Destination Hiroshima

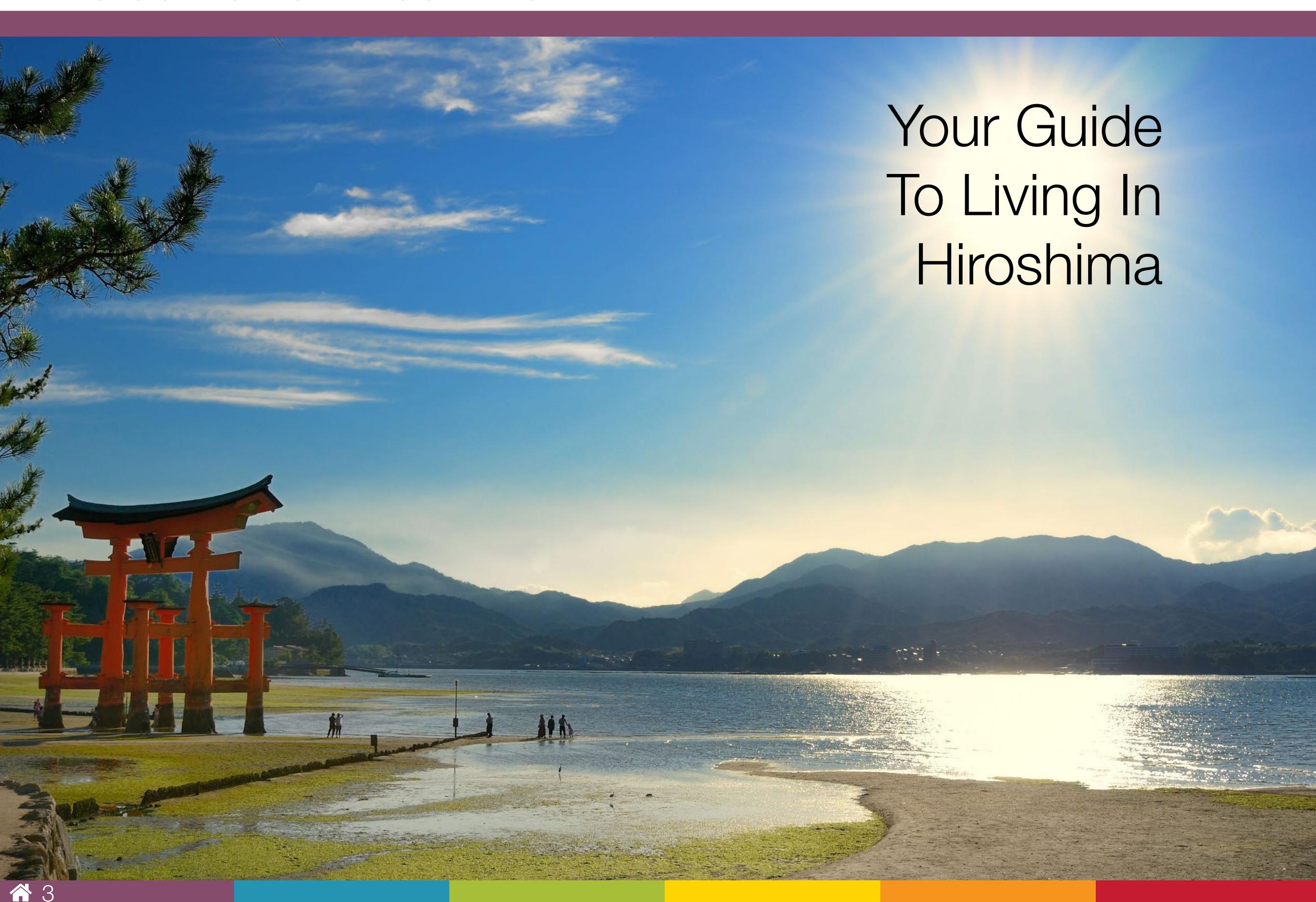


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Welcome To Hiroshima



Welcome To Hiroshima

With Compliments

While relocating to another country often turns out to be a wonderful, life-changing experience, there are always some traumatic obstacles and challenges that get in the way.

That is why the H&R Group is dedicated to being here for you every step of the way – while you prepare for your assignment, when you make the big move, during your time in Japan and as you prepare to go home. We love helping people get the most out of their "Japan Experience" and we are with you from beginning to end.

Our team of experienced, bilingual consultants are ready to help you with every aspect of your time in Japan. We offer support finding short or long term housing, relocation settling-in assistance and orientations, visa processing, immigration guidance, obtaining furniture, finding a car, helping you get a driver's license and much more. Whatever you need to know about your time in Japan, we have a wealth of experience and knowledge to share. So, come and join the H&R Club!

The H&R Group believes in supporting the communities in which we work and live. Once you are settled in, I hope you can join with me in supporting some of the worthy charitable activities we are involved with. As we welcome you to our community, we hope that you will enjoy your time here by becoming part of it.

As we say at the H&R Group, we are "More Than Relocation" Thank you, and I hope you enjoy this book!

Warmest regards,

Steve Burson
President
H&R Consultants K.K.
ReloJapan K.K.



Welcome To Hiroshima

History

A Brief History of Hiroshima

Historically, in the mountains around the area occupied by modern-day Hiroshima, the center of power of the controlling clans was inland, where they built castles and strongholds. The delta where the city is now was covered by water except for five villages known as Gokamura.

To the west, Miyajima developed as an early pilgrimage and tourist destination. The 12th century leader of the Heike clan, Taira no Kiyomori, built the iconic floating shrine Itsukushima on the island. Although in many parts of Japan he is considered to be a villain, Kiyomori is fondly remembered in Hiroshima for building this beloved shrine. There are statues of Kiyomori around the Seto Inland Sea areas and along the coast in Hiroshima holding a fan up toward the setting sun. According to legend, he had promised that the Ondo-no-seto (a man-made strait) near Kure would be finished by a certain time. On the final day before the deadline, work was far from finished. According to legend, he kept the sun from setting by aiming his fan at the sunset and holding it up in the sky until the work was complete.

In the the 16th century Sengoku (warring states) period, the powerful samurai lord Mori Motonari, took control of the Chugoku region and passed on his power and position to his three sons. He is said to have challenged them to snap three arrows held together, a feat that none could accomplish. Mori explained that their joint power would be similarly unbreakable. Hiroshima's local J-League soccer team Sanfrecce, which means "three arrows", is named for this tale; it was also depicted in Akira Kurosawa's film "Ran".





During the Edo period, the Hiroshima region was ruled by Motonari Mori's grandson, Terumoto Mori. In 1589, he built a castle and gave the city the name Hiroshima, meaning "wide island". In 1600, the Mori were defeated at Sekigahara and the battle there that laid the foundations of modern Japan. They lost power, and were pushed out of Hiroshima into the countryside of Hagi, now famous for pottery. Hiroshima was then briefly ruled by the Daimyo Fukushima Masanori; he quickly lost his position by repairing Hiroshima castle without permission.

Starting in 1619, Hiroshima was ruled by the Asano clan. They retained power for more than 200 years. During their reign, they built the beautiful Shukkeien gardens among other infrastructure that you can still enjoy today. During this time, Hiroshima grew into an important area for trade, industry, and culture.

In the Meiji period, Hiroshima was the site of a military base for the imperial army. The late 1800s saw an army base built in Kure followed by a large naval base and the infamous Kure Arsenal soon after. The company Toyo Cork Kogyo, better known as Mazda, was established in 1920 and produced weapons for the war effort; these facilities led to Hiroshima being designated a prime target for bombing during World War II.

On August 6th, 1945, the American bomber Enola Gay flew from the Mariana Islands carrying a new weapon, the atomic bomb. The Enola Gay's primary target was Hiroshima, with Kokura and Nagasaki as secondaries in case of cloudy weather. When clear skies were reported over Hiroshima, the bomb Little Boy was dropped above the city center at 8:15 am, detonating 580 meters above it. The heat from the explosion was so intense that some victims were instantly vaporized, literally leaving only their shadows scorched in to the ground where they stood. 70,000 buildings were destroyed and 80,000 people immediately perished. By the end of the year,

60,000 more had died due to related injuries and radiation sickness. The final death toll is still unclear since only people within a 2km zone were included in the tally; those who moved away after the bombing were similarly left out of the total count.

Since the time immediately following Japan's surrender, the **US-Japan organization RERF** (Radiation Effects Research Foundation) has been testing radiation and its effect in Hiroshima since soon after the bomb was dropped still plays an active part in the city. Some people who are thinking of moving to Hiroshima may worry about possible lingering effects, RERF is a . They now estimate that the radioactivity is so minuscule that it cannot be differentiated from normal levels around the world.

The annual August 6th memorial ceremony is still an important aspect of the local culture. After sunset, thousands of floating lanterns are released onto the Otagawa River. This river flows directly in front of the A-Bomb

Dome monument. Many people release the lanterns on the water to show respect for those who died, as well as to hope for a peaceful future.

Hiroshima City has taken on a positive role as a self-designated "International City of Peace and Culture". It's citizens and officials take part in antinuclear campaigns and peace conferences worldwide. You may even see anti-nuclear slogans on buildings around the city.

The Peace Memorial museum opened in 1955 and receives more than a million visitors each year. The A-Bomb (genbaku) Dome monument and the Itsukushima Shrine were both listed as world heritage sites by UNESCO in 1996.

The population of Hiroshima has greatly fluctuated over the years, in the early 1900s it was around 140,000 and grew to 420,000 before WWII. Despite the population dropping down to 130,000 after the bomb, it rapidly grew back to 430,000 by





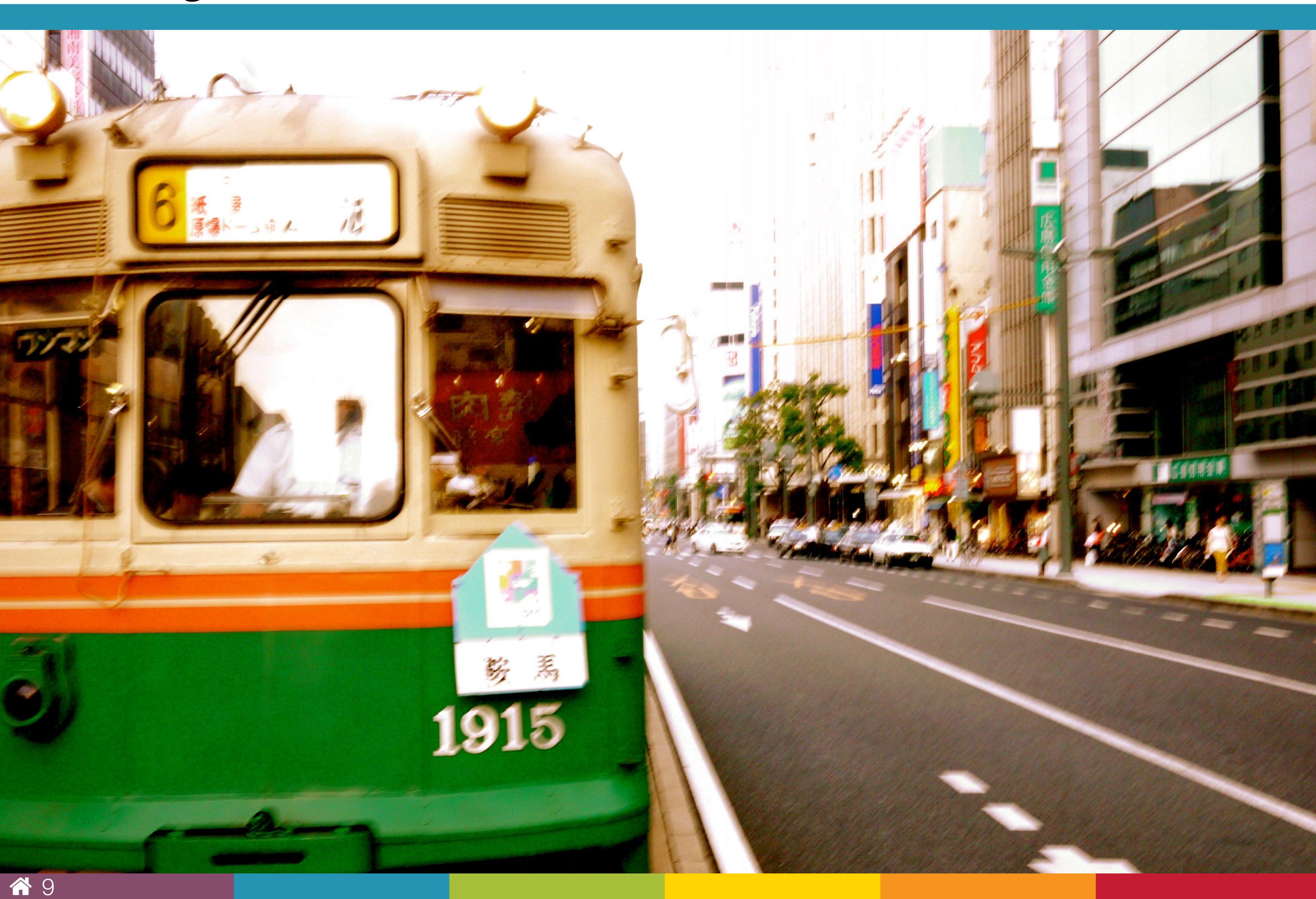
the 1950s as many people found work in the rebuilding effort. Currently the population of the city is at 1.5 million and almost 3 million for the whole prefecture.

When the city was rebuilt, then-mayor Shinzo Hamai felt strongly that Hiroshima should be developed with wide, open, grassy spaces. Thanks to his efforts, Hiroshima is still one of the greenest urban areas in all of Japan. The city streets were also rebuilt in a systematic grid, which makes it an easy city to navigate.

In 1994, Hiroshima was the host city of the Asian Games. Because of this, many major sports facilities and modern infrastructure was built. 1994 was the first time the games had been held outside of a capital city; Hiroshima was chosen for the purpose of "promoting international peace and harmony" in Asia.

Many musical concerts, sports, films, and international charity events are held in Hiroshima with the aim of promoting peace, international understanding, tolerance, and anti-war education. In 2010, the 11th World Summit of Nobel Peace Laureates was held in Hiroshima. Many other world leaders regularly attend conferences and events in the city. Presently, no US president has made an official visit to Hiroshima.

It is a credit to the city and it's residents that Hiroshima has risen above it's notoriety as one of two places to suffer a nuclear attack. These days, it is more notable for it's enviable position as a modern and very livable gateway to Japan.



Arriving with Unaccompanied Baggage

When relocating to Japan, it is necessary to fill out two copies of the "Customs Declaration" form in duplicate which will allow your personal effects to clear customs smoothly. With air shipment you may usually receive your shipment within a week or so after your arrival to Japan and submission of your custom forms. These custom forms are available from the flight attendant inside the airplane. Failure to submit these forms may delay the release of your personal belongings, and you will be required to provide additional paperwork.

The customs officer will stamp both forms and return one form to you which must be submitted to the local shipping agent so that when your shipment has arrived, it can pass the customs clearance process. Please be aware of importation quotas when sending medication, cosmetics, over the counter drugstore items, or contact lenses; even those

for personal use. For example, importing even one Tylenol containing codeine into the country would result in you being detained.

After retrieving your luggage, it is necessary to pass through the customs clearance counter. Once you exit customs, you will most likely transfer to either a bus or train to reach your final destination. One thing to keep in mind is that almost any transportation in Japan will require more walking than you think it will. Many people find that what they thought was a manageable size or amount of luggage will rapidly become a problem after arrival. After clearing customs, you may want to take advantage of one of the baggage delivery services located inside most major airports and avoid having to deal with carrying luggage all the way to your final Japanese destination. Baggage can be delivered as early as the following day for a nominal fee and is recommended when taking public transportation such as a shuttle bus or train, or when carrying a large amount of luggage.





Hiroshima International Airport (HIJ)

Opened in 1993, HIJ is located 50km (31 miles) from the Hiroshima city center, in the Hongo area of Mihara. It is the largest airport in the Chugoku region. HIJ provides domestic and international services on a daily basis.

The easiest way to access HIJ is by car along the Sanyo expressway, or by using the Airport Limousine Bus service - available from three locations in Hiroshima city.

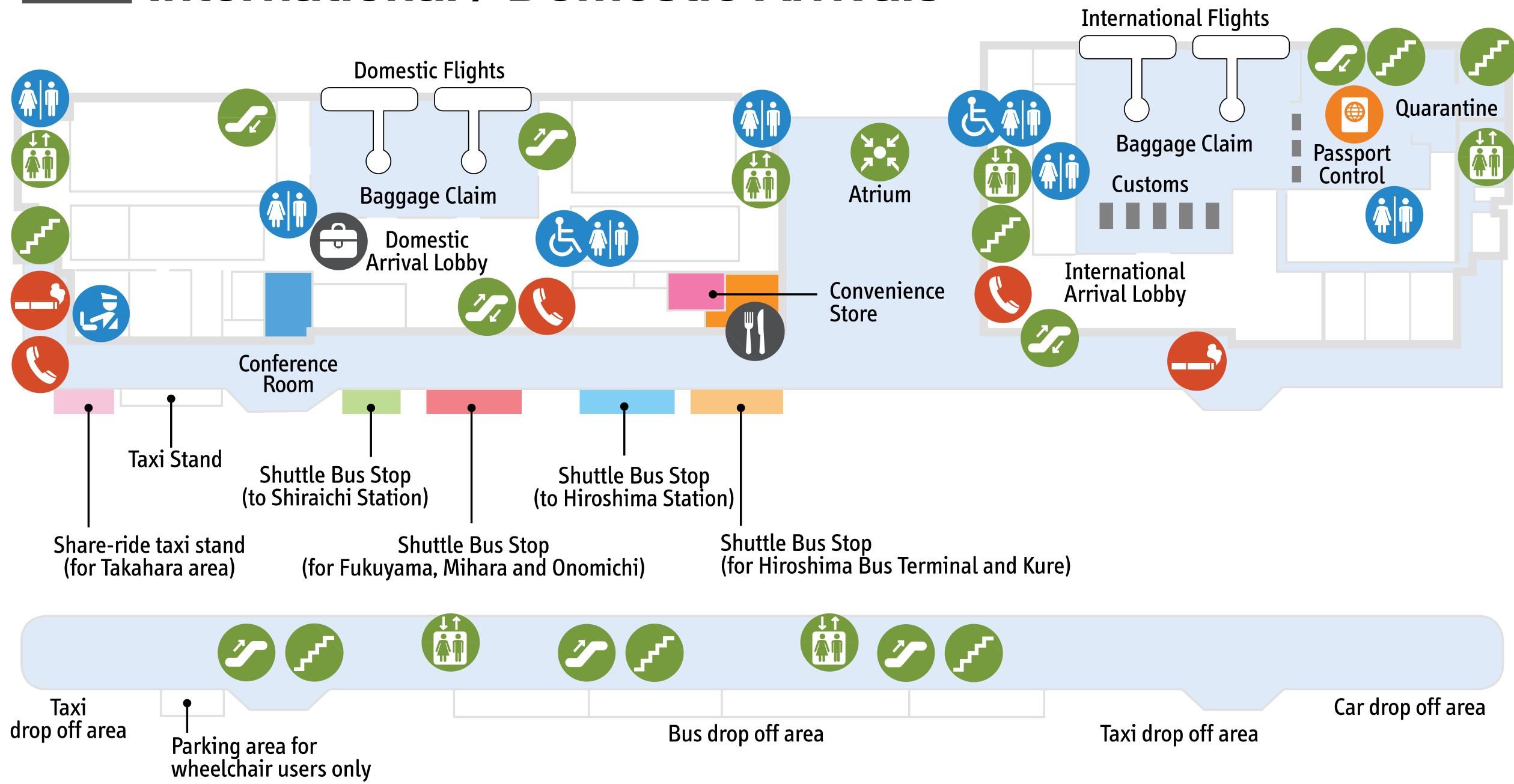
Buses leave from SOGO Bus Station, Hiroshima Station (Shinkansen exit) and Naka-suji bus stations. Fukuyama and Mihara offer airport limousine services, and from July 2013 airport bus service is available from Kure city.

HIJ offers daily domestic flights to Tokyo, Sapporo, Sendai, and Naha.

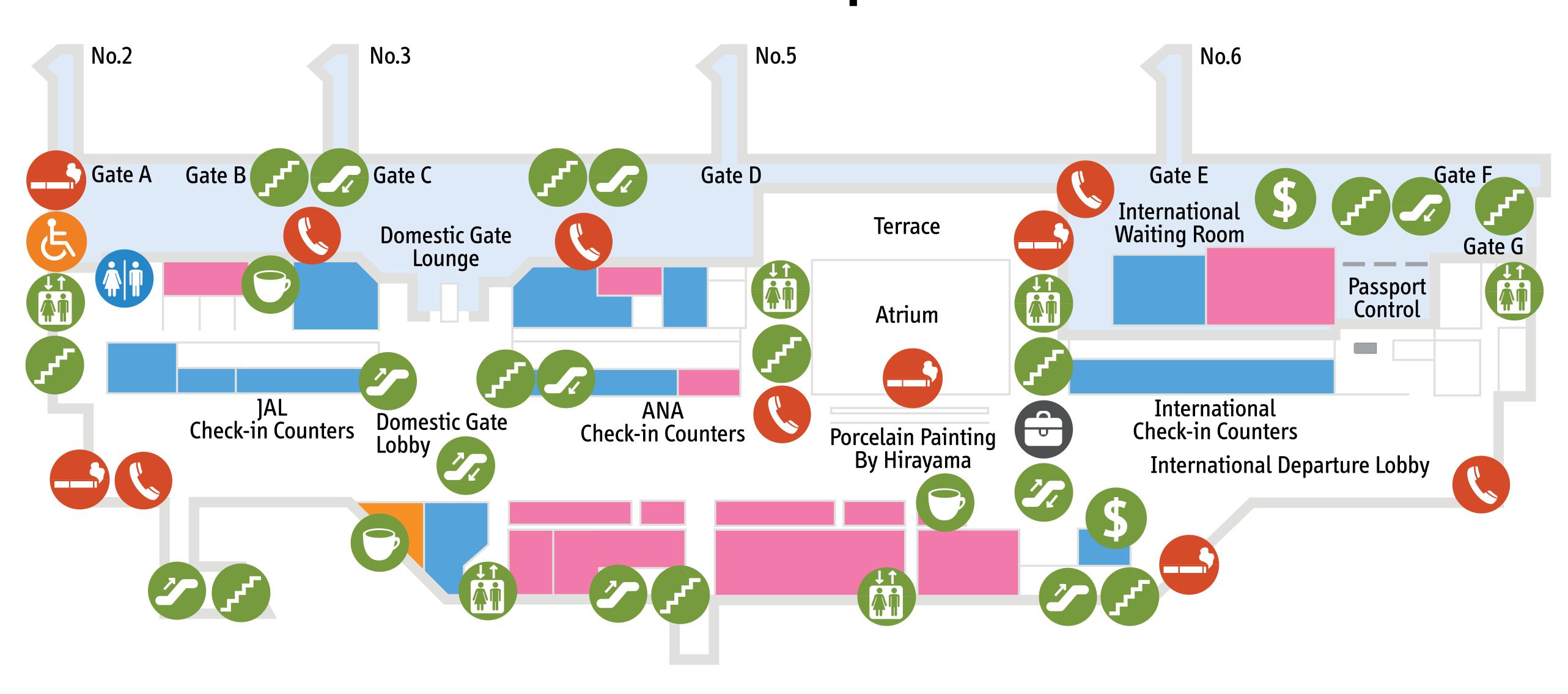
As well as daily international flights to Seoul, there are five flights a week to Dalian, where a connecting flight to Beijing is available. HIJ offers daily flights to Shanghai, with a connecting service to Chengdu. And, there are daily flights to Taipei, and flights to Guam twice a week on Sundays and Thursdays.

Flight schedules and detailed updates available in English on the HIJ website

Hiroshima International Airport 1F International / Domestic Arrivals



Hiroshima International Airport 2F International / Domestic Departures



Hiroshima International Airport 3F Observation Deck / Restaurants





Limousine Bus To and From the Airport

The bus service to the airport leaves from the front of Hiroshima Station's Shinkansen exit, Nakasuji bus station (along the Astram), and from the SOGO bus terminal. It costs ¥1,300 (¥1,500 from SOGO) one way or ¥2,360 for return tickets (valid for 7 days). It is also possible to use the PASPY prepaid card on this bus line.

Limousine Bus Timetable PDF (English/Japanese)

Public Transportation In Hiroshima

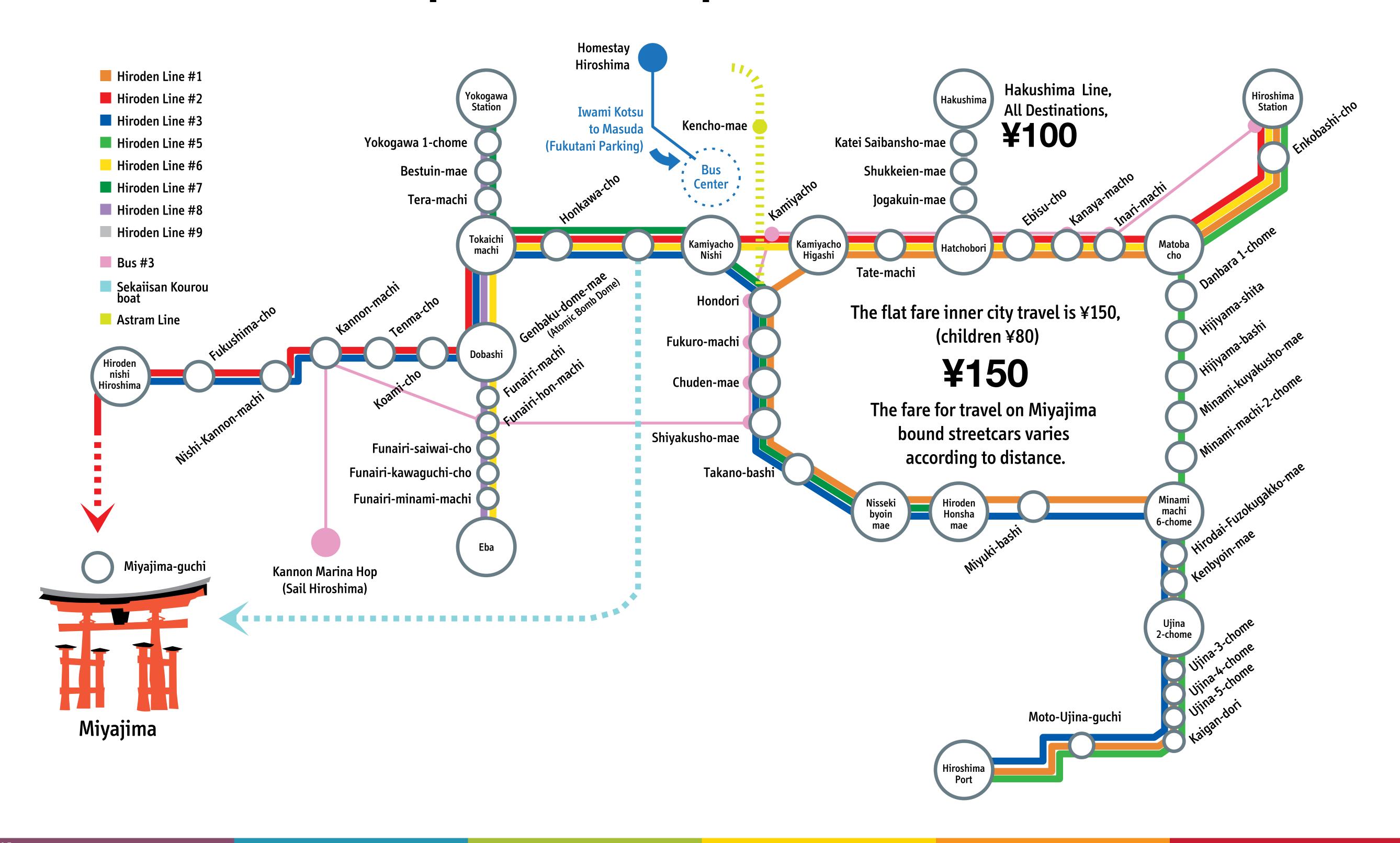
Hiroshima has a good public transportation system. Many people traveling short distances within the city do so by bicycle, bus, tram, or Astram. Expect busier public transportation and more road congestion in the city on days with poor weather as many people choose not to commute by bicycle or on foot during these times.

Hiroshima Prefecture is easily accessible by all major means of transportation. It has an international airport, many JR rail lines, and stops on the Tokaido Shinkansen (bullet train) line at Hiroshima, Higashi-Hiroshima, Mihara, Onomichi, and Fukuyama.

The Sanyo and Chugoku expressways are the major tolled expressways and Route 2 is the largest local road. Inter-island travel is possible by car through connecting bridges and by ferry.



Hiroshima Transportation Map



By Bus and Car



By Bus

The main bus terminal is Hiroshima City Bus Center, located next to the SOGO department store in downtown Hiroshima. Long distance bus stops are located in front of the north exit of Hiroshima Station (Shinkansen exit), Nakasuji (Asaminami-ku) as well as from the SOGO Bus Center. Standard city bus fares start at around ¥130 (adult fare) and increases depending on how far you travel.

Short trips (around 5km) are around ¥200 for adults and half price for elementary school-aged children. Pre-school aged children are free. Prepaid PASPY and ICOCA cards can be used on the buses and offer discounts. To use a prepaid card, touch the sensor with your card when you enter the doors in the middle of the bus and exit at the front.

If you want to pay with coins, take a paper ticket from the dispenser at the entrance when you board. This ticket will have the number of the stop where you embarked and you can see the fare due when you disembark on a display at the front of the bus; find the number on your ticket and the fare due is the price below it.

Bus destination signs have a number and the destination is written in English as well as Japanese. Stops at major tourist destinations, such as the A-Bomb Dome have an English announcement as well as Japanese.

City Bus Route Map (Japanese)

By Car

It is possible to drive in Japan on an international driver's license for the first year, and then you should convert your license to a Japanese one.

Here is a list of Japanese driving regulations:

Driving in the city is quite easy as the structure of roads is very systematic and signs are in English as well as Japanese. Once you drive into the countryside,

By Train, Taxi and Streetcar

there are less signs available in English, so a GPS in your car or phone is a useful navigation tool.

Most major Hiroshima destinations are along the Sanyo Expressway: Fukuyama, Onomichi, Saijo, Hiroshima, and Miyajima. For those who are traveling further, there is a connection to the Chugoku Expressway, which takes you further north into the more mountainous parts of Hiroshima Prefecture. Toll charges depend on car type. Lighter vehicles, keisharyou, which have a smaller engine and a corresponding yellow number plate pay less.

For standard cars with white plates, the charges run at around ¥2,000 per 100 km. There are discounts on tolls if you have an ETC card (most credit cards in Japan offer an ETC option) and ETC card reader installed on your dashboard. It costs around ¥10,000 to buy and install a card reader. This allows you to automatically pay tolls on any expressway in Japan. The Sanyo Expressway runs from Kobe, through Hiroshima to Yamaguchi Prefecture.

By Train

Trains in Hiroshima are run by JR West. You can access timetables, fees and station information in English on the official JR website.

All JR West trains, including the Shinkansen, accept the ICOCA prepaid card, credit cards, and cash for ticket payment at machines or the counter. Shinkansen ticket machines have an English-language option available.

Hyperdia is also a useful timetable and fare search engine for JR and Shinkansen trains in English.

By Taxi

Taxis are quite good in Hiroshima, and most drivers have GPS systems to help navigate. If you have the address you are traveling to in Japanese or the nearest landmark, it will be helpful. Most taxi drivers in Hiroshima are courteous and patient, but many do not speak any English, so being able to give simple directions like straight (masugu),

left (hidari) or right (*migi*) can be helpful.

If traveling to an unfamiliar location, try to have a print out of the full address in Japanese to show to the driver. Some taxis now accept payment by credit card, but the norm is still cash only. Asking for a receipt is common practice (ryoshusho kudasai).

To catch a taxi, you should wait in line at a designated stop. If no one is waiting, take the taxi at the head of the line. You can also hail a cab from any street corner, by raising your hand.

Japan has extremely harsh laws in relation to drink driving. If you do drive somewhere and have a drink, it is best to leave your car parked until the morning.

However, if you live in the Hiroshima city area, you can also call for a special daiko taxi service. Once you call, the taxi company will send two drivers and you ride in the back of the taxi, while the other drives your car home for you.

The fee is an added ¥200 per kilometer on the meter, or in the case of Daiichi Taxi, the price of a normal fare plus ¥1,000. The daiko service is available at many taxi companies, but an English speaking service and taxi driver is only an option with Daiichi Taxi.

Daichi Taxi Website

Tel: (082) 878-0001

By Streetcar

The Hiroden Streetcar (shiden) system is a Hiroshima icon. It is also the cheapest form of transportation. All journeys no matter how far, within the city limits, have a flat fare of ¥150 for adults and ¥80 for school aged children (younger children with a paying adult are free). Taking the tram to Miyajima costs ¥270 and takes a little longer than the JR train.

Route maps, schedules, fees, and special pass information are available on the Hiroden website in English.

By Monorail

The elevated Astram Line monorail system is clean and efficient. It was built to service the 1994 Asian Games. It originates at the underground Hondori Station (in the Shareo department store complex) and travels to the suburbs with stops for the Big Wave 50-meter swimming pool, Fudoin Temple, Asa Zoo, and the Hiroshima Transportation Museum. It terminates at Koiku-koen-mae Station which has connections up the hill to the Big Arch soccer stadium. Ticket prices are from ¥180 to ¥470.

Trains run every 10-25 minutes from 6:00 until last train at 23:00. There are more frequent trains during the busiest times in the morning (8:00-10:00) and evenings (15:00-19:00). Astram Monorail official website (Japanese)

By Ferry

Hiroshima has many outlying islands, some people commute to work or school by ferry everyday. Many people in Hiroshima enjoy trips to the islands on the weekends or holidays. There are ferries to Miyajima Island from Ujina, Peace Park as well as the main ferry from Miyajima Port. From the Peace Park there are sightseeing cruises along the Otagawa River as well.

Schedules for Ujina, Kure and Takehara ferry details are on the Cruise Hiroshima website (English)

Ferry service is available from Onomichi to the nearby islands in the Seto Inland Sea as well as along the Shimanami-kaido Expressway Check their website for more information (English)



Where To Live



Where to Live in Hiroshima and Beyond

Hiroshima City

Hiroshima is divided into wards, or ku: Naka-ku, Higashi-ku, Nishi-ku and Minami-ku are all located within easy commuting distance of the city center. Asa-Kita-Ku and Asa-Minami-ku are located a bit further into the mountainous areas, but can still access the city in less than an hour by public transportation. Each ward has its own office where you can register for taxes, parking permits and do other official paperwork. There is a public sports center, park, library, swimming pool, fitness center, and gym in each ward that can be used for free or by way of a small fee.

It's not all about the house you live in; make sure to choose the area that offers the best location for the commute you need and the lifestyle you want. If you don't have to commute outside the city on a daily basis, the Naka-ku area offers the most convenience. If you need to travel outside the city using the train, expressways or airport, then living near Hiroshima station would best suit you. If you have small children, choosing a quiet, safe area with parks and a friendly neighborhood is highly recommended.



Naka-ku

Naka-ku is the urban business and residential center of Hiroshima. Residents here are not lacking for choice of places to eat and shop. There is no need to rush for the last train or pay for an expensive taxi to get home after enjoying a night out. This area is perfect for people who love the conveniences of city life. The areas of Fukuromachi, Takaramachi, Funairi, Takanobashi, and Yoshijima are popular with ex-pats, and offer many nice apartments that often have views of the Peace Park or rivers.

Hakushima and Noborimachi offer a good range of restaurants and parks. There is a large department store, Fuji Grand, in Takaramachi. Everything is only a walk or a short cycle away. However, if you have a car, parking can be expensive and daily commuting is painfully slow. Hiroshima's biggest annual festivals are also held in this ward. The area of Noborimachi is a nice residential area near Shukkeien Gardens and a short commute to town or the main station.

A little further north of Hiroshima castle is neighboring Hakushima. This is a good choice for international families, especially if a family member will be commuting

outside the city by car or train. In addition to essentials such as the Vesta grocery store and Yamaya liquor and import store, Hakushima has a verdant park and many nice little shops. Dining options include the Q gardens restaurant complex and the top restaurant in Hiroshima's 2013 Michelin Guide, Nakashima, which was awarded the prestigious three-star rating. The nearby French restaurant Mille also got a star. It is a short walk or cycle to Hiroshima Station, the castle, and the city center. Hakushima offers an easy commute out of the city via Route 54, Sanyo expressway.

Accessible by:

Astram Line, Streetcar, Bus

Highlights:

Big parks, concert halls, sport centers, museums, sightseeing, city festivals, great dining, shopping and nightlife options

Things to See:

Castle, Peace Park, Shukkein Gardens, Gokoku Shrine

International Schools:

YMCA (0-6yrs), Little Newton (1-6), AIC (1-6) and a few bus pick-up stops for HIS.



Where To Live

Higashi-ku



Higashi-ku

A mixture of city life and a fun, Japanese residential life and culture can be found in Higashi-ku. Areas near the Shinkansen side of Hiroshima station, such as Ushita, are particularly popular. Ushita has long been popular with expats because it offers convenience and easy commutes into and out of the city. It also has a lively local culture and friendly community.

Two Ushita traditional Japanese restaurants, Irakuan and Kitaoka Kaiseki, were awarded Michelin stars. Ushita has an active community that hosts the fun Hozuki festival every July, as well as traditional festivals at the Wasedajinja Shrine. The Ushita "Big Wave" (Higashi-ku sports facility) has an Olympic sized pool in summer and ice rink in winter.

The Fudoin temple is located nearby and the Ushita-Yama hiking trails run in the mountains behind Ushita town. Other towns further inland in Higashi-ku may offer more housing options, but these areas are a bit farther removed from the city center and less convenient.

Transportation:

Astram Line, Streetcar, Bus, JR Train, Shinkansen, access to riverside cycling routes.

Highlights:

Good supermarkets, parks, temples, shrines, hiking, sport centers, town festivals, decent dining, shopping and nightlife options. Near Aeon shopping mall.

Sightseeing:

Fudoin temple, Peace pagoda, Toshogu shrine.

International Schools:

Sophia International Kindergarten (1-6). Bus pick-ups for HIS.



Nishi-ku

This ward's Yokogawa, Tenmacho, Koi, and Kannon areas are popular areas with expats. Yokogawa has a JR, bus and streetcar station, a good range of eateries and bars, and a traditional atmosphere. Tenmacho is close to

the Peace Park, city center, and many other riverside parks.

There is a YOURS supermarket, Hyakushoyakai organic grocer, a large post office, some lively bars, and popular restaurants here. The hillside areas of Koi and Kannon offer quite a few housing options with a quick commute to the city center. However, there are few residential area shops or eateries.

The Sanyo expressway can be reached in about ten minutes using the No. 4 City Expressway tunnel. Streets can be steep and narrow in this area, but the plus side is that there are plenty of small parks, hiking trails. The views of the city and the Seto inland sea are stunning! The HIS bus also stops here.

Accessible by:

Streetcar, Bus, Train.

Highlights:

City and ocean views, parks, hiking, nearby department stores

Sightseeing:

Mitaki Temple



Minami-ku

Osugacho, Danbara, Hijiyama, Shinonome, and the Fuchu areas are located behind the Mazda Zoom Zoom Stadium, and are popular residential areas for expats living in Minami-ku. American wholesale retailer Costco recently, opened next to the baseball stadium. IKEA is also expected sometime in the near future.



Danbara is home to the Hiroshima University Hospital, which is highly recommended for any medical care. In the Shinonome area there is a fashionable drivethrough Starbucks coffee shop. The Hijiyama Park offers pleasant walks, views, playgrounds, and it is perfect for picnicking.

The park includes the wonderful Modern Art Museum. There are many interesting boutique shops, hair salons, and eateries in Minami-ku. The Ujina Ferry Port is close by, offering great dining and shopping options. Minami-ku is between the city center, Route 2 (the main public road to Kure or Miyajima), and Hiroshima Station.

Transportation:

Streetcar, Bus

Highlights:

Near Hiroshima station, good dining and shopping options

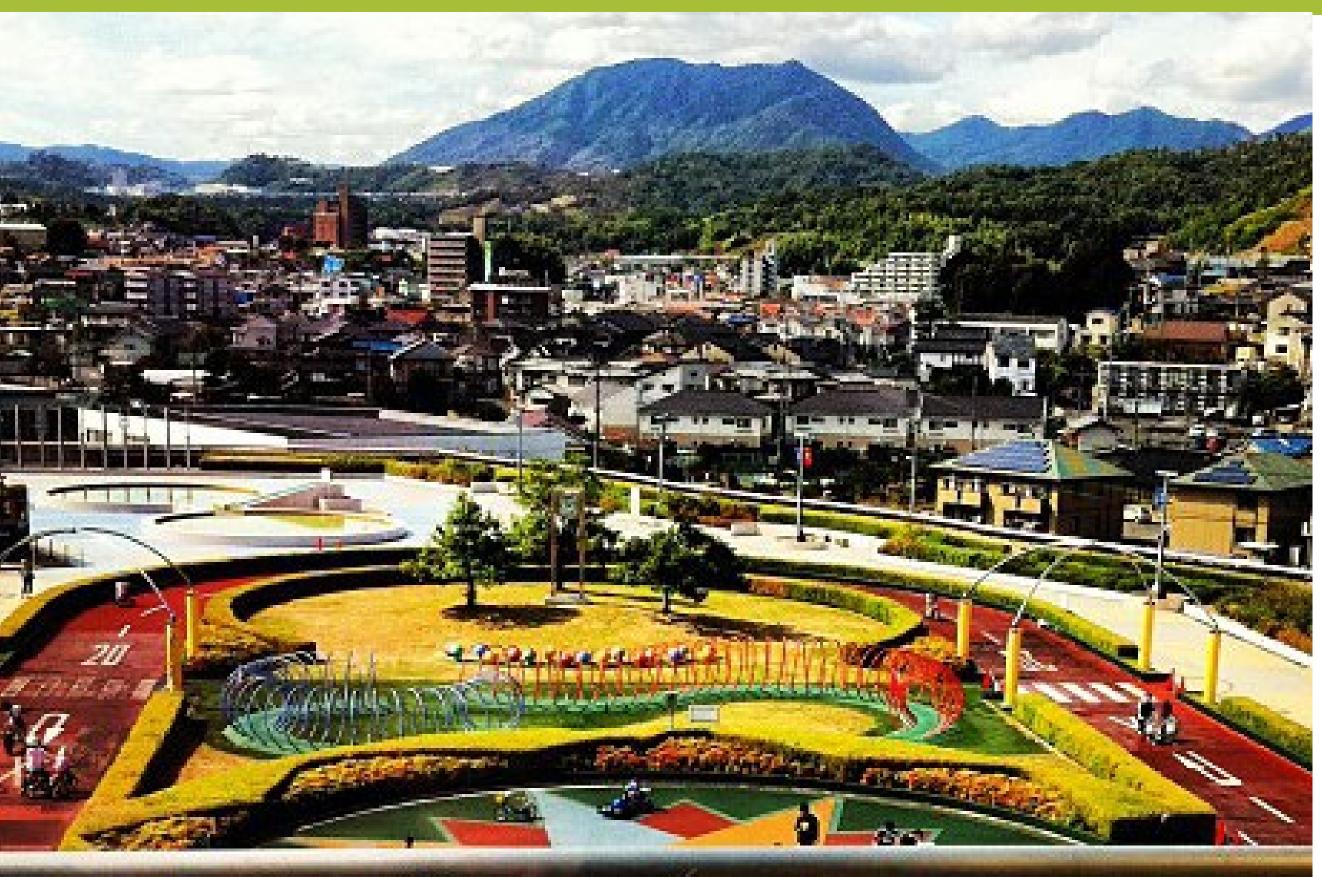
Sightseeing:

Hijiyama Park and Museum, Baseball Stadium, Mazda Museum, Mt. Ogonzan, Ujina Port & Cruise Liner Port.



Where To Live

Asa-kita-ku and Asa-Minami-ku





Asa-Kita-ku and Asa-Minami-ku

The best thing about living in Asa-Kita-ku is that you are closer to the mountains, the beautiful countryside, and the Hiroshima International School. Unfortunately, it is less convenient and there are few transportation options to the city center. There's a Fuji department store, small eateries, car dealers and clinics along the main road. However, there are few JR train connections here.

Asa-kita-ku offers outlet malls, movie theatres, and restaurants. The Midorii, Gion, and Yagi residential areas have views of the mountains and rivers, JR stations, Astram stations, access to the Sanyo expressway onramp, as well as good department stores, eateries, and outlet malls. It takes between 20-40 minutes to commute by bus, car, or monorail into the city center.

Transportation:

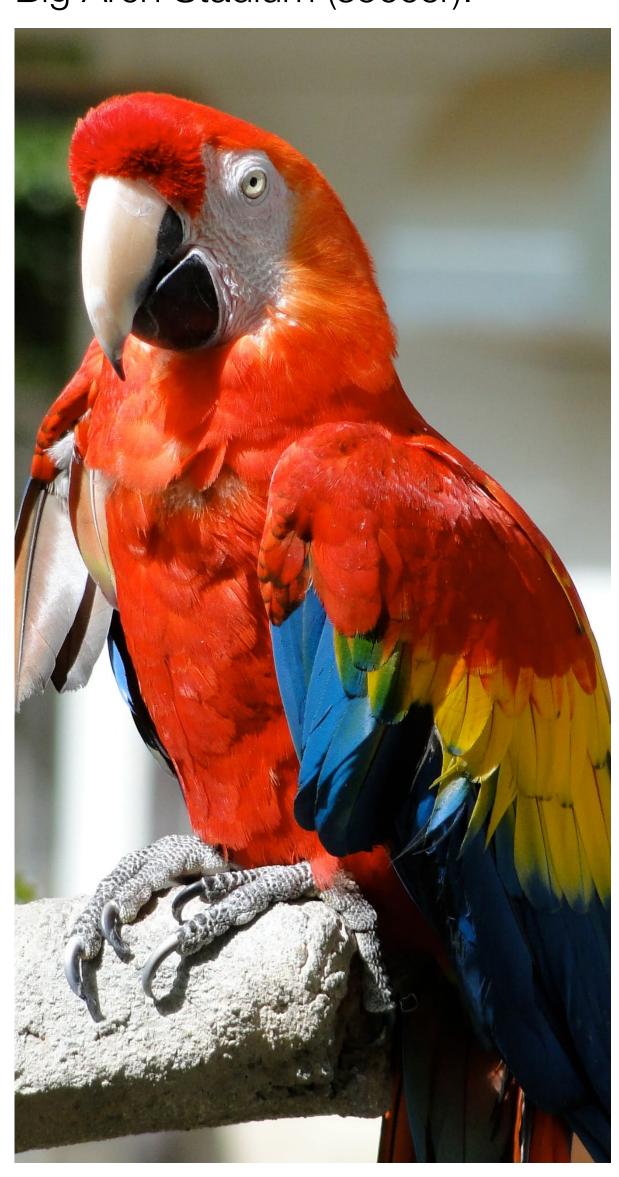
Astram Line, JR Line, Bus.

Highlights:

Hiking, mountain views, shopping: Gion, Midori and outlet mall area in Yagi.

Sightseeing:

Transportation Museum, Asa Zoo, Big Arch Stadium (soccer).



Outside of **Hiroshima City**

Itsukaichi area

A popular area lies along Coindori, which meaning "Coin street." It is named after the mint in this town, which is open each Spring so the public can enjoy the wonderful cherry blossoms at the facility.

Itsukaichi does offer the convenience of rail, streetcar, bus, and expressway access. There are many decent restaurants, cafes, and specialty shops. Hillside residences offer great views, but lack nearby shops or conveniences.

Transportation:

JR Line, Bus, Streetcar.

Highlights:

Hiking, Onmaku Sushi, Skateboard and MTB park, Honyu hot spring, Botanical Gardens, the Coin-dori area.

Hatsukaichi

If you love exploring the mountains and countryside near Hiroshima, and want to frequent Miyajima, then living in Hatsukaichi may suit you.

Unfortunately, public transportation options are poor, and commuting by car in and out of the city is often on slow roads. It would be difficult to commute into town from this area each day, but there is access to the expressway onramp. This area is great for sightseeing and is not far from the neighboring Iwakuni's Kintaikyo Bridge.

Transportation:

JR Line, Bus, Streetcar

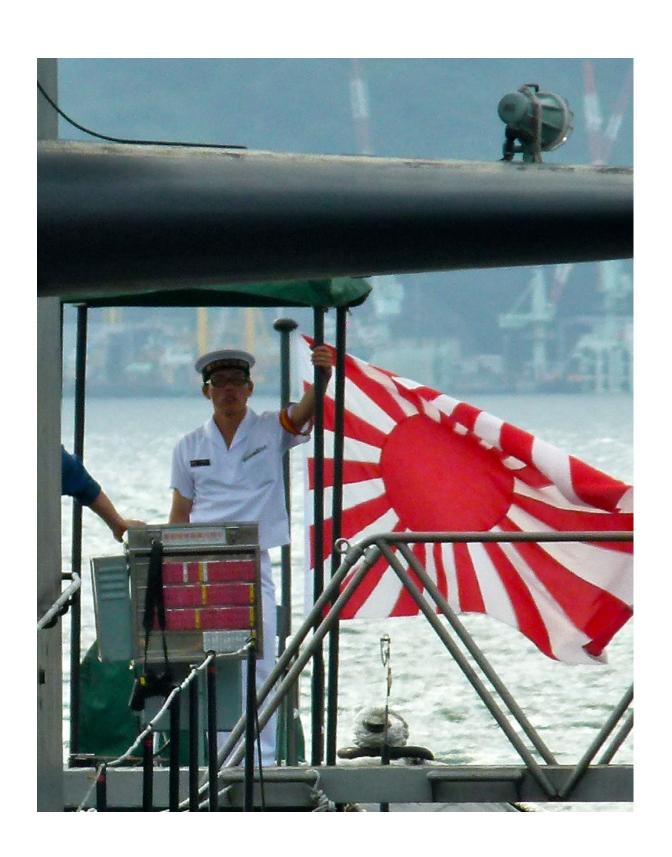
Highlights:

Miyajima, Imose-no-taki Falls, Arcadia Village hot spring, Megahira Ski Lodge and hot spring, Yuki hot spring, Mt. Gokurakujiyama and the Chichiyasu Dairy Farm and Water Park (in summer)



Where To Live

Kure, Higashi-Hiroshima and Saijo



Kure

Kure has been a naval base since 1889 and was famous for its shipbuilding technology in the Far East before WWII. There is a lot of interesting maritime history at the Yamato Museum. Kure has a population of over 140,000 people including residents of the islands dotted around it.

There is a pleasant city center with shops, parks, and eateries, as well as many charming coastal towns

to discover. Kure is well known for its sake (Japanese rice wine) and delicious seafood dishes.

The Kure fireworks festival in July is quite a sight to behold as bursts of light explode over cranes, ships, and submarines in the port. Although there are expressways, it takes at least an hour to get to Hiroshima City from Kure.

Transportation:

JR Line, Bus

Highlights:

Yamato museum, Submarine port, pretty beaches and the interesting coastal towns of Kurahashi and Kamagari. Kure's traditional Hondori shopping area is fun for sightseeing

Higashi-Hiroshima and Saijo

If you are comfortable living in the countryside and won't often need to commute to the city center, then Higashi-Hiroshima is a beautiful area that will suit your needs. There is an abundance of

parks, temples, orchards, hiking trails, waterfalls, hot springs, and other natural sights to enjoy. It is near the airport and not far from Takehara, Mihara, Onomichi, and Fukuyama. It takes about 45 minutes to drive the 40km (25 miles) to Hiroshima City on the expressway, and over an hour on local roads.

The main town of Saijo is well known for its sake breweries and signature red tile roofed houses next to lush green rice fields. Saijo has a population just over 127,000, which has been increasing since industry in this area began gaining momentum.

There are a fair amount of English speakers around thanks to the influx of international students at the local universities.

Traditionally, Saijo has retained its place as one of Japan's top sake brewing regions for hundreds of years, and consistently does very well in national tasting competitions. Every October, the town fills with up to 200,000 visitors enjoying the annual sake festival. This is a fun and lively time

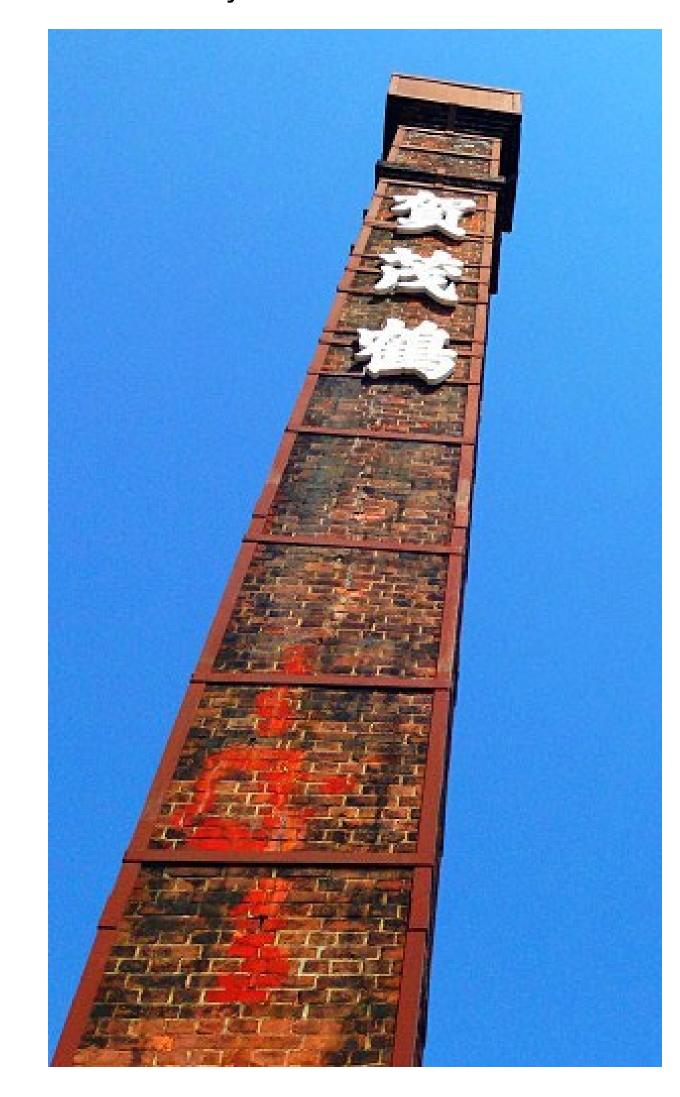
to enjoy great sake and all the tradition surrounding it.

Transportation:

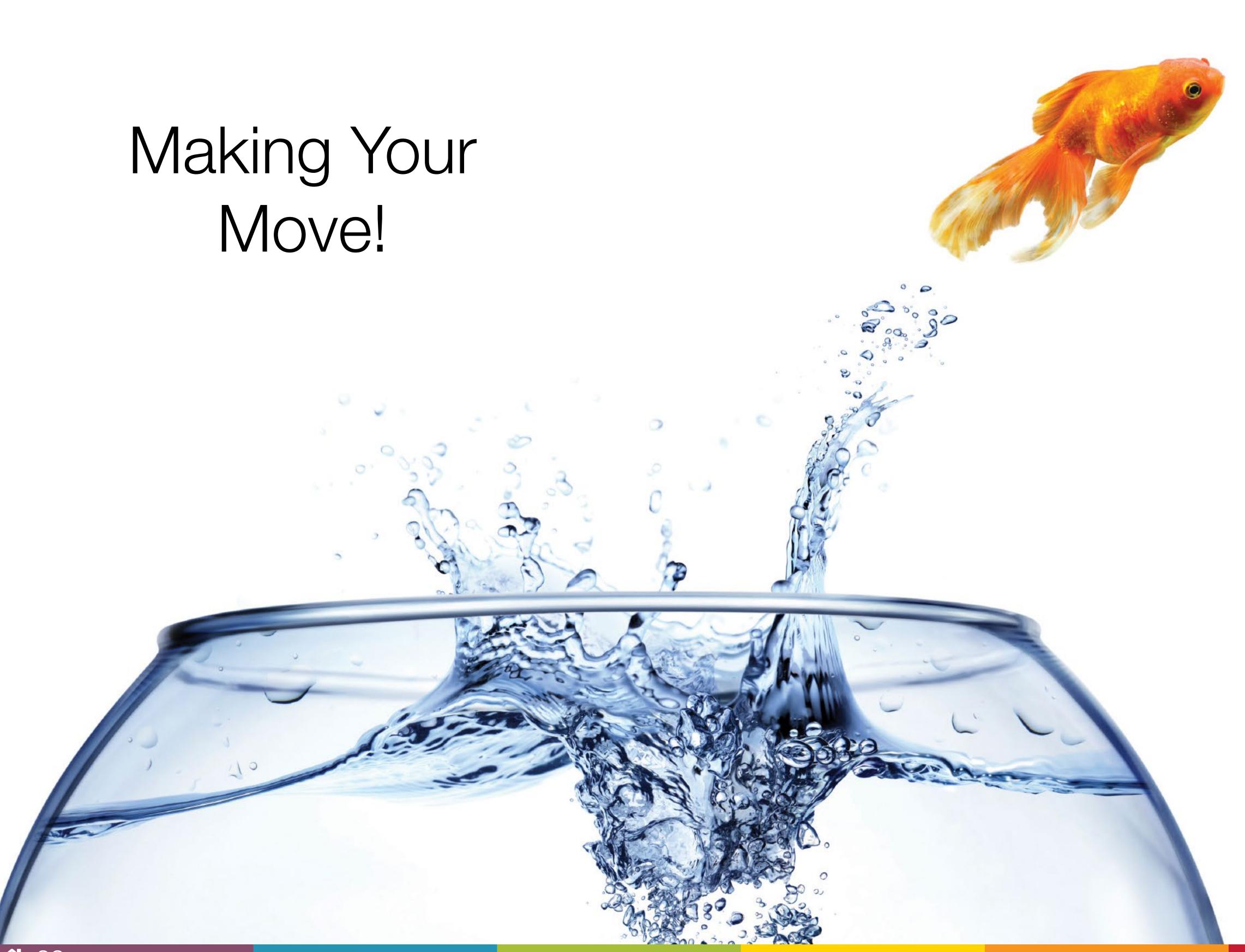
JR Line, Bus, Shinkansen

Highlights:

Sake festival, hot springs, parks, temples, historical sights, sake breweries, nearby fruit picking and Tom's Dairy Farm



Settling In



Settling In

Relocating



Relocating With Relo Japan

Not knowing what you don't know is just one of the many travails you endure when moving abroad. Anyone who has decamped to another country will tell you that it is invaluable to have eyes and ears on the ground in advance in order to help you prepare for all the changes that are coming.

Relo Japan has over 20 years of experience in Japan relocations, and their multilingual consultants are ready with a wealth of information about your destination, allowing you to put your focus where it belongs, on your work and family. Relo Japan takes care of all the little details of your move including obtaining a visa, getting you orientated in your new location and arranging for the delivery of your things from your home.

Once you have chosen where you want to live Relo Japan goes about setting you up. From turning on the electricity and water to hooking up your cable and internet – they do it all. Relo Japan aims to go beyond what is expected, and furthermore they will be your first friends in Japan. Relo Japan offers the following:

- Professional and comprehensive support to meet all of your relocation needs
- The www.ReloJapan.com website, a vital source of information on Japan. A recent extension of our "Log-In Center" provides you with all the materials you need to relocate in a digitalized format
- Offices in Tokyo, Nagoya, Osaka, Kobe and Hiroshima
- Japan-wide coverage through three offices and affiliates in many locations
- Access to all of the best properties available, through Japan Home Search, a multi-listing real estate agency
- Short-term accommodation arrangements in furnished or serviced apartments
- Settling-in services for individuals, couples and families
- Repatriation support leading up to departure
- Visa and immigration support, including local government compliance
- 24-hour Japan help line
- Tenancy management
- Expense management services, including payment of utilities



Finding a Home With Japan Home Search

While traditional real estate agents offer the vast majority of available properties in Japan, they are not all set up to be foreigner friendly.

Many landlords find renting to foreigners is simply too much of a hassle, especially to those who do not speak any Japanese at all. Japan Home Search is a real estate agency that caters specifically to expatriates relocating to Japan.

It is powered by JapanHomeSearch.com, a comprehensive, Englishlanguage property search engine. This popular site lists thousands of rental properties for a real-time snapshot of what is available on the market today.

The site features the "Pin Pointer" tool, which allows visitors to zoom in on the areas surrounding potential properties, and now also features a simplified web version for iPads and smart phones.

The Japan Home Search team prides itself on promptly answering all inquiries, and strives to find properties that meet each individual client's needs.

The apartments and homes offered by Japan Home Search are prescreened to allow foreign tenants, and unlike a traditional real estate agent, the entire rental process from start to finish is in English.

JapanHomeSearch.com offers the following:

- Multi-listing agent with access to thousands of rental properties
- Regularly updated "Hot Properties" featuring new and popular housing options
- User-friendly interface allowing visitors to search for several properties at once
- Comprehensive property details including features, interior and exterior photos, floor plans and much more
- Helpful information about popular expatriate areas
- Personalized support provided by bilingual real estate consultants
- Rent and condition negotiation to get you the best and most competitive deal
- Bilingual assistance at your "move-in" and your "move-out"
- On-going assistance with any maintenance issues
- Lots of advice on the rental process in Japan, and what you can and cannot do!

Renting a House or Apartment

Sometimes finding a place to live in Japan requires a willing suspension of disbelief from a western mindset. As with so much in Japan, or any other foreign country for that matter, things are simply done differently. And no experience in Japan quite compares to the unique way that the Japanese live and manage their living spaces.

For starters it bears repeating that space is at a premium. The more space you want, the more of something else you will have to give up: time, money or convenience. Choosing between renting an apartment or a house means deciding what kind of lifestyle you prefer. Want to be near the shopping and restaurants of the city? Space will be hard to come by. Want a bit more green and a larger place to live? Prepare for a commute. These choices are familiar to anyone who has lived in an urban area. However Japan tends to put a lot more of a premium on space. Even a big place in Japan might still seem small compared to what you are used to.





How Japanese Apartments and Houses are Measured

Japanese properties are typically measured according to how many tatami mats fit into each room. While modern Japanese apartments and homes are constructed with flooring and often do not have the traditional straw mats or tatami; the tatami standard of measurement is still used.

One jo means one straw tatami mat. The size of a tatami is roughly 85.5cm wide and 179cm (33.5" by 70.5") If the room is 6 jo, it will be about 8.6 square meters. (Tatami size varies according to whether it is used in a free-standing house or apartment and also varies in different locations of Japan.)

Tatami	Square Meters (ft²)
4	5.8,62.4
6	8.6,92.6
8	11.6,124.9
10	14.5,156.1

Japanese Apartments

Japanese apartments can be notoriously small, especially in Tokyo, where even some high-end properties are as small as a den or even a large bathroom in many western countries. However, as Japan becomes more international, properties are becoming more and more "western," and although space is limited, "open spaces" are now more popular than a number of tiny rooms, which is traditionally the case in Japanese homes.

The situation in Nagoya is relatively better. Most rental properties tend to be larger and are a better value. Apartments will generally not include utilities in the rent, although some do include fees for water usage. Parking is usually an extra fee which normally runs somewhere between ¥5,000 to ¥30,000 per month, depending on location.

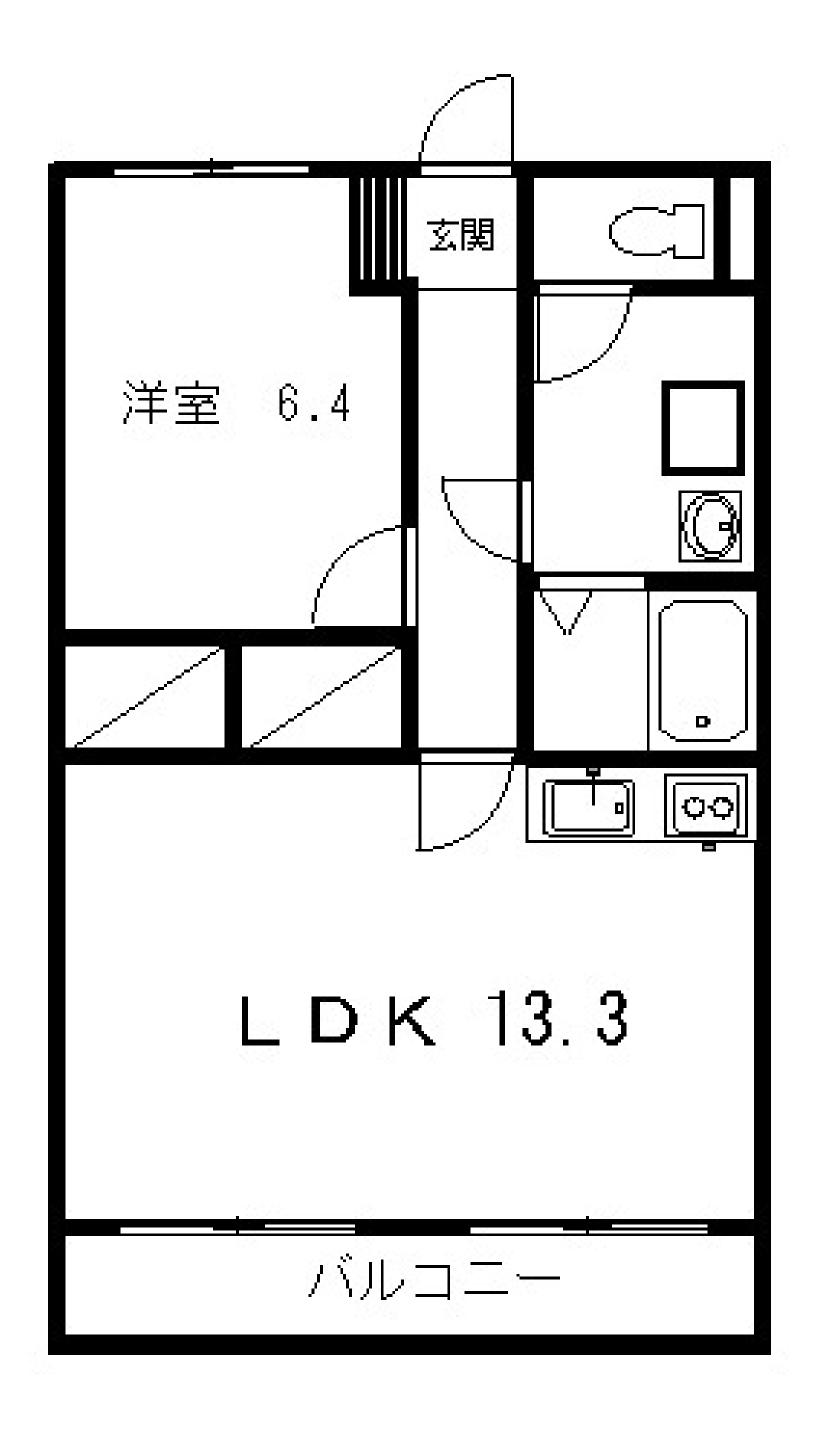
Common Apartment Configurations

Apartments come in many sizes, and Japan has a unique alphanumeric code for each type of apartment. For example a "1K" is a one room apartment with a kitchen. A 1DK is a one room apartment with a dining room with a joining kitchen. A 1LDK means that the apartment has an adjoining living area as well and one bedroom. Thus the more numbers an apartment has the more "rooms" it has. Just remember that LDK (living, dining, kitchen) is generally one room, not three! The difference from "K" to "DK" to "LDK" is the size of the room containing those areas.

Here is a sample of a 1LDK floor plan. As you can see, the "LD" portions occupy the same space.

Here is a 2LDK floor plan.

Larger apartments such as a 3LDK will often have one or more rooms with tatami flooring, and while these rooms often wouldn't be considered by Westerners to count as an "additional bedroom", they are counted as one bedroom amongst the three bedrooms in 3LDK.



Settling In

Renting Accomodation

Rental Houses In Japan

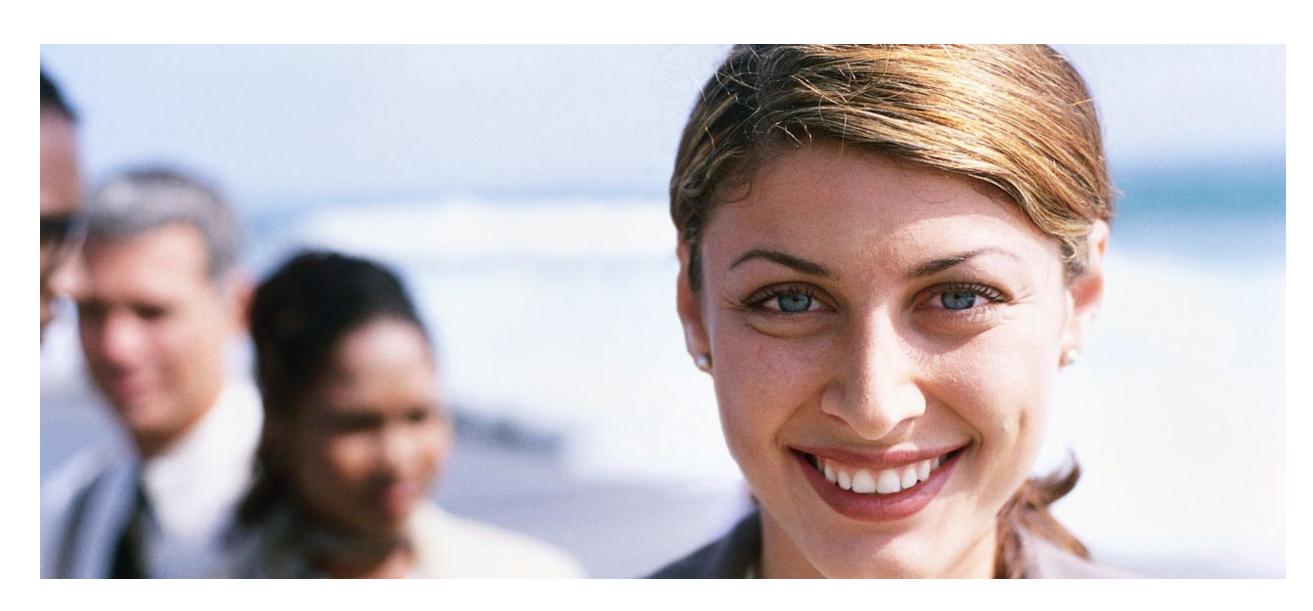
Houses in Japan tend to be smaller and simpler than those in other countries, and most foreigners residing in Japan for work tend to choose homes that could be described as "luxury" in the local market. These properties are generally western-style homes with a full suite of amenities not often found in Japanese houses. Clothes dryers, dish washers, central heating, and multiple bedrooms are all features that are now commonly available in upscale Japanese properties.

If the house comes with a garden it will be limited in scope, however high-value rental properties will be located in more spacious communities and often nearby a public park. The trade off is such houses are often not close to train or subway stations and therefore the use of a car is necessitated.

Expats with the benefit of a relocation company like Relo Japan, will have someone take care of all the little details of the employee's move, including finding them a house or apartment, sourcing furniture and, or cars for lease or purchase and arranging the delivery of the client's belongings from their home country. Generally, the company will pay for these services, but a little bit of knowledge will help the employee get the most out of them.

Finding an apartment on your own in Japan can be a daunting task if you have never done it before. It seems like just about everything is a little harder in here, and if you do not speak Japanese your options are fairly limited. One of the first differences between Japan and the west is that apartments and houses are rented through real estate agents and the landlords designated "management company" or "representative", rather than directly with the landlord. This is why you rarely see "for rent" signs in front of apartments, and when you do the contact information is a local real estate branch office.





Real Estate Agents: Japan Home Search

While traditional real estate agents offer the vast majority of available properties in Japan, they are not set up to be foreigner friendly. Many landlords are simply not willing to rent to foreigners in general, especially to those who do not speak any Japanese.

As one foreign resident has recounted: "I remember hearing the agent who helped me with mine say to my prospective landlords over and over again, "He is foreign, but he is from the United States and speaks Japanese. "Usually, this was followed quickly by, "Oh, really? I understand, thank you for your time." I felt bad for him watching the list of properties he was able to show me get smaller, and smaller, until we were left with about 5; out of an original 25." Getting a foreigner into housing can be a challenge in Japan.

JapanHomeSearch.com

specializes in serving the specific housing needs of foreign client's. The apartments and homes they offer are pre-screened to allow foreign tenants, and unlike a traditional real estate agent, they can basically take you through the rental process from start to finish in English.

Fees and Policies

Key Money

Key money or reikin is a onetime fee that a tenant may be asked to a pay a landlord when a lease contract is concluded. This is considered a gratuity for the conclusion of the lease contract. This business custom dates back to an old Japanese tradition whereby wealthy families in positions of power paid cash to a landlord as a gratuity. Unlike a deposit, this payment will not be returned at the termination of the contract. High rent property owners generally do not request key money and instead, charge deposit plus one month advance rent.

While the "key money" tradition seems overly exorbitant, one must understand that monthly rent is much lower in Nagoya than other cities in Japan where key money is not so prominent, and there are no penalties to canceling contracts at any point during the housing contract. Contracts usually

automatically renew in Nagoya, without any renewal fees, so the key money you need to pay up front is simply a "different system" and the overall situation should be considered when evaluating the initial costs of entering a new rental home.

Deposits

Deposits or hoshokin are standard for rental agreements and are collected in advance as collateral to cover potential arrears in rent and property damage and/or future cleaning fees at termination of the contract. Typically 2~6 months rent will be charged as deposit. As in most other countries, the deposit is in principle refundable. However, some landlords can be quite punitive in the damage they charge.

Rent

Rent or *yachin* is usually paid monthly, in advance to the owner. In some cases there is a late fee if payment is overdue.

Settling In

Renting Accomodation

Maintenance Fee

It is standard for the landlord to require kyoekihi a monthly fee for general building maintenance, including grounds, electricity for the elevator and outside lighting as well as up-keep of the structure.

Agent Fees

Most properties are found through a real estate company. The realtor will charge an agent's fee chukai tesuryo as payment for acting as an intermediary, from the start of the home-finding process through conclusion of the house contract and move-in inspection. The ceiling of the fee, regulated by law, is 1 month's rent plus 5% consumption tax.

Tenant Insurance

Housing contracts often stipulate the tenant to take out tenant insurance jutaku hoken. There are very reasonable comprehensive tenant insurance packages available which offer protection for the whole family providing personal liability and damages

caused fire, water leaks, theft, lightning and earthquake.

Repairs

The responsibility for repairs is usually clearly outlined in the housing contract. Owners are responsible for "general wear and tear" called "shizen-shomo" in Japanese, while tenants are responsible for any damage outside normal wear and tear. However, it is important to understand that in Japan all repairs are generally done by the owner's stipulated management company or repairman. You become responsible for the cost, but it is not custom in Japan that you conduct your own repairs.

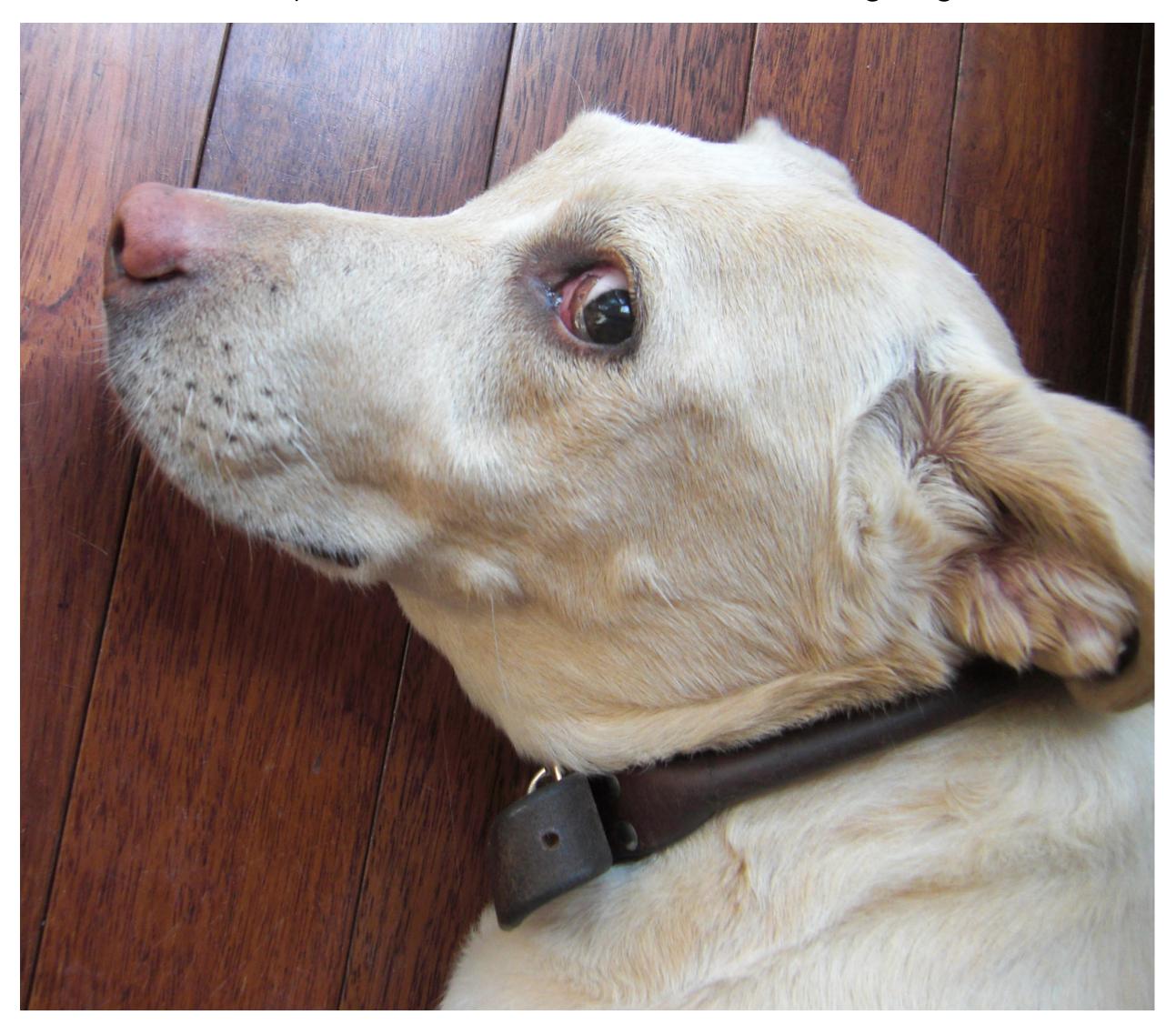
Pets

Many rental properties don't allow pets, so having a pet is likely to reduce your rental options significantly. However, pets are now very popular in Japan, so we have seen relatively more properties in recent years that will take your poodle or your Siamese beauty. Even when properties are

labeled "pet friendly", it is common case-by-case permission must be obtained from the landlord.

Some properties, for example, will allow small pets, but not large dogs. Some places are OK with dogs, but don't allow cats. Sometimes, additional deposits or rent can be required and there may be additional "cleaning" or "disinfection" charges at the end of the contract.

Big dogs and cats are very hard to find places to live with. Less than 20% of properties will allow pets generally, and only around 5% would allow a big dog or a cat.



Renting Accomodation

Guarantor

Many companies act as lessee and enter into housing contracts on behalf of foreign employee or "tenant". In these cases no guarantor is needed. However, if you enter into a private contract and will be the signatory, you will also need a guarantor. The guarantor can be a Japanese colleague or company established to provide just such services. Recently, many owners are using "guarantor companies" who will charge you a flat fee for this service. You will need to provide documents such as copies of your residence card and visa stamp and submit a Certificate of Employment from your company in order to enter into a contract with the "guarantor company" which in turn allows you to make a contract with the house property owner.

Contract Terms

Housing contracts in Japan are generally for a set two years and include clauses for early termination and renewal. It is standard for contracts to automatically be extended unless a cancellation notice has been submitted. When your assignment in Japan has ended, it will be necessary to terminate the house contract and related services such as utilities. Most housing contracts require one-two months prior written notice of termination. There will be a final inspection when you move out at which time the owner, realtor and, or management representative will ascertain cleaning and damage fees to be deducted from the deposit.

In addition to standard two-year contracts, there are also fixedterm contracts that are common if the owner is planning to return to their property at some point in the future. Fixed term contracts cannot be renewed, so any extension of the initial contract would require a completely new contract. Fixed term contracts are normally for longer periods of four-five years, but the termination process remains the same as for standard two-year contracts.



Appliances and Furniture

When moving into a new apartment You should be aware that Japanese or house it is common that there will be little, if anything, in the way furnishings and built-in appliances. Often you may be required to buy lights, air conditioners, curtains and other white appliance items that you might consider standard in rental properties elsewhere. Either way the utility of such devices and the way they work will need a little study to figure out.

Washing Machines

washing machines usually wash only with cold water, as there is not often hot water available for the laundry areas of Japanese housing. Japanese clothes dryers are often combination machines, or are separate units that are powered by electricity only, and therefore take hours to dry clothes fully. Powerful clothes dryers don't tend to be common because the Japanese usually dry their clothes outside on a line.

Renting Accomodation

Kitchen Appliances

A Japanese kitchen will be set up quite differently from its western counterpart. An stand alone oven is uncommon and is usually part of an appliance that includes a microwave with an electric oven feature. A lot of people use only a toaster oven in their apartments, as even a smaller "full size" oven will simply not fit. Many stoves

burn propane gas, have two to four burners and include a fish grill that sides out from under the burners and operates as a small broiling oven.

In larger western-style properties, larger ovens and white appliances are available, but in typical Japanese properties even a small dishwasher is rarely included in the kitchen.



Toilets and Baths

Historically Japanese did not have a toilet in the bathroom and the two facilities had their own separately dedicated spaces. A traditional Japanese bath requires that most washing is done out of the bath, which is used primarily for soaking and relaxation. The bathing area was intuitively a "clean" space and the inclusion of a toilet effectively negated this concept. These days however you will find something called a "unit bath" in smaller apartments. A unit bath will have both a toilet and a bathtub with a shower attachment, effectively merging the two functions in a nod to the reality that space is at a premium and some traditions must be sacrificed.

Japanese Toilets

The American equivalent of the "bathroom" or "restroom" is referred to simply as "the toilet" (toire) in Japan, as in European countries. While you will still find standard "squatting" toilets in public facilities and older buildings, most modern Japanese toilets are quite superior in technology and function to those you may have encountered in other countries. Most will have heated seats and it is also common to include both a bidet and "washlet" (posterior washing spray) functions utilizing warm water. Some will also feature "blow dry" modes to limit the amount of toilet paper that is used.

The Japanese Bath

As mentioned above, the Japanese have traditionally utilized the bath for relaxation. As the body is washed outside of the bath in a shower area, the water in the bath is often used by several people before it is let out. Modern baths will allow you to re-heat the water for later use. Showering is usually done sitting on a stool and for this reason you will find that it is hung lower than you might expect. Most shower heads are attached via a hose and can detach from the wall and be used separately from their normal position.

Furnishing Your Home



Furnishing Your Home

Depending on your situation and budget, there are many options for furnishing your home in Japan.

Shipping

If you are coming to Japan for an extended period of time, your company may ship your furniture to Japan and back for you. Being surrounded by familiar things is a great way to help you ease into life in a new country.

Be aware however that shipping can be a bit of a hassle and can take between six to eight weeks, not including any problems that may arise at customs. Additionally some things simply may not fit into a Japanese apartment or house, so keep in mind what types of things you are bringing and if they will suit your new place. Often the size of doorways and elevators in Japan are smaller than back home and so it is best to confirm whether things will fit or not before you send them. What can you

do with a refrigerator that won't fit in your house after all? For this reason it is a good idea to bring the measurements of any large items you plan on bringing with you on a home-finding tour.

If you do decide to ship your household items you will need to decide for what to do while you wait for everything to arrive. You may choose to stay in a hotel, or you could just make do living out of a suitcase on the floor. Alternatively Lease Japan offers a convenient short-term furniture rental service which can keep you comfortable during the interval between when you arrive and when your stuff does.

Buying New Furniture

Another option is to buy all new furniture. However you may find that the size and variety of furnishings available may not match your preferences. While western-style furnishings are increasingly common, the quality and price performance for what you get can often be disappointing to foreigners.

Furnishing Your Home

Buying Used Furniture

Like anywhere else, you can also purchase used furniture in Japan. One popular way of finding what you are after is to check "sayonara sales", moving home sales by other foreign residents.

Sayonara sales are usually advertised by word of mouth, but you may find one by searching on the internet. If you get lucky, this is the cheapest method of furnishing your house, but there is no way to guarantee that you will get your home furnished with any sort of expediency. In addition running around and collecting things from people in a new city is a bit of a hassle.

Alternatively you can try one of the "recycle shops" which sells used items. Think of them as permanent garage sales. You never know what you might find in them, and the prices can be much higher than you would expect. Lastly there is the problem of ferrying things back to your residence. Some shops will deliver (depending on how much stuff you buy) but most will expect you to take what you buy home with you.

Most foreigners will tell you that sayonara sales are worth checking out if there is something you can't get elsewhere. Roughly the same goes for used stores, though they tend not to be of very good value.

Leasing Furniture

There are several reasons why leasing furniture is an attractive option for expats. One point to consider is that when it comes time to return home you will either have to ship it home or otherwise get rid of it in Japan. If you can't sell the things you have collected you will have to dispose of them which can be quite expensive and time consuming. If you wish to throw away large items you must reserve a pick up day and pay a fee for anything that cannot be placed in a standard garbage bag.

If you decide to lease furniture then it will be delivered and picked up at your convenience. This is especially useful for people who want to make a contract for the exact period of time that they will be in Japan. You can even have your residence furnished and ready for you before you arrive.

Lease Japan will furnish your home tastefully and quickly without investing a lot of cash up-front. They do the work for you so that you have time and energy to concentrate on getting settled in and acquainted with your new environs. Their English-language service is stress free and easy to use.

Here are some of the services that they provide:

- Tasteful furniture and appliances selected by you from their catalogue. Order piece by piece, or one of their convenient packages, specially selected to provide you with all the essentials.
- Delivery and installation of the items in your home.
- Continued support for maintenance and repair issues.
- Collection of furniture and appliances from your home at lease end.
- Service in English; including contracts and service documentation
- English appliance manuals, when possible.

For more information go to: www.leasejapan.com/furncatalogue.asp

Dealing With Garbage

Garbage collection in Hiroshima is quite organized and somewhat regimented. In order to dispose of trash, you must sort it into one of the following categories and place it in a specially designated bag on a specific day for your neighborhood. You will be given a poster listing the garbage collection days for your neighborhood, but the following can serve as a general guide. It cannot be underestimated how dealing with your garbage in the appropriate way can help ensure good relations with your Japanese neighbors. Generally, you should put garbage out at the designated area, on the morning of collection, anytime between sunrise and 8:30am. Putting garbage out the night before collection is generally frowned upon.

Hiroshima city offers an English version of trash service guidelines online with details of each category and explanatory pictures which you can find Here.

Residents of Higashi-Hiroshima can find out more about garbage collection in their area in English at the Communication Corner located at SunSquare Higashi-Hiroshima.

Tel: (082) 424-3811 Open: 8:30-20:00 Website (in English) Map





Garbage Collection Schedule

- Burnable Garbage (Moeru gomi, 可燃えゴミ): Twice a week
- Non-burnable Garbage (Funen gomi, 不燃ゴミ): Once a week
- Pet Bottles (Petto botoru, ペットボトル): Once a week
- Recyclable Plastics, light or translucent plastics (Resaikuru pura, リサイクルプラ): Once a week
- Other Plastics, hard plastics like toys, CD cases, shoes, etc. (Sonota pura, その他プラ): Twice a month

- Recyclable waste, cardboard boxes, bottles, cans, clothing, books, (Shigen gomi, 資源ゴミ): Twice a month
- Toxic Garbage, batteries etc. (Yuugai gomi, 有害ゴミ): Twice a month

Oversized Garbage Collection (Sodai gomi, 粗大ごみ)

Some areas have regularly scheduled collection days for oversized waste, while others do not. If your area does not have it, you can drop it off at a garbage disposal center for free. Or, you can make a reservation to have it picked up, in which case registration and payment in advance at a convenience store is required.

Hiroshima City Large Garbage Information Center

Tel: (082) 544-5300, Fax: 082-544-5301

Open: 9:00-18:00 Closed: Saturdays, Sundays and National Holidays

Website (in Japanese)

For burnable waste, use brown paper bags that can be bought at supermarkets, or you can make your own out of newspaper. Wet or smelly garbage should be wrapped first in newspaper. Light and recycled plastics, as well as hard plastics, should be put into transparent or semi-transparent plastic bags which for sale at convenience stores and supermarkets. Non-burnable garbage and recyclables can be put out in any strong plastic bag. Broken glass or toxic waste should be bagged separately and labeled in Japanese; see above

Be sure to follow the detailed information from your landlord, or relocation agent, about when and where to dispose of your trash. Every area is a little different in regards to trash services.

Other Recycling Options

PET bottles, cans, and glass bottles are collected at convenience stores or next to drink machines. Paper (milk or juice) cartons are collected at many supermarkets as well as plastic and styrofoam food trays. Make sure to wash and dry containers before disposing of them.

Recycle Shops

There are many recycling shops around Hiroshima that take appliances, furniture or other items that are still in usable condition. They may give you a little bit of money if the shop's staff is confident they can resell the item.

Re-Use Mart offers free recycle pick-up for unwanted items in most areas in Hiroshima Prefecture.

Tel: 0120-093-162 (toll-free)

Website

Home Appliance Disposal

There is an additional fee to dispose of appliances such as personal computers, refrigerators, freezers, washers, dryers, or air conditioning units. For most appliances, you can pay a ¥3,000 fee at a post office before you reserve a pick up time with the Garbage Information Center. There is no pick-up service for computers, although PC3R, a national computer association, do offer pick-up (for recycling):

Website (In English)

Another option, if you are replacing an old appliance with a new one, is to make arrangements with the electronics store you are buying from to deal with the recycling tax when you make your purchase. Then they can also collect your old model for disposal when they deliver your new appliance. EDION is a reliable company in Hiroshima that has many branches offering this service.

Website (in Japanese)

Purchasing or Leasing a Car

Purchasing or Leasing a Car in Japan

Purchasing a Car

First, the good news. You are spoiled for choice when purchasing a car in Japan. Used cars are an especially good option as the Japanese tend to be meticulous when it comes to maintaining and servicing their automobiles. No matter what brand or model you are after, there is a good chance you can find a car that suits your needs.

Naturally, purchasing a car involves registering the vehicle to get it on the road. There are also permits to obtain for parking, as well as fees, taxes and additional costs that will be added to that price you see on the windshield. All-in-all though, if you have dealt with your department of motor vehicles in your home country you can get through the hurdles required to have your own wheels in Japan - but there is a lot to be done!

The Basics

- First, register your inkan seal at city hall or your local ward office, and get an inkan shomeisho or Certificate of Seal Registration.
- Next, find a car you would like from an individual or a dealer.

Buying a Car from an Individual

Go to your local police station and ask for the following:

- Hokan basho shomei shinseisho (Police Parking Application Form)
- Hokan basho shomei (Certificate of Permission For Parking Space) The owner of your parking place must fill out and stamp this form to prove you have a place to park the vehicle arranged.



Purchasing or Leasing a Car

Location of parking lot and space:

This can often be obtained from the real estate agent, building owner or building management company. You will need a map that shows your parking space in relation to other property, as well as show the dimensions of the space.

When you have completed the forms, take the documents and your inkan stamp to the police station and turn them in. You will have to pay a fee, usually around ¥2,000, and you will be advised when to pick the documents up again. Some departments will charge you a fee, usually ¥500, to collect the documents when they are completed.

Prepare forms to be signed by, or received from the seller. You will need to go to a vehicle registration office and ask for:

Meigi henkou (Re-Registration Form)

Both forms must be stamped or signed by the previous owner.

A notarized signature is only valid for three months and cannot be renewed if the party has left Japan. The validity period for the certified stamp varies, but is generally also three months.

Required forms to get from the seller:

- Ininjou (Power of Attorney)
- Joutou shomeisho

(Certificate of Transfer/ Bill of Sale) Both forms must be completed in Japanese, and all information must match the notarized signature form. This also applies to the seller's information.

• Jidoushazei noufusho(Certificate of Vehicle Tax Payment)

This receipt must be kept as proof of payment of taxes, and given to the buyer if the car is sold.

 Shakkensho (Vehicle) Registration Certificate)

This certificate must be kept current and with the car. It must be given to the buyer if the car is sold.

Vehicle Registration

Once you have received your approved documents from the police, and had the documents stamped by the previous owner, take the car and all the documents to the kensa touroku jimusho (Inspection Registration Office).

Like any department of motor vehicles, everything at the Inspection and Registration Office is bureaucratic, and will take some time. In addition to the long lines, you will be sent to many different desks and windows as the process continues. Plan on spending at least a few hours, and bring a book.

Every location has different procedures, but in general you will need to submit the papers gathered previously, fill out some other forms, and pay any required fees, such as the following:

- Taxes on the vehicle.
- If the car is from another prefecture, you will need to buy

new plates.

After completing the procedures at the Inspection and Registration Office, the car will be registered to you, and a new shaken certificate issued in your name.

Buying a Car from a Dealer

The dealer should assist or instruct you on how to get the following forms:

- Hokan basho shomei shinseisho (Police Parking Application Form)
- Hokan basho shomei (Certificate of Permission For Parking Space)

Vehicle Registration

Again, the dealer should do all the registrations at the Vehicle Inspection and Registration Office for you, and provide the new Shaken Certificate in your name when they deliver the car to you. Some dealers may charge a fee for this service.



Leasing a Car

Because purchasing and registering a car in Japan can be complicated, you may decide to lease a car instead. Lease Japan offers a comprehensive service for foreigners who wish to obtain a car this way.

What is a Car Lease?

Automobile leasing means that you pay only the amount that a vehicle's value depreciates during the time you are driving it. Depreciation is the difference between a vehicle's original value and its value at lease-end (residual value), and is the primary factor that determines the cost of leasing. Basically, you pay for the part of the car value that you use up during the lease term. There are other costs that may be included in the lease fee. These include insurance, registration fees and the addition of other options such as GPS navigation systems.

The Advantages of Leasing with Lease Japan

- Fewer hassles
- Leases generally come with full service maintenance and full coverage insurance policies included in the monthly lease fee.
- The lease company will be there to assist from the time of delivery to the day the car is returned.
- Lease Japan specializes in providing services and contracts in English.
- At Lease Japan, all of our consultants are bilingual in English and Japanese and we boast a great mix of foreign and Japanese staff.

- Lower Monthly Payments: as you only pay for the portion of the car that you actually use, your monthly payments will be 30%-60% lower than a purchase loan of the same term.
- Lower up-front cash outlay: most leasing companies, including Lease Japan, require no down payment, which makes getting into a new car more affordable and frees up your cash for other things. We generally ask for the first and last month's lease payment in the first month, as we find this easier for the client, who will not have to make a payment for the last month of the lease (and probably the last month of being in Japan).

This means you will not need to worry about making sure you still have your bank account open to pay the last payment. You can focus on more important last minute things whilst still driving your car until the very last day.

- More Car, More Often for new car leases: Since your monthly payments are lower, you get more car for the same money and can drive a brand new vehicle every two to four years, depending on the length of your leases.
- Fewer Maintenance Headaches: most people like to lease for a term that coincides with the length, in months, of the manufacturer's warranty coverage so that if something goes wrong with their car, it is always covered. At Lease Japan, we also offer free 1/6/18/24 month maintenance checks on all new cars. We will collect the car from your place of work or residence at a time that suits you, take the car to have its maintenance check and return the car the same day.
- No Car-Selling Hassles: with leasing, the headaches of selling a used car are eliminated. When your lease ends, you simply return it back to the leasing company and walk away.

- Bonus Service Bundles: different companies make leasing even more attractive by bundling different services with their lease packages. At Lease Japan, we offer:
- ETC Card (Electronic Toll Collection System): get an ETC card without the hassles of a Japanese credit card. We will supply you with an ETC card without the need for applying for a Japanese credit card.
- 24,7 Emergency Help Line: When you lease a car from Lease Japan, you will automatically be eligible for our 24/7 English Help Line Assistance Service. If you have an accident or have any problems with the lease car, you will be able to contact one of our native English speaking consultants for immediate assistance.

Easy Steps to Leasing a Car

- Request an estimate for your desired car type, grade, color, options, etc.
- An estimate is prepared and sent to you for verification. Changes and new estimates may be requested at this point.
- When everything is agreed upon, sign the estimate for your new lease car and return it.
- When the signed estimate is received, your contract will be mailed to you. At this point, the lease agent will begin ordering and registering the car.
- To register the car, the lease agent will need some things from you:
- A copy of your jyuminhyo (Residence Certificate)

- Hokan basho shomei (Certificate of Permission For Parking Space)
 The owner of your parking place must fill out and stamp this form to prove you have a place to park the vehicle arranged.
- Your inkan seal on the registration paperwork

Types of Leases:

Closed-end Leases

Closed-end leases, sometimes called "walk-away" leases, are the most common consumer leases today. This type of lease allows you to simply return your vehicle at the end of the lease and have no other responsibilities. Closed-end leases are based on the concept that the number of miles you drive annually is fairly predictable (12,000 miles per year is typical), that the vehicle will not be driven in rough or abusive conditions, and that its value at the end of the lease (the residual) is therefore somewhat predictable.

Open-end Leases

Open-end leases in the west are used primarily for commercial business leasing. In this case the lessee, not the leasing company, takes all the financial risks, which a business will simply count as an expense. Annual mileage on a business lease is usually much higher and less predictable than a standard 12,000 miles-per-year non-business lease.

In Japan, however, the law forbids companies from taking out open-end leases so they are primarily used by individuals as an alternative method of financing a new car; like a car loan, but more complicated.

Open-ended leases are also popular with foreign ex-pats in Japan because they are not usually eligible for normal car loans or financing through Japanese banks.

In an open-end lease, the lessee (driver) is responsible for the difference between the estimated lease-end value of the car (the residual) and the actual market value of the car at the end of the lease. This could amount to a significant sum of money if the market value of your vehicle has dropped or you drive more miles than expected.

Often, the residual value for an open-end lease is set much lower than a non-business closed-end lease, which reduces your lease-end risk, but increases your monthly payment amount.

Lease Japan invites you to view our selection of new and used cars to buy or lease. We put you in the driver's seat with comprehensive leasing, purchasing, and after care services.

Find out more at: www.LeaseJapan.com



Getting Your License



Converting your Foreign License

Like all countries Japan has its own peculiar rules of the road. Signs, traffic laws and customary behavior are quite different from other countries. For this reason, you will have to pass through their regulatory system to drive legally. For some the path is wide and easy. For others it is a bit more narrow; this is one thing you do not want to do on your own.

Fortunately, Japan Driver's License has bilingual experts on hand to assess your place in the system and guide you through it. Essentially foreign license conversion in Japan can be divided generally into two groups, depending on what country issued the foreign license.

The Lucky Ones

The first group includes license holders able to convert their foreign licenses directly to a Japanese license. For this group, conversion is a shorter bureaucratic process that takes a couple of hours at the license center; if your license was issued in one of these countries:

Austria, Belgium, Czech Republic, Denmark, Finland, France, Germany, Greece, Iceland, Ireland, Italy, Luxembourg, Norway, Portugal, Spain, Sweden, Switzerland, The Netherlands, The United Kingdom, Australia, New Zealand, Canada, Taiwan and South Korea

...and it is valid (not expired, etc.), and you can prove residency in that country for a minimum of three months after license issuance you are not required to take either the written test or road test to convert your license.

Let's Take A Test!

The second group includes license holders who require both a written and a driving test in order to get a Japanese driver's license.

Getting Your License

Valid foreign license holders from countries not listed above - held by people who can prove a minimum of three months residency in the country that issued the license after it was issued - may be allowed to convert their license only after filing paperwork, taking a short written test, and passing a driving test on an enclosed course at the testing center in their prefecture. If you are not in either of these groups, then the Japan Driver's License consultants can advise you on the best way to go about being certified. If you do not speak Japanese it may be difficult to get through these steps, and most centers require that you bring someone with you who can speak Japanese.

Official Translation of Your Foreign Driver's License

To start the process, both groups of license holders need to obtain an official translation of their foreign driver's license from an approved source. This is most commonly done through the Japan Auto Federation (JAF).

Gather Required Documents

After you obtain your official translation, you must go to the licensing center that serves your area with the following documents:

Valid foreign driver's license – and previous licenses, if you have them; if the license does not show the date of issue, or if the license was recently renewed, it may be necessary to submit additional documentation.

- Japanese translation of foreign license, available from the Japan Automobile Federation: http://www.jaf.or.jp/e/switch.htm or sometimes at the embassy or consulate of the issuing country.
- Residence Card
- Jyuminhyo x2 (Certificate of Residence)

- Passport and any expired passports; these are required to prove that you were in the country that issued your license for at least three months after you obtained your license.
- One 3 x 2.4 cm photo; must be taken within the last six months.
- Previous Japanese license, if you have one.

vehicles shown

There's a Sign For That!

Some of the road signs you will need to know when driving in Japan!



prohibition applies

in both directions

Getting Your License

Applying at the Driver's License Center

The application procedure begins with an inspection of your documents to make sure that you have lived in the country that issued your license for at least three months after issuance, and that all of your documentation is up-to-date and complete.

Eye Test

Standard eye test; you will be required to point in the direction that the image is pointing (this will make more sense when you see it). Once you pass the eye exam:

- If you are in group one, you will usually receive your license that day and you will be finished.
- If you are in group two, once you pass the eye exam, you will take the written test. Carry on!

Written Test

The written test for license conversion is much simpler than that given to people getting their first license. The test itself is available in English; however, the instruction session just prior to the test will be in Japanese.

The main point of the Japanese explanation to understand is that in Japan X means false and O means true, and that when you have completed the test you may leave the room. The best way to study for the test is to read the Japan Auto Federation's English-language book, "Rules of the Road."

The Driving Test

This driving test is infamous. The test itself is not difficult, but there are many simple sequences and processes that the test proctors are looking for, and if you are not aware of them, you will not pass.

It is not uncommon for foreigners to take the driving test five times or more, simply for the lack of a little knowledge, rather than a lack of actual driving skills. Considering that each attempt requires nearly a full day at the testing center, fees and lost wages can make converting your license on your own a time-consuming, expensive, and frustrating experience. The average pass rate unassisted is 20%. Japan Driver's License clients enjoy a greater than 70% first time pass rate, and 95% pass by the second try.

Once you pass the eye exam and written test, you will be scheduled for your driving test. The test is not offered on the same day you apply; you will have to come back to the testing center. Most likely; it will be a testing block period, rather than a specific time.

You may be able to change this schedule on the spot or over the phone later. You will usually also receive a map of the driving course, which you will be required to drive from memory on test day. Take the opportunity to walk the driving course before you leave if possible, it will help you to memorize it.

Depending on the driving center, you may be required to pay an additional car rental fee. Be prepared to spend a lot of time waiting. When your turn comes, you will be required to get in the car and drive the prescribed course with an examiner, who will speak only in Japanese. It is necessary to memorize all the turns and elements of the course in advance; you will not receive instructions from the proctor.

If you make a "major" mistake you will fail on the spot. Whether or not you passed, you will be instructed to go inside and wait for the results with the other test takers. If you were not successful, you'll be given a paper with your next scheduled opportunity to try again.

If you are successful, you should receive your new license that day. This will entail paying more fees, getting your picture taken, and filling out forms.

If you are going to drive in Japan, especially if you are here for more than one year, you must convert your license.



Historical Sites

Hiroshima Castle



Kamiyacho tram stop

The current incarnation of Hiroshima Castle is a concrete reconstruction of the flatland style fortress which was was destroyed in the atomic bomb blast of August 6, 1945. The original castle was built by the Mori clan in 1589 at the delta of the Otagawa river. It was nicknamed the "Carp Castle" (Rijo in Japanese) since the area where it was built was then called the Carp (Koi) seashore. The five story building affords visitors appealing views of the city and an informative exhibition.

Tel: (082) 221-7512 Open: 9:00 to 18:00

Closed:December 29 to January 2

Admission: ¥360 (main keep), admission to

the castle grounds is free

Map

Website (Japanese)

Hiroshima Peace Memorial Park and Museum



Hiroden Main Line, Genbaku Dome-mae Stn.

A focal point of peace activities and festivals throughout the year, the Hiroshima Peace Memorial Park is definitely a premier destination. The area consists of the Peace Memorial Museum, statues, grassy areas, a cenotaph, the A-Bomb dome, conference halls, and the International Exchange Lounge, where culture classes are available upon reservation. It's worth spending at least half a day wandering around the park, visiting the museum, and enjoying the calm atmosphere.

Tel: (082) 241-4004 Open: Daily, 8:30-17:00~19:00 Depending on season (Museum) Map Website (English)

Miyajima and Itsukushima Shrine



JR Sanyo Main Line, Miyajimaguchi Stn; transfer to JR Miyajima Ferry

Miyajima island is absolutely stunning year round and in any weather. During peak visiting times (weekends, spring, autumn and during festivals), it's best to visit before 9am or after 3pm to avoid the tourist rush. Ideally, you will want a full day to wander, eat, take photos, visit shrines and temples, sit around enjoying the atmosphere, climb Mt. Misen, and watch the sun go down behind the grand red torii gate. The natural beauty and culture on the island is truly unique.

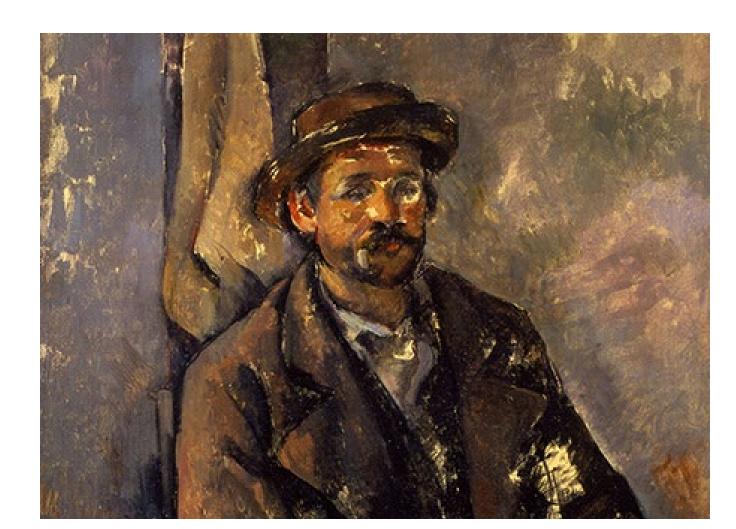
Tel: (0829) 44-2011 Map Website (English)



Art and Museums



Hiroshima Museum of Art



Astram Line, Kenchomae Stn.

The privately owned Hiroshima Museum of Art has many good special exhibitions as well as a collection of nineteenth and twentieth century art, including famous works by Monet and Van Gogh.

Tel: (082) 223-2530 Open 9:00-17:00 Website (Japanese) Map

The Hiroshima Prefectural Art Museum

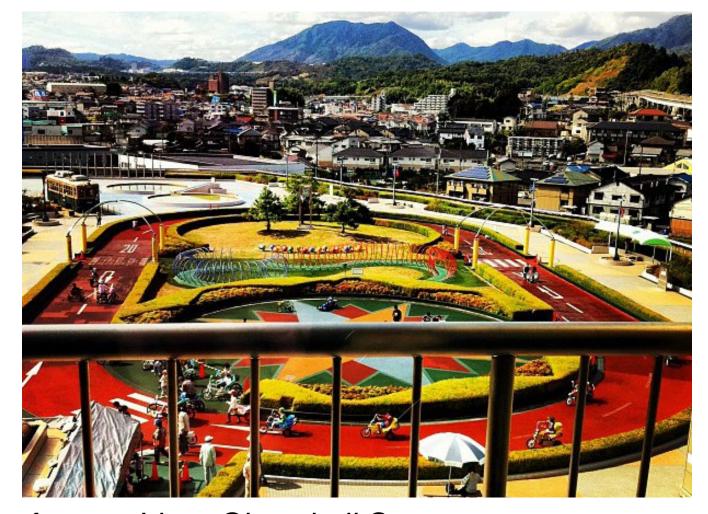


Hiroden Line, Shukkeienmae Stn.

The Hiroshima Prefectural Art Museum, next to Shukkeien Gardens, has the biggest art collection in Western Japan. There are impressive works by Japanese artists in the Nihonga section, and Western masterpieces by Dali, Moore, Ernst, and many others in the permanent collection.

Tel: (082) 221-6246 Open 9:00-17:00 (Closed Monday) Website (English) Map

The Hiroshima City Transportation Museum



Astram Line, Chorakuji Stn.

Located in Asa-minami ku, a short walk from the Chorakuji astram station is Hiroshima's City Transportation Museum. The museum itself offers interesting special events and regular exhibits for car, train, ferry, tram, monorail and plane enthusiasts; while the area at the back offers a fun chance to ride around on some wacky bicycles.

Tel: (082) 878-3128 Open 9:00-17:00 (Closed Monday) Website (English) Map

Spring Destinations

Haji Dam



North of Hiroshima City in Yachiyo-cho

Located about an hour drive or bus ride from the city, Haji Dam is a wonderful place to visit at any time of year. It is particularly beautiful in Spring. Feel refreshed as you enjoy picnicking, hiking, cycling, canoeing or row boating. There is even a small hot spring (onsen). So come and spend a day relaxing and taking the time to fully appreciate the area.

Tel: (0826) 52-2455 Website (Japanese) Map

Cherry Blossoms at Hijiyama Park



Hiroden Hijiyama Line, Hijiyama-bashi Stn.

The best place in the city to enjoy a cherry blossom viewing party (hanami) is in Hijiyama Park. This spacious park offers great views of the city, playgrounds for the kids, picnic areas under outdoor art, and a variety of picnic spots to choose from including a space with lanterns for night time viewing next to food and drink stalls.

Map

Cherry Blossoms at the Japan Mint (Itsukaichi)



A short walk from Jige bus stop

Every spring the Hiroshima Branch of the Japan Mint, appropriately located at the end of Coin-dori, opens its gates to the general public for seven days. There are 240 cherry trees at the mint, which include 59 varieties of sakura blossom.

Website (English) Map



Summer Destinations



Osorakan Ecology Campsite



A 1.5 hour drive from Hiroshima City

The Osorakan Ski Resort becomes an eco-friendly campsite and adventure playground in summer. Osorakan offers camping, hiking trails, and zip line adventures.

Tel: (0826) 28-7270 Website (Japanese) Map

Chuo Park Family Pool



Astram Line, Kencho-mae Stn.

Hiroshima's city center outdoor family pool is open everyday of the week during the hottest months. There is the rainbow slide for kids, a flowing pool and an open swimming pool. The neighboring children's museum is also a fun stop for kids.

Tel: (082) 211-0063 Open: Daily 6/28-9/1

Admission: Children under 6 free 6-18: ¥340 Adults: ¥760, Seniors: ¥340

Website (Japanese)

Map

Chupea Water Park and Pool



JR Sanyo Main Line, Maezora Stn.

The Chupea Water Park is loaded with water theme attractions. including a wave pool and slides. The park is soft surfaced especially for the kids to avoid scrapes and skids. Located in Miyajima, Hatsukaichi, a bit further out of town, just past Miyajima Port along Route 2

Tel: (0829) 56-0666

Open: Mid-July to early September (check website for exact dates)

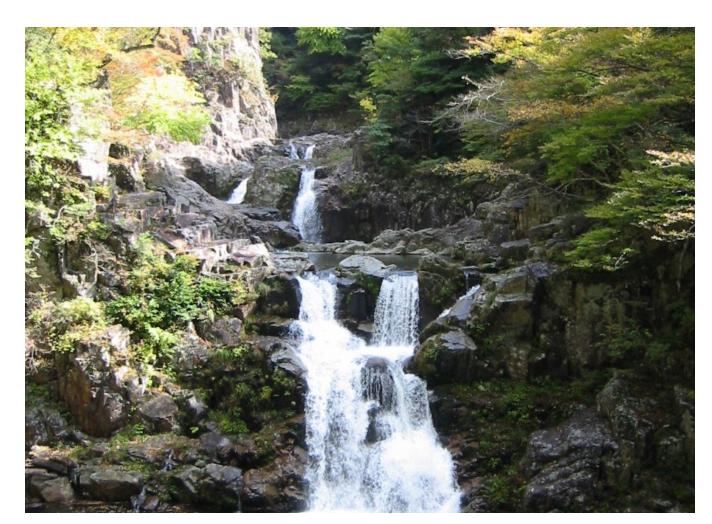
Admission:

Children 3-6: ¥600 (¥800 Weekends) 6-15: ¥1,300 (¥1,500 Weekends) Adults: ¥1,600 (¥1,800 Weekends)

Website (Japanese)

Autumn Destinations

Sandan-kyo

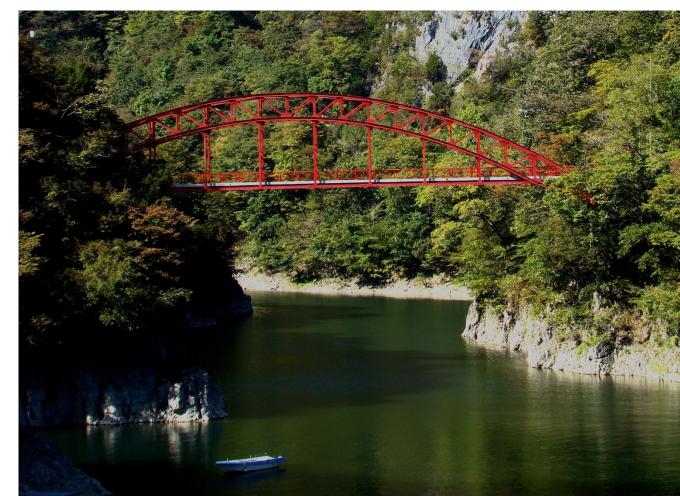


Two-hour express shuttle buses are available from the SOGO bus center.

Enjoy hiking this famous gorge with beautiful views and waterfalls. There are a variety of walking courses through the area ranging from 30 minutes to 4 hours.

Tel: (0826) 28-1800 Website (English) Map

Taishaku Gorge



JR Geibi Line, Tojo Stn.

This 15km long canyon is considered a national treasure. Autumn is the best time to enjoy the views of the bridges, water, and trees; truly a worthwhile trip. To get to Taishaku, you'll need to take a three hour train ride from Hiroshima to Tojo Station or two hours by bus.

Website (English) Map

Mitaki Temple



JR Kabe Line, Mitaki Stn.

Forget the temples of Kyoto; Mitaki Temple is located on the outskirts of Hiroshima city in the area of Nishi-ku. The temple grounds offer beautiful walks past interesting jizo statues, cool bamboo forests, and a serene Japanese temple. The red pagoda roof edges in contrast with the blue sky and autumn leaves make for stunning views.





Megahira Onsen

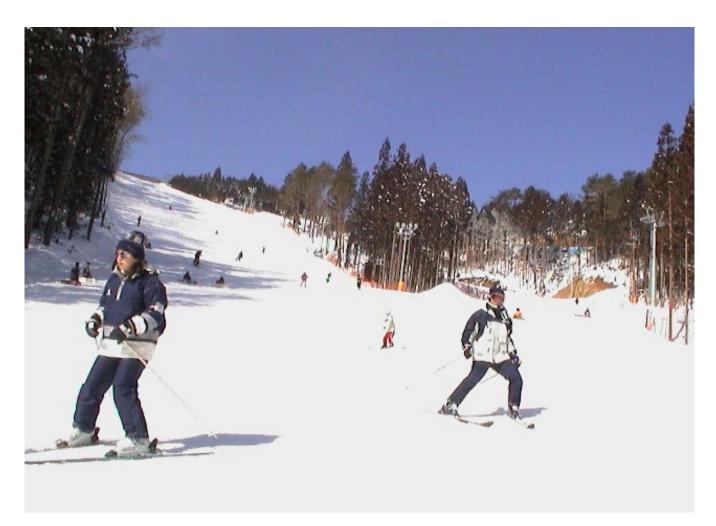


2km from Yoshiwa IC (Chugoku Expressway)

Megahira has a great hot spring to enjoy at the end of the day. This particular onsen requires swimwear, so men and women can all enjoy the same bath. The onsen also features segregated open air baths (rotenburo), a variety of jacuzzis, saunas and baths for kids as well.

Tel: (082) 940-3000 Website (Japanese) Map

Megahira Ski Resort



2km from Yoshiwa IC (Chugoku Expressway)

The Megahira Ski Resort is situated on the north side of Mt. Megahira of the Chugoku Mountains, about an hour drive from Hiroshima. The resort offers a wide variety of courses including long downhill trails for intermediate to advanced which are 2,300 meters from top to bottom. A forest course, and a ski slope for families are also available. Artificial snow helps keep slopes in good condition all season. The resort has an information center, locker rooms, lounges, and accommodation facilities. Night skiing is available everyday during the season.

Tel: (082) 940-3000 Website (Japanese) Map



Okonomiyaki

Okonomimura

Hiroden Line, Hatchobori Stn.

The Okonomiyaki-mura building near PARCO is filled with small okonomiyaki shops, many of them have English menus. With four floors of Okonomiyaki stands you can find just about any kind you are looking for - even if the experience is basically aimed at tourists.

Tel: (082) 248-0188 Open: 11:00-23:00 Closed: Mondays Web (English)

Map

Lopez

Hiroden Yokogawa and JR Lines, Yokogawa Stn.

The name is the first clue that this shop is run by a longterm Hiroshima resident from Argentina. Warm and inviting, this popular family-run Okonomiyaki shop offers a number of original side-dishes as well.

Tel: (082) 232-5277

Open: 11:30-13:45 Tues-Fri, 16:30-

22:30 Mon, Wed, Thurs Closed: Sat and Sun





Local Specialities



Mitchan

Hiroden Main and Hakushima Lines, Hatchobori Stn.

One of Hiroshima's most famous, longest running Okonomiyaki chains. This shop first opened in 1950. Counter and table seating available. There's often a line, but quick turnover.

Tel: (082) 221-5438

Open: 11:00-14:00 and 17:30-21:00 Mon-Fri, 11:00-14:30 and 17:00-21:00 Sat, Sun, and Holidays

Map

Nagataya

Hiroden Main Line, Genbaku-Dome-Mae Stn.

If you are a vegetarian, Nagataya is particularly good for non-meat eaters, if you tell your waiter they will grease the grill with vegetable oil (instead of animal fat) and leave off the strips of bacon that are usually added to a standard okonomiyaki. There are some great teppan-yaki dishes on offer. Try the grilled Hiroshima oysters in butter with fresh lemon and green negi onions.

Tel: (082) 247-0787

Open: 11:00-20:30 Sun-Thurs, 11:00-21:00 Fri - Sat

Website (Japanese)

Noodles

Iraku-an Soba

Astram Line, Ushita Stn.

This family-run shop was awarded a Michelin star for their Edo-era-style light and tasty homemade noodles. A good selection of traditional side dishes and Japanese sake are also on offer.

Open: 11:30-14:00 and 18:00-20:00

Closed: Wed, 1st and 3rd Tues. No lunch on Sun.

Tel: (082) 227-6798

Map



Hiroden Main and Hakushima Lines, Hatchobori Stn.

This family-run noodle shop is a place that you will want to come back to again and again not only for their fantastic homemade Udon and Soba noodles but also because the staff are easy-going and friendly to visitors. The old-style Japanese atmosphere makes you feel right at home.

Open: 11:00-19:00 Closed: Sun

Tel: (082) 228-7821









Oysters, Sushi and Tempura

Kanawa Oyster Boat

Ujina Line, Chuden-mae Stn.

If you are looking for a traditional Japanese restaurant for a special occasion, the floating oyster restaurant Kakifune Kanawa specializes in gourmet oyster course meals for lunch and dinner. Everything is served by staff dressed in traditional kimonos. Located just south of the Peace Park.

Open: 11:00-14:00,17:00-21:00 Daily

Tel: (082) 241-7416 Website (Japanese)

Map

Nonta Sushi

Astram Line, Kencho-Mae Stn.

Kaiten or kuru-kuru (conveyor belt) sushi restaurants are great fun and very reasonably priced. Nonta is exceptional because it doesn't sacrifice quality for the fun and uses fresh, locally caught fish that is well prepared. Call out an order to the chefs supplying the conveyer belt, or just take what ever comes around!

Open: 11:00-22:00 Daily Tel: (082) 502-3383

Map

Tenko Tempura

Hiroden Main and Hakushima Lines, Hatchobori Stn.

Run by an English-speaking tempura master, the presentation and quality of the dishes led Tenko to be awarded two Michelin stars. No smoking counter.

Open: 11:30-14:00 and 17:00-21:00

Closed: Sun

Tel: (082) 249-8665

Vegetarian and Vegan

Shanti Vegan Café

Hiroden Main and Hakushima Lines, Hatchobori Stn.

Whether you are a vegetarian, vegan or meat eater, you will enjoy the healthy foods and drinks at the Shanti Yoga Vegan Cafe. The wooden interior, friendly staff and calm atmosphere is a great complement to their healthy, natural, soul fulfilling food. The restaurant is non-smoking and they offer special seating and sets for children.

Open: 11:30-21:30 Mon-Sat, 11:30-19:30 Sundays

Tel: (082) 247-8529

Map

Maison De Croissant

Hiroden Main Line, Nishi-kanon-machi Stn.

If you are a fan of healthy eating, you will want to make the effort to get out to enjoy the macrobiotic lunch set as well as check out the produce available at this grocery store filled with quality vegetables and organic & vegetarian-friendly goods.

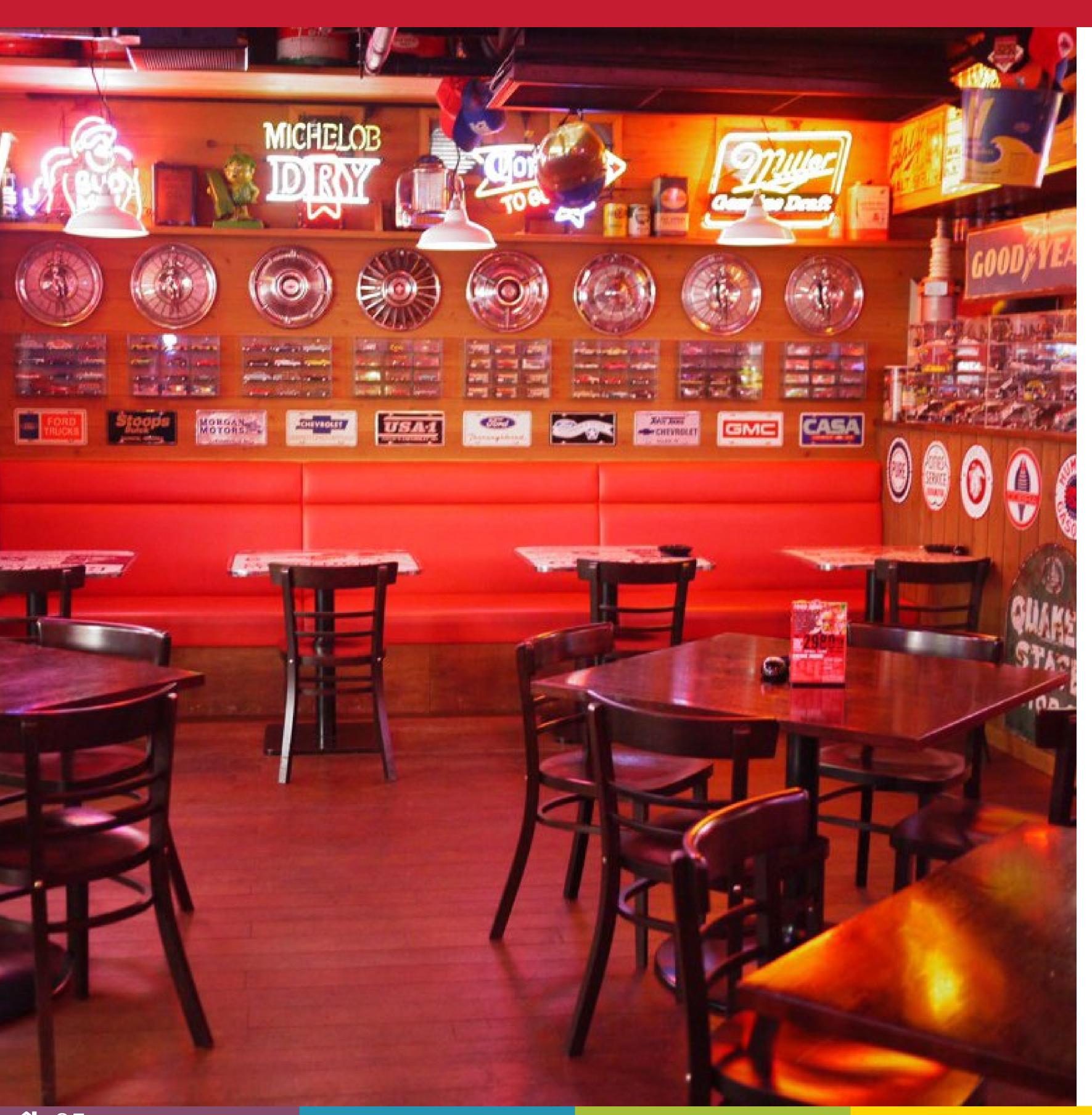
Open: 11:30-14:30 Mon-Sat,

Closed: Sun

Tel: (082) 297-4655



Tex-Mex and Burgers



Graffity Mexican Diner

Hiroden Ujina Line, Fukuromachi Stn.

Family-run restaurant serving homemade Mexican and American-style dishes.

Open: 11:30-14:00,18:00-01:00

Closed: Tuesday Tel: (082) 243-3669

Map

Blue Moon Café

Hiroden Ujina Line, Fukuromachi Stn.

1950s "Rock-n-roll" theme restaurant serving up giant burgers and American-style food. Great for families and fun for the late night crowd too.

Open: 18:00-03:00 Sun-Thurs, 18:00-05:00 Fri-Sat Tel: (082) 249-5652

Map

Otis!

Hiroden Ujina Line, Shiyakusho-mae Stn.

American-style Tex-Mex, vegetarian dishes and fantastic homemade pies. Occasional live music events in the evening.

Open: 12:00-22:30, Mon-Sat, 16:00-22:30,

Sun and Holidays 16:00-22:30

Tel: (082) 249-3885

Mille

Astram Line, Johoku Stn.

Beautiful food of the highest quality served in a renovated Japanese house. Recently received a Michelin Star. Seating by advance reservation only.

Open: 11:30-13:30 and 18:00-20:00

Closed: Wed

Tel: (082) 836-3600 Website (Japanese)







Namaste Danbara

Hiroden Hijiyama Line, Hijiyama-shita Stn.

Some of Hiroshima's best curry dishes and delicious Himalayan specialties.

Open: 11:00-22:00 Daily Tel: (082) 262-0004 Website (Japanese) Map

Namaste ASSE

Hiroden and JR Lines, Hiroshima Stn.

Namaste's location on the 6th floor of the ASSE department store in the Hiroshima Stn. Building. Serving up the same great Indian food as their Hijiyama location.

Open: 11:00-22:00 Daily Tel: (082) 568-0045 Website (Japanese) Map

Roopali

Hiroden and JR Lines, Hiroshima Stn.

Consistently delicious curries and nan breads. For atmosphere they play Bollywood music videosand offer kid's sets with toys.

Open: 11:30-14:30 and 17:00-21:30 Daily

Tel: (082) 264-1333 Website (Japanese)



Pizza Riva

Hiroden Yokogawa and JR Lines, Yokogawa Stn.

A wood-fire brick oven imported from Naples is used to cook Pizza Riva's award-winning pies. Their pizza's are topped with quality ingredients like buffalo mozzarella, artisan-cured salami, prosciutto, fresh basil and rucola. They also have a nice selection of wines, indoor and al fresco dining.

Tel: (082) 293-4741

Open: 12:00-14:00 and 18:00-22:00

Closed: Tues

Website (Japanese)

Map



Zona Bel Pizza

Hiroden Main and Hakushima Lines, Hatchobori Stn.

Located downtown, just around the corner from the Fukuya Department store, Zona Bel Pizza offers authentic pizza, cooked fresh at reasonable prices in a casual, fun atmosphere. They have ample seating, fast and friendly service, and reasonable prices for quality pizza, salads and drinks.

Tel: (082) 249-7118 Open: 11:00-23:00

Map

Caffe Ponte

Hiroden Main Line, Genbaku-dome-mae Stn.

Sophisticated Italian dining at the picturesque edge of the Peace Park.

Open: 10:00-22:00 Mon-Fri, 8:00-22:00 Sat, Sun, Holidays

Tel: (070) 5679-9134 Website (English)





Andersen Café

Hiroden Ujina and Astram Lines, Hondori Stn.

Danish bakery with a stylish cafeteria and a storefront café serving western-style breakfasts. Located along the Hondori covered shopping street.

Open: 7:30-21:30 Daily Tel: (082) 247-2403

Map

Chamonix Mont Blanc

Hiroden Main Line, Ebisu-cho Stn.

A venerable Japanese-style coffee shop, established in 1955. Offering breakfast, set meals, and impressive Japanese-style desserts.

Open: 8:00-24:00 Daily Tel: (082) 241-2726

Map

Café Cinnamon

Hiroden Eba and Main Lines, Dobashi Stn.

Charming little blue and white café next to a sento (public bath). Friendly owners and wonderful Japanese shokudo (diner) dishes. Don't miss the curry plate or honey toast!

Open: 11:00-15:30 and 18:00-23:00

Closed: Tues Tel: (082) 942-3424

Restaurant Bars

KeMBY's

Hiroden Main Line, Fukuromachi Stn.

KeMBY's is a spacious, American-style sports bar with pool, darts, WIFI and occasional live music on the weekend. The menu at this local hotspot features a selection of American and Italian dishes that is definitely aimed more at the casual diner than the barfly.

Open: 17:30-24:30 Sun-Thurs, 17:30-01:00 Fri-Sat

Tel: (082) 249-6201

Website Map

Molly Malone's Irish Pub

Hiroden Main and Hakushima Lines, Hatchobori Stn.

Molly's has well and truly earned its status as the "local" of many international residents and Japanese customers. They have a large menu with lots of hearty pub fare, desserts and a good range of imported and domestic beers on tap. It's also a popular place to watch international sports

Open: 17:00-01:00 Mon-Thur, 17:00-02:00 Fri-Sat,

11:30-24:00 Sun Tel: (082) 244-2554 Website (English)

Map

Southern Cross

Hiroden Main, Tatemachi Stn.

The Kiwi-Aussie themed bar Southern Cross is one of the few smoke-free bars in Hiroshima, and it's pretty big too. They specialize in serving New Zealand and Australian beer, wine and pub food. If you are looking for authentic sausage rolls, meat pies, steak sandwiches, lamb burgers and more than this is the place. Free WiFi, and quiz night on Wednesdays. Happy hour 18:00-21:00 Daily.

Open: 18:00-01:00 Sun-Thurs, 18:00-late Fri-Sat

Tel: (082) 236-3396

Map

The Shack

Hiroden Main Line, Tatemachi Stn.

This spacious, friendly, American-style bar and grill is on the Hondori covered shopping street just a few meters from the PARCO Department Store. On weeknights they offer great drink deals and their menu includes burgers, Tex-Mex, pizzas, salads and lots more. Make friends at the counter bar, take a table, or hang around the pool table.

Open: 18:00-01:00 Sun-Thurs, 18:00-03:00 Fri-Sat

Tel: (082) 247-4354









Bars

Bar Swallowtail

Near Hondori or Tatemachi tram stops

This cosy little place has great service, an eclectic music selection and a fun vibe. Check out the balcony area for a more intimate conversation or if you just want a cool place to chill-out. Alone or as a group, you are always welcome at this friendly café-bar,

Open: 11:30-24:30 Daily Tel: (082) 577-3270

Map

Bon Voyage

Hiroden Main Line, Ebisu-cho Stn.

An international food-bar with a nice atmosphere, great cocktails, and very good food. Counter or private room seating available.

Open: 18:00-02:00 Sun-Thurs, 18:00-04:00

Fri -Sat

Tel: (082) 249-2380 Website (English)

Wine Bars

Allez Allez Du Vins

Hiroden Main Line, Ebisucho Stn.

This basement dining-bar features a huge selection of wines and specializes in Galette dishes - a kind of crispy, savory French crepe. The seating is spacious and the staff are quite amiable.

Open: 18:00-03:00 Mon - Sat, 18:00-23:30 Sun and Holidays

Tel: (082) 249-2123

Map

Hana Wine

Hiroden Hakushima Line, Shukkeien-mae Stn.

Hana Wine is a cozy combination of wine shop and bar. They offer a surprisingly good value for such an up-scale location, stocking unique Old and New World 'daily drinkers' for up to about ¥2000. Frequently the bar will host wine tasting events.

Open: 12:00-22:00, Closed: Sun and Holidays

Tel: (082) 222-6687

Map

Le Trouvere

Hiroden Hakushima Line, Jogakuin-mae Stn.

This bistro specializes in oysters and wine and is run by friendly world-traveler, Yamamoto-san, who has a passion for pairing great food with his impressive selection of vintages.

Open: 18:00-01:00 Tues-Sat,16:00-23:00 Sun, Closed: Mon

Tel: (082) 228-5660





Hiroshima is a great place for shopping. Unlike bigger, more spread out shopping areas in the larger cities of Japan, you can easily walk from one side of Hiroshima's main shopping district to the other.

There are a variety of shops to choose from inside department stores as well as stand-alone boutiques. Clothing and shoe size is a problem for the large and tall in Japan, but there are a few good international chains offering a good range of sizes.

The main shopping area of the city center is the Hondori covered arcade that runs from the main street, Chuo-dori, in the east to the Peace Park in the west.

Branching off south from Hondori are many small fashionable streets filled

with boutiques, specialty shops, and eateries.

For big shopping trips, you may find it more convenient to drive to the larger shopping malls on the outskirts of town or to the Costco warehouse store.

Shopping Malls

AEON Hiroshimafuchu Soleil

Sanyo Main Line, Tenjingawa Station

Formerly known as Diamond City, this is one of the largest malls in the region and also has a multiplex cinema with eleven screens.

The Fuchu AEON is Hiroshima's biggest mall: Zara, Lush, Body Shop, Muji, UNIQLO, ToysRus and many other wellknown stores are here.

There is a game center and play areas for kids, bicycle shop, furniture, electronics, books and music, large food court and many restaurants and cafes.

A free shuttle bus from from Hiroshima Station (Shinkansen exit) operates every 15 minutes from 9:45 to 22:00.

Tel: (082) 561-0001 Open: 9:00-22:00 Daily Map

AEON Mall Hiroshima Gion

JR Line, Shimo-Gion Station

The Gion AEON has a big supermarket, many children's clothing shops, pet stores and good choice of eateries.

Tel: (082) 846-1000 Open: 9:00-21:00 Daily Map

FUJI Grand (City Center)

Hiroden Hijiyama Line, Hijiyamashita Station

Fuji Grand is located at the edge of the city center along Heiwa-odori. Fuji offers a wide variety of quality foods, shops, and services at reasonable prices.

This complex holds the sports center FITT on the top floor, clothing, shoes, game center, food court, service shops, opticians, ATMs, bicycle shop, barbers, large supermarket, cafes, and more.

Tel: (082) 243-7111 Open: 9:00-22:00 Daily Map

Fuji Grand Saijo, Higashi-Hiroshima

Fuji Grand in Saijo-cho is the largest department store in Saijo and has the multiplex "T-Joy" cinema complex on the 3rd floor.

This cinema also offers 3D movies and 2D versions in English for most titles.

Tel: (082) 431-5611 Open: 9:00-21:00 Daily Map

Shareo (City Center)

Hiroden Main Line, Kamiya-cho-higashi Station

This underground mall specializes in shops for young women: fashion, nail salons, bakeries, central market and accessory shops bracketed by Astram stations (Kencho-mae and Hondori) at either end. It also offers traffic and bad weather-free routes under busy intersections.

Tel: (082) 546-3111 Open: 11:00-21:00 Daily

Department **Stores**

Fukuya (City Center)

Hiroden Main and Hakushima Lines, Hatchobori Station

Fukuya is well known for high-quality merchandise and brand-name goods. The top floor of the L-L-A-kan Fukuya located in front of Hiroshima station has a food court with views of the city. A large beer garden on the roof terrace operates from May to September. Fukuya's restaurant floors and grocery floors are as popular as their clothing shops, cosmetic floor and bookstore.

Tel: (082) 246-6111 Open: 10:00-20:00 Daily Map

Fukuya Kure (Kure-city)

JR Kure Line, Kure Station

Tel: (082) 323-1114 Open: 10:00-18:00 Daily Map

Fukuya Saijo Plaza (Higashi-Hiroshima)

JR Sanyo Main Line, Saijo Station

Tel: (082) 423-7371 Open: 10:00-19:30 Daily Map

Fukuya Onomichi (Onomichi)

JR Sanyo Main Line, Onomichi Station

Tel: (084) 821-1500 Open: 10:00-19:30 Daily Map

Tenmaya, LABI Electrical Goods (City Center)

Hiroden Main, Yokogawa, Port Lines, Chuden-mae Station

Half of the city center's Hatchobori LABI, Tenmaya department store is dedicated to the new electonic shop, while the upper floors have an emphasis on fashion and beauty. There is less emphasis on luxury brands and more on quality, yet

reasonably priced daily necessities.

Tel: (082) 246-5111 **Open: Daily** Map

Tenmaya Hiroshima Al Park (Nishi-ku)

JR Sanyo Main Line, Shin-Inokuchi Station

Tel: (082) 501-1510 **Open: Daily** Map

Tenmaya Hiroshima Midorii (Asa-minami-ku)

JR Kabe Line, Midorii Station

Tel: (082) 876-5111 **Open: Daily** Map

Mitsukoshi (City Center)

Hiroden Miyajima, Eba and Port Lines, Ebisucho Station

The Hiroshima branch of this national chain offers eight floors of brand name goods, cosmetics, a variety of retail shops and occasional food events throughout the year.

The beer garden, open from May to September, on the roof terrace has tasty food.

Tel: (082) 242-3111 Open: 10:30-19:30 Daily

Map

Parco (City Center)

Hiroden Main and Hakushima Lines, Hatchobori Station

Now in two adjacent buildings, Hiroshima Parco is a trendy, national chain department store featuring youth fashion, music stores, sporting goods, home décor, children's wear, accessories, international brands, restaurants and cafes. There is a GAP, GAP Kids and Fred Perry on the fourth floor of the new building.

Tel: (082) 542-2111 Open: 10:00-20:30 Daily

Web Map

SOGO (City Center)

Hiroden Miyajima, Eba, Honsha, and Port Lines, Kamiya-cho-nishi Station

One of Hiroshima's oldest department store, SOGO is a landmark in the town center. Here you can find "elevator ladies" as well as high-end Japanese and overseas brands.

There is an open air beer garden on the roof, which operates from May to September. The adjacent Pacela-Cred connects the SOGO complex to the Rihga Royal hotel. Great views from the sixth floor balcony adjacent to Bournelund toys and indoor gym.

Tel: (082) 225-2111 Open: 10:00-20:00 Daily

Sun Mall (City Center)

Hiroden Miyajima, Eba, Honsha, and Port Lines, Kamiya-cho-nishi Station

Located along Hondori, near the Peace Park, Sun Mall has many fashionable women's clothing shops, Mr. Donut, UNIQLO, second-hand and "vintage" clothing shops, Japanese souvenirs, kimono and yukata (summer kimono) shops and game and hobby shops.

Tel: (082) 245-6000 Open: 10:30-20:00 Daily

Map

Tokyu Hands (City Center)

Hiroden Miyajima, Eba, and Port Lines, Tatemachi Station

This national chain offers high quality accessories, bags, toiletries and Japanese souvenirs.

Tel: (082) 228-3011 Open: 10:00-20:00 Daily

Map

Western and International **Chain Stores**

To find western sizes and brands you know, there are some international clothing chains located inside malls and shopping centers. This list includes shops in the city center in independent locations.

Adidas (Shoes and Sportswear)

Astram Line, Hondori Station

Tel: (082) 545-6701 Open: 10:00-20:00 Daily

Map

Map

Crocs Shoes

Hiroden Main and Hakushima Lines, Hatchobori Station

Tel: (082) 545-1280 Open: 11:00-20:00 Daily LUSH (Handmade Cosmetics and Bath Products)

Hiroden Main and Hakushima Lines, Hatchobori Station

Tel: (082) 247-7787 Open: 10:00-20:30 Daily

Map

Patagonia (Cerro Torre) (Outdoor Wear)

Astram Line, Hondori Station

Tel: (082) 247-4960 Open: 11:00-19:30 Daily

Paul Smith (Mens' Fashion)

Astram Line, Hondori Station

Tel: (082) 249-8618 Open: 11:00-20:00 Daily

Map

Map

Stussy (Casual Fashion for Men and Women)

Hiroden Main, Yokogawa, and Port Lines, Fukuromachi Station

Tel: (082) 240-1216 Open: 11:00-20:00 Daily

Map

ZARA ("Fast" Fashion for Men and Women)

Hiroden Miyajima, Eba, and Port Lines, Tatemachi Station

Tel: (082) 212-3151 Open: 11:00-21:00 Daily

Map

Supermarkets

Andersen (City Center)

Astram Line, Hondori Station

Conveniently located in the middle of the covered Hondori mall, Andersen is a great place to enjoy European style breakfast in the cafe or stock up on freshly baked, excellent European style breads and pastries. A good selection of cheese as well as a florist, gourmet chocolate shop, imported foods and a deli.

Tel: (082) 247-2403 Open: Daily, 7:30-21:30

Map

FRED (City Center)

Hiroden Miyajima, Eba, and Port Lines, Ebisucho Station

One of Hiroshima's first international supermarkets connected to the Fukuya dept. store chain.

Tel: (082) 246-6868 Open: 10:00-20:00 Daily

Map

FRESTA

Astram Line, Ushita Station

A Hiroshima original, Fresta is the largest supermarket chain in Hiroshima and has expanded to other prefectures in the Chugoku region. High quality groceries and an excellent offering of ready made foods. Home delivery service available in certain areas (membership fees apply).

Tel: (082) 222-0365 Open: 9:00-22:00 Daily

Madam Joy (Senda and Ushita-Asahi)

Hiroden Ujina Line, Hirodenhonsha-mae Station

A Hiroshima startup that often includes other local businesses at the same location. The Senda store is located at the Hiroden (streetcar) depot and has an antique train made into a cafe. They have fast food eateries, drug stores and other useful service shops (key cutter, shoe repair, barber, etc) on location.

Tel: (082) 545-5515 Open: 10:00-22:00 Daily Map

Pro-Foods

JR Kabe Line, Aki-Nagatsuka Station

Great resource for bakers variety of quality flours from organic to whole wheat as well as grains and beans. Hard-to-find cooking ingredients and tools also sold here.

Tel: (082) 230-6700 Open: 10:00-19:30 Daily

Map

VESTA (Hakushima)

Hiroden Hakushima and Astram Lines, Hakushima Station

Good quality supermarket in the Fuji department store chain. This Hakushima location is open for long hours, has ample, free parking and is opposite a nice kids park. The readymade foods section at the back has a lot of things especially good for Hanami and other outdoor party picnics.

Tel: (082) 511-8711 Open: 9:00-23:00 Daily Map

YOURS

Astram Line, Ushita Station

Popular supermarket chain with good selection of groceries, readymade foods, some import goods, 100 yen shop section

for daily necessities and stationery goods.

Tel: (082) 823-8600 Open: 24 hours Map

Health Food, Organic and **Fair Trade** Shops

There are some organic and fair trade options at major stores, but these specialty stores are particularly dedicated to promoting healthy items that are environmentally friendly, ethically produced and as locally sourced as possible.

Anew

Though they have only limited information in English, Anew shops offer high quality macrobiotic, organic, pesticide free vegetables, meat, fruit, fish, snacks, seasonings,

cosmetics and herbal supplements.

Anew Yokogawa

Hiroden Yokogawa and JR Kabe Lines, Yokogawa Station

Tel: (082) 294-2216 Map

Anew Funairi

Hiroden Eba Line, Funairikawaguchi-cho Station

Tel: (082) 233-8421 Map

Green Coffee

Hiroden Hijiyama Line, Danbara 1-chome Station

Excellent coffee roaster using fair trade beans, the main shop is next to Hijiyama park.

Tel: (082) 264-7084 Open: 12:00-19:00, Closed Sundays Map

Hyakushoyakai

Hiroden Main Line, Tenma-cho Station Products as close to organic as possible, from as local as possible. Fresh vegetables, fruit, healthy, ethically raised meats as well as other staple foods available. Home delivery option for Hiroshima City addresses (with membership fee). English speaker on staff and English order sheet available on request.

Tel: (082) 296-2386 Open: Tuesday-Saturday, 9:00-18:00 Map Website

Shanti Vegan Café

Hiroden Main and Hakushima Lines, Hatchobori Station

Vegan foods, organic vegetables and cotton fabrics. Small shop with natural cosmetics, yoga gear.

Tel: (082) 247-8529 Open: Daily, 11:30-20:30 Map

Import Shops

COSTCO

Located next to the Hiroshima Baseball Stadium, Costco is an American warehouse-style retail chain offering bulk, discounted items. 70% of the products are from within Japan and Asia and the rest are Western imports. Hard to find produce and imports, Costco is a great resource for international families.

Tel: (082) 890-0877 Open: Daily, 8:00-20:00

Map Website

Jupiter

Jupiter stores have a great selection of sweets, snacks, cereals, cheese, beers and other imported items you crave.

Jupiter Hiroshima Station

JR Sanyo Main, Kure, Kabe, Geibi and Hiroden Main Lines, Hiroshima Station

Tel: (082) 263-6461 Open: 9:00-21:30 Daily

Map

Jupiter Shareo

Hiroden Main and Ujina Lines, Kamiyacho-nishi Station

Tel: (082) 242-7371 Open: 9:00-21:30 Daily

Yamaya

Map

A national chain offering discount alcohol and import foods. The two shops in the city center are both in Naka-ku: Tatemachi (along Aioi-dori) and in Hakushima (near Johoku Astram station).

Yamaya Tatemachi

Hiroden Miyajima, Eba, and Port Lines, Tatemachi Station

Tel: (082) 546-9331 Open: 10:00-21:00 Daily

Map

Yamaya Hakushima

Hiroden Hakushima and Astram Lines, Hakushima Station

Tel: (082) 223-8791 Open: 10:00-21:00 Daily Map



Living in Japan With Your Pet

Many people who will be in Nagoya for an extended period will think about bringing their pet with them. Importing a pet is a difficult decision so before you make it you need to consider how your dog or cat will fare on a long flight and a period of quarantine.

Importing Pets into Japan

Japan is a rabies-free island nation and it is particularly careful about importing animals that may introduce the virus to the domestic animal population. For this reason the Japanese government has implemented a fairly strict quarantine system for those who wish to bring animals into the country.

The Japanese Animal Quarantine Service (AQS) is the official source of information regarding the import and export of pets in Japan. The full procedure with timelines is outlined in their very helpful English website.

Essentially you must submit an advance notification of the planned date of arrival, the number of animals and other items to the AQS which has jurisdiction over your intended port of arrival. This must be completed at least 40 days prior to arrival in Japan. Note that you may be requested to change the date or place of import depending on the situation at quarantine facilities maintained by the AQS.

Animals coming from Taiwan, Iceland, Australia, New Zealand, Fiji, Hawaii, and Guam have an easier time. If you have a certificate for the animal issued by the responsible government agency of the point of export containing information such as the microchip number for individual identification, the quarantine period will normally be completed within 12 hours.

However, for all other countries the situation is a bit more complex. If the aforementioned certificate, as well as dates of rabies vaccinations and rabies

antibody levels as well as a certificate stating that the animal underwent a period of isolation for 180 days in the country of export, the quarantine period will be completed within 12 hours. In all other cases the quarantine period can be up to 180 days.

The Animal Quarantine Service will issue an "Import Quarantine Certificate" on completion of the import quarantine. Anyone importing a dog is required to register their animal under the Rabies Prevention Law and may need to take the Import Quarantine Certificate to their local authorities once they have arrived.

It is the importer's responsibility to take care of their animals during quarantine. The importation inspection which is carried out by the animal quarantine officers is free, but the importer must cover the cost of transportation, food, onsite veterinary treatment and other care. Bear in mind that veterinary treatment has to be done at the quarantine facilities of AQS during quarantine.

Note that the AQS is unable to grant exceptions and that animals which have not met all requirements as described on their website are subject to being held for extended periods of quarantine, or may possibly be deported back to the origin of the flight. Should the animal fail to successfully complete the quarantine, the importer is responsible for the return or disposal of their animal.

More information about how to import your cat or dog to Japan can be found at the AQS website

Registration

You must register a dog, but not a cat, at your local city ward office. If you brought your pet with you from overseas you will need to take the Quarantine Certificate that you were given at the port of entry with you. You only need to do this once in Japan, although if there is any change in status, for example, if the dog goes missing, dies, your address changes, or you plan to leave Japan, you must notify the ward office.

Doctors and Healthcare



The Japanese **Heath Care System**

While medical care in Japan is good, English-speaking physicians and medical facilities that cater to foreign expectations are expensive and not widespread. Japan has a national health insurance system which is available only to those

foreigners with long-term visas for Japan. National health insurance does not pay for medical evacuation. Medical caregivers in Japan require payment in full at the time of treatment or concrete proof of ability to pay before they will treat a foreigner who is not a member of the national health insurance plan.

Western-style and standard psychiatric care can be difficult to locate in major urban centers in Japan and generally is not available outside of Japan's major cities. Extended psychiatric care for foreigners in Japan is difficult to obtain at any price.

Foreign prescriptions are not honored in Japan, so if you need ongoing prescription medicine you should arrive with a sufficient supply for your stay in Japan or enough until you are able to see a local care provider. Certain medications, including some commonly prescribed for depression and Attention Deficient Hyperactivity Disorder (ADHD), are not widely available.

Emergency Situations

There are two major emergency numbers in Japan:

110 will connect you with the police

119 will connect you with the fire department and ambulance service.

Throughout Japan, an emergency phone call can be made free of charge from any phone including public pay phones. In an emergency you may not be able to convey the exact nature of what is happening, especially if you do not immediately reach an Englishspeaking operator. However there are some basic things you can do in advance to help you in case of emergency.

Write the relevant numbers down near your phone so you will have them at the ready in case you need them

Be able to describe your address or location in Japanese. Have your address written down in roman characters so that you will be able to read it to the operator or enlist a friend who can do so.

Learn how to say your telephone number in Japanese

Here's how to deal with emergency calls for ambulance or fire in Japan.

Doctors and Healthcare

First Steps

In case of emergency, dial 119 (may not work from cell phones)

In case of fire, say: Kaji desu (There's a fire)

To call an ambulance, say: Kyu-kyu desu (Please send an Ambulance) Do not hang up until the dispatcher understands your address and telephone number

Send someone out to the nearest major intersection to meet the ambulance or fire truck.

What May Happen During **Your Call**

Dispatcher: Shou bou desu... Kaji desu ka? Kyu-kyu desu ka? (Fire department... Fire or ambulance?)

Caller: Kyu-kyu desu (Ambulance)

Dispatcher: Dou shimashita ka? (What happened?)

Caller: (see vocabulary below)

Bleeding: Shukketsu desu

Broken bone: Kossetsu desu

Burn: Hidoi yakedo desu

Difficulty Breathing: Kokyuu konnan desu

Convulsions: Keiren Desu Chest Pains: Mune ga taihen kurushii desu

High Fever: Kou netsu desu

Injury: Kega desu

Poison: Dokubutsu desu

Sick: Byouki desu

Unconscious: Ki fumei desu

Giving Your Name, Number and Address or Location

My name is... Watashi no namae na (say your name)... desu.

My telephone number is... Denwa bango wa (say your telephone number)... desu.

The emergency service people need to know how to locate you in order to help.

The dispatcher may say: *Jushyo* wa? or Nani ku, Nani machi, Nan ban desu ka?

Explaining Your Location

Since many Japanese streets do not bear names and house, building numbers are not consecutive, it is very important that you learn how to give adequate directions to your residence in case you need to explain it to a dispatcher, usually guiding them by way of major landmarks. You can describe your location relative to recognizable landmarks using the following vocabulary:

Front: Mae Behind: *Ura*

Diagonally In Front: Nana me mae

Next to: *Tonari*

Intersection: Koosaten

One of the best tests to determine if you have the capability to guide someone to your residence is

being able to order a taxi, and not from a company which has your information already programmed into its computer.

Japanese neighbors are a great source of information - ask them to tell you, word by word, how they direct people to their residences. Practice these directions on a regular basis and keep a cheat sheet by your telephone for family, babysitters, or friends to use in case of need.

Assuming you are not calling from a mobile phone, just stay on the line. Emergency operators at the fire department in most major urban centers have the ability to trace calls to your location.

Going to the Doctor's Office

Hiroshima has a number of large and quite modern medical facilities. However chances are that you will never visit any of them unless you have first been referred by a clinic.

While exceptions abound, visiting a non-specialty clinic or

Doctors and Healthcare

doctor's office does not require an appointment. Simply present your insurance card to the receptionist upon arrival and you will be seen in turn, much like an emergency room. Wait times are usually less than an hour, but can be significantly longer at big hospitals. Specialists like dentists, psychiatrists, or OBGYN will more likely accept appointments.

Another difference to note is that clinics are not open every day of the week, and many big hospitals offer specific services only on set days. Additionally, the actual office hours will generally be divided into mornings and afternoons. Morning hours will generally run between nine and twelve. After morning hours the office will close until about two, and be open again from then until six. For these reasons it is especially important that you check the schedule before making your plans.

While many doctors speak some English their staff and paperwork is generally in Japanese. If you are not proficient in Japanese you may need to bring someone along

to help you through the process. Following is a list of what to expect when you visit a doctor or stay in a hospital along with a list of medical clinics in your area that will generally offer some sort of English service, though to what extent will vary.

What To Expect

Doctors in Japan, especially older practitioners, still subscribe to a "doctor knows best" philosophy that makes the relationship a bit different from what you might experience in other countries. If you are going to a small neighborhood clinic you should understand that, especially with older doctors:

Asking directly for a second opinion may be offensive. If you are unsatisfied with their diagnosis or treatment you should get one somewhere else.

They may determine the best course of action and go with it, rather than talking the options over with you.

They can be curt to the point of seeming dismissive. Most are very busy, and though they have your best interest at heart they will want to hear the symptoms and diagnose; no chit chat.

For day to day ailments, the Japanese medical system is top notch. However If you have issues with a doctor you should stop going to them and find another.

What to Bring

If you are just going for a routine check-up, then all you need is your insurance information or national health system card. However if you are staying overnight or longer, you should bring your own towels, slippers, tooth brush, tissues, and sundries. These items are often available at the clinic or hospital, but are expensive.

Families often bring supplies to an admitted family member to keep costs down. If you are hospitalized for a lengthy period there will be a number of items that you will be expected to have provided for you



Doctors and Healthcare

Doctors and Clinics in Hiroshima

Alpha Dental Clinic

Jyogakuinmae Station, Hiroshima Dentetsu Line

Specialty: Dentistry

Tel: (082) 962-1183 Open: 9:00-13:00 and 14:30-19:00 Mon-Tue, Thur-Fri, 9:00-13:00 and 14:30-17:00 Sat, Closed Wed and Sun Website

Chuden Hospital

Map

Chudenmae Station, Hiroshima Dentetsu Line

Specialty: General

Tel: (082) 241-8221 Open: 8:00-11:00 Mon-Fri (Hours differ by department) Closed: Sat Sun Website Map

Funairi Hospital

Funairihonmachi Station, Hiroshima Dentetsu Line

Specialty: General Tel: (082) 232-6195

Open: 8:30-11:00/12:30-15:00 Mon-Fri, Closed Sat Sun

Website Map

Hakushima Clinic

Hakushima Station, Hiroshima Dentetsu Line

Specialty: Gastroenterology, internal medicine

Tel: (082) 223-8455 Open: 9:00-13:00 Mon-Sat, 14:00-18:30 Mon-Wed and Fri, **Closed Sun** Website Map

Hiroshima City Hospital

Chudenmae Station. Hiroshima Dentetsu Line

Specialty: General

Tel: (082) 221-2291 Open: 8:30-11:00 Mon-Fri, 11:00-17:00 Return patients only, Closed Sat Sun Website Map

Hiroshima Red Cross Hospital

Nissekibyoinmae Station, Hiroshima Dentetsu Line Specialty: General

Tel: (082) 241-3111 Open: 8:00-11:00 Mon-Fri, **Closed Sat Sun** Website Map

Hiroshima **University Hospital**

Minamikuyakushomae Station, Hiroshima Dentetsu Line

Specialty: General

Tel: (082) 257-5555 weekdays between 8:00-19:00,(082) 257-5092 nights/weekends/ holidays

Open: 8:30-11:00 Mon-Fri, 13:00-15:00 Return patients only, Closed Sat Sun Website Map

Kanebayashi ENT Clinic

Kamiyachonishi Station, Hiroshima Dentetsu Line

Specialty: ENT

Tel: (082) 241-8930

Open: 9:00-13:00 Mon Tue Thur-Sat, 14:30-19:00 Mon Tue Thur Fri, 14:00-17:00 Sat, **Closed Sun** Website Map

Mazda Hospital

Mukainada Station, JR Sanyo Honsen Line

Specialty: General

Tel: (082) 565-5000 Open: 8:15-11:30 Mon-Fri, **Closed Sat Sun** Website Map

Mogami Internal Medicine Clinic

Hatchobori Station, Hiroshima Dentetsu Line

Specialty: Internal, gastroenterology, and respiratory medicine

Tel: (082) 228-2732 Open: 9:00-13:00 Mon-Sat (9:00-12:00 Wed), 14:00-18:00 Mon Tue Thur Fri, Closed Sun Website Map

Okahata Children Clinic

Hijiyamashita Station,

Hiroshima Dentetsu Line

Specialty: Pediatrics

Tel: (082) 506-3223,(186) 506-3123 nights/reservations Open: 9:00-12:00 Mon-Sat, 14:45-18:00 Mon Tue Fri, 14:45-17:30 Wed, Closed Sun Website Map

Rapport Clinic

Shiyakushomae Station, Hiroshima Dentetsu Line

Specialty: Gynecology

Tel: (082) 241-6009 Open: 9:00-13:00 Mon-Sat, 15:00-18:00 Tue Fri Sat, 15:00-19:30 Mon Thur, Closed Sun Website Map

Tsuchiya General Hospital

Chudenmae Station, Hiroshima Dentetsu Line

Specialty: General

Tel: (082) 243-9191 Open: 8:30-11:30/12:30-16:30 Mon-Fri, Closed Sat Sun Website Map

Doctors and Healthcare

Doctors and Clinics in Higashi Hiroshima

Higashihiroshima Medical Center

Saijo Station, Hachihonmatsu Station, JR Sanyohonsen Line

Speciality: General

Tel: (082) 423-2176, (082) 423-2499

Open: 8:30-11:30 Mon-Fri,

Closed Sat, Sun

Website Map

Higashihiroshima Memorial Hospital

Saijo Station, JR Sanyohonsen Line

Speciality: General internal medicine, rheumatology

Tel: (082) 423-6661

Open: 8:45-12:30 Mon-Sat, 14:30-18:00 Mon-Wed Fri, 14:30-17:00 Sat, Closed

Sun Website Map

Kisaka Clinic

Saijo Station, JR Sanyohonsen Line

Speciality: Surgery, internal, cardiology, gastroenterology, proctology, pediatrics

Tel: (082) 422-2502

Open: 8:30-12:30 Mon-Sat, 14:30-18:00

Mon-Fri, Closed Sun

Website Map

Motonaga Hospital

Saijo Station, JR Sanyohonsen Line

Speciality: General

Tel: (082) 423-2666 Open: 8:00-17:30 Mon-Wed Fri Sat (hours differ by department), Closed Sun Website

Saijo Central Hospital

Saijo Station, JR Sanyohonsen Line

Speciality: General

Tel: (082) 423-3050

Open: 8:00-12:00/13:00-17:00 Mon Tue

Thur-Sat, Closed Wed Sun

Website



International Schools

AIC Kindergarten

Hatchobori Station, Hiroshima Dentetsu Line

Type of School: Kindergarten (ages 2-6)

Tel: (082) 245-4119

Open: 9:10-14:10 Mon-Fri

Closed: Sat, Sun

Website Map

Hiroshima International School

Kumura Station or Shimo Fukawa Station,JR Geibi Line

Type of School: K-12 (ages 3-18)

Tel: (082) 843-4111

Open: Mon-Fri (Hours depends on grades)

Closed: Sat, Sun

Website Map



Little Newton International Kindergarten

Fukuromachi Station, Hiroshima Dentetsu Line

Type of School: Kindergarten (ages 1-6)

Tel: (082) 270-2909

Open: Mon-Fri 8:00-15:00 (extended hours

until 18:30) Closed: Sat Sun

Website Map

Sophia International Kindergarten

Hakushima Station, Hiroshima Dentetsu Line

Type of School: Kindergarten (ages 2-6)

Tel: (082) 511-2222

Open: 9:00-14:30 Mon-Fri, Closed Sat Sun

Website Map

YMCA International Kindergarten

Tatemachi Station, Hiroshima Dentetsu Line

Type of School:

Preschool, Kindergarten (ages 1-6)

Tel: (082) 228-2657

Open: Preschool 8:00-13:00 (extended hours until 18:30), Kindergarten 8:00-14:30 (extended hours until 18:30) Mon-Fri,

Closed Sat Sun

Website Map



Credits

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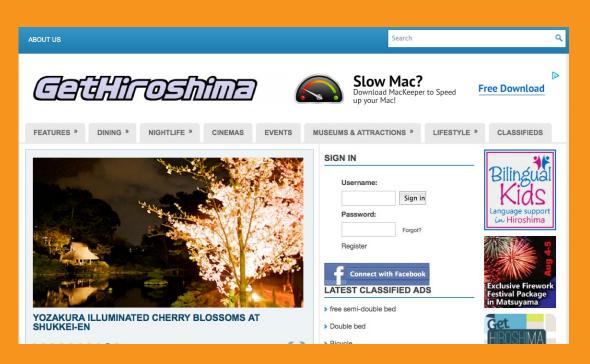
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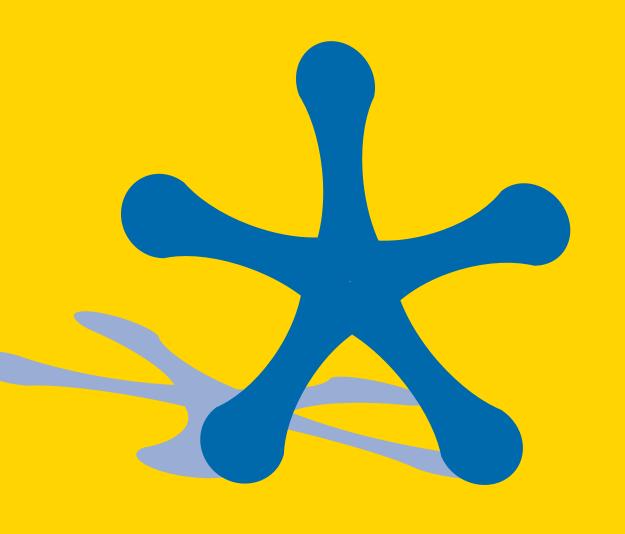
For more information on what to see and do in Hiroshima check out www.gethiroshima.com or download their guide to the city Here

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