



“PACK YOUR BAG FOR JAPAN” CHECKLIST

1. IF YOU ARE TRAVELLING FOR THE ENTRANCE EXAMINATION

- Organize any necessary meetings to take place on your trip;
- Obtain any necessary paperwork, USB Pen drive, Universal Adaptor for laptop charging and vaccinations.
- Familiarize yourself with local business customs common at destination.
- Confirm appointments, schedules, reservations, etc. (Make sure that you are aware of time difference)
- Make sure that you have packed your business suit (decent neck tie, formal shoes)
- Print out hard copies of presentations, agendas, and important documents.

2. PACKING FOR THE TRIP: CLOTHES AND APPAREL

- Formal uniforms (Business suit, Formal Trousers, Formal Shirts, Neck tie, and other accessories)
- Sufficient Winter clothes (Please don't bring unnecessary items)
- Ethnic wear (Note: It is not mandatory. In some occasions, however, it will come handy particularly when you may attend some international parties or get-togethers. Therefore, it is recommended to pack one).
- Formal Shoes, Sport Shoes, Sandals/Slippers
- 5-7 pairs of underwear: an important item of your bag so please take your time and get it right. As they say you are what you wear, so always choose style and comfort.

3. PACKING FOR THE TRIP: ELECTRONIC ACCESSORIES

- Laptop, Hard disk, USB Mouse/Keyboard
- A good headphone with mic (Optional).
- Universal Adaptor and power bank
- Scientific Calculator, USB Thumb drive
- Decent wrist watch (Optional)
- NOT buy/bring Hair-dryer, Hair straightener and similar products. You can buy them in Japan

4. PACKING FOR THE TRIP: COOKING UTENSILS

- Pressure cooker with Extra gaskets and safety valves
- Rolling pin (Optional If you are chapati enthusiastic, then it is mandatory)
- Idli maker/steamer. Again, if you consider yourself #Idli_lover..

5. PACKING FOR THE TRIP: FOOD ITEMS

- Ready to eat curry
- Maggie Packets
- Your favorite Sweets
- Your favorite Snack/ Biscuit.
- Indian Spices
- Your favorite Pickle
- Make sure that you have packed all the essential spices required for your favorite dish.

Note: It is important that you have packed enough food at least for one week. The first week in Japan will be very crucial from your health point of view. Your body requires a certain level of energy in adopting the new climate. Please be prepared for that change.

6. PACKING FOR THE TRIP: STATIONERY ITEMS AND DOCUMENT LIST

- Stationery items such as Pen, Pencils, Eraser, and others
- Phone Book (In the modern age, you have all contacts saved on your mobile phone. But still it is recommended to write-down few important contacts number on your travel diary.)
- 25 Passport Size photograph. (In Japan, you may find several automatic photo machines, located in the vicinity of the almost every metro stations. However, those are quite expensive. To give heads-up the minimum rate is 500 JPY for 4 pics)
- Academic documents (Degree, Mark sheets/Transcript, certificates, and other)
- Travel documents such as Passport with proper VISA, ticket print-out and some relevant maps in print.
- Soft copy of all above mentioned documents
- University admission and scholarship related documents

Note: Currently, world has progressed a lot in the communication and storage field. I will recommend to make use of Drop-box, Skydrive, Google-Drive, iCloud and many other online storage facilities for keeping the soft-copy of your important documents.

7. PACKING FOR THE TRIP: PERSONAL HYGIENE PRODUCTS AND MEDICINE

- Shaving Cream/Razor, Comb, trimmer or saver
- Tooth Brush and Tooth paste
- Your favorite Cold cream and Vaseline, moisturizer
- Your favorite hair oil, cosmetic items
- Body Soap, Shampoo and Conditioner
- Your favorite Deodorant/Body Spray, cleanser
- Allergy medicine, pain-killers
- Spare glasses, mini-glass repair kit, contact lenses and supplies
- Woman Care** (Feminine hygiene): Pads or tampon, as per your convenience, prescribed drugs and other feminine hygiene products.

Note: We encourage you to talk to ladies who are already living in Japan for more details.

- Your First- Aid Kit. Make sure that you have packed all the required Medicines such as Balm, Crocin, Combiflam, and other prescribed drugs by your family doctor

Note: Your health is your wealth. Eat well and stay fit.

8. WHAT TO LEAVE FOR FAMILY AND CAREGIVERS AT HOME?

- Leave your contact information—including the names, addresses, and phone number(s) of the hotels where you are going to stay—with a family member, so they can reach you while you're away.
- Your travel itinerary.

9. WHILE YOU ARE AWAY: PREPARING THE HOME

- Make sure you visit most of your relatives especially your grandma/grandpa and guard yourself with their blessings.
- You have been hanging out with your friends a lot but don't lose any opportunity to say "bye" before taking off. Again, give priority to your best friend, girlfriend/boyfriend. In case if you are married. we guess you know what to do better than us.
- Try to manage one family trip to some auspicious/favorite place of your family.

(Note: This is only one suggestion to you. You are not compelled to do so but as you know it is personal matter. So please handle it in your own way.

10. THINGS TO DO AFTER ARRIVING IN JAPAN

- Study Japanese
- Make a bucket list of things to do and places to visit during your entire stay
- Keep pursuing your hobby(s). If you don't have any, please find one. Being a stranger in a strange place can lead to lonely life from time to time and at the beginning in particular.
- Remember to respect the culture. There is a Japanese way and rest of the world way, make sure that you understand the difference and respect it.
- Be punctual and disciplined during your stay.
- Learning basic cooking skills will be most intelligent things to do. It will be a lifesaver especially if you have food restriction such as vegetarian or any other.

11. PLACES FOR GROCERY SHOPPING

There are many such online shopping web-portals from where you can purchase the raw materials for cooking as well as the Ready to Eat items, frozen items, and many more. They also have "Cash on Delivery" service and free home delivery if total amount exceeds a certain limit.

List is as below, but not limited to

1. <http://baticrom.com/> (Halal food)
2. <http://www.indiaathome.jp/index.php?La=E>
3. <http://www.indojin.com/zstore/index.php?language=en>
4. <http://www.mayabazaar.net/>
5. <http://www.kobebussan.co.jp/english/> and many more.

For more details, please visit our homepage: <http://jica-fsa.com> or write to us at jica.fsa@gmail.com. We are just a text/call away from you.

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