17)	high blood pressure	kōketsuatsu	こうけつあつ	高血圧
(18)	cavity	mushiba	むしば	虫歯
(19)	canker sore	kōnaien	こうないえん	口内炎
(20)	hemorrhoid	ji	じ	痔
(21)	slipped disc	tsuikamban herunia	ついかんばんヘルニア	椎間板ヘルニア
(22)	petit mal	tenkan	てんかん	
(23)	diabetes	tōnyōbyō	とうにょうびょう	糖尿病
(24)	sunstroke	nisshabyō	にっしゃびょう	日射病
(25)	stroke	nōsocchū	のうそっちゅう	脳卒中
(26)	cataract	hakunaishō	はくないしょう	白内障
(27)	glaucoma	ryokunaishō	りょくないしょう	緑内障
(28)	leukemia	hakketsubyō	はっけつびょう	白血病
(29)	asthma	zensoku	ぜんそく	
(30)	constipation	bempi	べんぴ	便秘
(31)	burn	yakedo	やけど	火傷
(32)	athlete's foot	mizumushi	みずむし	水虫
(33)	anemia	hinketsu	ひんけつ	貧血
(34)	a menopausal disorder	kōnenkishōgai	こうねんきしょうがい	更年期障害

Meguro Language Center BP1-00

(3) Other useful expressions

(1) I have a fever.	Netsu ga arimasu.	熱(ねつ)があります。
(2) I have a fever of 38 degrees.	38 do desu.	38℃です。

How to covert Fahrenheit to Celsius

$$5F-9C=160 \quad \therefore F=\frac{160+9C}{5} \quad \therefore C=\frac{5(F-32)}{9}$$

(3) I have an allergy.	Arerugī ga arimasu.	アレルギーがあります。
(4) I don't have an appetite.	Shokuyoku ga arimasen.	食欲(しょくよく)がありません。
(5) I have a cough.	Seki ga demasu.	咳(せき)がでます。
(6) I have been sneezing.	Kushami ga demasu.	くしゃみが出(で)ます。
(7) I have a runny nose.	Hanamizu ga demasu.	鼻水(はなみず)が出ます。
(8) I feel nauseous.	Hakike ga shimasu.	吐(は)き気(け)がします。
(9) I have been having chills.	Samuke ga shimasu.	寒気(さむけ)がします。
(10) I feel dizzy.	Memai ga shimasu.	めまいがします。
(11) I feel sluggish.	Karada ga darui desu.	体(からだ)がだるいです。
(12) I have diarrhea.	Geri desu.	下痢(げり)です。
(13) I'm constipated.	Bempi desu.	便秘(べんぴ)です。
(14) I feel itchy.	Kayui desu.	痒(かゆ)いです。
(15) I have bad teeth.	Mushiba desu.	虫歯(むしば)です。
(16) I have a cold.	Kaze desu.	風邪(かぜ)です。
(17) I have the flu.	Infuruenza desu.	インフルエンザです。
(18) I have a hangover.	Futsukayoi desu.	二日酔(ふつかよ)いです。
(19) I'm sick at my stomach.	I ga mukamuka shimasu.	胃(い)がむかむかします。
(20) Sharp pain in his stomach.	I ga kirikiri shimasu.	胃(い)がきりきりします。
(21) I feel dizzy.	Atama ga kura kura shimasu.	頭(あたま)がくらくらします。
(22) My head is throbbing.	Atama ga zukizuki shimasu.	頭(あたま)がずきずきします。
(23) I have a prickly pain.	Chikuchiku shimasu.	ちくちくします。
(24) I have a burning pain.	Hirihiri shimasu.	ひりひりします。

(4) At the hospital or drugstore

Please give me_____.

_____ o kudasai.
をください。

(1)	headache specific	zutsūyaku	ずつうやく	頭痛薬
(2)	painkiller	chintsūzai	ちんつうざい	鎮痛剤
(3)	sleeping pill	suiminyaku	すいみんやく	睡眠薬
(4)	antipyretic	genetsuzai	げねつざい	解熱剤
(5)	band aid	bandoeido	バンドエイド	
(6)	eye drops	megusuri	めぐすり	目薬
(7)	compress	shippu	しっぷ	湿布
(8)	mouth wash	ugaigusuri	うがいぐすり	うがい薬

MLC Meguro Language Center

Email: info@mlcjapanese.co.jp
http://www.mlcjapanese.co.jp

Special thanks to
David Wollard, RN, BSN
Arkansas, United States of America