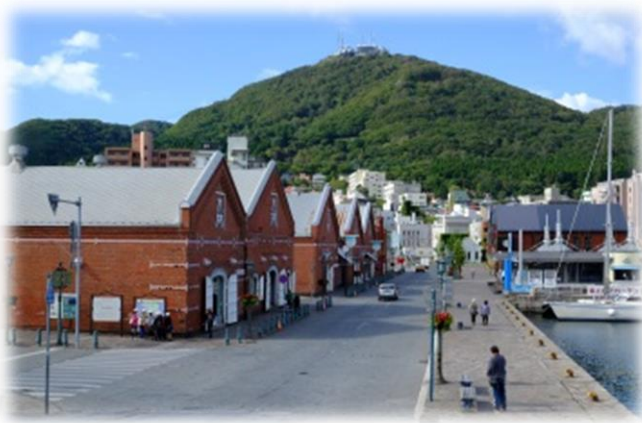


LIVING IN HAKODATE



HOKKAIDO INTERNATIONAL FOUNDATION

Last Updated on May 30, 2019

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1. Hakodate, Hokkaido

A) Overview

Japan's northeastern island, Hokkaido, was sparsely populated until the early 19th century when Japanese people from all parts of the country came to settle the land and create the Hokkaido we know today. Whereas Tokyo, Osaka, Kyoto, and other areas of Japan are known for their intense summer heat and humidity, the summers in Hokkaido are relatively cool and pleasant.

Hakodate is located in southern Hokkaido. Hakodate is a small, quiet, rural town, with a population of about 270,000. Hakodate was one of the two Japanese ports opened by Commodore Perry when he visited Japan in 1854. At that time, Hakodate led Japan's progress towards modernization. The night view of the town from Mt. Hakodate is considered one of the most spectacular in the world. In 2015, Hakodate was ranked Japan's most attractive tourist destination for the second year in a row.



B) Climate (What to Wear in Hakodate)

The climate of Hakodate in summer is relatively cool, especially in June and early July. The nights may be quite cold. Bring a warm sweater or jacket. In August, however, there may be some hot days. In Hakodate, few families have an air conditioner at home. Also, prepare for rainy weather by taking a raincoat or an umbrella. The dress code is informal (casual), conservative and tidy. We discourage wearing clothing that is too revealing or having an untidy appearance. Please bring sneakers for outdoor activities such as cycling, nature walks, or group trips. The following table lists the average temperatures in Hakodate (data provided by the Japan Meteorological Agency in Celsius).

Temperature in Hakodate for the last 3 years

Fahrenheit	2016			2017			2018		
	June	July	August	June	July	August	June	July	August
Average	60.8 ℉	68.5 ℉	74.7 ℉	60.4 ℉	72.5 ℉	68.5 ℉	61.3 ℉	70.2 ℉	70.3 ℉
Highest	77.2 ℉	86.7 ℉	90.9 ℉	81.0 ℉	90.3 ℉	82.0 ℉	78.8 ℉	86.9 ℉	87.6 ℉
Lowest	44.1 ℉	57.4 ℉	55.2 ℉	46.0 ℉	59.9 ℉	50.5 ℉	43.5 ℉	54.3 ℉	52.5 ℉
Celsius	2016			2017			2018		
	June	July	August	June	July	August	June	July	August
Average	16.0 °C	20.3 °C	23.7 °C	15.8 °C	22.5 °C	20.3 °C	16.3 °C	21.2 °C	21.3 °C
Highest	25.1 °C	30.4 °C	32.7 °C	27.2 °C	32.4 °C	27.8 °C	26.0 °C	30.5 °C	30.9 °C
Lowest	6.7 °C	14.1 °C	12.9 °C	7.8 °C	15.5 °C	10.3 °C	6.4 °C	12.4 °C	11.4 °C

2. Hokkaido International Foundation (HIF)

A) Location

The HIF building is located on Hachimanzaka (八幡坂), one of the popular scenic points to visit among tourists. You can enjoy the gorgeous view of Hakodate Bay on the top of the slope. Around the HIF, there are a variety of historical buildings such as Motomachi Roman Catholic Church (カトリック元町教会), Russian Orthodox Church (函館ハリストス正教会), Old Public Hall of Hakodate Ward (旧函館区公会堂), Higashihonganji-Temple Hakodate Branch (東本願寺函館別院), Old British

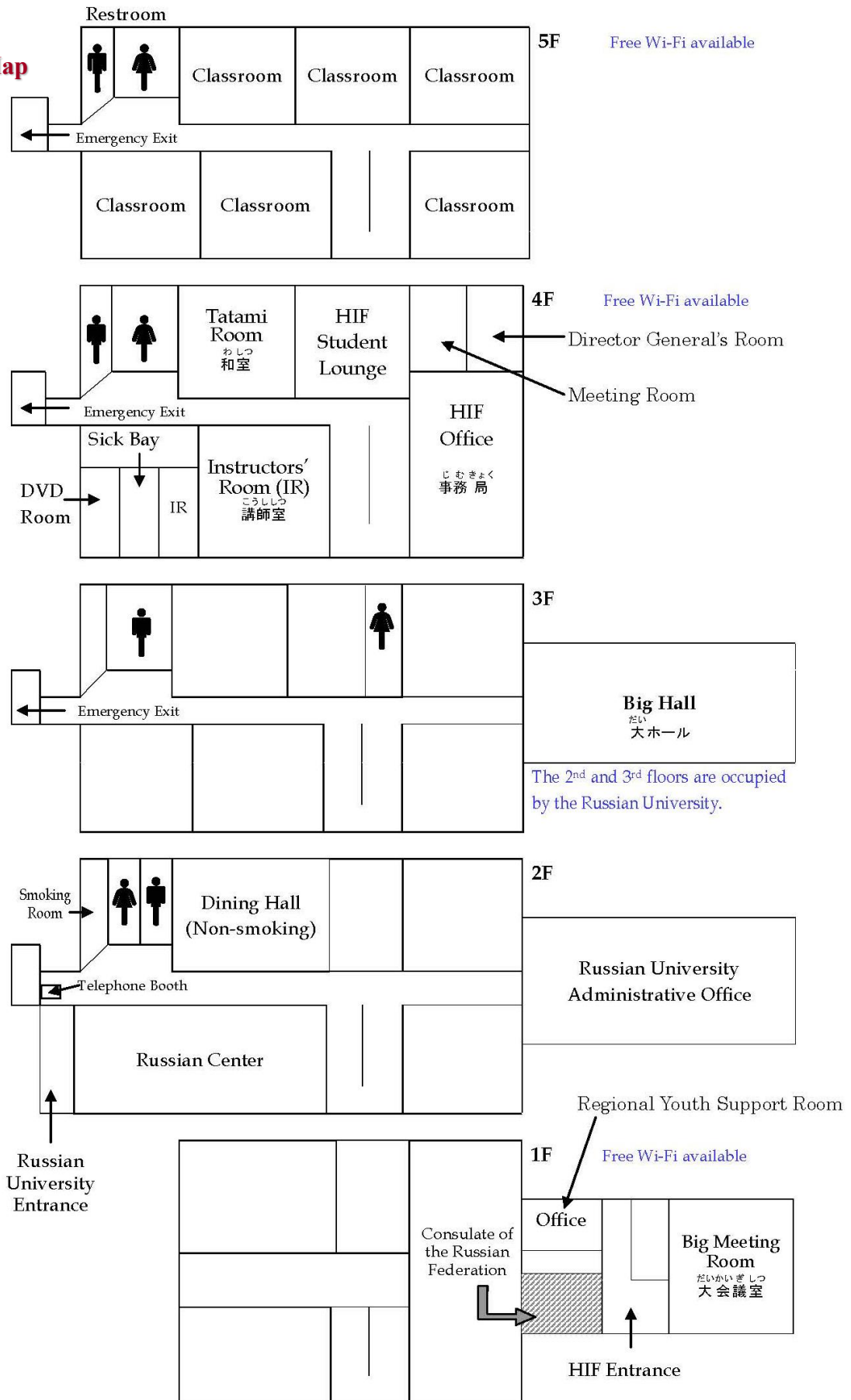


HIF building & Mt. Hakodate in back

Consulate (旧イギリス領事館), Chinese Memorial Hall (函館中華会館), and so on.

HIF shares this five-story building with the Russian Far Eastern National University, Hakodate Campus (ロシア極東連邦総合大学函館校) and the Russian Federation Consulate-General in Sapporo, Hakodate Office.

B) HIF Building Map



C) HIF Student Services

<u>HIF Business Hours:</u>	8:30am-5:00pm, Mondays through Fridays
<u>Bulletin Board:</u>	Important announcements from the HIF Office are posted on the bulletin board in the hallway on the 4th floor.
<u>Mail:</u>	You may use the HIF's address as your mailing address.
<u>Telephone:</u>	There is one telephone in the HIF office which you can use.
<u>Internet Access:</u>	Desktop computers are located in the student lounge on the 4th floor. Free Wi-Fi is available in the 1st, 4th, and 5th floors.
<u>Printer, Photocopier & Scanner:</u>	A multifunction printer with copier-scanner capabilities is available in the HIF Office. -Class-related documents (homework, Independent Study, etc.): Free -Others: ¥10/page (black & white), ¥20/page (color)
<u>Sick Bay:</u>	Please use the sick bay when you feel unwell. Please let HIF staff members know when you wish to use the room. A first-aid kit is available in the HIF Office.
<u>Vending Machines:</u>	Soft-drink vending machines are located in the dining hall (2F) and HIF students lounge (4F).
<u>Dining Hall:</u>	Located on the 2nd floor.
<u>Bakery:</u>	You can purchase some breads and pastries from a local bakery in Hakodate during the break between 11:05-11:25 (お茶の時間) in front of the HIF Office on the 4th floor.

Security System

The entrance door is open at 8:30am and locked at 5:30pm every day. Please avoid using the entrance of the Russian University during the program.

Emergency Exits

In case of emergency, please use the emergency exits of the building.

Drinking & Smoking

Drinking alcoholic beverages and smoking are prohibited in the entire building.

3. Personal Conduct and Legal Issues

The HIF Japanese Language and Japanese Culture Program requires much more than attending in classes and speaking Japanese. Participants should regard themselves as official representatives of their universities and home countries. They are therefore expected to behave with appropriate decorum on the premises at HIF, with their host families, and in the community. In addition to these issues, we must inform you of some important legal concerns. Once you enter Japan, you must abide by Japanese laws. The HIF Director General is the guarantor for participants from countries that require visas to enter Japan. These participants bear a reciprocal responsibility for their behavior in Japan. All participants must be scrupulous in observing the mores of the community, the rules of the program and the laws of Japan.

There are specific rules related to drugs, employment, driving, and personal identification. Failure to comply with these requirements may result in arrest, detention, and/or deport.

A) Driving a Car / Motorbike

Driving a car or a motorbike is in all circumstances prohibited during the Program, even if you have the relevant licenses. HIF does not accept legal or financial liability for any accidents caused by, or injuries to participants who have violated this rule.

B) Drug Use and Possession

The use or possession of illegal drugs is a criminal offence in Japan. Participants in violation of Japanese law in this regard will be immediately dismissed from the HIF Summer Program. Participants who present with substance abuse or addiction problems (for example alcohol or over-the-counter medicines) may also be sent home.

C) Employment

It is illegal for visitors to Japan to undertake paid employment without a working visa or student visa. If you are caught engaging in paid employment, you will be exposed to criminal liability and you may be expelled from Japan. However, you may participate in unpaid volunteer work or internships.

D) Passport

The Japanese immigration law (出入国管理及び難民認定法第23条) requires all non-Japanese residents to carry personal identification with them at all times. The police are authorized to immediately arrest any person who does not produce identification upon request. Therefore, you must have your passport with you at all times.

It might be helpful for you to bring a neck pouch or money belt in with to carry your passport.

E) Drinking

The legal drinking age in Japan is 20.

You might accidentally purchase a drink without knowing it is alcohol, as there are many varieties of alcoholic beverages of which packaging designs look like soft drink at first glance. If it has さけ お酒 mark on it, it is alcohol for sure.



4. Public Transportation

Your host family will show you or explain to you how to commute from their house to HIF during the first weekend of the program. Most participants will need to use public transportation (tram, bus, or train) to commute. HIF will refund transportation expenses for those who use public transportation to commute between host family's house and HIF, according to the criteria set by HIF. Further information about the reimbursement will be announced in the student orientation.

TRAVEL Hakodate, Hakodate Official Travel Guide – Hokkaido, Japan (by Tourism Department of City of Hakodate)

HOME > Useful Information > Transportation

<https://www.hakodate.travel/en/information/city-traffic.html>

Hakodate Transit System Map (はこだて公共交通乗旅まっぷ)

<https://www.city.hakodate.hokkaido.jp/docs/2017052200058/>

A) Tram

If you commute by a No.5 Tram bound for 函館どつく前^{まへ}, you get off at 末広町^{すえひろちよう} and walk to HIF.

If you commute by a No.2 Tram bound for 谷地頭^{やちがしら}, you get off at 十字街^{じゆうじがい} and walk to HIF. You could transfer from No.2 Tram to No.5 Tram at 十字街^{じゆうじがい}. In that case, tell the driver of the No.2 Tram that you go to 末広町^{すえひろちよう} and pay the fare up to your final destination (末広町^{すえひろちよう}). S/he will give you a ticket called 乗換券^{のりかえけん}. Put the ticket in the fare box when you get off the No.5 Tram at 末広町^{すえひろちよう}. Fares: ¥210 - ¥250.



Tram No. 2 & Tram No. 5



	Tram Stops		Tram No. 5	Tram No. 2	Transfer	Memo
DY1	湯の川	ゆのかわ	●	●	☆	
DY2	湯の川温泉	ゆのかわおんせん	●	●		
DY3	函館アリーナ前	はこだてアリーナまえ	●	●		
DY4	駒場車庫前	こまばしゃこまえ	●	●		
DY5	競馬場前	けいばじようまえ	●	●		
DY6	深堀町	ふかぼりちよう	●	●	☆	
DY7	柏木町	かしわぎちよう	●	●		
DY8	杉並町	すぎなみちよう	●	●		
DY9	五稜郭公園前	ごりようかくこうえんまえ	●	●	☆	
DY10	中央病院前	ちゅうおうびょういんまえ	●	●		
DY11	千代台	ちよがだい	●	●		

DY12	堀川町	ほりかわちょう	●	●		
DY13	昭和橋	しょうわばし	●	●		
DY14	千歳町	ちとせちょう	●	●		
DY15	新川町	しんかわちょう	●	●		
DY16	松風町	まつかぜちょう	●	●		
DY17	函館駅前	はこだてえきまえ	●	●	☆	
DY18	市役所前	しやくしょまえ	●	●		
DY19	魚市場通	うおいちばどおり	●	●		
DY20	十字街	じゅうじがい	●	●		10-min walk to HIF
D21	末広町	すえひろちょう	●	●		7-min walk to HIF
D22	大町	おおまち	●			
D23	函館どつく前	はこだてどつくまえ	●			
Y24	宝来町	ほうらいちょう		●		
Y25	青柳町	あおやぎちょう		●		
Y26	谷地頭	やちがしら		●		

B) Bus-to-Tram, Tram-to-Bus Transfer

You can make a transfer at the transfer discounted fare at the four stops marked with ☆ in the above table. You have to transfer within 2 hours. Please remember to take a ticket (整理券 せいりけん) every time you get on a bus or tram, and put it in the fare box as you get off.

If you pay by cash

First Ride

- 1) Tell the driver “のりつぎします” when you get off.
- 2) Pay the fare up to that point and ¥50 as a transfer fee.
- 3) The driver will give you a transfer ticket that worth ¥210.

Second Ride

- 4) If the next ride fare exceeds ¥210, pay the balance as you get off. If it doesn't, you just put the transfer ticket and 整理券 せいりけん in the fare box.



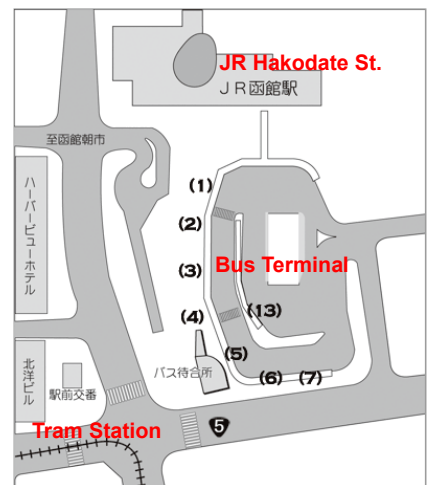
If you pay by an IC card (“ICAS nimoca”)

First Ride

- 1) Tell the driver “のりつぎします” when you get off.
- 2) Touch your card to the reader. The fare up to that point and ¥50 as a transfer fee will be deducted.

Second Ride

- 3) Touch your card to the reader as you get off. If the next ride fare exceeds ¥210, the balance will be automatically deducted from the card.



C) Bus

The Hakodate Bus Corporation (<http://www.hakobus.co.jp/>) operates more than 50 different routes. The minimum fare is ¥210. Most people who commute to HIF by bus get off a bus at 函館駅前 はこだてえきまえ and transfer to a tram or walk to HIF.

D) Train

If you commute by train, you get off a train at 函館駅 and transfer to a tram or walk to HIF. The minimum fare is ¥210.

JR

Train Stations	
函館	はこだて
五稜郭	ごりょうかく
桔梗	きぎょう
大中山	おおなかやま
七飯	ななえ
新函館北斗	しんはこだてほくと
仁山	にやま
大沼	おおぬま
大沼公園	おおぬまこうえん
↓	↓
札幌	さっぽろ

↑
はこだてライナー
↓



道南いさりび鉄道 (South Hokkaido Railway)

Train Stations	
五稜郭	ごりょうかく
七重浜	ななえはま
東久根別	ひがしくねべつ
久根別	くねべつ
清川口	きよかわぐち
上磯	かみいそ
↓	↓
木古内	きこない

5. Bicycle Rules and Safety

The Revised Road Traffic Act has become effective on June 2016 to strengthen penalties for unlawful behaviors. The information written on this section is not exhaustive. Please visit the website of the Metropolitan Police Department (<http://www.keishicho.metro.tokyo.jp/kotsu/jikoboshi/bicycle/menu/rule.html>) for more complete and detailed information.

Please make sure the bike is the right size and properly adjusted to fit you. Ensure your bicycle (especially brakes and lights) is in good working order by inspecting it regularly.

<Five Basic Safety Tips>

1. Ride on a traffic lane. Riding on a sidewalk is exceptional.
2. On a traffic lane, ride in the same direction as traffic. (In Japan, ride on the left.)
3. On a sidewalk, yield to pedestrians and ride closer to the traffic lane.
4. Obey all safety rules.
5. Bicycle riders under 13 years of age must wear a bicycle helmet.



Some Examples of Illegal Behaviors



Ride double on a bicycle.



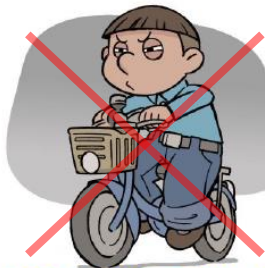
Ride using a phone.



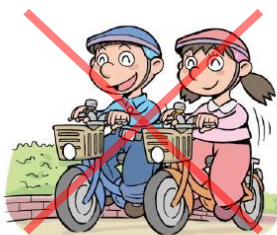
Ride using an umbrella.



Ride with earphones on.



Ride with no lights on at night.



Ride side by side.



Ride without yielding to pedestrians.



Ride after drinking alcohol

6. Money

A) Anticipated Expenses

This section outlines approximate costs you will incur while living in Hakodate. At minimum, bring *at least* **¥100,000** with you for miscellaneous personal expenses.

In the U.S., you can buy a cup of coffee with your credit/debit card without a problem. However, in Japan, credit cards are not as widely used as in the U.S., and may not be accepted in many supermarkets, restaurants, clinics or transportations, especially if the amount of money you are going to pay is small. Debit cards are even more rare.

Upon entering Japan, you should carry at least ¥10,000-¥20,000 in cash for immediate travel expenses. Even after you settle in Hakodate, you should always carry a certain amount of cash just in case.

Baggage Delivery ¥2,000 or above per suitcase

If you wish to send your luggage to Hakodate Kokusai Hotel where you stay on June 13 and 14, luggage delivery services are available at airports and hotels. It takes two days from Narita Airport or Tokyo area to Hakodate. The price is ¥2,000 or above depending on a size and weight. Please refer to the “Travel Information” booklet for more information about the baggage delivery.

Transportation Costs: Daily Commute

Most participants will need to use public transportation to commute to HIF. HIF will refund transportation expenses for those who use public transportation to commute between host family’s house and HIF, according to the criteria set by HIF. Further information about the reimbursement will be announced in the student orientation.

Transportation Costs: Extracurricular Activities

Locations for extracurricular activities like judo and kyudo are distant from HIF, and tram fares cost a minimum of ¥210, one way. Participants are responsible for paying transportation costs to participate in culture classes and extracurricular activities.

Daily Lunch¥20,000 ~ ¥40,000 for 2 months

The school cafeteria is open during the program. The daily lunch special (main and side dishes, rice, and soup) is ¥500.

If you are interested in having your lunch at a nearby restaurant, it may cost you ¥800 or more. Lunch boxes costing about ¥400 or more can be purchased at supermarkets and convenience stores near HIF.

Daily Commodities

Prices of toiletries and consumable goods in Japan vary according to quality. Many goods are available at 100 yen shops.

Culture Classes

HIF facilitates cultural activities that may interest you. These are optional, and the participation fee is free.

Dictionaries & Workbooks

You can purchase the following grammar dictionaries and workbooks at HIF.

- A Dictionary of Basic Japanese Grammar (Japan Times)
- A Dictionary of Intermediate Japanese Grammar (Japan Times)
- A Dictionary of Advanced Japanese Grammar (Japan Times)
- A Handbook of Japanese Grammar Patterns for Teachers and Learners (Kurosio Publishers)
- A Bilingual Dictionary of English and Japanese Metaphors (Bonjinsha)
- GENKI: An Integrated Course in Elementary Japanese Workbook II (Japan Times)
- Tobira 800 Basic Kanji as a Gateway to Advanced Japanese (Kurosio Publishers)
- Tobira Grammar Power: Exercises for Mastery (Kurosio Publishers)

Extra Travel Costs

If you are planning to travel before or after the program or during the 4-day semester break, be aware that the cost for travel inside Japan (transportation, accommodation, meals) tend to be very expensive.

HIF prohibits participants from hitchhiking and sleeping outside except under unavoidable circumstances. In any case, HIF accepts no responsibility or liability for any injury or loss resulting from the above-mentioned behaviors.

International Delivery Service

Express Mail Service (EMS) from Japan to USA: 10kg: ¥14,500 20kg: ¥25,500

For more information: http://www.post.japanpost.jp/int/ems/index_en.html

Return Tickets

We strongly advise that you purchase your return tickets from Hakodate to your port of departure before you leave your country. August is the busiest travel season in Japan and air tickets may be difficult to obtain at short notice. If you cannot purchase domestic tickets before your arrival in Japan, please make sure to purchase them at your earliest convenience once you have arrived in Hakodate. Please note that seasonal charges may apply.

B) Currency Exchange in Hakodate

Currency exchange is available at the following two banks located near the JR Hakodate Station. Their business hours are 9:00am-3:00pm on Monday through Friday.

Bank Name: North Pacific Bank, Hakodate Central Branch (北洋銀行 函館中央支店)
 Address: 15-7-11 Wakamatsucho, Hakodate
 Tel: 0138-23-8511

Bank Name: Mizuho Bank, Hakodate Branch (みずほ銀行 函館支店)
 Address: 16-6 Wakamatsucho, Hakodate
 Tel: 0138-22-2111

Currency exchange is also available at the four branches of the Japan Post Bank. Their business hours are 9:00am-4:00pm.

Bank Name: Japan Post Bank (ゆうちょ銀行)
 Branch Names: 函館中央郵便局 1-6 Shinkawacho, Hakodate
 函館北郵便局 2-13-21 Mihara, Hakodate
 北斗郵便局 2-11-1 Inari, Hokuto
 七飯郵便局 6-2-2 Honcho, Nanaecho, Kamedagun



Japan Post Bank ATM

C) How to Withdraw Cash by Credit or Debit Cards Issued outside of Japan

Japan Post Bank ATMs

http://www.jp-bank.japanpost.jp/en/ias/en_ias_index.html

Withdrawal limit per transaction: 50,000 JPY

Located inside the Post Office, some stations, hospitals, and shops.

The nearest post office from HIF is 函館元町郵便局 (Address: 28-13 Motomachi, Hakodate).

Around the HIF, except for the post offices, you can also find a Japan Post Bank ATM in the JR Hakodate Station and the Hakodate City Hall.

Seven Bank ATMs

<http://www.sevenbank.co.jp/intlcard/index2.html>

Withdrawal limit per transaction: 30,000 JPY

Located in the Seven Eleven convenience stores with the sign of Seven Bank ATM.

You may also find one at major international airports, major train stations, and department stores.



Seven Bank ATM

Mizuho Bank International ATM

https://www.mizuho.com/japan/service/international_card/index.html

Withdrawal limit per transaction: 50,000 JPY

One international ATM is available in the Mizuho Bank, Hakodate Branch (See above for the address) near the JR Hakodate Station.

Operation hours: 8:00am-9:00pm

North Pacific Bank (北洋銀行) ATM in the JR New Hakodate Hokuto Station

Withdrawal limit per transaction: 40,000 JPY

Located near the Bento Café 41°Garden on the second floor of the station

Note: You cannot withdraw cash with cards issued outside of Japan at other North Pacific Bank ATMs you will find in Hakodate.

Operation hours: 7:00am-9:00pm (except for the third Saturday of the month: 7:00am-6:00pm)

For more information about currency exchange and ATMs:

<https://www.hakodate.travel/en/information/exchange>

D) Wire Transfer to HIF

HIF accepts wire transfers on your behalf while you are in Hakodate during the program. You can make a wire transfer to the following HIF bank account. Please let HIF staff know in advance if you make a wire transfer.

Bank Name:	The MICHINOKU Bank Ltd. (Bank Code: 0118)
Branch Name:	Hakodate Business Division (Branch Code: 091)
Address:	9-10 Chitose-cho, Hakodate, Hokkaido 040-0033 JAPAN
Telephone:	81-138-23-8101
Swift Code:	MCHIJPJT
Beneficiary:	Hokkaido International Foundation
Beneficiary's address:	14-1 Motomachi, Hakodate, Hokkaido 040-0054 JAPAN
Telephone:	81-138-22-0770
Regular Account Number:	5517389

INTERMEDIARY BANKS

JP Morgan Chase Bank, National Association, New York
The Bank of New York Mellon, New York
Deutsche Bank Trust Company Americas, New York

SWIFT CODE

CHASUS33
IRVTUS3N
BKTRUS33

E) Traveler's Checks

Traveler's checks are not commonly used in Japan anymore. You cannot cash them at banks or use them in shops. We do not recommend you bring traveler's checks to Japan.

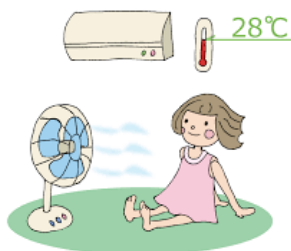
F) Personal Checks

You cannot cash personal checks in Hakodate.

7. Sustainability in Japan

A) Saving on Electricity and Water (節電、節水)

During your stay in Japan, especially at your host family's house, please try to save on electricity and water. This is important not only in Japan but anywhere in the world.



B) How to Sort Garbage by Type (ごみの分別)

Different local governments have different rules to collect recyclables and waste. In the City of Hakodate, you separate garbage into six types as follows:

<p>Burnable garbage (燃やせるごみ) (e.g.) kitchen waste, uncleanable plastics, unrecyclable paper, rubber or leather products, CDs, videotaps, clothes, disposable diapers, etc.</p> 	<p>Recyclable plastics (プラスチック容器包装/プラ) Plastic products that have “プラ mark” on them. If they are dirty, please rinse them with water or wipe them off with an old cloth.</p> 
<p>Non-burnable garbage (燃やせないごみ) (e.g.) ceramics, glass, metallic products, small-sized home appliances of less than 30cm, gas cylinders, spray cans, electric bulbs, fluorescent lights, etc.</p>  <p>CAUTION: Dispose dangerous items with care!</p>	<p>Cans, glass bottle, plastic bottles (缶・びん・ペットボトル) Remove caps and labels, and rinse them with water.</p> 
<p>Large-sized garbage (粗大ごみ)</p> 	<p>Dry-cell batteries (乾電池)</p> 

At HIF, and if your host family lives in Hakodate, you follow the above rules. If your host family lives in Hokuto-shi or Nanae-cho, please ask for them since they have slightly different rules.

The pictures in this section are taken from the Guidebook for Sorting Recyclables and Waste edited and published by Minato Recycling and Waste Management Office, Industry and Community Promotion Support Department.

8. Emergency

EMERGENCY NUMBERS IN JAPAN



110 for Police



119 for Fire Department and Ambulance

A) Traffic Accidents

If you are involved in a traffic accident, do not allow the driver to leave the scene even if you do not seem injured. Even if you have no symptoms right after an accident, serious symptoms may develop later. Please follow the following procedures if you find yourself in an accident:

- 1) Ask the driver for his/her name, address, telephone number, number plate and car insurance number.
- 2) Have the driver call the police.
- 3) Immediately call HIF and your host family.
- 4) Wait for the police to come and assess the situation.
- 5) In case of injury, you will need a medical certificate (診断書) from your medical practitioner to verify your injury and treatment. You will need this certificate to make insurance claims.

B) Indemnity

You will be liable for intentional or unintentional damage or destruction of property or possessions belonging to your host family. For example, if you break a host family's bicycle, lose the house key, you have to repair or pay for the cost.

Please report any incident involving loss, damage, or destruction to the HIF facilities immediately. HIF insures each Summer Program participant for up to ¥1,000,000 for indemnity liability. This liability insurance also covers damage or destruction of goods displayed in places of business. Disbursement amounts will be assessed by Tokio Marine Nichido Fire Insurance Company.

C) Insurance & Medical Fees

HIF requires all participants to obtain medical insurance to cover possible illness and accidents while staying in Japan. If you visit a doctor while you are staying in Japan, you will be liable for the full cost even if you are insured in your home country. A typical visit may cost between ¥6,000 and ¥10,000. You may request reimbursement from your insurance provider once you return to your home country. We suggest that you take an extra ¥20,000-¥30,000 in case of illness or injury during your stay.

HIF insures all participants as follows **in the event of injuries due to accidents.**

Hospital Visits	Hospital Stays	Surgery	Disability or Death
¥3,000/ day	¥5,000/ day	¥250,000	¥6,000,000

At hospital, you pay the full cost of the medical services you receive. When you return to your home country, please contact your insurance company to receive reimbursement for the cost of the treatment.

D) When You Are Sick

At home

Please tell your host family when you become sick or suffer any injury. In these situations they will inform the HIF Office and they or a staff member of HIF will take you to a hospital if necessary.

If you have to miss a class due to sickness or injury, be sure to inform the HIF Office before 9:00am by telephone.

At HIF

Please tell a staff member of HIF when you don't feel well. You may use the Sick Bay to rest. A staff member will take you to a hospital if necessary.

E) Medications

We strongly recommend that you take a generous supply of over-the-counter or prescription medicines for headaches, colds or allergies to Japan with you. It is highly unlikely that you will be able to find the same brands of medications that are found in your home country here in Japan.

Please refer to the website of the Ministry of Health, Labour and Welfare for more information about bringing medicines for personal use into Japan.

<http://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html>

9. Internet Connection

A) HIF Building

Free Wi-Fi is available in the 1st, 4th, and 5th floors.

B) Host Family's House

Internet access at home is different from one family to another: some families have unlimited Wi-Fi access you can use with your computer or tablet, and others do not have the internet at all. You have to ask for your host family about their internet rules, since they might be using a limited data plan. If you need to be connected to the internet all the time for sure, we recommend you rent a pocket Wi-Fi on your own.

In order to take advantage of the homestay experience, you should balance your time to spend on the internet and the time to spend with your host family. If you video chat with your family or friends in your country late at night or early morning due to the time difference, please do not disturb your host family by talking too loud or making loud noises.

C) Pocket Wi-Fi & SIM Card Rental

Some of you might be interested in renting a pocket Wi-Fi or SIM card during your stay in Japan. Here is some information. There are other shops that offer similar services, but the followings are one of the cheapest stores according to our own research. Please note that HIF disclaims any responsibility for your contract with them.

<Pocket Wi-Fi>

Wi-Fi Rental Store <http://en.wifi-rental-store.jp/>

-2-month pack (61days and 60nights): ¥12,000 or above

-Delivery fee: ¥1,080 (Return postage included. Delivered in Japan only.)

-Insurance (optional): ¥540

<SIM Card>

[cdjapan.co.jp](http://rental.cdjapan.co.jp) <http://rental.cdjapan.co.jp/>

-60 days pack: ¥7,500 or above

-Delivery fee: ¥540 (Return postage included.)

D) Free Wi-Fi in Hakodate

Please refer to the Hakodate City Free Wi-Fi Spot Guide Map as to where you can use Wi-Fi for free.

You will see the following signs which say “Wi-Fi つかえます (You can use Wi-Fi.)” at a restaurant or shop. The tricky part is that you can use Wi-Fi only with a mobile phone whose carrier is the one written on the sign. Docomo, au, and Softbank are the three major phone carriers in Japan, just like Verizon, at&t, Sprint, T-Mobile in the U.S.. If a sign has a carrier name and/or character, please be careful because it does not mean that they have free Wi-Fi available to anyone.




For other signs regarding the internet availability such as FREESPOT, please ask a shop/restaurant staff on site for more information.



E) Mobile Phone

Foreigners who stay in Japan less than 90 days are not allowed to purchase mobile phones in Japan by law: けいたいでんわふせいりようげんしほう 携帯電話不正利用防止法 in force from April 1, 2006. If you wish to use a mobile phone from your country in Japan, you will need a global roaming device, or you may rent a mobile phone in Japan.

10. Useful Facilities

Hakodate City Central Library (函館市中央図書館) <small>はこだてしちゅうおうとしよかん</small>			
Address	26-1 Goryokaku-cho, Hakodate	Tel	0138-35-5500
Business Hours	9:30am-8:00pm, closed every Wednesday		
What's available for you	You need to obtain a library card (図書館利用者カード) <small>としよかんりようしかーど</small> to check out a book or use the internet corner. You are not allowed to use the computers at the internet corner for the purpose of playing game or chatting. You can bring your laptop to the library, but there is no Wi-Fi available.		
Website	http://hakodate-lib.jp/		

Hakodate Community Design Center (函館市地域交流まちづくりセンター)			
Address	4-19 Suehiro-cho, Hakodate	Tel	0138-22-9700
Business Hours	9:00am-9:00pm, open everyday		
What's available for you	free Wi-Fi, café "Drip Drop", information about events or concerts in and around Hakodate, etc.		
Website	http://hakomachi.com/		

Hakodate Youth Center (函館市青年センター)			
Address	27-5 Chiyogadai-cho, Hakodate	Tel	0138-51-3390
Business Hours	9:00am-9:00pm (Wed: 5:00pm-10:00pm), open everyday		
What's available for you	free Wi-Fi, study space, etc.		
Website	http://www.hako-youth.com/		

Hakodate Tsutaya Books (函館 蔦屋書店)			
Address	85-1 Ishikawa-cho, Hakodate	Tel	0138-47-2600
Business Hours	7:00am-1:00am, open everyday		
What's available for you	bookstore, Starbucks, restaurant, Family Mart (convenience store), study space, etc. free Wi-Fi available at the Starbucks area		
Website	http://www.hakodate-t.com/		

Hakodate Community Plaza G-Square (G スクエア) inside Share Star Hakodate (シエスタ函館)			
Address	24-1 Honcho, Hakodate	Tel	0138-35-4000
Business Hours	9:30am-9:30pm, open everyday		
What's available for you	free Wi-Fi, study space, etc.		
Website	http://g-sq.jp/		

Hakodate Arena (函館アリーナ)			
Address	1-32-2 Yunokawa-cho, Hakodate	Tel	0138-57-3141
Business Hours	9:00am-10:00pm, open everyday		
What's available for you	arena for table tennis, badminton, basketball, etc., indoor running course, training room with fitness and exercise equipment, kids room, etc. (Fee: ¥400 ~) You will need a pair of indoor sneakers to use the facilities.		
Website	http://www.zaidan-hakodate.com/arena/		

Hakodate Citizen's Swimming Pool (函館市民プール)			
Address	22-25 Chiyogadai-cho, Hakodate	Tel	0138-52-7452
Business Hours	10:00am-9:00pm, open everyday (closed for maintenance a few days a month)		
What's available for you	50-meter pool, 25-meter pool (Fee: ¥420 ~)		
Website	http://www.zaidan-hakodate.com/arena/		

San Rifure Hakodate (サン・リフレ函館)			
Address	2-14 Omori-cho, Hakodate	Tel	0138-23-2556
Business Hours	9:00am-9:00pm, closed on the third Thursday every month		
What's available for you	gymnastic hall for table tennis, badminton, basketball, etc., room with fitness and exercise equipment, café & restaurant, etc. (Fee: ¥100 ~) You will need a pair of indoor sneakers to use the facilities.		
Website	http://s-refre-hakodate.com/		

11. Other Information

Gifts and Something to Introduce Yourself

As a gesture of courtesy, it is a good idea to bring small gifts for your host family and friends. A box of cookies, stationery, T-shirts from your campus, or other local products are most welcome. You may also consider bringing items (such as photos, videos or brochures) with you that you can use to introduce yourself, your country, city or family to your host family.

Electrical Appliances

The voltage in Japan is 100 VAC and 50Hz (East Japan area from around Tokyo up to Hokkaido). The shape of electrical outlets in Japan is Type A as shown in the right picture. If you plan to use electrical appliances from your country here in Japan, please make sure to bring a transformer and converter plug with you.



Laptop Computer

It is not required, but if you have one, please consider taking a laptop computer with you. You may find it useful for presentations, homework assignments and Wi-Fi internet access.

Student Discount System

HIF does not issue ID cards for participants. We advise that you bring along your student ID card. You may be able to use it to receive a student discount at some shops or other locations.

International Student ID Card may also be useful at some hotels and shops. (<http://www.isic.org/>)

Tattoos

Please be advised that some fitness clubs, swimming pools and public baths prohibit people with tattoos from using their facilities. When outdoors, please take care to wear clothes that do not expose your tattoos.

Textbooks & Dictionaries

If you have not finished one of the following textbooks at your home institution, please bring it with you.

- Genki 2 (second edition)
- Tobira: Gateway to Advanced Japanese
- Authentic Japanese: Progressing from Intermediate to Advanced (new edition)

If you are enrolled in a class at HIF which uses the textbook you already have, HIF will reimburse the cost of the textbook in Japanese yen. There is no reimbursement for workbooks.

Please bring a dictionary with you, at the very least an English-Japanese or Japanese-English dictionary. You may find it convenient to use an electronic dictionary.

What to Bring for Your Homestay

HIF host family will prepare a room, bedding, desk, and desk light for you. Also they will allow you to use their washing machine, detergent, iron, hair dryer, etc.

Please bring/purchase in Japan for your personal use and necessity like towel, bath towel, toothpaste, shampoo, and any other consumable items.

12. HIF Contact Information

Hokkaido International Foundation (HIF) ほっかいどうこくさいこうりゅう 北海道国際交流センター

Address: 14-1 Motomachi, Hakodate, Hokkaido 040-0054 Japan
〒040-0054 北海道函館市元町 14-1

Tel: 0138-22-0770 (+81-138-22-0770)
080-1860-2925 (+81-80-1860-2925)

Fax: 0138-22-0660 (+81-138-22-0660)

E-mail: jj@hif.or.jp

Website: <http://www.hif.or.jp/en/summer/>

