Nakatani RIES Fellowship Program

Message from the President of Nakatani Foundation

私共の公益財団法人中谷医工計測技術振興財団は、昭和 59 年の設立以来、日本国内を中心に、医工計測技術分野の技術開発や技術交流の助成および技術開発に顕著な業績をあげた研究者の表彰等による医工計測技術の広範な発展と、中高生の科学教育振興への助成による人材育成の推進を通じて、経済社会の発展及び生活の質の向上に寄与することを目的に事業活動を行ってまいりました。

この度、当財団では、活動領域を海外に広げるとともに、育成の対象を大学生に拡大し、他の国の文化を学び、かつ最先端の研究活動に触れる機会を与えると同時に、学生間の交流活動を通じて将来的にグローバルに活躍できる研究者の育成に資することを目的とし、学生の国際交流プログラムを開始することにいたしました。

その第一弾として、日米間のプログラムを本年より実施いたします。

大学生の皆様には、積極的にこの機会を利用して、世界に向かって羽ばたいていただくことを祈念いたします。また、日米大学の受入れ研究室の皆様を始め、ご関係者に謝意を表して、ご挨拶とさせていただきます。

公益財団法人中谷医工計測技術振興財団
理事長 軽部征夫
Nakatani RIES Fellowship Program

Message from the President of Nakatani Foundation

Since its establishment in 1984, the Nakatani Foundation for Advancement of Measuring Technologies in Biomedical Engineering has been conducting activities to contribute to Japan's economic and social development and the improvement of people's lives by promoting the broad development of biomedical engineering measuring technologies through grants for technology development and exchange and awards for researchers as well as developing human resources through grants for natural science education for junior and senior high school students.

This year, we have decided to extend the scope of our activities in two aspects: beyond Japan to the world and beyond junior and senior high school students to university students. Under the new "Nakatani RIES (Research and International Experiences for Undergraduates) Fellowship Program", we will provide undergraduate students opportunities to spend summer in different countries to study language and culture of the country and conduct research internship at university/institute laboratories there. Along with interaction among students, researchers and local people, we expect to contribute to growing researchers who have both technical and international communication skills.

As the first step, we are starting with the U.S. to interchange students this summer.

We hope undergraduates will use this opportunity to be an active researcher who can think and act on a global basis. Last but not least, I would like to express our gratitude to host lab researchers in the U.S. and Japan and everyone concerned for all the efforts to realize this program.

Isao Karube
President
Nakatani Foundation for Advancement of Measuring Technologies in Biomedical Engineering
Kaoru Takarada, Secretary General
Nakatani Foundation

Utako Endo, Director, Nakatani RIES Fellowship
Nakatani Foundation

Kenji Ogawa, Program Facilitator, Nakatani RIES Fellowship
Nakatani Foundation

Keiko Packard, Japan Program Director, Nakatani RIES Fellowship
KIP Programs, LLC
Junichiro Kono, Professor, Research Director, Nakatani RIES Fellowship
Departments of Electrical & Computer Engineering, Materials Science &
NanoEngineering, and Physics & Astronomy, Rice University

Sarah Phillips, Education Programs Director, Nakatani RIES Fellowship
Department of Electrical & Computer Engineering, Rice University

Aki Shimada, Education Programs Administrator, Nakatani RIES Fellowship
Department of Electrical & Computer Engineering, Rice University

Keiko Kato, Graduate Student Assistant, Nakatani RIES Fellowship
PhD Student, Ajayan Lab, Materials Science & NanoEngineering, Rice University
Nobuyoshi Hiramatsu, University of Tokyo
Junior (B3), Applied Physics
Research Host: Prof. Junichiro Kono, Electrical & Computer Engineering
Host Lab Website: http://kono.rice.edu/

Takuya Kurihana, University of Tsukuba
Senior (B4), Atmospheric Science
Research Host: Prof. Matthias Heinkenschloss, Computational & Applied Math
Host Lab Website: http://www.caam.rice.edu/~heinken/

Hiromi Miwa, Keio University
Senior (B4), Applied Chemistry
Research Host: Prof. Gang Bao, Bioengineering
Host Lab Website: http://bioengineering.rice.edu/Gang_Bao.aspx

Soya Miyoshi, Tohoku University
Sophomore (B2), Electrical, Information and Physics Engineering
Research Host: Prof. Lin Zhong, Electrical & Computer Engineering
Host Lab Website: http://www.ruf.rice.edu/~mobile/
Toshihiro Takada, Ritsumeikan University
Senior (B4), Environmental Systems Engineering
Research Host: Prof. Pulickel Ajayan, Materials Science & NanoEngineering
Host Lab Website: http://ajayan.rice.edu/

Tatsuya Tanaka, Waseda University
Senior (B4), Mechanical Engineering
Research Host: Prof. Tayfun Tezduyar, Mechanical Engineering
Host Lab Website: http://www.tafsm.org/

Yunong Wang, Toyota Technological Institute
Junior (B3), Materials Science
Research Host: Prof. Qilin Li, Civil & Environmental Engineering
Host Lab Website: http://qilinli.rice.edu/index.html

Ayaka Yoshida, Waseda University
Senior (B4), Modern Mechanical Engineering
Research Host: Prof. Tayfun Tezduyar, Mechanical Engineering
Host Lab Website: http://www.tafsm.org/
Ronald (Rony) Ballouz, University of Texas, Austin
Sophomore, Electrical Engineering
Host Lab in Japan: Itoh Lab, Keio University
U.S. co-Advisor: Jonathan Bird, University at Buffalo

Brianna Garcia, Rice University
Freshman, Chemical & Biomolecular Engineering
Host Lab in Japan: Maruyama-Chiashi Lab, University of Tokyo
U.S. co-Advisor: Erik Einarsson, University at Buffalo

Daniel Gilmore, Purdue University
Sophomore, Computer Engineering & Mathematics
Host Lab in Japan: Tonouchi Lab, Osaka University
U.S. co-Advisor: Robert Vajtai, Rice University

Mayssa Gregoire, St. Joseph’s College, New York
Freshman, Chemistry
Host Lab in Japan: Kawata Lab, Osaka University
U.S. co-Advisor: Thomas Searles, Howard University

Benjamin Kaiser, Bethel University
Sophomore, Physics & Mathematics
Host Lab in Japan: Endo Lab, Shinshu University
U.S. co-Advisor: Erik Einarsson, University at Buffalo

Erica Lin, Brown University
Freshman, Applied Mathematics-Biology & East Asian Studies
Host Lab in Japan: Awazu Lab, Osaka University
U.S. co-Advisor: Robert Vajtai, Rice University
Haihao Liu, Rice University
Sophomore, Materials Science & NanoEngineering and Mathematics
Host Lab in Japan: Saito Lab, Tohoku University
U.S. co-Advisor: Christopher Stanton, University of Florida

Brinda Malhotra, Carnegie Mellon University
Sophomore, Mechanical Engineering
Host Lab in Japan: Takeuchi Lab, Toyota Technological Institute
U.S. co-Advisor: Junichiro Kono, Rice University

Shweta Modi, Cornell University
Freshman, Biomedical Engineering
Host Lab in Japan: Aoki Lab, Chiba University
U.S. co-Advisor: Jonathan Bird, University at Buffalo

Chandni Rana, University of Florida
Sophomore, Biomedical Engineering
Host Lab in Japan: Tabata Lab, University of Tokyo
U.S. co-Advisor: Christopher Stanton, University of Florida

Donald Swen, Willamette University
Sophomore, Physics
Host Lab in Japan: Sekitani Lab, Osaka University
U.S. co-Advisor: Thomas Searles, Howard University

Youssef Tobah, University of Texas, Austin
Sophomore, Electrical & Computer Engineering
Host Lab in Japan: Otsuji Lab, Tohoku University
U.S. co-Advisor: Christopher Stanton, University of Florida
Nickolas Walling, Rice University
Sophomore, Mechanical Engineering and Comp. & Applied Math
Host Lab in Japan: Kawano Lab, Tokyo Institute of Technology
U.S. co-Advisor: Junichiro Kono, Rice University

Sasha Yamada, University of Hawai‘i, Mānoa
Freshman, Electrical Engineering
Host Lab in Japan: Iwasa Lab, University of Tokyo
U.S. co-Advisor: Junichiro Kono, Rice University
CALLING FROM YOUR U.S. CELL TO A JAPANESE CELL PHONE
You will need to dial 011 followed by the Japanese Country Code (81) and then the phone number. You should drop the 0.

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

CALLING A U.S. CELL PHONE FROM YOUR U.S. CELL PHONE
+1 is the country code for the U.S. but if you are a calling a U.S. cell phone you don’t need to use this. Just dial the area code and 7-digit number.

SKYPE & WIFI CALLS
The most economical way to call home to Japan is to use Skype or making a call via the wi-fi on your Japanese cell phone. Be sure you turn your Japanese cell phone’s data/roaming off and only use your Japanese cell phone when on a wi-fi network.

EMERGENCY NUMBERS IN THE U.S.: Call Aki Shimada or Sarah Phillips if ill!
ER on Rice University Campus: Call RUPD at (713) 348-6000
ER Off-Campus (Police, Fire or Ambulance): Call 911 from your U.S. phone

Japanese Health Insurance Number:

Residence Inn Hotel in Houston: +1 (713) 660-7993
Hampton Inn Navy Yard (DC): +1 (202) 800-1000
Hampton Inn Times Square South (NYC): +1 (212) 967-2344

Japanese Consulate in Houston: +1 (713) 652-2977
Japanese Embassy in DC: +1 (202) 238-6700
Japanese Consulate in NYC: +1 (212) 371-8222
Sunday, August 7, 2016

By Sunday Evening

**Travel to Tokyo and Check into Sanuki Club Hotel**

*Website: [http://sanuki-club.tokyo/](http://sanuki-club.tokyo/)*

**Transportation**

- For students outside of the Tokyo area, the Nakatani Foundation will mail you Shinkansen tickets that you can use to travel to Tokyo. You will need to pay for subway/bus transportation costs to/from your Shinkansen departure and arrival stations.
- Students in the Tokyo area must pay for their own transportation costs to the Sanuki Club hotel.

**Lodging:** A single-occupancy room with shared bathroom/shower room has been reserved and paid on your behalf for the nights of August 7, 8, and 9. Daily breakfast is included. The U.S. Fellows will also be staying at the Sanuki Club.

SANUKI CLUB ADDRESS ~ 11-9 MITA 1-CHOME, MINATO-KU, TOKYO, 108-0073 ~ TEL. 03-3455-5551
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 - 8:30 AM</td>
<td>Free Included Breakfast at Sanuki Club (Restaurant on 2F)</td>
</tr>
</tbody>
</table>
| 9:00 - 12:00 PM   | **Joint U.S. - JP Fellow Introduction & Discussion Session, Sanuki Club Hotel**  
|                   | **Location: Conference Room 3F**  
<p>|                   | <strong>Attire: Casual (but no shorts or sandals)</strong>                        |
|                   | <strong>Student Self Introductions</strong>                                      |
|                   | • U.S. Fellows will give introductions in Japanese                  |
|                   | • JP Fellows will give introductions in English                     |
|                   | • Name, home university, major, research host in the U.S. or Japan, and what your research project is/will be |
|                   | <strong>Ice Breaker Activities</strong>                                          |
|                   | <strong>Small Group Discussion Session</strong>                                   |
|                   | • Discuss the educational system in the U.S. and in Japan. What are some similarities and what are some differences? |
|                   | • What do you believe are some possible differences between research in the U.S. and research in Japan? |
|                   | • Discuss your future academic and professional goals. Do you plan/hope to go to graduate school? For a Master’s or PhD? Do you hope to participate in any other internships or research experience programs? What about applying for jobs? When/how does this happen? |
|                   | • Note: You may not have time to address all of these questions during this session but you can continue to discuss these questions with the U.S. and JP Fellows in the coming week. |
| 12:00 - 1:30 PM   | <strong>Free - Enjoy Lunch on Your Own in Azabu-Juban</strong>                    |
| 1:30 - 2:30 PM    | <strong>Travel from Azabu-Juban to Aoyama IVY Hall</strong>                       |
|                   | • Pay for individually                                               |
|                   | • Instructions/map will be provided                                  |
| 3:00 - 5:00 PM    | <strong>Meeting with President of the Nakatani Foundation</strong>               |
|                   | <strong>Attire: Casual (but no shorts or sandals)</strong>                       |
|                   | <strong>Attendees: President of the Nakatani Foundation, Board Members of Nakatani Foundation (if available), Host Lab. Professor (if available), and Nakatani RIES Program Staff in Japan</strong> |
|                   | <strong>Student Introductions in English</strong>                                 |
|                   | • Each student will give a 1 - 2 slide introduction of no more than 3 minutes (see template) |
|                   | • We encourage you to use photos.                                    |
|                   | • By Thursday, August 4: Submit your 1 - 2 slides in advance to Kenji Ogawa via email at <a href="mailto:kenji.ogawa@nakatani-foundation.jp">kenji.ogawa@nakatani-foundation.jp</a>. |
|                   | • This is a non-technical self-introduction and should highlight:    |
|                   | 1. Your name, university, and major                                 |
|                   | 2. <strong>JP Fellows</strong>: Your host laboratory at Rice University &amp; planned project topic/area. What are your goals are and/or what you are curious to learn more about during your time in the US? |
|                   | 3. <strong>U.S. Fellows</strong>: Your host laboratory in Japan and your research project this summer. What have you learned about Japan through working in your research host lab this summer? What friendships/connections have you made with your Japanese lab mates or others this summer? |
| 5:00 - 6:30 PM    | <strong>Networking Party with Nakatani Foundation President, Board Members, and Fellows</strong> |
| Evening           | <strong>Return to Sanuki Club via Public Transportation</strong>                 |</p>
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
</table>
| 7:00 - 8:30 AM   | **Free Included Breakfast at Sanuki Club (Restaurant on 2F)**  
**Attire - Casual**                                                                                                                                 |
| **Morning**      | **JP Fellows: 9:00 - 12:00 PM**  
Predeparture Orientation at Sanuki Club, Conference Room, 3F  
*The morning session will include a health & safety orientation including an overview of how to use your Japanese health insurance while in the U.S.*  
**U.S. Fellows: 8:45 - 11:30 AM**  
Pre-Departure Orientation  
Sanuki Club Conference Room  
*This is a simple conversation in Japanese between you and the AJALT tester. There is no written component and nothing that you need to prepare. Meet Keiko Packard in lobby at 8:45 AM to go to room/s for OPI.* |
| 12:00 - 1:00 PM  | **Free - Enjoy Lunch on Your Own in Azabu-Juban & U.S. Students Check-out of Hotel**                                                                 |
| **Afternoon**    | **JP Fellows: 1:00 - 5:00 PM**  
Seminar & Discussion: Impact and Importance of International Research Experiences for Japanese Students  
Sanuki Club Conference Room, 3F  
*"My Experience Conducting Research in the U.S. at Rice University", Yusuke Ito, Ph.D. Student, Mechanical Engineering, University of Tokyo  
"The Importance of International Experiences for Japanese Students", Prof. Yasuhiko Jimbo, Councilor, Nakatani Foundation and Professor, Department of Precision Engineering, School of Engineering, University of Tokyo  
Student Discussion Session About International Research Experience. Other Japanese Tokyo-area Japanese students who have previously done research at Rice may be invited to attend.*  
**U.S. Fellows: 1:00 PM**  
Bus Departs Sanuki Club for Narita Airport  
*Note: Kenji Ogawa will be traveling to the U.S. on this same flight with you.*  
• By 2:30 PM: Arrive at Narita Airport & Check-in for International Flight  
• Proceed through Security & Immigration  
• 4:35 PM: United #6 Departs Narita Airport (Terminal 1)  
• Gain One Day as you cross the International Date Line  
• 2:50 PM Arrive at Bush Intercontinental Airport (IAH)  
• Clear Immigration, Collect Baggage, and Clear Immigration. Stay together as a Group  
• 4:15 PM: Rice University Shuttle will pick you up outside Terminal E at Ground Transportation. Your driver is Will Reed and his cell phone is 216-609-6035. One member of the group should call him if you are running late clearing immigration and customs.  
• ~5:30 PM: Arrive & Check-in at the Residence Inn Houston Medical Center Hotel (see pg. 22 for conf. numbers and room assignments).* |
| 5:00 - 6:00 PM   | **Free - Dinner On Your Own in Azabu-Juban**  
**Free Evening Social with Light Food & Drinks in Hotel Lobby Or Dinner On Your Own**  
*Reminder: You must be 21 years of age or older to legally consume alcohol in the U.S. If you’d like to cook on your own, each hotel room has a full kitchen and there is a grocery store next door.* |
**Departure for the U.S.**

### Wednesday, August 10, 2016

<table>
<thead>
<tr>
<th><strong>JP Fellows: Travel to the U.S.</strong></th>
<th><strong>U.S. Fellows: Re-Entry Program</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Note:</strong> Kaoru Takarada will travel with you to the U.S. He will meet you at Shinagawa. Attire: Casual Buy breakfast on your own today.</td>
<td>Brockman Hall, Room 101 (Bldg. 12 on campus map) <strong>Attire:</strong> Casual but bring sweater for indoors as the room may be cool due to heavy A/C.</td>
</tr>
</tbody>
</table>

**By 7:00 AM:** Depart Azabu-Juban Station for Shinagawa Station (Pay subway fare individually)

**7:51 AM:** Depart Shinagawa on the Narita Express for NRT, Terminal 1

**9:01 AM:** Arrive NRT, Terminal 1 & Check-in for NH #1074

**11:15 AM:** NH #1074 departs Narita

**9:30 AM:** Arrive Houston (IAH)

**Lunch Box Provided at Hotel & Rest**

Aki will give you the printed program schedule & your U.S. cell phone at the hotel. Once you connect to internet, email Aki a copy of your I-94.

**2:00 PM:** Shuttle van departs hotel. Bring passport and money/debit/credit card for shopping.

**2:15 PM:** Arrive Rice Univ. Police Dept. (RUPD) to get student ID

**2:45 PM:** Arrive Chase Bank to cash meal stipend check (will need your passport)

**4:00 PM:** Shopping trip at Target where you can buy groceries, toiletries, laundry soap, water, etc.

**~ 5:00 PM:** Return to hotel, rest.

**6:00 - 7:30 PM:** Free Evening Social in hotel lobby with included drinks & light food

**Reminder:** You must be 21 years of age or older to legally consume alcohol in the U.S.

**6:00 - 9:30 AM:** Free included hot breakfast at Residence Inn Hotel

**10:45 AM:** Rice University shuttle departs hotel lobby. Driver: Will Reed: 216-609-6035

Bring computer & notebook/pen with you today.

**11:00 - 1:00 PM:** Program De-Briefing & Included Lunch

**1:00 - 2:00 PM:** “Best Practices for Poster Presentation”, Dr. Beata Krupa, Professional Communication Program, Rice Center for Engineering Leadership

**2:30 - 5:00 PM:** Poster Presentation Coaching Sessions

**Group 1:** Dr. Beata Krupa, BRK 101

Room has podium computer.

Rony Ballouz, Brianna Garcia, Daniel Gilmore, Mayssa Gregoire, and Youssef Tobah

**Group 2:** Dr. Gayle Moran, BRK 103

Room has podium computer.

Brinda Malhotra, Shweta Modi, Chandni Rana, Donald Swen, and Nickolas Walling

**Group 3:** Nick Vrvilo, Room BRK 215 (Heaps Library)

Will provide portable projector to use in this room.

Benjamin Kaiser, Erica Lin, Haihao Liu, and Sasha Yamada

**5:00 - 5:30 PM:** Wrap-Up & Post-Program Assessments, Brockman Hall, Room 101

**5:30 PM:** Residence Inn hotel shuttle will pick you up outside of Brockman Hall

**~ 10:30 AM:** Shuttle van departs IAH

**~ 11:30 AM:** Arrive & Check-in to Residence Inn Hotel, Houston Medical Center

**2:00 PM:** Shuttle van departs hotel. Bring passport and money/debit/credit card for shopping.

**2:15 PM:** Arrive Rice Univ. Police Dept. (RUPD) to get student ID

**2:45 PM:** Arrive Chase Bank to cash meal stipend check (will need your passport)

**4:00 PM:** Shopping trip at Target where you can buy groceries, toiletries, laundry soap, water, etc.

**5:00 - 5:30 PM:** Wrap-Up & Post-Program Assessments, Brockman Hall, Room 101
Step One: Onboard your flight, you will be given customs and immigration documents. All passengers must also complete a customs declaration form. This form is required for both U.S. and Foreign citizens. Make sure to have the required documents completed before you enter the customs and immigration facilities.

JP Fellows: The hotel name is ‘Residence Inn Houston Medical Center” and the address is 7710 S Main St, Houston, TX 77030.

Step Two: When you exit your plane, always follow the signs directing you to international arrivals, immigration and customs. Don’t stop to gaze around as this could make officers suspicious. Most often, you will walk through a hallway or go down an escalator to the customs and immigration facilities. In rare circumstances (mostly at smaller, more poorly run airports), you will need to ride a bus.

Step Three: The first stop is at Passport Control/Immigration. If you are a U.S. Citizen, go to the lanes marked United States Citizens. If you are non-U.S. Citizen, go to the lanes marked Foreign Citizens. If you have another flight to connect with, there are sometimes special lanes for Connecting Passengers.

Step Four: Present Passport and Forms to Immigration Officer

JP Fellows: Present your passport and your DS-2019 form to the immigration officer. Do not forget to present your DS-2019 form so you are marked as entering the country on your J-1 visa. If you are asked why you are in the U.S., say you are on a non-degree study program.

U.S. Fellows: Present your passport to the immigration officer. He/she will look at your passport, scan it, and possibly validate it. They may ask you a question or two about where you were or what you were doing while abroad.

Step Five: After you clear Passport Control, follow the signs to Baggage Claim. Here, you will claim your checked baggage, even if you have another flight to connect with. Check the screens for the carousel number that your flight has been assigned to and wait for your bags to appear.

Note: All Nakatani RIES Fellows should wait to exit the baggage hall until all other students have collected their luggage. Exit together as a group. Call the shuttle driver or Aki Shimada if you are delayed.

Step Six: Once you have claimed your bags, your next stop is at Customs. If you do not have any items to declare, proceed to the green lanes marked “Nothing to Declare”. If you do have items to declare, proceed to the red lanes marked “Goods to Declare”. Here, you will turn in your customs form and if you do not have anything to declare, you will be waved through to the exit.

Step Seven: If you have another flight to connect with, follow the signs marked “Connecting Flights/Connecting Baggage Drop-off” as you leave the customs area. If you are already at your final destination, skip straight to step 8.

Step Eight: If you are already at your final destination, follow the exit and ground transportation signs. Once you exit the customs and immigration facilities you will be in the International Arrivals area. Here you will meet up with friends and family, or proceed to courtesy shuttles, taxis, rental cars, or other ground transportation.
Residence Inn Houston Medical Center (short-term stay) or Moody Manor (long-term stay)  
Address: 7710 South Main Street Houston Texas 77030 USA  
Moody Manor Hotel Office Phone (btwn. 6:00 AM - 10:00 PM): (713) 351-1400  
Main Hotel Front Desk (for hotel shuttle or after 10:00 PM): (713) 660-7993  
Website: http://www.marriott.com/hotels/travel/houas-residence-inn-houston-medical-center-nrg-park/

### Hotel - Confirmation Numbers & Roommate Assignments

<table>
<thead>
<tr>
<th>Japanese Fellows (Moody Manor, Long-term)</th>
<th>U.S Fellows (Residence Inn, Short-Term)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Check-in: Wednesday, August 10</td>
<td>Check-in: Tuesday, August 10</td>
</tr>
<tr>
<td>Check-out: Saturday, September 17</td>
<td>Check-out: Sunday, August 14</td>
</tr>
<tr>
<td>Office is located at back of hotel complex.</td>
<td></td>
</tr>
</tbody>
</table>

### Program Staff Staying at Residence Inn Hotel

- [ ]

### Moody Manor Room Amenities & Cleaning
- Free hot daily breakfast (Mon. - Fri. from 6:00 - 9:30 AM) (Sat. & Sun. from 7:00 - 11:00 AM)
- Free evening reception in front lobby (Monday - Wednesday) from 6:00 - 7:30 PM
- Moody Manor (Long-term stay) rooms are cleaned weekly and you should call the Moody Manor hotel office or stop by their office to request cleaning of your room the day before you’d like it to be cleaned.
- If you need clean towels or sheets put the dirty ones in the green ‘Linen’ bins outside of the room and go to the Moody Manor office at the back of the hotel during office hours to ask for clean towels or bedding.
- If you have concerns or questions about your room (e.g. something is broken or your neighbors are too noisy) call the Moody Manor office during their open hours or call the Residence Inn Front Desk after 10:00 PM.

### Free Hotel Shuttle for Moody Manor/Residence Inn
- The FREE hotel shuttle departs the lobby approximately every half-hour. Goes within a 3 mile radius of the hotel (including to Rice University)
- Monday - Friday runs from 6:00 AM - 9:30 PM. Saturday and Sunday it runs from 9:00 AM - 7:30 PM.
- Call Residence Inn hotel front-desk for pick-up. The front desk may ask for your U.S. cell phone number when you call for shuttle pick-up so the driver can call you if he/she has difficulty finding you.
- All pick-up and drop-offs at Rice University will be outside of Brockman Hall.
Restaurants and Shops near the Residence Inn Houston Medical Center Hotel

<Restaurant/Café/Bakery>
1. Smash Burger $ - Burgers, Salad
2. Morningside Thai $$ - Thai
3. Sarpino’s Pizzeria
4. Spicy Pickle $ - Sandwiches, Salad, Pizza
5. Jollibee $ - Filipino Fast Food
6. Pugon de Manila $ - Filipino Bakery
7. Glazed $ - Donuts
8. Freebirds World Burrito $ - Mexican
9. Antone’s Import $ - Delis, Sandwiches
10. French Corner $$ - American
11. Long John Silver’s Seafood $ - Fish Fast Food
12. Olive Garden $$ - Italian
13. Which Wich $ - Sandwiches
14. Subway $ - Sandwiches
15. Five Guys Burgers & Fries $ - Burgers
16. Chipotle Mexican Grill $ - Mexican

<Shops>
A. Kroger – grocery shop
B. CVS Pharmacy
C. U.S. Post Office
D. FedEx Kinko’s
E. Target – grocery, home, electronic, mobile phone
F. Walgreens – Pharmacy
G. Office Depot – Stationary, Office supplies
H. Fiesta Mart – Grocery, Imported food
**Thursday, August 11, 2016**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 6:00 - 8:15 AM | **Included hot breakfast at Residence Inn hotel**<br>
*Attire: Casual but bring a sweater with to Rice as it will be cold indoors due to heavy air conditioning. It is also a good idea to bring an umbrella in case of rain.* |
| 8:30 AM     | **Rice University Shuttle Departs Hotel** Driver Will Reed: 216-609-6035                 |
| Morning     | **JP Fellows: Rice Office of International Students & Scholars Check-in**<br>
Sewall Hall, Room 303 (Bldg. 72 on map)  | **U.S. Fellows: Preparation for SCI**<br>Brockman Hall, Room 101  
Bldg. 12 on campus map |
|             | 9:00 - 10:30: Check-in and Orientation at OISS. Bring with you:  | 9:00 - 10:00 AM: “Overview of Summer Research & Expectations for SCI Colloquium”, Prof. Junichiro Kono  
10:00 - 10:40 AM: “Applying to Graduate School”, Prof. Kevin Kelly, Applied Physics |
|             | • Passport & DS-2019                                                                 |  |
| 10:45 - 11:30 PM | **Joint U.S. & JP Fellows Campus Tour of Rice University**<br>
*Meet outside the Welcome Center, Lovett Hall. It will be hot so bring water, a hat, and wear sunscreen. The tour will end outside of Brockman Hall.* |
| 12:00 - 1:00 PM | **Joint U.S. & JP Fellows Lunch in Brockman Hall, Room 101 (Bldg. 12)**                |
| Afternoon   | **JP Fellows: Graduate Study & Research in the U.S.**<br>Brockman Hall, Room 103 (Bldg. 12) | **U.S. Fellows: Marketing your Int’l Experience**<br>Brockman Hall, Room 101 (Bldg. 12) |
2:30 - 3:30 PM: “Resume Review & Interview Skills”, Kim Yackel, Assistant Director, Career Development, Rice Center for Career Development. |
|             | 2:30 - 3:30 PM: “Panel Discussion with Japanese Graduate Students”, Facilitated by Keiko Kato (Ph.D, MSNE)  
Speakers: Fumiya Katsutani (PhD, ECE), Jun Ohta (Ph.D., Chemistry), Maki Kodama (Ph.D., History), Yusuke Nakanishi (Post-Doc, Ajayan Lab, MSNE), Yuki Atsusaka (Ph.D., History), and Sachie Kishino (Ph.D., History).  | For more student resources see https://ccd.rice.edu/students/ |
| 3:30 - 4:00 PM | **Joint U.S. & JP Fellow Wrap-up and Instructions for SCI Colloquium Day, Brockman 101** |
| 4:00 PM     | **Rice University Shuttle Pick-up Outside of Brockman Hall**  
*Driver: Will Reed, Cell: 216-609-6035* |
| Evening    | **Free - Eat Out or Cook Dinner on Your Own (No free social hour at hotel)**<br>
There are a number of fast-food restaurants within walking distance of the Residence Inn hotel, there is a grocery store next door if you’d like to cook, or you can ask the front desk for the hotel shuttle to take you to the Rice Village Area where there are a number of restaurants and shops. Be sure you have the hotel phone number to call for shuttle pick-up and confirm what the last pick-up time is from Rice Village to return to the hotel. |
### Friday, August 12, 2016

**6:00 - 8:15 AM**

**Included hot breakfast at Residence Inn hotel**


**8:30 AM**

**Rice University Shuttle Departs Hotel**

Driver Will Reed: 216-609-6035

**Morning**

| --- | --- |
| • Japanese Fellows must attend this session.  
  • Session will also include overview of pre-program assessments & weekly homework assignments.  
  • After this session ends the JP Fellows should go to Duncan Hall to join the SCI. | 8:00 - 8:50 AM: Breakfast & Registration  
8:50 - 9:00 AM: Opening Remarks  
9:00 - 10:15 AM: Oral Session I  
10:15 - 10:30 AM: Coffee Break  
10:30 - 11:45 AM: Oral Session II  
11:45 - 12:00 PM: Break (Pick-up Lunch for Poster Presenters) |

**11:30 AM**

**Official Group Photo Outside of Duncan Hall - Taken By ECE Photographer**

All U.S. & JP Fellows should come outside at the back of Duncan Hall for our official group photos. After the group photos the U.S. Fellows will get lunch and prepare for their poster presentation.

**12:00 - 1:30 PM**

**SCI Undergraduate Poster Presentation Session & Included Lunch, Duncan Hall, McMurtry Auditorium**

* • All U.S. Fellows will present their poster.  
  • All JP Fellows are required to attend.*

**Afternoon**

**SCI Afternoon Sessions, Duncan Hall**

It is expected that all U.S. and JP Fellows will attend the afternoon oral sessions and graduate student poster presentations.

* • 1:30 - 2:45 PM: Oral Session III  
  • 2:45 - 3:00 PM: Break  
  • 3:00 - 4:15 PM: Oral Session IV  
  • 4:30 PM: Early Residence Inn Hotel Shuttle Pick-up Outside of Brockman Hall.  
  *Note: This early pick-up is only for students that are very tired due to jet lag. If you need to return to the hotel early you can, but we do expect/want students to stay and attend the afternoon oral sessions & evening poster session if possible.*  
  • 4:15 - 5:30 PM: Graduate Poster Session 2A  
  • 5:30 - 6:45 PM: Graduate Poster Session 2B  
  • 6:45 - 7:15 PM: Awards Ceremony |

*Light food, non-alcoholic drinks, wine, and beer will be served during Poster Session 2A & 2B. Must be 21 or older to consume alcohol and passport or driver’s license will be required.*

**7:30 PM**

**Hotel Shuttle Pick-Up Outside of Brockman Hall**

Note: If you would like to stay later at Rice you will need to call the hotel front desk on your own to arrange a separate pick up at +1 (713) 660-7993.
**Saturday, August 13, 2016**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 7:00 - 8:45 AM| **Included hot breakfast at Residence Inn Hotel**
Attire: Casual. It will be hot so bring water bottle, hat, sunglasses, and wear sunscreen. |
| 9:00 AM       | **Rice University Shuttle Departs Hotel**
Driver: Neil Mosqueda, Cell: 281-725-0063                                |
| ~10:00 - 1:45 PM | **NASA: Space Center Houston**
Website: [http://spacecenter.org/](http://spacecenter.org/)  
- All U.S. Fellows, JP Fellows, Sarah Phillips, Kaoru Takarada, and Kenji Ogawa will join  
- Admission fee and transportation is included but you must pay for food, drinks, and souvenirs on your own.  
- You cannot bring outside drinks or food into NASA but you can bring in an empty water bottle and re-fill once you arrive.  
- There is a cafe where you can buy lunch but the choices may be limited and it will be a bit expensive. You may want to plan to eat lunch after returning to the hotel or bring something with that you can eat on the bus on the way there. |
| 2:00 PM       | **Rice University Shuttle Departs NASA**                               |
| ~ 3:00 PM     | **Shuttle Arrives Back at Hotel**                                      |
| Afternoon     | **Free**                                                              |
| 5:45 PM       | **Rice University Shuttle Pick-up At Hotel**                          |
| 6:00 - 8:00 PM| **Joint U.S. & JP Fellow Nakatani RIES Party at Prof. Kono’s Home**
2303 North Blvd., Houston, TX
Attire: Casual  
The Nakatani RIES Fellowship will celebrate the inaugural year of our program with an informal party at Prof. Kono’s home. U.S. and JP Fellows will attend along with program faculty, staff, and friends in the Houston-area. |
| 8:00 PM       | **Rice University Shuttle Pick-up and Return to Hotel**                |
Sunday, August 14, 2016 - Departure Flights for Home

### Complimentary Hot Breakfast Buffet in Lobby

**U.S. Fellows:** Check-out time is 11:00 AM. You can store your luggage with the front desk if you will not be leaving until the afternoon or evening.

### Japan Fellows - Free Day - Enjoy Exploring Houston on Your Own

Explore Houston on your own or simply rest at the hotel. You can request the free hotel shuttle to take you within a three-mile radius. Admission may be free or discounted for students so show your Rice University ID before you pay! Remember that the last pick-up for the free hotel shuttle on Sat. and Sun. is 7:00 PM.

- Rice Village Shopping Area: [http://ricevillage.org/](http://ricevillage.org/)
- Houston Galleria Mall with Indoor Ice Skating Rink: [http://www.simon.com/mall/the-galleria](http://www.simon.com/mall/the-galleria)
- Note: The Galleria Mall is outside the 3-mile radius for the hotel shuttle. If you would like to go to this mall you will need to take an Uber or taxi or take the bus.
- Uber Houston: [https://www.uber.com/cities/houston/](https://www.uber.com/cities/houston/)
- Yellow Cab Houston: Call (713) 236-1111 or order online at [http://www.yellowcabhouston.com/](http://www.yellowcabhouston.com/)
- Houston Metro Bus (or just search via Google Maps): [http://www.ridemetro.org/Pages/index.aspx](http://www.ridemetro.org/Pages/index.aspx)

### U.S. Fellows - Depart Houston

You must arrange and pay for your own transportation to the airport. Allow at least one hour to get from the hotel to either HOU or IAH airport. It is recommended that you arrive at least 90 minutes prior to departure for domestic flight check-in.

- **Shuttle Service:** We recommend Super Shuttle [http://www.supershuttle.com/](http://www.supershuttle.com/). You can book this online and pay with a credit/debit card. Use discount code Owls1 for Rice discount.
- **Taxis:** If you are departing close to the same time as another student and going to the same airport it may be faster and cheaper to share a cab to the hotel. Call Yellow Cab at 713-236-1111 to arrange for your cab. Most cabs in Houston take credit/debit cards.

### Bush Intercontinental Departures (IAH)

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### Houston Hobby Departures (HOU)

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### Monday, August 15, 2016

**Morning**

**Complimentary Hot Breakfast Buffet in Lobby**
You will travel to Rice on your own via the hotel shuttle. The hotel shuttle departs every 30 minutes from the front lobby in the mornings. We recommend leaving one hour before your scheduled meeting with your host lab to allow sufficient time to arrive on campus and find your host professors building and room.

**Day**

**Initial Meeting with your Research Host Professor & Mentor/s**
During this meeting you should ask about the following if you have not already discussed these questions with your host professor and/or research mentor/s via email prior to arrival. You will have lunch on your own at Rice University.

- What is my research topic or project?
- Who will my mentor/s be?
- What are my expected hours that I should be in the lab/office each day?
- What training will I need before I can begin my research and how/where do I sign up?
- Are there any articles or books I should read to help me with my research project/topic?
- Be sure your mentor knows about the scheduled program seminar talks/events that you will be required to attend (in blue) and when you will be out of the lab for these activities.

**Student Meeting Times & Locations (see campus map for building locations)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Meeting Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM</td>
<td>Yunong Wang: Li Lab&lt;br&gt;Location: Mechanical Laboratory, Room 256 (Bldg. 55 on map)&lt;br&gt;Meeting with: Prof. Qilin Li. Research Mentor: Jun Kim.</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Toshihiro Takada: Ajayan Lab&lt;br&gt;Location: Mechanical Engineering Building, Room 128 (Bldg. 54 on map)&lt;br&gt;Meeting with: Dr. Robert Vajtai and Dr. Ashok Kumar Meiyazhagan (research mentor)</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Takuya Kurihana: Heinkenschloss Lab&lt;br&gt;Location: Duncan Hall, Room 3088. Office Phone: 713-348-5176. (Bldg. 25 on map)&lt;br&gt;Meet with: Prof. Heinkenschloss and Caleb Magruder (research mentor)</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Hiromi Miwa, Bao Lab&lt;br&gt;Location: Bioscience Research Collaboration (BRC), Room 461 (Bldg. 9 on map)&lt;br&gt;Meet With: Dr. Amy Tang &amp; Dr. Ciaran Lee (research mentor)</td>
</tr>
<tr>
<td>9:45 AM</td>
<td>Soya Miyoshi: Zhong Lab&lt;br&gt;Location: Duncan Hall, Room 3046&lt;br&gt;Meet with: Prof. Lin Zhong. Research Mentor: TBA</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Nobuyoshi Hiramatsu: Kono Lab&lt;br&gt;Location: Abercrombie Lab, Room A161 (Bldg. 1 on map)</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Tatsuya Tanaka &amp; Ayaka Yoshida, Tezduyar Lab&lt;br&gt;Location: Mechanical Engineering Building, Room 236 (Bldg. 54 on map)&lt;br&gt;Meet With: Prof. Tayfun Tezduyar (he will serve as your primary mentor)</td>
</tr>
</tbody>
</table>

**3:00 - 3:30 PM**

**Research Host Lab First Day De-Briefing**
Facilitators: Sarah Phillips<br>Location: Brockman 103

**3:30 - 5:00 PM**

**“Preparing and Presenting a Scientific Research Poster”**
Speaker: Dr. Beata Krupa, Professional Communication, Rice Center for Engineering Leadership<br>Location: Brockman 103 (Bldg. 12)

**5:30 PM**

**Return to Hotel via Free Hotel Shuttle**
We will request a hotel shuttle pick-up outside of Brockman Hall for 5:30 PM today. If you’d like to stay later at Rice you can but will need to call for a shuttle individually. Last pick-up at 8:30 PM (Mon. - Fri.)

**6:00 - 7:30 PM**

**Free Evening Reception in Hotel Lobby or Have Dinner On Your Own**
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, August 16, 2016</td>
<td>Morning</td>
<td>Complimentary Hot Breakfast Buffet in Lobby &amp; Take Hotel Shuttle to Rice</td>
</tr>
<tr>
<td>Day</td>
<td>10:00 - 11:00 AM</td>
<td>Laser Safety Training by the Rice Office of Environmental Health &amp; Safety Required for students who will use lasers. Optional for other students. Location: Space Science Building, Room 103, Conf. Room (Bldg. 75 on map)</td>
</tr>
<tr>
<td></td>
<td>3:30 - 4:30 PM</td>
<td>General Laboratory Safety Training by the Rice Office of Environmental Health &amp; Safety Required for All JP Fellows Location: Space Science Building, Room 103, Conf. Room (Bldg. 75 on map)</td>
</tr>
<tr>
<td></td>
<td>5:30 PM</td>
<td>Return to Hotel via Free Hotel Shuttle - Call Hotel Front Desk for Pick-up</td>
</tr>
<tr>
<td></td>
<td>6:00 - 7:30 PM</td>
<td>Free Evening Reception in Hotel Lobby or Have Dinner On Your Own</td>
</tr>
<tr>
<td>Wednesday, August 17, 2016</td>
<td>Morning</td>
<td>Complimentary Hot Breakfast Buffet in Lobby &amp; Take Hotel Shuttle to Rice</td>
</tr>
<tr>
<td>Day</td>
<td>5:00 - 8:00 PM</td>
<td>Optional Graduate Student Association Activities Fair &amp; Cookout at Valhalla Location: Graduate Student Commons, west of Keck Hall (bldg. 43 on map)</td>
</tr>
<tr>
<td>Evenining</td>
<td>6:00 - 7:30 PM</td>
<td>Free Evening Reception in Hotel Lobby or Have Dinner On Your Own</td>
</tr>
<tr>
<td>Thursday, August 18, 2016</td>
<td>Morning</td>
<td>Complimentary Hot Breakfast Buffet in Lobby &amp; Take Hotel Shuttle to Rice</td>
</tr>
<tr>
<td>Day</td>
<td>10:00 - 11:00 AM</td>
<td>Biological Laboratory Training by the Rice Office of Environmental Health &amp; Safety Required for students doing bio-related research. Optional for other students. Location: Keck Hall, Room 100 (Bldg. 43 on map)</td>
</tr>
<tr>
<td>Evenining</td>
<td>6:00 - 7:30 PM</td>
<td>Free Evening Reception in Hotel Lobby or Have Dinner On Your Own</td>
</tr>
<tr>
<td>Friday, August 19, 2016</td>
<td>Morning</td>
<td>Complimentary Hot Breakfast Buffet in Lobby &amp; Take Hotel Shuttle to Rice</td>
</tr>
<tr>
<td>Evenining</td>
<td>Return to Hotel via Free Hotel Shuttle - Call Hotel Front Desk for Pick-up</td>
<td></td>
</tr>
<tr>
<td>Saturday, August 20, 2016</td>
<td>Morning</td>
<td>Complimentary Hot Breakfast Buffet in Lobby</td>
</tr>
<tr>
<td>Day</td>
<td>5:00 - 8:00 PM</td>
<td>Rice University Welcome Back Party for All Students! Location: Central Quad, Near the Rice Memorial Center. Take hotel shuttle to Rice but remember the last hotel shuttle pick-up is at 7:00 PM. If you want to stay later you will need to call for an Uber or Taxi to go back to the hotel.</td>
</tr>
<tr>
<td>Sunday, August 21, 2016</td>
<td>Morning</td>
<td>Complimentary Hot Breakfast Buffet in Lobby</td>
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<td>Day</td>
<td>Free</td>
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<tr>
<td>Day</td>
<td>Morning</td>
<td>Day</td>
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<tr>
<td>Monday, August 22, 2016</td>
<td>Complimentary Hot Breakfast Buffet in Lobby &amp; Take Hotel Shuttle to Rice</td>
<td>Work in Research Host Lab</td>
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<tr>
<td></td>
<td>Free Evening Reception in Hotel Lobby or Have Dinner On Your Own</td>
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</tr>
<tr>
<td>Tuesday, August 23, 2016</td>
<td>Complimentary Hot Breakfast Buffet in Lobby &amp; Take Hotel Shuttle to Rice</td>
<td>Work in Research Host Lab</td>
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<td>Free Evening Reception in Hotel Lobby or Have Dinner On Your Own</td>
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</tr>
<tr>
<td>Wednesday, August 24, 2016</td>
<td>Complimentary Hot Breakfast Buffet in Lobby &amp; Take Hotel Shuttle to Rice</td>
<td>Work in Research Host Lab</td>
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<tr>
<td></td>
<td>Return to Hotel via Free Hotel Shuttle - Call Hotel Front Desk for Pick-up</td>
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<tr>
<td></td>
<td>Free Evening Reception in Hotel Lobby or Have Dinner On Your Own</td>
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<tr>
<td>Thursday, August 25, 2016</td>
<td>Complimentary Hot Breakfast Buffet in Lobby &amp; Take Hotel Shuttle to Rice</td>
<td>Work in Research Host Lab</td>
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<td></td>
<td>Free Evening Reception in Hotel Lobby or Have Dinner On Your Own</td>
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<tr>
<td>Friday, August 26, 2016</td>
<td>Complimentary Hot Breakfast Buffet in Lobby &amp; Take Hotel Shuttle to Rice</td>
<td>Work in Research Host Lab</td>
</tr>
<tr>
<td></td>
<td>Return to Hotel via Free Hotel Shuttle - Call Hotel Front Desk for Pick-up</td>
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</tr>
<tr>
<td>Saturday, August 27, 2016</td>
<td>Complimentary Hot Breakfast Buffet in Lobby</td>
<td>Free</td>
</tr>
<tr>
<td>Sunday, August 28, 2016</td>
<td>Complimentary Hot Breakfast Buffet in Lobby</td>
<td>Free</td>
</tr>
</tbody>
</table>
### Monday, August 29, 2016
- **Morning**
  Complimentary Hot Breakfast Buffet in Lobby & Take Hotel Shuttle to Rice
- **Day**
  Work in Research Host Lab
- **3:30 - 4:30 PM**
  “Introduction to the Science & Technology Policy Program & the Role of the ‘Civic Scientist’ in the U.S.”
  - **Speakers:** Prof. Neal Lane, Senior Fellow, Science & Technology Policy, Baker Institute for Public Policy and Dr. Kirstin R.W. Matthews, Fellow, Science & Technology Policy
  - **Location:** Baker Hall, Room 111 (Bldg. 8)
- **5:30 PM**
  Return to Hotel via Free Hotel Shuttle - Call Hotel Front Desk for Pick-up
- **6:00 - 7:30 PM**
  Free Evening Reception in Hotel Lobby or Have Dinner On Your Own

### Tuesday, August 30, 2016
- **Morning**
  Complimentary Hot Breakfast Buffet in Lobby & Take Hotel Shuttle to Rice for Research
  - **12:00 - 12:50 PM**
    Recommended: Japanese Language Table with Ozaki-Sensei & Rice Students
    - **Location:** Lovett College, Private Dining Room (Bldg. 46 on map)
    - Buy lunch at the Lovett College servery individually & enjoy discussion with U.S. students who are learning Japanese!
- **Evening**
  Return to Hotel via Free Hotel Shuttle - Call Hotel Front Desk for Pick-up
- **6:00 - 7:30 PM**
  Free Evening Reception in Hotel Lobby or Have Dinner On Your Own

### Wednesday, August 31, 2016
- **Morning**
  Complimentary Hot Breakfast Buffet in Lobby & Take Hotel Shuttle to Rice
- **Day**
  Work in Research Host Lab
- **6:30 - 8:30 PM**
  Optional: “10 Commandments of Presidential Leadership”, James A. Baker Hall (Bldg. 8), Website to RSVP: [http://bakerinstitute.org/events/1803/](http://bakerinstitute.org/events/1803/)
- **Evening**
  Return to Hotel via Free Hotel Shuttle - Call Hotel Front Desk for Pick-up
- **6:00 - 7:30 PM**
  Free Evening Reception in Hotel Lobby or Have Dinner On Your Own

### Thursday, September 1, 2016
- **Morning**
  Complimentary Hot Breakfast Buffet in Lobby & Take Hotel Shuttle to Rice
- **Day**
  Work in Research Host Lab
- **Evening**
  Return to Hotel via Free Hotel Shuttle - Call Hotel Front Desk for Pick-up

### Friday, September 2, 2016
- **Morning**
  Complimentary Hot Breakfast Buffet in Lobby & Take Hotel Shuttle to Rice
- **Day**
  Work in Research Host Lab & Return to Hotel via Free Shuttle (call front desk)

### Saturday, September 3, 2016
- **Morning**
  Complimentary Hot Breakfast Buffet in Lobby
- **10:00 AM**
  Depart Hotel via Hotel Shuttle
  - **Game Kick-off**
    American Football Game at NRG Stadium: University of Houston vs. University of Oklahoma Season Opener
    - **Attendees:** Prof. Kono, Keiko Kato & 8 Japanese Fellows
    - **Admission:** Included. Students pay individually for food, drinks, and souvenirs.
    - **To Game:** Take hotel shuttle from lobby.
    - **From Game:** Call hotel shuttle for pick-up.

### Sunday, September 4, 2016
- **Morning**
  Complimentary Hot Breakfast Buffet in Lobby
- **Day**
  Free
<table>
<thead>
<tr>
<th>Date</th>
<th>Time/Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, September 5, 2016 - Labor Day - Holiday in the U.S.</td>
<td>Morning: Complimentary Hot Breakfast Buffet in Lobby. Day: Free - Rice University is Closed Today for the Labor Day Holiday. Note: Some graduate students may still be working in the lab today. If you’d like to work on your research project, check with your graduate student mentor to see if they will be in the lab and if you can come in. If they will not be at the lab today you should plan to take today off. 6:00 - 7:30 PM: Free Evening Reception in Hotel Lobby or Have Dinner On Your Own.</td>
</tr>
<tr>
<td>Tuesday, September 6, 2016</td>
<td>Morning: Complimentary Hot Breakfast Buffet in Lobby &amp; Take Hotel Shuttle to Rice. 12:30 PM: Rice University Shuttle Departs from Outside Brockman Hall. 1:30 - 3:30 PM: Company Visit to Kuraray Research Center in Pasadena. Website: <a href="http://www.kuraray.us.com/">http://www.kuraray.us.com/</a>. Evenings: Return to Hotel via Free Hotel Shuttle - Call Hotel Front Desk for Pick-up. 6:00 - 7:30 PM: Free Evening Reception in Hotel Lobby or Have Dinner On Your Own.</td>
</tr>
<tr>
<td>Wednesday, September 7, 2016</td>
<td>Morning: Complimentary Hot Breakfast Buffet in Lobby &amp; Take Hotel Shuttle to Rice. Day: Work in Research Host Lab. Evening: Return to Hotel via Free Hotel Shuttle - Call Hotel Front Desk for Pick-up. 6:00 - 7:30 PM: Free Evening Reception in Hotel Lobby or Have Dinner On Your Own.</td>
</tr>
<tr>
<td>Thursday, September 8, 2016</td>
<td>Morning: Complimentary Hot Breakfast Buffet in Lobby &amp; Take Hotel Shuttle to Rice. Day: Work in Research Host Lab. Evening: Return to Hotel via Free Hotel Shuttle - Call Hotel Front Desk for Pick-up.</td>
</tr>
<tr>
<td>Friday, September 9, 2016</td>
<td>Morning: Complimentary Hot Breakfast Buffet in Lobby &amp; Take Hotel Shuttle to Rice. Day: Work in Research Host Lab. Evening: Return to Hotel via Free Hotel Shuttle - Call Hotel Front Desk for Pick-up.</td>
</tr>
<tr>
<td>Day</td>
<td>Time</td>
</tr>
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</tr>
</tbody>
</table>
| Morning      | Complimentary Hot Breakfast Buffet in Lobby & Take Hotel Shuttle to Rice
| Day          | Work in Research Host Lab         |
| 3:00 - 3:30 PM | “Refresher on Presenting About your Research”, Dr. Beata Krupa, Professional Communication, Rice Center for Engineering Leadership Location: Brockman Hall, Room 103 (Bldg. 12) |
| 3:30 - 5:00 PM | “Research Presentation Coaching Sessions” Group 1: Dr. Beata Krupa, Brockman Hall, Room 103 • Nobuyoshi Hiramatsu • Takuya Kurihana • Hiromi Miwa • Soya Miyoshi Group 2: Coach TBA, Brockman Hall, Room 300 • Toshihiro Takada • Tatsuya Tanaka • Yunong Wang • Ayaka Yoshida |
| Evening      | Return to Hotel via Free Hotel Shuttle - Call Hotel Front Desk for Pick-up |
| 6:00 - 7:30 PM | Free Evening Reception in Hotel Lobby or Have Dinner On Your Own |
| Tuesday, September 13, 2016 |
| Morning      | Complimentary Hot Breakfast Buffet in Lobby & Take Hotel Shuttle to Rice |
| Day          | Work in Research Host Lab         |
| 12:00 - 12:50 PM | Recommended: Japanese Language Table with Ozaki-Sensei & Rice Students Location: Lovett College, Private Dining Room (Bldg. 46 on map) Buy lunch at the Lovett College servery individually & enjoy discussion with U.S. students who are learning Japanese! |
| Evening      | Return to Hotel via Free Hotel Shuttle - Call Hotel Front Desk for Pick-up |
| 6:00 - 7:30 PM | Free Evening Reception in Hotel Lobby or Have Dinner On Your Own |
| Wednesday, September 14, 2016 |
| Morning      | Complimentary Hot Breakfast Buffet in Lobby & Take Hotel Shuttle to Rice |
| Day          | Work in Research Host Lab         |
| Evening      | Return to Hotel via Free Hotel Shuttle - Call Hotel Front Desk for Pick-up |
| 6:00 - 7:30 PM | Free Evening Reception in Hotel Lobby or Have Dinner On Your Own |
### Thursday, September 15, 2016

#### Morning

**Complimentary Hot Breakfast Buffet in Lobby & Take Hotel Shuttle to Rice**

#### Day

**Nakatani Foundation Lab Visits & Photos**  
Endo-san and Ogawa-san from the Nakatani Foundation will be visiting each student at their research lab on Thursday or Friday to thank your host professor and take photos of you ‘doing research’ in the lab. These visits have been scheduled per your host professor’s availability.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location and Details</th>
</tr>
</thead>
</table>
| 9:00 AM| **Ajayan Lab: Toshihiro Takada**  
 Mechanical Engineering Building, Room 128 (Bldg. 54 on map) |                                                                                       |
| 10:00 AM| **Heinkenschloss Lab: Takuya Kurihana**  
 Duncan Hall, Room 3088. Office Phone: 713-348-5176. (Bldg. 25 on map) |                                                                                       |
| 11:00 AM| **Bao Lab: Hiromi Miwa**  
 BioScience Research Collaborative Room 461 (Amy Tang) and Room 413 (Bao) |                                                                                       |
| 2:00 PM| **Li Lab: Yunong Wang**  
 Mechanical Laboratory, Room 256 (Bldg. 55 on map) |                                                                                       |
| 3:00 PM| **Zhong Lab: Soya Miyoshi**  
 Duncan Hall, Room 3046 |                                                                                       |
| 4:00 - 6:00 PM| **“The Experience of Living & Working in the U.S.”**  
 Speakers: Keiji Asakura (Landscape Architecture, Urban Designer) and Tadashi Motomura (Doctor and Medical Device Businessman) | Location: Sewall Hall, Room 307 (Bldg. 72)                                               |

#### Evening

**Return to Hotel via Free Hotel Shuttle - Call Hotel Front Desk for Pick-up**
### Friday, September 16, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>Complimentary Hot Breakfast Buffet in Lobby &amp; Take Hotel Shuttle to Rice</td>
</tr>
<tr>
<td>Morning</td>
<td><strong>Nakatani Foundation Lab Visits &amp; Photos</strong></td>
</tr>
<tr>
<td></td>
<td>Endo-san and Ogawa-san from the Nakatani Foundation will be visiting each student at their research lab on Thursday or Friday to thank your host professor and take photos of you ‘doing research’ in the lab. These visits have been scheduled per your host professor’s availability.</td>
</tr>
<tr>
<td>10:00 AM</td>
<td><strong>Tezduyar Lab: Tatsuya Tanaka and Ayaka Yoshida</strong></td>
</tr>
<tr>
<td></td>
<td>Mechanical Engineering Building, Room 236 (Bldg. 54 on map)</td>
</tr>
<tr>
<td>1:00 PM</td>
<td><strong>Kono Lab: Nobuyoshi Hiramatsu</strong></td>
</tr>
<tr>
<td></td>
<td>Brockman Hall for Physics in Rooms 322</td>
</tr>
<tr>
<td>3:00 PM</td>
<td><strong>Watch Vice President Joe Biden’s Talk via Live Webcast in Brockman 101</strong></td>
</tr>
<tr>
<td>4:30 - 5:30 PM</td>
<td><strong>Final Research Poster Presentations as part of the Rice Center for Quantum Materials (RCQM) Monthly Seminar, Brockman Hall, Room 101</strong></td>
</tr>
<tr>
<td>~ 5:45 PM</td>
<td><strong>Depart Rice via Cars for Shimizu-sensei’s Home</strong></td>
</tr>
<tr>
<td></td>
<td>Prof. Junichiro Kono, Aki Shimada, and Sarah Phillips will drive.</td>
</tr>
<tr>
<td>6:00 PM</td>
<td><strong>Farewell Party at Prof. Sayuri Shimizu-Guthrie’s Home</strong></td>
</tr>
<tr>
<td>Evening</td>
<td>Return to Hotel via Cars</td>
</tr>
<tr>
<td></td>
<td>Prof. Junichiro Kono, Aki Shimada, and Sarah Phillips will drive.</td>
</tr>
</tbody>
</table>
By 8:45 AM
Eat Breakfast and Check-out of Hotel. Meet in lobby with your luggage.

8:50 - 9:05 AM
Super Shuttle Vans Depart Hotel
Van 1: [Blank]
Van 2: [Blank]

10:40 AM
United #3514 Departs Houston - Bush Intercontinental Airport (IAH)

2:15 PM
Arrive Washington, DC - Reagan National Airport (DCA)

~ 4:00 PM
Super Shuttle Vans Depart for Hotels
Van 1: [Blank]
Van 2: [Blank]

~ 5:00 PM
Hotel Check-in: Hampton Inn & Suites Washington DC Navy Yard ~ [Blank]
Address: 1265 First Street SE, Washington, District of Columbia, 20003, USA
Phone: +1-202-800-1000

Evening
Free - Dinner on Your Own
Recommended group dinner at Gordon Birsch which is just one block from our hotel. Pay individually.

Sunday, September 18, 2016
Morning
Complimentary Hot Breakfast at Hotel

8:00 - 2:00 PM
Sight-seeing in Washington DC at National Mall
Website: https://washington.org/dc-neighborhoods/national-mall

We will travel as a group via the subway to the National Mall where we can easily walk to many free monuments. If the weather is bad we will explore the many free Smithsonian Museums. Admission at the below is all free but you will pay individually for subway fare, lunch/snacks, drinks, and souvenirs.

Washington Memorial Monuments (Free)
• Washington Monument
• Lincoln Memorial
• WWII Memorial
• Thomas Jefferson Memorial
• Vietnam Veterans Memorial
• Korean War Veterans Memorial
• Franklin D. Roosevelt Memorial
• The Einstein Memorial - National Academy of the Sciences

Smithsonian Museums (Free)
• Smithsonian Castle
• African Art Museum
• Air & Space Museum
• American Art Museum Portrait Gallery
• American History Museum
• American Indian Museum
• Freer Gallery
• Sackler Gallery
• Hishorn Museum & Sculpture Garden
• Natural History Museum
• Postal Museum
• Renwick Gallery
• Ripley Center International Gallery

Afternoon/Evening
Free - Enjoy Exploring Washington, DC & Have Dinner On Your Own
For ideas on other sight-seeing options in and around Washington, DC see the official tourism website at https://washington.org/
Restaurants and Shops near the Hampton Inn & Suites Washington DC Navy Yard

<Restaurant/Café/Bakery>
1. Cornercopia $ - Delis, convenience store
2. Bonchon $$ - Chicken Wings, Asian Fusion
3. Scarlet Oak $$ - American
4. Justin's Cafe $$ - American, Sports Bar, Pizza
5. Lot 38 Espresso Bar $ - Coffee, Tea, Sandwiches
6. Five Guys Burgers & Fries $ - Burgers
7. Il Parco $$ - Pizza, Italian
8. TaKorean Korean Taco Grill $ - Asian Fusion, Food Truck
9. Bluejacket $$ - American, Breweries
10. Due South $$ - Southern, Barbecue
11. Whaley's $$$ - Bars, Seafood
12. McDonald $ - Burgers

<Shops>
A. 7 Eleven –convenience store
B. CVS - pharmacy
C. Harris Teeter –grocery, drug store
D. Safeway - grocery
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 AM</td>
<td>Depart Hotel and take Green Line Metro from Navy Yard Metro Station to Howard-Shaw Station</td>
</tr>
<tr>
<td>~ 10:30 AM</td>
<td>Meet Dr. Thomas Searles Outside of Station &amp; Walk ~ 5-10 minutes to Howard Univ.</td>
</tr>
<tr>
<td>10:45 - 11:45 AM</td>
<td><strong>Welcome &amp; Introduction to Research at Howard University</strong>&lt;br&gt;Speaker: Dr. Thomas Searles</td>
</tr>
<tr>
<td>11:45 - 12:45 PM</td>
<td><strong>Lunch at Nearby Restaurant (pay individually)</strong>&lt;br&gt;We will either eat at Tasty Burger or another affordable/fast nearby restaurant.</td>
</tr>
<tr>
<td>12:45 - 1:45 PM</td>
<td><strong>Informal Tour of Howard University Campus</strong></td>
</tr>
<tr>
<td>1:45 - 2:45 PM</td>
<td><strong>Lab Tours</strong></td>
</tr>
<tr>
<td>by 3:00 PM</td>
<td>Depart Howard-Shaw station for JSPS</td>
</tr>
<tr>
<td>~ 3:30 PM</td>
<td>Arrive Farragut-North Metro Station and walk ~5 - 10 minutes to JSPS offices</td>
</tr>
<tr>
<td>4:00 - 5:00 PM</td>
<td><strong>Visit Japan Society for Promotion of Science (JSPS) Washington, DC Office</strong>&lt;br&gt;Speaker: Dr. Mitsuaki Nozki, Director&lt;br&gt;Website: <a href="http://jspsusa.org/wp/">http://jspsusa.org/wp/</a>&lt;br&gt;Address: 2001 L Street, NW, Suite 1050, Washington DC(10th floor)&lt;br&gt;Contact: [Contact Address] In Japanese: Introduction to JSPS fellowships for young Japanese researchers and efforts to foster international research collaboration.</td>
</tr>
<tr>
<td>Evening</td>
<td><strong>Free - Dinner on Your Own</strong></td>
</tr>
<tr>
<td>Time</td>
<td>Activity</td>
</tr>
<tr>
<td>--------------</td>
<td>--------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Morning</td>
<td><strong>Complimentary Hot Breakfast at Hotel</strong></td>
</tr>
<tr>
<td></td>
<td>Note: See prohibited items for White House tour and dress/plan accordingly today. No bags or backpacks allowed.</td>
</tr>
<tr>
<td>7:45 AM</td>
<td>Depart Hotel Lobby</td>
</tr>
<tr>
<td>8:01 AM</td>
<td>Take Metro Green Line from Navy Yard Station to L'Enfant Plaza. Change to Orange Line.</td>
</tr>
<tr>
<td>8:22 AM</td>
<td>Arrive Farragut West Station and walk ~5 minutes to Eisenhower Building.</td>
</tr>
<tr>
<td>9:00 - 10:00 AM</td>
<td><strong>White House Office of Science &amp; Technology Policy</strong></td>
</tr>
<tr>
<td></td>
<td>Speaker: Kei Koizumi, Assistant Director, Federal Research and Development</td>
</tr>
<tr>
<td></td>
<td>Website: <a href="https://www.whitehouse.gov/administration/eop/ostp">https://www.whitehouse.gov/administration/eop/ostp</a></td>
</tr>
<tr>
<td></td>
<td>Location:</td>
</tr>
<tr>
<td>10:30 - 12:00 PM</td>
<td><strong>White House Tour</strong></td>
</tr>
<tr>
<td></td>
<td>Cameras and smartphones are allowed as long as they fit in your pocket.</td>
</tr>
<tr>
<td></td>
<td>Prohibited Items: You cannot bring any handbags, backpacks, food/beverages, pointed objects, or video recorders on the tour and there are no lockers where you can store items. You should only carry with you what fits in your pockets today.</td>
</tr>
<tr>
<td>Lunch</td>
<td><strong>Recommended Lunch Spot</strong>: Mitsitam Cafe at the National Museum of the American Indian.</td>
</tr>
<tr>
<td>2:40 PM</td>
<td><strong>Tour of the U.S. Capital Building</strong></td>
</tr>
<tr>
<td>Evening</td>
<td><strong>Free - Dinner on Your Own</strong></td>
</tr>
</tbody>
</table>
Wednesday, September 21, 2016

Morning

Complimentary Hot Breakfast Buffet at Hotel & Hotel Check-out
9:00 - 9:15
Super Shuttle Pick-Up at Hotel
Van 1: 
Van 2: 
11:00 AM
United #3895 Departs Washington Reagan National Airport
12:21 PM
Arrive New York City - Newark Liberty International Airport (EWR)

~ 1:30 PM
Super Shuttle Vans Depart Airport
Van 1: 
Van 2: 

~ 2:30 PM
Hotel Check-in: Hampton Inn Manhattan Times Square South ~ Conf. #83394568
Address: 337 West 39th Street, New York, New York, 10018, USA
Phone: +1-212-967-2344

Arrival time may vary depending on traffic.

Afternoon

Free Sight-seeing
Some options include:

- Explore the South End of Central Park: http://www.centralparknyc.org/things-to-see-and-do/
- Central Park Walking Tours: http://www.centralparknyc.org/tours/
- Central Park Zoo (Open til 5:00 PM): https://centralparkzoo.com/
- Metropolitan Museum of Art (Sun - Thurs. open 10 til 5:30 PM, Fri. - Sat. open 10 til 9 PM): http://www.metmuseum.org/visit/met-fifth-avenue
- American Museum of Natural History (open til 5:45 PM): http://www.amnh.org/
- 9/11 Memorial & Museum (Open til 9:00 PM): From the 42nd St/Port Authority Bus Terminal Station, take the E train to the World Trade Center station. Walk about 4 minutes to the Memorial. See https://www.911memorial.org/

Evening

Enjoy Dinner on Your Own

9:00 PM
Group Visit to Empire State Building - Admission Included

Enjoy panoramic views of New York City at night from the 86th observatory deck at the Empire State Building! Travel on your own and meet in the downstairs lobby at 9:00 PM to pick-up your ticket. We will then wait in line and head up to the 86th observatory. Note: If the weather is bad Wednesday night we can use our tickets on Thursday or Friday anytime between 8:00 AM - 1:15 AM.

Walking from Hampton Inn Times Square South to Empire State Building (~ 18 minutes): Walk down 39th St. towards Broadway. Turn right on Broadway and then turn left onto E. 34th St. and then turn right on 5th Ave. The destination will be on your right.

Nearest Metro Station to Empire State Building: 34th St, Herald Square Station. Walk down E. 34th St. and turn right on 5th Ave. The destination will be on your right.
Restaurants and Shops near the Hampton Inn & Suites Manhattan/Times Square South

<Restaurant/Café/Bakery>
1. Mercato $$ - Italian
2. Tir na Nog $$ - American, Irish, Irish Pub
3. Snax Spot $$ - Burgers, Fast Food
4. Snack EOS $$ - Greek, Mediterranean
5. Pomodoro $$ - Italian, Sandwiches
6. Tabata $$ - Japanese
7. Aya Sushi $$ - Japanese
8. Café Mofongo $ - Dominican
9. Buongiorno Espresso Bar $ - coffee & tea
10. Café Tarantin $$ - Mediterranean, Cafes
11. Madam Espresso $ - coffee & tea
12. Café Kabila $$ - Salad, Sandwiches, Soup
13. Piccolo Cafe $$ - coffee & tea, Italian, sandwiches
14. Off The Wall Frozen Yogurt $ - Desserts, Ice cream, Frozen Yogurt
15. Jonny’s Panini $ - coffee & tea, Italian

<Shops>
A. International Grocery – herbs & spices, grocery, ethnic food
B. Big Apple Meat Market – meat shops, grocery, deli
C. Merci Market – grocery
D. Walgreens – pharmacy
E. Walgreens - pharmacy
F. Rainbow Gourmet Deli – grocery
Thursday, September 22, 2016

<table>
<thead>
<tr>
<th>Morning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complimentary Hot Breakfast At Hotel</td>
</tr>
</tbody>
</table>

| Day |
| Visit to Columbia University |
| Host: Prof. Yasutomo Uemura, Department of Physics |
| Website: http://physics.columbia.edu/people/profile/437 |

Prof. Uemura will provide us with the detailed schedule for our visit prior to arrival and this will be shared with you via email.

- 10:00 - 11:30 AM: Introduction & Welcome to Columbia University, Prof. Yasutomo Uemura
- 11:30 - 12:00 PM: Informal Tour of Columbia University
- 12:00 - 1:30 PM: Networking Lunch with Columbia University undergraduate students at Berheim and Schwartz Restaurant (Note: Nakatani RIES students will pay $20 each for lunch and we will host the 6 columbia students, Prof. Uemura, and one of his colleagues from the Department of Physics as our guests).
- 2:00 - 4:00 PM: Individualized Lab Tours and/or Visits with Professors (Varies by student)
- 4:00 - 6:00 PM: Group Lab Tours in the Department of Physics including the LIGO Lab
- 6:00 - 8:00 PM: Catered Japanese dinner at Columbia University with professors and students.

Return to Hotel via Subway and Dinner on Your Own
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning</strong></td>
<td><strong>Complimentary Hot Breakfast at Hotel</strong></td>
</tr>
<tr>
<td>~ 9:30 AM</td>
<td>Depart hotel lobby to take the 7 Metro Line from the Times Square - 42nd St. Station</td>
</tr>
<tr>
<td>~ 9:40 AM</td>
<td>Arrive at Grand Central - 42nd St. Station and walk ~15 minutes to IIE</td>
</tr>
</tbody>
</table>
| 9:45 AM | **Meet Lehigh University Colleagues & Students at Grand Central - 42nd St. Station**  
Meet outside of the station at the corner of 42nd St. and Park Ave. Then walk about 13 minutes to IIE. We will also need to clear the security cordon as the UN General Assembly will be meeting. Sarah will have a printed copy of the letter for our group but everyone must bring a photo ID (passport or driver’s license). |
| 10:30 - 12:30 PM | **Introduction to the United Nations Global Initiatives for Science & Engineering**  
Special talk arranged by Dr. Cheryl Matherly & Bill Hunter of Lehigh University  
Location: Institute of International Education (IIE), 809 United Nations Plaza, Metro Instructions:  
This special talk will introduce the UN’s global initiatives to support science & engineering education and research. Students from Lehigh University’s Global UN Ambassador Program will also attend. Each speaker will give a ~45 minute presentation followed by ~ 20 minutes for Q&A.  
• 10:30 - 11:30 AM: Alex Roehrl, UN Department of Economic and Social Affairs  
• 11:30 - 12:30 PM: George Hays, UN Representative, World Corrosion Organization  
• Lehigh Univ. Students Attending include: Georgie Brattland, UN Youth Representative, World Corrosion Organization & Adhitya Jayasinghe, UN Youth Representative, World Corrosion Organization |
| **Afternoon** | Free Sight-seeing in New York City! Recommendations includee:  
• Prof. Uemura highly recommends: 2:00 PM: New York Philharmonic “Batiashvili, Tchaikovsky & the New World Symphony” Purchase tickets online at http://nyphil.org/concerts-tickets/1617/batiashvili-tchaikovsky-and-the-new-world-symphony  
• Discount Theater Tickets: Visit the TKTS Discount Booth in Times Square which opens at 3:00 PM to see which Broadway and off-Broadway shows have discount tickets available for Friday night. See https://www.tdf.org/nyc/7/TKTS-ticket-booths  
• Visit 9/11 Memorial & Museum: This year is the 15th anniversary of September 11, 2001 and if you’d like to visit the memorial and museum it could be a special opportunity. The museum is open until 7:00 PM on Friday but the outdoor memorial (free) is open until 9:00 PM. See http://www.911memorial.org/museum  
• Other Museums & Sight-seeing in NYC: There are lots of other great things to see/do in NYC. Check out their official visitors page for more ideas for Friday afternoon/evening. See http://www.nycgo.com/ |
| **Evening** | Free - Have Dinner On Your Own |
### Saturday, September 24, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>Complimentary Hot Breakfast Buffet at Hotel</td>
</tr>
<tr>
<td>8:30 - 8:45 AM</td>
<td><strong>Super Shuttle Vans Depart Hotel</strong></td>
</tr>
<tr>
<td></td>
<td>Van 1: [Hotel Van Number]</td>
</tr>
<tr>
<td></td>
<td>Van 2: [Hotel Van Number]</td>
</tr>
<tr>
<td>12:30 PM</td>
<td><strong>NH #9 Departs JFK Airport (Terminal 7) for Tokyo</strong></td>
</tr>
<tr>
<td></td>
<td><em>Lose 1 day as you cross the international date line</em></td>
</tr>
</tbody>
</table>

### Sunday, September 25, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>15:25</td>
<td><strong>Arrive Tokyo Narita Airport</strong></td>
</tr>
<tr>
<td></td>
<td>Clear Immigration, Collect Baggage &amp; Clear Customs</td>
</tr>
<tr>
<td></td>
<td>Take Narita Express and Subway from Airport to station nearest the hotel. Endo-san will travel with you to the hotel.</td>
</tr>
<tr>
<td></td>
<td>Check-in to New Otani Hotel. Website: <a href="http://newotani.sphn.jp/inntokyo/index.html">http://newotani.sphn.jp/inntokyo/index.html</a></td>
</tr>
<tr>
<td>Evening</td>
<td><strong>Free - Dinner On Your Own</strong></td>
</tr>
</tbody>
</table>
**Monday, September 26, 2016**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>by 9:00 AM</td>
<td>Check-out of Hotel &amp; Store Luggage at the Front Desk and then walk to Sysmex</td>
</tr>
<tr>
<td>10:00 - 12:00 PM</td>
<td><strong>Nakatani RIES Student Presentations on U.S. Experience</strong>&lt;br&gt;&lt;br&gt;<strong>Location: Sysmex Corporation.</strong>&lt;br&gt;&lt;br&gt;• Presentation can be delivered in Japanese with 2 pages of slide&lt;br&gt;• Slide-1: Culture difference and your findings etc.&lt;br&gt;• Slide-2: Research activities in US (No details of research contents but how to carry and what is accomplishment etc.)&lt;br&gt;• Students’ presentation slides (A4 side) should be emailed to Kenji Ogawa (<a href="mailto:kenji.ogawa@nakatani-foundation.jp">kenji.ogawa@nakatani-foundation.jp</a>) by Sept 24th 8:00 am (EDT) i.e. before leaving US.</td>
</tr>
<tr>
<td>11:00 - 12:00 PM</td>
<td><strong>Impact of International Research Experience in the U.S.</strong>&lt;br&gt;Speaker: Prof. Shigeo Maruyama, University of Tokyo</td>
</tr>
<tr>
<td>12:00 - 1:00 PM</td>
<td>Included Lunch</td>
</tr>
<tr>
<td>~ 1:30 PM</td>
<td><strong>Adjourn and Students Travel Home via Subway or Shinkansen</strong>&lt;br&gt;Nakatani Foundation will provide Shinkansen tickets to those who are traveling outside of Tokyo.</td>
</tr>
</tbody>
</table>
Speaker Bios
Japanese Language Table

にほんごのランゲージ・テーブル

Lovett College
Private Dining Room (PDR)
Noon - 12:50pm
Tuesdays: 8/30, 9/6, 9/13, 9/20, 9/27, 10/4, 10/18, 10/25, 11/1, 11/8, 11/15, 11/22, 11/29
Sayuri Shimizu, Professor of History and Dunlevie Family Chair in History, Rice University
Ph.D. Cornell University, 1992
M.A. Cornell University, 1988

Areas of Interest:
• US and the World
• History of Modern International Relations
• International Political Economy
• Pacific World
• Global History of Sports

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

- Creating People of Plenty: The United States and Japan’s Economic Alternatives, 1950-1960 (Kent: The Kent State University Press, 2001)
Neal Lane, Senior Fellow in Science and Technology Policy and Malcolm Gillis University Professor
Rice University
Ph.D. Cornell University, 1992
M.A. Cornell University, 1988

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

My Recent Research and Publications
• 10/20/2015 - Protecting science research funding
• 02/23/2015 - The changing political climate for U.S. science
• 11/11/2014 - Plight of thousands of postdoctoral researchers in Boston
• 07/17/2014 - Science, Technology and the American Dream
• 05/09/2014 - A Controversial Effort to Curb Science Funding
• 04/29/2014 - A Strategy for American Innovation
• 04/03/2013 - Where Are the Scientist-Advocates and Civic-Scientists?
• 03/08/2013 - Science and Technology: Ensuring America’s Science Future
• 10/28/2012 - Science Is the Key to Growth
Biography
Neal F. Lane, Ph.D., is the senior fellow in science and technology policy at the Baker Institute. He is also the Malcolm Gillis University Professor at Rice University and professor in the Department of Physics and Astronomy.

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

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

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

Current Project
My research focuses on ethical and policy issues related to biomedical research and development. Specifically, I am looking at intellectual property rights for biotechnology, including genetics and stem cell related patents, the development of scientific research collaborations and ethical issues related to emerging biomedical technologies. Along with Baker Institute fellow Steve Lewis and Baker Institute Rice scholar Elaine Howard Ecklund, I am a co-principal investigator on a project that surveys and interviews scientists around the world to compare how they view science, religion and ethics.

Biography
Kirstin R.W. Matthews, Ph.D., is a fellow in science and technology policy at the Baker Institute. She is also a lecturer in the Wiess School of Natural Sciences and an adjunct lecturer in the Department of Sociology at Rice University. Matthews manages the activities of the Baker Institute Science and Technology Policy Program, which include overseeing events, conducting policy research, and writing policy reports and briefs. Her research focuses on the intersection between traditional biomedical research and public policy, which she publishes both through the Baker Institute and in peer-reviewed journals. Current projects include the Baker Institute International Stem Cell Policy Program, the Civic Scientist Lecture Series and Outreach Program, and policy studies in research and development funding. Matthews came to Rice University as a postdoctoral research associate in the Department of Physics and Astronomy and a research assistant at the Baker Institute in 2003. From 2004 to 2006, Matthews was also the project director for the task force Access to Health Care in Texas: Challenges of the Uninsured and Underinsured. The task force released the report “Code Red: The Health of Texas” in April 2006, followed by an update, “Code Red 2008,” in March 2008. Matthews has a B.A. in biochemistry from The University of Texas at Austin and a Ph.D. in molecular biology from The University of Texas Health Science Center at Houston.
About the Science & Technology Program
Progress, innovation and the overall well-being of society depend on knowledge and inventions resulting from advances in science and technology. However, public policy plays a significant role in providing adequate funding of research, informing the public about science and related contemporary ethical debates, and ensuring that society benefits from the applications of scientific and technological innovation. The relationship between science and policy is important; yet, ever-expanding gaps between scientific knowledge, timely application and appropriate policy persist. It is becoming increasingly crucial to enhance communication between the scientific community, the public and policymakers.

The mission of the Science and Technology Policy Program is to engage policymakers and scientists in substantive dialogue with the hope that policy will more accurately reflect and be more consistent with current scientific knowledge. The program organizes workshops, lectures, research projects and conferences to bring attention to and help bridge the gap between science and public policy. Issues of interest include space, health and medicine, energy and the environment, national and domestic security, science education, and the public’s understanding and trust of science.

Baker Institute Student Forum
The Baker Institute Student Forum (BISF) is a student-run organization dedicated to fostering student involvement in public policy by providing opportunities for Rice University students to interact with distinguished statesmen and scholars, examine public policy questions and host an annual undergraduate public policy conference.

For more on upcoming events see the Events Calendar at http://bakerinstitute.org/events/search/
Keiji Asakura holds over 37 years of experience in urban design, landscape architecture, and community planning throughout the US and internationally. Keiji places high regard on public service as evidenced by his receipt of the 2011 American Society Landscape Architects’ Distinguished Member Award, the 2009 President’s Call for Service Award, and the City of Houston Mayor White’s 2005 Proud Partner Award for Distinguished Service. Keiji was a founding principal of SLA Studio Land Inc. in Houston, California, and Tokyo before opening Asakura Robinson in 2004.

REGISTRATION & CERTIFICATION
Professional Landscape Architect, State of Texas, License #1170
Certified by the Council of Landscape Architectural Registration Board/CLARB #893
Applied Fluvial Geomorphology, Wildland Hydrology

EDUCATION
Bachelor of Science in Landscape Architecture, California Polytechnic University, Pomona

MEMBERSHIPS
American Society of Landscape Architects
US Green Building Council
Asian Chamber of Commerce

BOARDS/COMMITTEES
City of Houston Planning Commission
City of Houston Civic Arts Committee Mayoral Appointee
Urban Harvest Board Member
Blueprint Houston Board Member
Scenic Houston Board Member
Botanic Garden of Houston Advisory Council
Mercer Arboretum & Botanic Garden former Board Member

AMERICAN SOCIETY OF LANDSCAPE ARCHITECTS former Section Chair

TEACHING & SPEAKING ENGAGEMENTS
2013 Fall Semester - University of Houston Architecture Department
2005 University of Houston - Graduate Design Lab Guest Critic
2004 Texas A&M University - Guest Studio Critic
1998 Louisiana State University - Guest Studio Critic
1986-1987 University of Houston - Landscape Architecture History

 REPRESENTATIVE PROJECTS
Westway I & III, Class A Office Buildings, Houston
Westway II, Class A Office Buildings, Houston
Remington Square, Class A Office Park, Houston
Three Eldridge Place, Class A Office Building, Houston
The Plaza at Enclave, Class A Office Building, Houston
Sentry Gateway, Class A Business Park, San Antonio
Citation Corporation Headquarters, Houston
General Monitors, Landscape Plan, Montgomery
NW Houston AFRC & VMF, Landscape Plan, Houston
Federal Reserve Bank Landscape Master Plan, Houston
Federal Reserve Bank Green Roof, Houston
Sugar Land Town Square, Mixed-Use, Sugar Land
The Parks at Bolder Creek, Mixed-Use, Pearland
Gulfon Community Center, NCI, Inc., Houston
City of Houston Urban Corridor Study, Houston
Clayton Library Renovation, City of Houston
Kendall Library, City of Houston
Fire Station 90, City of Houston
Fondren Police Station, City of Houston
HPARD Headquarters Campus Wheeler Warehouse, Houston
Memorial Hermann Foundation 20-year Master Plan, Medical Center Houston
Museum District “Art of Walking” Pedestrian Enhancement Plan, Houston
Hermann Park McGovern Lake Expansion, Houston
Laredo Community College Master Plan, Laredo
Sienna Campus, Houston Community College System, Missouri City
Bridge of Americas Plaza/Fountain, Laredo
Moody Gardens 20-year Master Plan, Galveston

LEED Gold Certified
LEED Silver Certified
LEED Certified
Dr. Tadashi Motomura commenced his physician’s career as a trained cardiovascular surgeon at Fukuoka University Hospital in Fukuoka, Japan. He came to the United States in 2000 to develop his R&D career in the world’s largest medical center, the Texas Medical Center in Houston, TX. He started as a post-doc research fellow in the Department of Artificial Organs Development at Baylor College of Medicine (BCM), and was later appointed as Instructor, then as Assistant Professor in the Michael E. DeBakey Department of Surgery in BCM under the mentorship of Prof. Yukihiko Nosé who was a pioneer in artificial organ technologies and their clinical applications.

In 2010, Dr. Motomura moved to The Methodist Hospital DeBakey Heart and Vascular Center where he has extended his knowledge in various medical fields including cardiovascular surgery, ER patient care, physiological monitoring, coronary artery intervention, minimal invasive and hybrid surgery, mechanical circulatory supporting devices, and new drug IND studies. At the same time, he managed several projects in developing new medical technology and marketing, in collaboration with medical industries and clinical institutions in Japan, Europe, and other Asian Pacific countries through his own company MEDIQA Partners, LLC. Dr. Motomura also served as a medical device advisor of JETRO (Japan External Trade Organization) USA from 2011-2014, providing consulting and market entry support to a number of Japanese companies in medical device, drug, and cosmetic products. With his long-standing medicine, cardiovascular surgery, medical device development and commercialization careers, and marketing acumen, he helped bridging some of the Japanese companies with most unique and superior technology to the U.S. medical market.

Dr. Motomura is currently President and CEO of Evaheart Inc. Headquartered in the heart of Texas Medical Center, the company operates under the mission to return severe heart failure patients to their home with high quality of life. The company was established to gain regulatory approval and commercialize the EVAHEART Left Ventricular Assist System, developed by Sun Medical Technology Research Corporation in Nagano, Japan, into the North American market and to start its distribution in European market.

Dr. Motomura also holds a Professor position at the International Center for Medical Technologies (ICMT) since 2008 and has been instrumental in the development of new medical technology, training, education and publication of historical medical device books. Between his busy schedules, he also has been continuing clinical practice in Japan every 2-3 months.
Welcome to Kuraray America Inc.

Kuraray America is a global leader in specialty chemical, fiber and resin production. With top-of-the-line research and production facilities located in Houston, Texas, and a vast network of supply from around the world, Kuraray leads the industry in specialty dental, fiber, resin, and elastomer applications.

May 5, 2016
Kuraray America, Inc. Named One of the Best and Brightest Companies to Work For® in Houston
HOUSTON - Today, executives with Kuraray America, Inc. announced the company has been recognized for the fourth consecutive year by the National Association for Business Resources (NABR) as one of "Houston’s Best and Brightest Companies to Work For®". Every year, NABR recognizes companies who successfully hire and retain qualified employees, demonstrating leadership in employment standards. [...]
Read More...

April 22, 2016
Kuraray America Celebrates Opening of KURARAY POVAL™ Plant in Southeast Texas
HOUSTON - Today, Kuraray America, Inc., a global leader in specialty chemical, fiber and resin production, celebrates the grand opening of its new, $300 million, 81-acre, green-field KURARAY POVAL™ plant in Pasadena, Texas. The opening of this plant further distinguishes Kuraray Co., Ltd. as the largest producer of polyvinyl alcohol (PVOH) in the world. "Today [...] Read More...
The College of Medicine is internationally regarded for its illustrious legacy of training students to become competent and compassionate physicians who provide health care in medically underserved communities at home and abroad. The College is a national leader in studying health disparities among people of color and is one of America’s top institutions for training women surgeons. The Howard University Health Sciences division includes the Howard University Hospital and the Colleges of Dentistry, Pharmacy, and as well as Nursing and Allied Health Sciences.

For more than 140 years, the Howard University School of Law has served as an advocate for social justice and as an architect of social change. It has produced more than 4,000 social engineers including the first African-American Supreme Court Justice, noted legislators, civil rights attorneys, mayors and public officials across the United States. In 2012, the Law School was ranked among the top 20 public service schools by National Jurist magazine.

Howard is a leader in STEM fields. The National Science Foundation has ranked Howard as the top producer of African-American undergraduates who later earn science and engineering doctoral degrees. The University also produces more minority doctoral graduates in computer science than any other university in the nation and boasts nationally ranked programs in social work, business and communication sciences and disorders. In 2013, The Washington Post named Howard "An Incubator for Cinematographers."

The University’s motto Veritas et Utilitas, Truth and Service, represents a key part of our identity. The more than 10,000 undergraduate and graduate students dedicate hundreds of hours each year to service in nearby LeDroit Park, around the nation and far-flung places around the world. Over the U.S. Peace Corps’ 50-year history, more than 200 Howard graduates have served as volunteers around the globe, the highest number among historically-Black colleges. In 2012, a Howard senior who led Engineers Without Borders service projects in Kenya and Brazil was named a White House “Champion of Change.”

The University remains committed to further enhancing its strategic positioning as one of the top research universities in the nation. As we approach our sesquicentennial in 2017, we are uniquely positioned to have the next 150 years as glorious as the past.

Source: 2012 Annual Report
About OSTP

Congress established the Office of Science and Technology Policy in 1976 with a broad mandate to advise the President and others within the Executive Office of the President on the effects of science and technology on domestic and international affairs. The 1976 Act also authorizes OSTP to lead interagency efforts to develop and implement sound science and technology policies and budgets, and to work with the private sector, state and local governments, the science and higher education communities, and other nations toward this end.

OSTP’s Mission

The mission of the Office of Science and Technology Policy is threefold; first, to provide the President and his senior staff with accurate, relevant, and timely scientific and technical advice on all matters of consequence; second, to ensure that the policies of the Executive Branch are informed by sound science; and third, to ensure that the scientific and technical work of the Executive Branch is properly coordinated so as to provide the greatest benefit to society.

Strategic Goals and Objectives

- Ensure that Federal investments in science and technology are making the greatest possible contribution to economic prosperity, public health, environmental quality, and national security
- Energize and nurture the processes by which government programs in science and technology are resourced, evaluated, and coordinated
- Sustain the core professional and scientific relationships with government officials, academics, and industry representatives that are required to understand the depth and breadth of the Nation’s scientific and technical enterprise, evaluate scientific advances, and identify potential policy proposals
- Generate a core workforce of world-class expertise capable of providing policy-relevant advice, analysis, and judgment for the President and his senior staff regarding the scientific and technical aspects of the major policies, plans, and programs of the federal government

OSTP Organic Statute
Kei Koizumi is Assistant Director for Federal Research and Development and the Senior Advisor to the Director for the National Science and Technology Council at the White House Office of Science and Technology Policy (OSTP). He is responsible for leading OSTP engagement on the U.S. Federal R&D budgets, appropriations, and policies and for S&T policy coordination through the National Science and Technology Council.

Before joining OSTP in February 2009, he served as the Director of the R&D Budget and Policy Program at the American Association for the Advancement of Science (AAAS).

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

**JSPS Washington Office**

<table>
<thead>
<tr>
<th>Purpose</th>
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<tr>
<td>The Japan Society for the Promotion of Science (JSPS) is an independent administrative institution, established by way of a national law for the purpose of contributing to the advancement of science in all fields of the natural and social sciences and the humanities by disbursing research grants, fostering the next generation of scientists, promoting international scientific collaboration, and advancing university reform.</td>
</tr>
</tbody>
</table>

Expanding and enhancing international collaboration is one of the most important elements in JSPS’s effort to advance science. From this point of view, JSPS has established a total of 10 overseas offices in 9 countries. JSPS Washington Office was founded in 1990 for to promote international scientific collaboration mainly with the U.S. and Canada.

<table>
<thead>
<tr>
<th>Mission</th>
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<tbody>
<tr>
<td><strong>1: Dissemination and gathering of information on science in Japan and USA</strong></td>
</tr>
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</table>

- Liaising with mainly US research promotion organizations
- Gathering information from the U.S
- Holding symposium

<table>
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<tr>
<th>2: Promotion of researchers exchange</th>
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- Invitation of US researchers to Japan
- Support for US Alumni Association
- Sending Japanese researchers to US
- Support for Japanese Postdoc Association in US

3: Others

- Supporting the overseas outreach activities of Japanese universities

<table>
<thead>
<tr>
<th>History</th>
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<tbody>
<tr>
<td>1990: JSPS Washington Office was established on 1800 K Street NW, Washington, DC</td>
</tr>
<tr>
<td>2010: The office location was moved to 2001 L Street NW, Suite 1050 (adjacent to JST)</td>
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<table>
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<tr>
<th>Contacts</th>
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</thead>
<tbody>
<tr>
<td>JSPS Washington Office</td>
</tr>
<tr>
<td>2001 L Street NW, Suite 1050</td>
</tr>
<tr>
<td>Washington, DC 20036, USA</td>
</tr>
<tr>
<td>telephone: +1 202 659 8190</td>
</tr>
<tr>
<td>fax: +1 202 659 8199</td>
</tr>
<tr>
<td>e-mail: <a href="mailto:info@jspsusa.org">info@jspsusa.org</a></td>
</tr>
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<table>
<thead>
<tr>
<th>Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Mitsuaki Nozaki, Director</td>
</tr>
<tr>
<td>Mr. Naritake Abe, Deputy Director</td>
</tr>
<tr>
<td>Mr. Thet Win, Liaison Officer</td>
</tr>
<tr>
<td>Mr. Taizo Yamada, Advisor</td>
</tr>
<tr>
<td>Ms. Motoko Yamada, Advisor</td>
</tr>
<tr>
<td>Mr. Fumiaki Iyozumi, International Program Associate</td>
</tr>
<tr>
<td>Mr. Yutaro Namikawa, International Program Associate</td>
</tr>
<tr>
<td>Ms. Erisa Murayama, International Program Associate</td>
</tr>
</tbody>
</table>
Why Columbia Engineering?

A unique educational opportunity, Columbia University’s Fu Foundation School of Engineering and Applied Science offers programs to both undergraduate and graduate students who undertake a course of study leading to the bachelor’s, master’s, or doctoral degree in engineering and applied science.
Combining the advantages of small programs with the extensive resources of a major research university, students at the School pursue their academic interests under the guidance of outstanding senior faculty members who teach both undergraduate and graduate level courses.

Columbia Engineering occupies three laboratory and classroom buildings at the north end of the campus, including the Schapiro Center for Engineering and Physical Science Research. Because of the School’s close proximity to the other Morningside facilities and programs, Columbia Engineering students have ready access to the whole of the University’s resources.

Comprising multiple programs of study, with facilities specifically designed and equipped to meet the laboratory and research needs of both undergraduate and graduate students, the School is the site of an almost overwhelming array of basic and advanced research installations, from the Columbia Center for Electron Transport in Molecular Nanostructures (http://www.cise.columbia.edu/NSEC/) to the Columbia Genome Center (http://www.genomecenter.columbia.edu/page.php?pageid=22).

The New York Advantage

Besides the faculty, the single greatest facility at a Columbia student’s disposal is without doubt the city of New York.

Within easy reach by walking, bus, subway, or taxi, New York’s broad range of social, cultural, and business communities offer an unparalleled opportunity for students to expand their horizons or deepen their understanding of almost any human endeavor imaginable.

New York is a major player in high-tech research and development, where Fortune 500 companies traded on Wall Street seek partnerships with high-tech start-up ventures in Tribeca.

In addition to its collaborations with private industry, Columbia also has a historically close relationship with the public sector of New York, stretching back to the eighteenth century. Involved in all aspects of the city’s growth and capital improvements over the years, Columbia engineers have been responsible for the design, analysis, and maintenance of New York’s enormous infrastructure of municipal services and communications links, as well as its great buildings, bridges, tunnels, and monuments.
Division of Natural Sciences

Amber Miller
Dean of Science

Amber Miller is a professor of physics and has been a member of the faculty since 2002. She received her B.A. from U.C. Berkeley in 1995 and her Ph.D. from Princeton in 2000. Her research focuses on experimental cosmology: leading teams focused on building, deploying, and observing with telescopes designed to probe the conditions in the universe when it was much less than one second old.

David Zielinski
Associate Dean of Science

David Zielinski is the associate dean of science for the Faculty of Arts and Sciences. His responsibilities include aspects of faculty and postdoctoral affairs, research support, facilities development, and fundraising for the sciences. His work emphasizes research collaboration across departments and schools for the advancement of the Science Initiative and the Division of Science.

Science Initiative

Many of the world’s greatest discoveries have been made in the natural sciences in the Arts and Sciences at Columbia University.

Building on this distinguished history we have launched the Science Initiative to renew the

Departments

- Astronomy
- Biological Sciences
- Chemistry
- Earth and Environmental Sciences
- Ecology, Evolution and Environmental Biology
- Mathematics
- Physics
- Psychology
- Statistics

Centers and Institutes

- Astrophysics Laboratory
- Center for Climate and Life
- Center for Economy, Environment and Society
- Center for Energy, Marine Transportation and Public Policy
- Center for Integrative Animal Behavior
- Columbia Astrobiology Center
- Industry / University Cooperative Research Center for Advanced Studies in Novel Surfactants
- Center for Integrated Science

News

**The Washington Post**
Andrew Gelman (STAT): New Algorithm Could Predict ISIS Attacks

**The New York Times**
Szabolcs Marka (PHYS): A
Columbia's leadership and guide the University to scientific pre-eminence over the next decade.

« MORE »

Announcements

Szabolcs Marka and 7 scientists and grad students in Physics among the recipients of a Breakthrough Prize honoring the discovery of gravitational waves.

Ruth DeFries in E3B has been named a University Professor.

Marcel Agueros in Astronomy awarded a Presidential Early Career Award for Scientists

« MORE »

Second Note Heard in Chaotic Cosmos

_Scientific American_

Adam Sobel (DEES): Disasters Debated

« MORE »

Divisional Contacts

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fred.palm@columbia.edu

Margaret Edsall, Associate Vice President for Academic Planning
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me2@columbia.edu

Denise Pineda, Administrative Coordinator
Phone: +1 212 854 8908
dp2583@columbia.edu

and Engineering

Materials Research Science and Engineering Center

Nanoscale Science and Engineering Center

The Neurotechnology Center at Columbia

Nevis Laboratories

Center for the Study of Science and Religion

Institute for Strings, Cosmology and Astroparticle Physics
Living in the U.S.
Costs Paid by Nakatani RIES Fellowship
- Application Fee, Tuition, & Registration Fees for Visiting Non-Degree Students at Rice
- Shinkansen Transportation to/from Tokyo (for students outside Tokyo area)
- Airfare (Narita - Houston - DC - NYC - Narita)
- All Lodging with included daily breakfast (double-occupancy rooms in U.S.)
- Health Insurance
- Seminars at Rice University
- One-week Campus Visits to DC & NYC
- Some cultural/site visit transportation and admission costs
- Each student will receive an $800 meal stipend to be used while in the U.S.

Costs Paid by You Individually
- Passport, visa & SEVIS fees
- Meal costs above and beyond the meal stipend provided
- Pre-Paid U.S. Cell Phone
- Daily Transportation in the U.S. (can use the free hotel shuttle while in Houston)
- Some admission fees for group cultural outings or events not paid for directly by the program
- Personal Travel & Sight-seeing Costs
- Shopping or other personal expenses

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

Travelex Cash/Debit Card
http://www.travelex.co.jp/JP/For-Individuals/Products-and-Services/Cash-Passport/Multi-Currency-Cash-Passport/
This is a card you can obtain in Japan prior to departure and put money into in JPY. You can then withdraw money from this card in many different currencies including U.S. dollars. You can purchase this online or at a Travelex store in Japan and then add money to it either at the store or online. You can use like a debit/credit card at many locations in the U.S. or withdraw money in USD from an ATM. If you have questions about using this cash card feel free to contact Keiko Kato.

How Much Money Should I Bring for Personal Expenses?
This will vary by person but we would recommend you have available between $800 - $1,500 in personal spending funds to use while you are in the U.S. However, you may need less or more than this based on your personal spending habits. For example, if you eat out for every meal, frequently go shopping, or do a lot of independent sight-seeing on the weekends you may want to budget on the high end. It is better to budget high and have this money available even if you don’t use it than to run out of money before you return home to
U.S. Currency

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

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

In Rice Memorial Center (RMC)/Ley Student Center (Bldg. 63 on map)
• Rice Coffeehouse (Student-run): Inexpensive coffee and pastries/bagels
• Willy’s Pub (Student-run): Open for lunch, dinner, and late-night. Must be 21 or older to purchase or consume alcohol.
• 4Taco (Mexican Food) outside of Bookstore: Open for lunch.
• Ambassador Chinese in RMC Basement: Open for lunch
• Sammy’s: The Whoo Deli: Open for Lunch. Options include made-to-order sandwiches and salads, Grillosophy – a gourmet grill, In the Loop – epicurean, char-grilled pizza and the Parliament of Chefs – items from each of the four campus serveries and two college kitchens will be featured on different days.

South Servery (Near Hanszen College, Bldg. 32 on map)
• Droubi’s (Mediterranean and American grills)

Brochstein Pavillion - Salento Coffee House (Bldg. 11 on map)

Evening Food Trucks Outside of Brockman Hall (Bldg. 12 on map)
• An alternate dining option available to all Rice students, faculty, staff and visitors are food trucks! Several local vendors offer a wide variety of cuisine and are located outside of Brockman Hall in the U-shaped driveway.
• Monday - Friday from 5:30 - 9:00 PM
• Try out a different food truck each evening!
• Monday: Anna’s Gourmet Greek
• Tuesday: Yummy Dog AND Bonjour Creperie
• Wednesday: Bubba Burger
• Thursday: Foreign Policy
• Friday: The Waffle Bus

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

Valhalla (In front basement of Keck Hall, Bldg. 43 on map)
• At lunch time they serve a sandwich, chips and a drink for $5 or $6. Go early though as these sell out fast. A graduate student in your lab can show you the way.
• You must be 21 or older to purchase or consume alcohol.
Alcohol and Smoking in the U.S.

The legal drinking age in the U.S. is 21. Students who are under 21 may not, for any reason, drink or consume alcohol in the U.S. Even if you did not buy the alcohol, if you are drinking alcohol and you are under the age of 21 you will be committing a crime and could receive a citation or fine. If you are 21 or older and bought alcohol that you knowingly gave to your friend who is under 21 you could be committing an even more serious crime. For more on this see “Why not to mess with under 21’s in America”. If you are 21 or older, you will need to show official ID to purchase alcohol at any bar, restaurant, or store. The only official ID accepted is your passport or a U.S. driver’s license.

General rule: If you are under the age of 21 you should not be drinking alcohol in the U.S.; this is illegal. If you are 21 or older, you can legally drink alcohol but will need to show your passport in order to purchase it and you should never purchase or provide alcohol to someone who you know is under 21.

Purchasing Alcohol at a Grocery Store: Each state has different rules regarding when and where you can purchase alcoholic beverages. In Texas, you can purchase beer or wine at a grocery store but must be 21 or older and must show your passport as ID. Beer is typically sold in a six-pack or 12-pack carton and you usually cannot purchase single cans. You should not separate one can from the six-pack or 12-pack carton/container it is sold in. At some convenience stores (gas stations) you may be able to purchase a single can of beer. Hard liquor (e.g. vodka, whiskey, etc.) can only be purchased at liquor stores in Texas.

If you visit other states, the rules on when and where to purchase alcohol may be different.

Safety Tips: When we have been consuming alcohol, we are more likely to make poor decisions or take risks that we would not take when sober. Some common safety tips to keep in mind if you are drinking include:

- Not everyone in America drinks and you should never feel like you must drink. If you are at a party or restaurant and don’t want to drink an alcoholic beverage it is fine to ask for a soda, water, tea, or juice.
- When in a new place or with people you do not know well, it is best to only have a few drinks and not become drunk.
- Do not go out or drink alone. Employ the buddy system/friend system which means you should always go with at least one trusted friend and you should make sure your friend(s) gets home safely and never leave him/her alone if they have been drinking.
- If driving, there should always be a designated driver who has consumed no alcohol and who can safely drive you and your friends home.
- Do not ever get in the car with someone who you know has had a lot to drink or that you believe is drunk. Call for an Uber/Taxi or take public transportation instead.
Do not ever leave your drink unattended. If you leave your drink out on the bar or table unattended and you walk away (to go to the bathroom for example) it is possible someone may put something in your drink. Always keep your drink with you or buy a new one. It is better to be cautious and safe than too trusting.

Smoking: The legal age to smoke in most U.S. states is 18, though some states such as Hawaii and California have increased the minimum age to 21. You must show official ID to purchase cigarettes in the U.S. and the only accepted IDs are a passport or U.S. driver’s license. It is also illegal to purchase cigarettes or tobacco products for someone who is under the minimum legal age in that state. Smoking is not allowed indoors in the U.S. and this includes office buildings, campus buildings, restaurants, stores, bars, and even in some public parks or public beaches. There are typically 'Designated Smoking Areas' located outside. Look for ‘Designated Smoking Area’ signs or ask someone where the smoking area is. Rice University is a smoke-free campus which means smoking is only allowed in the designated numbered areas on this map.

Alumni Profiles

We’d also strongly encourage you to read the 2016 TOMODACHI STEM Student Profiles to learn more about what 10 Japanese undergraduate students thought of their experience in the U.S. These profiles will give you a more in-depth understanding of what it may be like to live and do research in the U.S.

Bicycles in Houston

Rice Bikes is a student run bike repair and rental business and the most affordable way to rent a bicycle. (http://bikes.rice.edu/) They offer rental bikes by semester or on a yearly basis. The rental fee is $65 per semester (refundable deposit $100) or $120 per year. You can also rent during the summer (from late April to late August). Contact ricebikes@gmail.com if you are interested in renting during the summer.

There are several options for buying new or used bikes.

- Rice Bikes also sells refurbished bikes every two weeks or so. They usually run for about $150-$200. You can sign up to receive notifications from http://bikes.rice.edu/refurbs/ You will receive an e-mail when a bike comes up on sale and it is first come first served basis.
- Sign-up for the OISS-Market mailing list from: https://mailman.rice.edu/mailman/listinfo/oiss-market. This is mainly used for Buy/Sell among the international students and scholars at Rice. You can receive information about people wanting to sell their bikes or you can post a message and let people know that you are looking for a bike.
- If you want to look for a new bike, there are some bicycle stores near the campus

Business Culture in the U.S. vs. Japan

Nakatani RIES Fellows will receive an orientation to cultural differences between the U.S. and Japan upon arrival at Rice, but it may also be helpful to review the following resources online which are written both from the perspective of foreign businessmen working in Japan and a Japanese businessman who has worked in the U.S.

- “Differences in Business Culture Between Japan and the West”
- “10 Cultural Contrasts Between U.S. and Japanese Companies”

It is important to recognize that academic and especially academic research is different from business and that the culture of research in the U.S. can vary significantly in different research labs. You will need to learn to adjust yourself to the working and personal culture of your particular research host lab at Rice University.

Cell Phones in the U.S.

You will be required purchase a pre-paid cell phone, so you have a U.S. phone to use in case of emergencies and to communicate with your lab. You will be taken to Target, a nearby department store to purchase a U.S. cell phone at the next day or so after you arrive in Houston. It will be approximately $25 for the phone and then the cost of adding minutes to your plan. You can purchase a pre-paid card at any grocery stores and pharmacies.

Please program all emergency numbers into your phone.

- RUPD - (713) 348-6000
- Off-campus police, fire, ambulance – 911
Taxi Yellow Cab - (713) 236-1111

Nakatani RIES Fellowship Staff: Prof. Kono, Aki Shimada, and Sarah Phillips' office and personal cell phone numbers will be given to you upon arrival.

Your host professor and mentor

Residence Inn Hotel Front Desk (to call for shuttle pick-up): (713) 660-7993

You can continue to use your Japanese smartphone to access wi-fi, which can easily be found for free in many places in the U.S. However, be sure to turn your data/roaming off so you are not charged international calling/roaming fees for using your Japanese cell phone in the U.S.

To make calls to family and friends back home in Japan, we recommend using Skype or Facetime rather than placing expensive international phone calls.

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Clothing in the U.S.

Most students and researchers at Rice dress quite casually; wearing shorts and t-shirts are okay. You will need closed toed shoes for most labs and may need to wear long pants, a long-sleeved shirt or a lab coat.

Due to the heavy air conditioning, buildings in the U.S. are typically much colder than in Japan; even in the summer. It is good to bring a light-weight jacket or sweater with you each day to put on when inside.

Size comparison: Shoe／サイズの比較：靴

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<th>23.0</th>
<th>23.5</th>
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Size comparison: Female clothes／サイズの比較：女性の服のサイズ

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<tr>
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<td>XS</td>
<td>S</td>
<td>S</td>
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Size comparison: Male clothes／サイズの比較：男性の服のサイズ

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<td>S/M</td>
<td>M</td>
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<tr>
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<td>XS</td>
<td>XS/S</td>
<td>S</td>
<td>M</td>
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</tr>
</tbody>
</table>

Driving and Pedestrians in the U.S.

In the U.S. we drive on the right-hand side of the road which is different from Japan, which drives on the left. It is very important that you remember this and look both ways before crossing any street. You will also need to watch for people turning right; even if the pedestrian walk signal is illuminated.

Houston is also a very car-dependent city and very few people walk or bike. This means that Houston drivers are not accustomed to watching or looking out for pedestrians or people on bikes. Also, the crosswalk times may be quite shot and not all intersections have a protected crosswalk signal. Students must be very cautious and careful when walking or biking and if you think a car didn’t see you or may not stop – they didn’t see you and they probably won’t stop. Even if technically pedestrians in the U.S. are legally supposed to have the right of way, this doesn’t mean you can trust cars/drivers in Houston. Give lots of extra space between you and the cars and cross streets as quickly, and safely, as you can.

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It can also be very difficult for drivers to see pedestrians or bikers if the sun is in their eyes, and particularly in the evening when they are in a rush to get home. The sun is very strong in Houston and can almost be blinding to drivers due to the glare from windshields so be extra, extra cautious if walking or biking during the evening rush hour from about 4:30 – 7:00 PM or when the sun is going down. It also legal to right on a red light in the U.S., though drivers are supposed to come to a full stop first. When crossing the street be sure the driver in the far-most right lane sees you.

Education in the U.S.

You will likely have many questions about what education in the U.S. is like, particularly for undergraduates and graduate students. The following websites and resources may be helpful for you to review to learn more about this topic. While you are at Rice University you will learn more about graduate study in the U.S. from Prof. Kono and from a group of Japanese students at Rice University.

- U.S. Education System Overview
- Undergraduate Study in the U.S.
- Graduate Study in the U.S.
- Education USA
- Japanese Schools vs. American Schools
- 5 Ways College Life is Different in the U.S. from Japan
- Differences Between the U.S. and Japan’s Education System
- 4 Things International Students Should Know About U.S. Universities

The Institute of International Education also issued a report in 2015 on “What international students think about U.S. higher education.” You can download this report for free online.

English Language Resources

For more information see the English Language Resources page.

Etiquette in the U.S.

Overall, the U.S. is much less formal than in Japan and there are fewer social ‘rules’ that are followed by everyone at all times. This is due to the diversity of the U.S. and broad differences in the country from state to state or city to city. However, there are some things that are fairly common throughout the U.S. such as greeting someone with a handshake (or in Texas a hug) and people saying “Bless You” or “Gesundheit” when someone sneezes. The best advice for figuring out the etiquette or customs of a new location, “observe first and then act”. See what other people around you are doing in this situation and then try to follow their example.

The following websites provide some general guidelines and introduction to etiquette in the U.S. and be helpful to review.

- EDiplomat: Cultural Etiquette – United States
- Etiquette in the U.S.: How people greet, gestures, thank-you and sorry
- Intercultural Communication: American culture and etiquette

Exercise in the U.S.

As a visiting undergraduate research student at Rice University you should be able to receive free access to the Rice University Gym. You will use your Rice ID card for scan entry into the gym and you can speak with the front desk about borrowing or renting equipment. Facilities include:

- Racquetball
- Squash
- Weight/Cardio
- Recreation pool
- Competition pool
LIFE IN THE U.S. (CONT.)

- Outdoor Adventure Center
- Indoor basketball courts
- Outdoor basketball courts
- Outdoor tennis courts (requires reservation)
- SWEAT Fitness Classes (no additional charge)
- Mind & Body Classes (must pay additional fee)
- Online Reservation Form for racquetball, squash, tennis, and basketball courts

There are also many intramural (informal) sports teams you can join at Rice University and on most university campuses. Some may be flexible and you can join at any time, others may require application and regular attendance at practice or training sessions.

The Rice Loop which goes all the way around campus is also very popular for people who like to jog, run or walk and you will see many people that live near Rice University using this in the early mornings or evenings.

At the Residence Inn Medical Center Hotel, there is also a swimming pool, outdoor basketball court, and outdoor volleyball court. You can buy inexpensive sporting equipment from the Target store which just one block away.

Fondren Library

You can enter and use the facility in the Fondren Library with your Rice ID card. However, visiting scholars are not allowed to check out any books. If you are on-campus logged into the Rice Owls wi-fi network you will be able to search the online catalog for peer-reviewed journal articles. Logging into the Rice Owls wi-fi network requires a NetID and password which you receive either prior to or upon arrival to campus. You can also search the online catalog for peer-reviewed journal articles at any of the computers located on the first floor of the library.

During the school year, the library is open quite late and you can find the current hours on the website.

Houston Resources for Visitors

Houston is the fourth most populous city in the nation, and is the largest in the southern U.S. and Texas. The city of Houston has a population of 2.96 million people and the Houston metro area, comprising Harris County, has an overall population of 4.53 million people. For more details see the latest U.S. Census Bureau data tables.

Major sightseeing spots include the NASA Johnson Space Center, San Jacinto Monument, Museum of Fine Arts Houston, Houston Museum of Natural Science and Bayou Bend. Houston also has a Theater District second only to New York City with its concentration of seats in one area, and it is home to the professional sports teams for baseball (Astros), basketball (Rockets), football (Texans) and soccer (Dynamo).

Houstonians eat out more than residents of any other city. We have more than 11,000 restaurants, ranging from award-winning and upscale to memorable deli shops.

For more information see the Visit Houston website.

International Students in the U.S.

Visiting researchers from Japan are often a bit surprised at the large number of international students at universities in the U.S. In particular, many science & engineering graduate programs in the U.S. have high numbers of international students compared to the numbers of American students enrolled in their programs.

At Rice University, the Office of International Students and Scholars puts out an annual International Statistics report that may be interesting to review.

If you are interested in nationwide numbers, see the Institute of International Education’s annual Open Doors Report which highlights data on international students in the U.S. and the numbers of American students studying abroad.

Finally, MEXT reports on the numbers of Japanese students studying abroad annually as well.

What about American students studying abroad? How many and why do they go overseas when the U.S. has such great opportunities for students at home?
American students study abroad for a number of reasons. First, many believe it is a “once in a lifetime opportunity” and they may have always dreamed of living in Japan, for example, since they were a young child and first watched anime. Second, many students believe it will provide them with language and intercultural communication skills that will make their resume more competitive and attractive to future employers. For more on alumni impact of study abroad see this new study released by IES, a study abroad program provider. American students also study abroad because they want to gain fluency in a language or want to study a language that is not offered by their home university.

However, it is important to realize that only a very small percentage of U.S. students do in fact study abroad, currently about 10% of U.S. graduates overall. At some universities the percentage of students who study abroad is higher, but overall it is similar to Japan where only a few students choose to spend a summer, semester or academic year abroad as undergraduates.

Japanese Associations

Most cities in the large cities in the U.S. will have a number of associations or organizations for Japanese expatriates or to promote Japanese culture and/or business. These organizations often have helpful websites with helpful information for Japanese citizens living in the city and for upcoming events for the local Japanese community. In Houston, the main Japanese associations include:

- Japan Association of Greater Houston (JAGH)
  - JAGH: Doctors in Houston
  - JAGH: Restaurants in Houston
- Japan America Society of Houston
- JETRO Houston
- Asia Society – Texas Center

Japanese Embassy and Consulates in the U.S.

The Japanese Embassy in the U.S. is located in Washington, DC and there are Japanese consulates in many major cities. If you lose or damage your passport or need other official paperwork embassy or consular staff may be able to assist you. There is a consulate in Houston and in New York City.

- Embassy of Japan in the U.S. (English)
- Embassy of Japan in the U.S. (Japanese)
- Consulate-General of Japan in Houston (Japanese)
- Consulate-General of Japan in Houston (English)
- Consulate-General of Japan in New York City (Japanese/English)
- Full Listing of Consulate-General of Japan in the U.S.

Money and Credit Card

You can exchange your Japanese yen to U.S dollars at banks, post offices or at the airport in Japan. You can also exchange your currency at Terminal E at IAH. However, your arrival terminal may not be Terminal E, depending on your flight. Therefore, exchanging your currency in Japan before your flight for the U.S is suggested. Terminal E is the only arrival terminal where you can exchange money at IAH. If you transit through another U.S. airport before arriving in Houston, you may be able to exchange money during your layover.

The United States is a credit card society, and people usually do not carry much cash. You can use your credit card or debit card at most stores, but please confirm that your Japanese credit/debit card is honored in the U.S. Some small stores or restaurants/cafés do not take larger bills, and it is more convenient to have $20 or smaller bills in general.

Some Japanese debit or bank cards may not work to withdraw money in U.S. dollars from ATM machines in the U.S. Please call your bank prior to departure if you plan to withdraw money in the U.S.

Travelex, a worldwide currency exchange company, has a service called “Cash Passport” which you can load up to 6 different currencies on one card and use it as a prepaid ATM card. The card is accepted in any ATM that has a Master Card mark. You may reload cash on your card or get a new one if you ever lose it or if it’s stolen at the Travelex location in Houston. For more details visit Travelex website: https://www.travelex.com/cash-passport/cash-passport

Public Transportation in Houston

Unlike in Japan, the United States is a very large country and some cities, like Houston, are very big and lack extensive public transportation options. In
Hotel Van Shuttle: While you are in Houston, you will travel between the Residence Inn Hotel and Rice University campus each day using the free hotel van shuttle. This runs from 8:00 AM to 9:30 PM (Monday – Friday) and 8:00 AM – 7:00 PM (Saturday & Sunday). When you are ready to leave go to the hotel lobby and wait for the shuttle driver to return (or ask the front desk when it will be back). When you get in the van, tell the shuttle driver you are going to Rice University campus and show them the printed map with where you would like to be dropped off. When you are ready to return to the hotel from Rice you will need to call the hotel front desk and ask that the hotel shuttle pick you up at Rice University. You may want to coordinate your return with other students so that small groups go back at the same time rather than the driver having to come to campus 8 different times. You can also use the hotel shuttle for transportation to locations nearby such as the Rice Village Shopping Center or Museum District.

Rice University Shuttle: While you are on Rice University campus, you can use the free Rice University shuttles to travel around campus. You can download Rice’s Bus Tracker app on your Android or iPhone as well to see in real time where the buses are on each route. The shuttle routes you are most likely to use include:

- The Inner Loop route goes around the inner campus circle and is helpful for going from building to building.
- If you want to go to Rice Village Shopping Center, you can take the Rice Village Apartments route.
- If you want to come to Rice University campus on Saturday, you can walk 1 1/2 blocks from the hotel to Target and wait there for the Rice Undergraduate Shopping Shuttle which runs from 11:00 – 3:00 PM and runs every 30 minutes.

Uber: Uber’s presence Japan may be small, but in the U.S. it is rapidly becoming the easiest way to get a taxi-like service at reasonable rates. If you want to go somewhere outside of the free service area for the hotel shuttle, such as the Galleria Mall, or if you want to leave or return earlier or later than the hotel shuttle offers, simply arrange to take an Uber. You must download the Uber app and then input your credit card information and when you need a ride just request one through the app. Be sure to check what the estimated fare will be though and be aware that if there is a holiday, big concert, or big sporting event happening at that time Uber’s prices may go up if demand for rides is high. This is called ‘surge pricing’.

Past visiting research students have found Uber to be very convenient and not too expensive with rides typically in the $10 – $15 range. If you are sharing a ride with 2 or 3 other Nakatani RIES Japanese fellows, means each person may only pay $2 – $3 per trip.

Also, I want to mention my ride on Uber a little. Uber is very convenient taxi-like service and good for me because they come very soon, their car is clean and drivers are very kind. Last week I said “I like Houston except transportation”, but I want to withdraw my word. Now I like Houston very much.” ~ Megumi Sakamoto, 2016 TOMODACHI STEM Program

Houston Metrorail: Houston’s Metrorail (light-rail) service has been slowly expanding but it still has limited reach. There are now three lines available, with the gold line set to open sometime in 2017. The available lines include:

- Red Line: Connects the Reliant Park stadium with Downtown Houston.
  - The nearest Metrorail station to the Residence Inn Hotel is the Smithlands Station on the Red Line and this is a 14 minute walk.
  - The Hermann Park/Rice University station and the Memorial Herman Hospital/Houston Zoo stations are directly across the street from the Rice University campus.

- Green Line: Connects the East End to Midtown where you can transfer to the Red Line.
- Purple Line: Connects Southeast Houston including the University of Houston and Texas Southern University with Downtown Houston where you can transfer to the Red Line.
- Gold/Uptown Line (Not Yet Open): Will connect the Galleria/Uptown area with Downtown and the tentative open date is sometime in 2017, though this may change.

Houston Metro Buses: Houston has an extensive bus transportation network however service hours may be limited on some routes and due to Houston traffic buses can often run late or be delayed. You can use Google Maps or the Plan Your Trip feature on the Metro website to plan your route and times. You can get most places you want in Houston via bus, but you should be prepared to wait and know that many bus stops do not have shade or coverings so it can be quite hot and sunny while you wait. In almost all cases, the hotel shuttle or Uber will be faster and more convenient.

Recycling and Trash in the U.S.

At Rice University and in Houston there is single-stream recycling. This means that you put all your recyclable waste – typically cans, glass, paper, cardboard, and some plastics – into one blue bin. Then, they sort it at the recycling facility. Each city in the U.S. has different processes for garbage and recycling though so this is something you want to ask about when you first come to the U.S. What can be recycled and what bin/where do I put recyclables?

Any items that cannot be recycled will go in the regular trash bins and do not need to be sorted.

Safety in Houston

The Rice University area is considered a safe neighborhood, but students should take normal safety precautions. Houston is the 4th largest city in the United States. Houston is home to many large companies, including energy companies like ExxonMobil and General Electric. Houston is also home to NASA's Johnson Space Center, which is responsible for developing and launching rockets and spacecraft for NASA. Houston has a warm climate, with an average temperature of 72°F (22°C) in January and 86°F (30°C) in July. Houston is also home to the Houston Astros, one of Major League Baseball's American League teams, and the Houston Texans, one of the NFL's four Houston teams.
U.S., and crime does occur. See the Rice University Safety Tips website for more details.

Emergency Phone Numbers

- If an emergency occurs when you are off-campus, call 911 for police, fire, and ambulance.
- If an emergency occurs when you are on-campus, call (713) 348-6000 or just dial 6000 from a campus phone for the Rice University Police Department.

When you stay late on campus due to your research, please find someone to go home together. We do not recommend walking or jogging alone at night. Use the hotel shuttle to travel to/from campus, ask for a ride from someone in your host lab, or take a taxi/Uber if it is late at night.

**Night Escort:** For added safety, a night escort service is provided Sunday to Thursday during the school year by the Transportation Department with a 17-passenger van. The night escort is only available for locations on campus; it will not escort you to your off campus housing. The service runs from at 10:00 pm to 6:00 am. On Friday and Saturday nights, the Rice University Police Department provides the service on request. Call 713-348-6000 or 713-348-3333 for night escort service.

**Belongings:** Please keep office doors locked at all times and be responsible for your computers and any valuable belongings. If you need to enter your research lab building after 6:00 PM or during weekends, you will need to swipe your Rice ID card. Please do not prop open or unlock exterior doors to any building on the Rice University campus.

**Hotel:** At the hotel, always keep your hotel room door locked. Do not leave money unlocked in your hotel room. Ask at the front desk if there is a hotel safe where you can store any cash that you do not want to carry with you each day. If you lose or misplace a key, you will need to go to the hotel front desk to ask for a replacement and for safety they will likely ask you to show ID before giving you a new key.

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**Staying Healthy in the U.S.**

In addition to the safety tips above and the information on the Medical & Health Resources in the U.S. page, you should also be aware of the following recommendations for staying healthy and avoiding illness in the U.S.

- **Animals:** Before touching or petting any cat or dog in the U.S. you should always ask the owner if it is okay and you should avoid petting any stray dog or cat. Domestic pets are typically vaccinated against disease but stray pets may not be. Never feed or touch any wild animal in the U.S., including the squirrels on Rice University campus. Wild animals and stray cats and dogs in the U.S. may carry rabies and if you are bitten you will need to go to the hospital to get a series of painful and expensive rabies vaccinations.
- **Fire Ants in the U.S.:** Fire ants are now common in the U.S., and are particularly common in the South and West including in Houston. These ants will bit if you disturb their nest. While the bites are painful, they are not typically dangerous unless you are allergic or are bitten many times. When you are outside in Houston, particular at park or on a grassy area, be sure you carefully look for fire ant nests/hills before you sit down. These look like small mounds/hills of sand and if you poke them with a stick many ants will quickly come out to protect the nest. If you are bitten, you can use an over-the-counter antihistamine cream to reduce the itching/swelling but if you have any sort of allergic reaction you should immediately seek medical attention.
- **Lyme Disease:** If you are in rural areas where there are many deer (not common in Houston) it is important to be careful of being bitten by deer ticks as these may carry Lyme disease. Lyme disease is most prevalent in the Midwest and Northeast of the U.S. though it can also be found in rural areas throughout other parts of the country. If you are hiking through woods or pastures in a rural area where there may be deer, be sure to wear long pants/sleeves and wear insect repellent. You should also check your body carefully for deer ticks at the end of the day. For more on how to prevent tick bites see the CDC website.
- **Mosquitoes in the U.S.:** Mosquitoes are common throughout the U.S. and are very prevalent in Houston. Just like in many cities in Japan, it may be impossible to prevent all mosquito bites but there are steps you can take to avoid them. If you will be outside in the evening or early mornings it can be helpful to wear long pants and sleeves and/or use insect repellent with DEET. You can purchase insect repellent at any grocery store, pharmacy or department store like Target in the U.S. You should also always keep doors/windows closed or use screens to prevent mosquitoes from coming indoors. For more on how to avoid mosquito bites see the CDC website.
- **Staying Hydrated:** It is very hot and humid in Houston most of the year so it is important to drink plenty of water and stay well-hydrated. The U.S. does not have as many vending machines as in Japan and they mostly have soda and sweet drinks. It may be helpful to carry a refillable water bottle for water or bring a thermos and tea bags if you would prefer to drink unsweetened tea throughout the day.
- **Tap Water:** Tap water is safe to drink in the U.S. but some people prefer the taste of bottled or filtered water. You can buy bottled water at all grocery stores in bulk or you can purchase a water filtration pitcher at a store like Target to keep in your fridge and refill from the tap.

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**Small Talk, Friendliness and Optimism in the U.S.**

There’s nothing small about the role that small talk plays in American culture. People from other countries are often surprised at how important small talk is in the U.S. and how naturally and comfortably people seem to do it — with peers, subordinates, men, women, strangers you have just met and even with superiors.
Americans overall are uncomfortable with silence and small talk can be a way to ‘break the ice’ and make conversation with those around you to ‘pass the time’. For example, people traveling together in the hotel shuttle van each day may have casual conversation about their day or what they plan to do, even though they have never met each other before and may never see each other again. This is quite different from Japan where speaking with someone you do not know in a shuttle van, elevator or public space would be very uncommon and would likely make someone feel uncomfortable or unsafe.

In general, if someone you do not know starts speaking with you in a public space you can likely assume this is small talk and they are just being nice by talking casually with you. Overall, Americans are very friendly and like getting to know new people, especially those they believe may be tourists or visitors and it is likely you will be asked where you are from and why you are in Houston or the U.S. from time to time.

It’s also important to realize though that how and when small talk is used varies by region in the U.S. too. In large cities such as New York City, small talk is much less common than in the Southern or Midwestern part of the U.S. And someone’s comfort level with small talk can vary by individual as well. If you are uncomfortable with small talk or do not want to have a conversation with the person who is speaking to you it is okay to just give a very short one-word answer and then turn away or begin to look at your phone. Just as in Japan, looking at something on your phone is often a cue that someone does not want to talk or be disturbed.

You may want to read the Harvard Business Review’s “The big challenge of American small talk” for more on the topic of small talk.

Americans are often seen as being very optimistic as well and you may want to read “What makes American so optimistic?” for more on this topic.

Stereotypes of the U.S.

A stereotype is “a widely held but fixed and oversimplified image or idea of a particular type of person or thing.” Stereotypes are often based, at least in part, in fact but you must be careful about believing that the stereotypes of any particular culture or group are true of everyone. For example, many people in Japan love karaoke but it would be incorrect to assume that all Japanese people enjoy karaoke. Some may not. It’s also important to know that there can be positive stereotypes, such as that Americans are very nice, as well as negative stereotypes, for example American restaurant food is very greasy and heavy and therefore all Americans must be fat or unhealthy. Stereotypes can give us hints about certain cultural values or rules that a society or culture tends to abide by, but each society and each culture is made up of individuals and it is important to recognize that not everyone may act, behave, talk or look like the ‘stereotypical American’ you may expect.

The websites below list some common perceptions about America from Japanese and foreign perspectives that may be interesting for you to read. During your time in the U.S., you may experience things that either affirm some of these stereotypes or, perhaps, lead you to reject them. You will also likely learn that reality is a little bit more complex than the stereotypical view and the best thing to do is come to the U.S. with an open mind and remain curious about each individual person you meet and the experiences you will have here.

- “Cultural stereotypes about America and Americans”
- “A Japanese perspective, 11 things that startled me about America”
- “A Japanese perspective on traveling in the U.S.” (#2 is not true everywhere, this was just a bad experience at one hotel)
- “What do Japanese college students think about the U.S.?”
- “10 Japanese travel tips for visiting the U.S.”
- “What do foreign tourists really think about the U.S.?”
- “Real Americans: Five widely held stereotypes debunked”
- “10 surprises for international students about the United States”
- “3 surprises for international student at U.S. universities”

Student Clubs & Organizations at Rice

Visiting undergraduate research students can attend meetings and/or join a wide array of student clubs and organizations during their time at Rice. These ranges from professional and academic organizations within your field, intramural sports teams, volunteer or community engagement organizations, and culture/social organizations around specific topics. There are over 200 such clubs and you might want to ask your undergraduate labmates which clubs they are involved in and if you can join them at their next meeting.

Student ID Card & Discounts

On your first day at Rice University, you will receive your student ID card. Your first ID card is free but you will pay a replacement fee if it is lost. You will use swipe this ID card to gain access to Fondren Library and for after-hours building access to your designated research lab building/s.

You can also use your Rice ID card for student discounts at a wide array of shops, restaurants, museums, movies, and other sight-seeing locations near
LIFE IN THE U.S. (CONT.)

If you travel to other cities in the U.S. and are visiting museums or other sight-seeing spots, remember to ask “Is there a student discount?” and if they say yes show your Rice University ID. Some locations may only give discounts for students at universities in their local area but others may honor a student ID from other cities/states too.

Sun Protection in Houston

Houston is much closer to the equator than Japan and therefore the sun seems much stronger. During August and September it is also very hot and humid in Houston. Take appropriate precautions such as wearing sun screen, hats, and sunglasses. In the U.S. it is okay to wear sunglasses anytime you are outdoors and they are necessary in Houston.

If you have prescription glasses, you may want to bring a prescription pair of sunglasses with you to the U.S. It can be very expensive to get prescription glasses or prescription sunglasses in the U.S.

Time Difference

Houston is located in the Central Standard Time zone, which is 15 hours behind the Japan Standard Time. During the Daylight Saving Time (summer time), from mid-March till early November, the difference is 14 hours. Below is a time difference chart.

<table>
<thead>
<tr>
<th>Central Standard Time (CST)</th>
<th>Houston Time (Nov. – Early March)</th>
<th>Houston Time (Daylight Savings Time, Mid-March – early Nov.)</th>
<th>Japanese time</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>10 11 12 13 14 15 16 17 18 19 20 21 22 23 0 1 2 3 4 5 6 7 8</td>
<td>10 11 12 13 14 15 16 17 18 19 20 21 22 23 0 1 2 3 4 5 6 7 8 9</td>
<td>0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23</td>
</tr>
</tbody>
</table>

Weather in the U.S.

Fahrenheit is used for temperature in the U.S. for cooking and weather. If someone says “Man it’s hot, it’s 100 degrees out there” they mean 100 degrees Fahrenheit, not Celsius. For more on cooking, see Food in the U.S.

Weather in Houston in August – September will be very hot and very humid and is similar to the Kansai region in Japan. It is important to drink lots and lots of water to stay well hydrated and avoid exercise or strenuous physical activity outdoors during the hottest part of the day. Most people will exercise outdoors in the early morning (~5:00 AM – 8:00 AM) or late evenings (~7:00 – 9:00 PM).

However, weather in Houston can change quickly and it often rains at some point during the day. It is not uncommon for it to be bright, sunny and hot during the morning and early afternoon then become dark and cloudy with heavy rain in the late afternoon or evening. There can also be major weather and temperature shifts all within the same day.

Indoor air conditioning (A/C) is also very strong and very cold in most buildings in the U.S. including Rice University campus buildings and labs, grocery stores, malls, restaurants, etc. It is not uncommon to need to put on a sweater or light jacket when indoors because the A/C is too cold even though it is very hot outside.

It is a good idea to always bring an umbrella or rain coat and a light-weight sweater or jacket with you to use as needed.
Wi-fi in the U.S.

Free Wi-fi in the U.S. is available almost everywhere in the U.S. with no special password or account required. This includes Rice University campus via the Rice Owls or Rice Visitors networks, at the Residence Inn hotel in Houston and at many restaurants, shopping areas and public venues. If you bring your Japanese smartphone with you, you should be able to access wi-fi in many places but you should turn data off so that your phone will not try to connect to the internet when there is no wi-fi signal as this could get quite expensive depending on how much your Japanese cell phone plan charges you for international data/roaming.
At the Hotel – Full Kitchen
Cooking On Your Own
Convenience Stores – Not So Convenient in the U.S.
Grocery Stores in the U.S.
Eating Out at Restaurants
Dining Options on Rice University Campus
Shopping Vocabulary

At the Hotel – Full Kitchen

All rooms at the Residence Inn Hotel Medical Center have full kitchens with a fridge, stove, oven, cooking pots and pans, plates, cups and utensils. The kitchens all have cupboards or pantry where you can store items you have purchase at the Kroger grocery store which is right next door. Target, a department store, is also just a couple blocks down the street.

Most Americans who want to maintain good health (and stick to a economical budget) eat out only occasionally and cook most of their meals at home; bringing any leftovers with them to work each day to eat for lunch. If you plan to bring your own lunch each day to save money and eat more healthy, you may want to purchase an insulated lunch bag and some food storage containers at Target (which is just 1 1/2 blocks from the hotel). Most building at Rice will have a small fridge or microwave where you can store and heat up your lunch and you can ask your labmates where this is in your research lab building.

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Cooking On Your Own

To save money and maintain good health, you should be prepared to cook some lunches and dinners on your own. This way, you can control the portion size, how the items are prepared, and bring left-overs with you to Rice to eat for lunch. If you do not usually cook on your own, you may want to learn a few simple recipes for everyday dishes that are quick and easy to prepare.

Most grocery stores in the U.S. have a small Asian food item section where you can buy Rice and some Japanese items but the selection may be limited. There is a Japanese grocery store in Houston, Nippan Daido, but it is located very far from Rice University and you must get there by car or Uber. Similarly, you can find many Japanese food items at large Asian grocery stores such as H Mart or 99 Ranch Market, but these are located far from Rice and the Medical Center and you would need a car or to take an Uber.

It may be helpful to bring your own spices and seasonings with you from Japan as some of these may be difficult to find in the U.S. However, be sure they are new, bought from the store, and individually packaged/sealed. It is not recommended to bring bulk spices or grains that you have put into smaller bags or packages. It is always best to bring these items in their original packaging.

If you do not normally cook on your own, it would be a good idea to learn how to prepare some basic/staple food items that you would typically eat in Japan. Note: There is no rice cooker provided in the kitchen at the hotel. Posts and pans are provided so you should learn to cook rice on the stove.
Outside of the research lab, we do not use the metric system in the U.S. for temperature or measurements. This means that stoves, measuring cups and spoons, and recipes you find in the U.S. will be different from what you are used to in Japan. If you plan to cook or bake a lot on your own using Japanese recipes you will need to convert these to American measurements.

Oishi America: おいしいアメリカ：アメリカ料理レシピと食べ歩き情報満載！ – アメリカ料理のレシピブログ。アメリカの食べ歩き情報、食べ物や調理器具に関連する商品紹介、アメリカでの食生活についてのブログも満載！

ナチョスと言えばメキシコ料理なんですが、アメリカのメキシコ料理はアメリカ独自に発展したものも多く、このナチョチーズソースもその一つ。もともとナチョスは、コーンチップスにチーズやハラペーニョのピクルスをトッピングしたもので、北メキシコからテキサスに伝わったのが始まりとか。

The goal of this Japanese website is to introduce great tasting American food to Japanese people through recipes and blogs. After hearing positive feedback on how tasty and easy it is to make American food at home, they realized that they should also show the world how simple and fun it is to make Japanese food, comfort food they grew up eating since childhood in Japan.

Convenience Stores – Not So Convenient in the U.S.

If you read websites or blogs about living in Japan that are written for foreigners, one of the common topics discussed is just how awesome and convenient convenience stores in Japan really are. Within a 2 block radius there may be 5 (or more) convenience stores making it easy to pop in for an onigiri, drink or bento box at any time day or night. Americans especially are always very impressed by convenience stores and really wish that the ones in the U.S. were like the ones in Japan.

In the U.S. we do have convenience stores, including 7-11s, but they are very different from the convenience stores you are used to. Convenience stores in the U.S. are typically attached to gas stations and this means they are usually located on busy streets or intersections where it is convenient for a car to quickly stop off, fill up with gas, and quickly get back on the road. The food available in convenience stores is typically limited to soda, coffee, chips, and candy or other small snacks that you can easily eat in the car. This means that for pedestrians, convenience stores are really well – not convenient at all.

There is one small convenience store at Rice University, call RechargeU, and it is located in the Student Center. However, it is an American-style convenience store and mainly sells soda, coffee, chips, candy and other small snacks. Most things here will be more expensive than buying the same items at the Kroger grocery store next to the hotel; so we recommend purchasing food/drinks in advance from the grocery store and bringing them with you each day.

In more urban cities, such as New York City or Washington, DC, there are more pedestrian-friendly small stores that are often located near subway stations where you can purchase drinks and snacks. They also have plenty of 24-hour pharmacies such as CVS, Walgreen’s or Duane Reede and these pharmacies usually have a small food section where you can buy frozen meals, drinks, and snacks. However, again, they won’t have very many prepared food options.

Grocery Stores in the U.S.
If you want to get prepared food in the U.S., you typically have to do this at a grocery store. Luckily, there is a Kroger grocery store right next door to the Residence Inn Hotel, so it is easy for you to walk over and buy something to eat for dinner or bring with you to Rice University for lunch the next day. Most grocery stores will have some prepared foods, but not as extensive a variety as you may find in Japan. Often there will be a small section with sushi, though only a few varieties, prepared sandwiches or salads, fried or roasted chicken, and other small items. Sometimes there is a salad bar or soup bar where you can choose what you would like to eat. In the Deli counter there may also be more substantial prepared food items that you would need to ask for by weight from the person behind the counter and then take home to heat up and eat (though often there is a small eating area with a microwave near the prepared food section too).

At grocery stores in the U.S. it is also common to purchase very large or bulk packages of items such as bottled water, soda, chips… well everything. Since most Americans don’t live in walking distance of a grocery store, they usually make 1 trip per week via car and purchase everything they need to cook for the entire week. This means that, compared with Japan, the sizes of packages may be much larger than what you are accustomed to but it is also, usually, cheaper if you buy the larger package rather than the smaller package. You might want to share the cost of certain items with your 1 or more other students. All rooms at the Residence Inn come equipped with a full kitchen with cupboards and a large fridge so it is easy to store the food you have purchased.

**Unsweetened vs. Sweetened Beverages in the U.S.:** In the U.S, especially in the Southern part of the U.S. where Texas is located, most teas and other bottled beverages that you can buy at convenience stores are sweetened and/or carbonated. You may be able to find unsweetened bottled tea or beverages at the grocery store but you should carefully read the label first and buy a small bottle to try and see if you like the taste before purchasing a large quantity. It is usually easiest to bring an insulated thermos/mug and green tea bags with you if you prefer to drink unsweetened tea.

**Purchasing Alcohol at Grocery Stores:** To purchase alcohol in the U.S. you must be 21 years or older and will need to show your passport as ID to prove you are old enough. Each state in the U.S. has different laws regarding where and when you can purchase alcohol, even if you are old enough and have proper ID.

In Texas, you can purchase beer and wine at grocery stores but to purchase hard liquor (e.g. whiskey, vodka, etc.) you must go to a separate liquor store. Furthermore, stores cannot sell any alcohol from 12:00 AM on Saturday until 12:00 PM (noon) on Sunday.

At some convenience stores you can purchase a single can of beer, but at grocery stores you typically have to purchase a full six-pack or carton of beer. You cannot purchase single cans and you should not separate a can from the six pack or carton that it is stored in.

**Eating Out at Restaurants**

According to the Visit Houston site, “With 10,000 restaurants representing cuisine from more than 70 countries and American regions, Houston’s restaurant scene is as ethnically diverse as its more than 6-million residents. With so many options, it’s not surprising that visitors leave the city with plenty of good things to say about dining in Houston. In fact, Houston was named the “newest capital of great food” by Food & Wine in 2013 and the country’s most exciting food city by Tasting Table that same year.”
This diverse restaurant scene means that you can find restaurants from around the world in Houston. However, because Houston is such a large city, you may need a car or need to take an Uber to reach many of them.

Eating out in the U.S. is typically more expensive than in Japan and the low-cost, fast-food options can be very unhealthy. You will also notice that many of the foods you can buy in restaurants, especially in Texas, have a lot of meat, are fried or have a lot of cheese, and there may be only a few vegetables. If you want to eat healthy at a restaurant you should look for items in salad or sandwich section ask if they have any vegetarian meals. These are usually marked on the menu or you can ask your waiter or waitress.

**To-Go Boxes or “Doggie Bags”:** In the U.S. it is okay to not finish your meal (as the portion sizes are do large) and ask for a to-go box or ‘doggie bag’ to take the left-over portion of your meal home with you. This way, you get two meals for the price of one and can eat your leftovers for lunch the next day.

**Yelp:** One helpful app you may want to download to your phone is Yelp. This app (or the website) will allow you to look up restaurants that are nearby you and will usually give you information on the type of food, approximate cost, and reviews from customers. The neighborhoods on Yelp that are closest to where you will be in Houston include Medical Center (near hotel), West University (near Rice), Downtown, Midtown, Montrose, and Upper Kirby. Taking an Uber to these locations would likely not be too expensive.

**Near the Hotel:** There are many low-cost, fast-food restaurants within walking distance of the Residence Inn Houston Medical Center (see Google map) but the hotel is located on a very large and very busy street. Be very careful when crossing Main St. and extra, extra careful at busy rush hour times (morning and evening commuting time) and at sunset or night when it may be difficult for drivers to see you (particularly if you are wearing dark clothes). People in Houston also drive very fast and the pedestrian crosswalk signals are not very long so you need to cross the street quickly. It is also legal to turn right from the far-most right lane on a red light so double check to make sure that the driver in the right lane sees you before crossing the street.

**Near Rice:** You can also ask the free hotel shuttle to take you to the Rice Village Shopping Center where there are many restaurants. Or, if you are on Rice campus, you can take the Rice Village Graduate Apartments shuttle to this shopping area and call the hotel shuttle to come pick you up there when you are done eating or shopping. The restaurants here are mid-range, not too cheap and not too expensive, and there are a variety of types of food you can try. Be sure to ask at the restaurants and shops in the Village if they offer a Rice University student discount and if they say yes just show them your Rice ID.

**Japanese Restaurants:** If you look on Yelp you will see that there are many Japanese restaurants in the U.S., some more authentic than others. However, they are not located very convenient to the hotel or campus so if you want
Japanese food you may need to use an Uber. The neighborhoods on Yelp that are closest to where you will be in Houston include Medical Center (near hotel), West University (near Rice), Downtown, Midtown, Montrose, and Upper Kirby. Taking an Uber to these locations would likely not be too expensive.

*Other Asian Cuisine:* Houston has a very large Asian population and at Chinese, Vietnamese, and Thai restaurants you will generally find more rice and vegetable options and smaller portions.

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**Shopping Vocabulary**

This shopping vocabulary sheet may be helpful when grocery shopping if you are looking for specific ingredients and aren't sure of the English name or if you need to ask someone where to find that food item or ingredient in the grocery store.
<table>
<thead>
<tr>
<th>Item</th>
<th>Kanji Reading</th>
<th>Kana Reading</th>
<th>Romaji Reading</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bamboo shoots</td>
<td>竹の子</td>
<td>たけのこ</td>
<td>takenoko</td>
</tr>
<tr>
<td>Bean sprout</td>
<td>もやし</td>
<td>moyashi</td>
<td></td>
</tr>
<tr>
<td>Beef</td>
<td>牛肉</td>
<td>ぎゅうにく</td>
<td>gyuuniku</td>
</tr>
<tr>
<td>Buckwheat Noodle</td>
<td>菜麦</td>
<td>そば</td>
<td>soba</td>
</tr>
<tr>
<td>Chicken</td>
<td>鶏肉</td>
<td>とりにく</td>
<td>toriniku</td>
</tr>
<tr>
<td>Crab</td>
<td>蟹</td>
<td>かに</td>
<td>kani</td>
</tr>
<tr>
<td>Cucumber</td>
<td>胡瓜</td>
<td>きゅうり</td>
<td>kyuuri</td>
</tr>
<tr>
<td>Dairy products</td>
<td>乳</td>
<td>にゅう</td>
<td>nyuu</td>
</tr>
<tr>
<td>Egg</td>
<td>卵</td>
<td>たまご</td>
<td>tamago</td>
</tr>
<tr>
<td>Fish</td>
<td>魚</td>
<td>さかな</td>
<td>sakana</td>
</tr>
<tr>
<td>Gluten</td>
<td>糊質</td>
<td>ふしつ</td>
<td>fushitsu</td>
</tr>
<tr>
<td>Lamb</td>
<td>羊肉</td>
<td>ようにく</td>
<td>youniku</td>
</tr>
<tr>
<td>Milk</td>
<td>牛乳</td>
<td>ぎゅうにゅう</td>
<td>gyuunyu</td>
</tr>
<tr>
<td>Miso Paste</td>
<td>味噌</td>
<td>みそ</td>
<td>miso</td>
</tr>
<tr>
<td>Miso Soup</td>
<td>味噌汁</td>
<td>みそしる</td>
<td>misoshiru</td>
</tr>
<tr>
<td>Oil</td>
<td>油</td>
<td>あぶら</td>
<td>abura</td>
</tr>
<tr>
<td>Onion</td>
<td>玉葱</td>
<td>たまねぎ</td>
<td>tamanegi</td>
</tr>
<tr>
<td>Peanuts</td>
<td>ピーナッツ</td>
<td>peanuts</td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
<td>胡椒</td>
<td>こしょう</td>
<td>koshou</td>
</tr>
<tr>
<td>Pork</td>
<td>豚肉</td>
<td>ぶたにく</td>
<td>butaniku</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>カボチャ</td>
<td>kabocha</td>
<td></td>
</tr>
<tr>
<td>Ramen</td>
<td>ラーメン</td>
<td>ramen</td>
<td></td>
</tr>
<tr>
<td>Rice Cake</td>
<td>餅</td>
<td>もち</td>
<td>mochi</td>
</tr>
<tr>
<td>Rice Wine</td>
<td>お酒</td>
<td>おさけ</td>
<td>osake</td>
</tr>
<tr>
<td>Salt</td>
<td>塩</td>
<td>しお</td>
<td>shio</td>
</tr>
<tr>
<td>Shrimp</td>
<td>海老</td>
<td>えび</td>
<td>ebi</td>
</tr>
<tr>
<td>Soy Milk</td>
<td>豆乳</td>
<td>とにゅう</td>
<td>tonyuu</td>
</tr>
<tr>
<td>Soy Sauce</td>
<td>醤油</td>
<td>しょうゆ</td>
<td>shouyu</td>
</tr>
<tr>
<td>Sugar</td>
<td>砂糖</td>
<td>さとう</td>
<td>satou</td>
</tr>
<tr>
<td>Tofu</td>
<td>豆腐</td>
<td>とうふ</td>
<td>tofu</td>
</tr>
<tr>
<td>Vinegar</td>
<td>醋</td>
<td>す</td>
<td>su</td>
</tr>
<tr>
<td>Wasabi</td>
<td>山葵</td>
<td>わさび</td>
<td>wasabi</td>
</tr>
<tr>
<td>Wheat</td>
<td>小麦</td>
<td>こむぎ</td>
<td>kornugi</td>
</tr>
<tr>
<td>Wheat Flour Noodle</td>
<td>うどん</td>
<td>udon</td>
<td></td>
</tr>
<tr>
<td>Shopping Words</td>
<td>Japanese</td>
<td>English</td>
<td>Japanese</td>
</tr>
<tr>
<td>----------------------------------------------------</td>
<td>-------------------------------</td>
<td>----------------------------</td>
<td>-------------------------------</td>
</tr>
<tr>
<td>1. Milk</td>
<td>ぎゅうにゅう</td>
<td>牛乳</td>
<td>ぎゅうにゅう</td>
</tr>
<tr>
<td>2. Low-fat milk</td>
<td>ていしほうにゅう</td>
<td>低脂肪乳</td>
<td>ていしほうにゅう</td>
</tr>
<tr>
<td>3. Condensed milk</td>
<td>コンデンスミルク</td>
<td>低脂乳</td>
<td>コンデンスミルク</td>
</tr>
<tr>
<td>4. Soybean milk</td>
<td>とうにゅう</td>
<td>豆乳</td>
<td>とうにゅう</td>
</tr>
<tr>
<td>5. Fresh cream</td>
<td>なまクリーム</td>
<td>生クリーム</td>
<td>なまクリーム</td>
</tr>
<tr>
<td>6. Butter</td>
<td>バター</td>
<td>无塩バター</td>
<td>バター</td>
</tr>
<tr>
<td>7. Unsalted butter</td>
<td>むえんバター</td>
<td>むえんバター</td>
<td>むえんバター</td>
</tr>
<tr>
<td>8. Yogurt</td>
<td>ヨーグルト</td>
<td>低脂肪ヨーグルト</td>
<td>ヨーグルト</td>
</tr>
<tr>
<td>9. Low fat yogurt</td>
<td>ていしほうヨーグルト</td>
<td>低脂肪ヨーグルト</td>
<td>ていしほうヨーグルト</td>
</tr>
<tr>
<td>10. Salt</td>
<td>塩</td>
<td>塩</td>
<td>塩</td>
</tr>
<tr>
<td>11. Pepper</td>
<td>こしょう</td>
<td>砂糖</td>
<td>こしょう</td>
</tr>
<tr>
<td>12. Sugar</td>
<td>さらう</td>
<td>粉砂糖</td>
<td>さらう</td>
</tr>
<tr>
<td>13. Granulated sugar</td>
<td>グラニューとう</td>
<td>グラニュー糖</td>
<td>グラニューとう</td>
</tr>
<tr>
<td>14. Powder sugar</td>
<td>こなざとう</td>
<td>粉砂糖</td>
<td>こなざとう</td>
</tr>
<tr>
<td>15. Raw sugar (Brown sugar)</td>
<td>くろざとう</td>
<td>黒砂糖</td>
<td>くろざとう</td>
</tr>
<tr>
<td>16. Soy sauce</td>
<td>しょうゆ</td>
<td>減塩しょうゆ</td>
<td>しょうゆ</td>
</tr>
<tr>
<td>17. Low salt soy sauce</td>
<td>げんえんしょうゆ</td>
<td>醤</td>
<td>げんえんしょうゆ</td>
</tr>
<tr>
<td>18. Vinegar</td>
<td>す</td>
<td>米酢</td>
<td>す</td>
</tr>
<tr>
<td>19. Rice vinegar</td>
<td>こめず</td>
<td>米酢</td>
<td>こめず</td>
</tr>
<tr>
<td>20. Grain vinegar</td>
<td>こくもつす</td>
<td>穀物酢</td>
<td>こくもつす</td>
</tr>
<tr>
<td>21. Soba soup</td>
<td>そばつゆ</td>
<td>味の素</td>
<td>そばつゆ</td>
</tr>
<tr>
<td>22. Ajinomoto</td>
<td>あじのもと</td>
<td>味の素</td>
<td>あじのもと</td>
</tr>
<tr>
<td>23. Instant bouillon</td>
<td>だしのもと</td>
<td>味の素</td>
<td>だしのもと</td>
</tr>
<tr>
<td>24. Consonme</td>
<td>コンソメ</td>
<td>酸素</td>
<td>コンソメ</td>
</tr>
<tr>
<td>25. Bouillon, Broth</td>
<td>ブイヨン</td>
<td>酸素</td>
<td>ブイヨン</td>
</tr>
<tr>
<td>26. Oyster sauce</td>
<td>オイスターソース</td>
<td>酸素</td>
<td>オイスターソース</td>
</tr>
<tr>
<td>27. Mayonnaise</td>
<td>マヨネーズ</td>
<td>酸素</td>
<td>マヨネーズ</td>
</tr>
<tr>
<td>28. Low fat mayonnaise</td>
<td>ていしほうマヨネーズ</td>
<td>低脂肪マヨネーズ</td>
<td>ていしほうマヨネーズ</td>
</tr>
<tr>
<td>29. Ketchup</td>
<td>Kecchappu</td>
<td>ケチャップ</td>
<td></td>
</tr>
<tr>
<td>30. Sour cream</td>
<td>Sawā kurīmu</td>
<td>サークリーム</td>
<td></td>
</tr>
<tr>
<td>31. Margarine</td>
<td>Magarin</td>
<td>マーガリン</td>
<td></td>
</tr>
<tr>
<td>32. Japanese horseradish</td>
<td>Wasabi</td>
<td>わさび</td>
<td></td>
</tr>
<tr>
<td>33. Japanese mustard</td>
<td>Karashi</td>
<td>からし</td>
<td></td>
</tr>
<tr>
<td>34. Mustard</td>
<td>Masutādo</td>
<td>マスタード</td>
<td></td>
</tr>
<tr>
<td>35. Shortening</td>
<td>Shōtoningu</td>
<td>ショートニング</td>
<td></td>
</tr>
<tr>
<td>36. Yeast</td>
<td>Īsuto</td>
<td>イースト</td>
<td></td>
</tr>
<tr>
<td>37. Baking powder</td>
<td>Bekingu paudā</td>
<td>ベーキングパウダー</td>
<td></td>
</tr>
<tr>
<td>38. Vanilla essence</td>
<td>Banira essensu</td>
<td>バニラエッセンス</td>
<td></td>
</tr>
<tr>
<td>39. Vanilla oil</td>
<td>Banira oiru</td>
<td>バニラオイル</td>
<td></td>
</tr>
<tr>
<td>40. Gelatin</td>
<td>Zerachin</td>
<td>ゼラチン</td>
<td></td>
</tr>
<tr>
<td>41. Flour</td>
<td>Komugiko</td>
<td>こむぎこ</td>
<td></td>
</tr>
<tr>
<td>42. Strong powder</td>
<td>Kyōrikiko</td>
<td>きょうりきこ</td>
<td></td>
</tr>
<tr>
<td>43. Soft flour (for cakes)</td>
<td>Hakurikiko</td>
<td>はくりきこ</td>
<td></td>
</tr>
<tr>
<td>44. Tempura powder</td>
<td>Tempurako</td>
<td>てんぷらこ</td>
<td></td>
</tr>
<tr>
<td>45. Potato starch</td>
<td>Katakuriko</td>
<td>かたくりこ</td>
<td></td>
</tr>
<tr>
<td>46. Cornstarch</td>
<td>Kōsutasūchi</td>
<td>コーンスターチ</td>
<td></td>
</tr>
<tr>
<td>47. Bread crumbs</td>
<td>Panko</td>
<td>パンこ</td>
<td></td>
</tr>
<tr>
<td>48. Agar–agar</td>
<td>Kanten</td>
<td>かんてん</td>
<td></td>
</tr>
<tr>
<td>49. Japanese tea</td>
<td>Nihoncha</td>
<td>にほんちゃ</td>
<td></td>
</tr>
<tr>
<td>50. Green tea</td>
<td>Ryokucha</td>
<td>りょくちゃ</td>
<td></td>
</tr>
<tr>
<td>51. Roasted green tea</td>
<td>Hōjicha</td>
<td>ほうじちゃ</td>
<td></td>
</tr>
<tr>
<td>52. Coarse tea</td>
<td>Bancha</td>
<td>ばんちゃ</td>
<td></td>
</tr>
<tr>
<td>53. Oolong tea</td>
<td>Ūroncha</td>
<td>ウーロン茶</td>
<td></td>
</tr>
<tr>
<td>54. Brown rice tea</td>
<td>Genmaicha</td>
<td>げんまいちゃ</td>
<td></td>
</tr>
<tr>
<td>55. Powdered green tea</td>
<td>Maccha</td>
<td>まっちゃ</td>
<td></td>
</tr>
<tr>
<td>56. Dust tea</td>
<td>Konacha</td>
<td>こなちゃ</td>
<td></td>
</tr>
<tr>
<td>57. Rice</td>
<td>Kome</td>
<td>こめ</td>
<td></td>
</tr>
<tr>
<td>58. Sweet rice</td>
<td>Mochigome</td>
<td>もちごめ</td>
<td></td>
</tr>
<tr>
<td>59. No–rinse rice</td>
<td>Musenmai</td>
<td>むせんまい</td>
<td></td>
</tr>
</tbody>
</table>

<p>| 50. Green tea     | Ryokucha    | りょくちゃ      |
| 51. Roasted green tea | Hōjicha   | ほうじちゃ   |
| 52. Coarse tea    | Bancha      | ばんちゃ       |
| 53. Oolong tea    | Ūroncha     | ウーロン茶      |
| 54. Brown rice tea | Genmaicha  | げんまいちゃ    |
| 55. Powdered green tea | Maccha  | まっちゃ       |
| 56. Dust tea      | Konacha     | こなちゃ       |
| 57. Rice          | Kome        | こめ         |
| 58. Sweet rice    | Mochigome   | もちごめ     |
| 59. No–rinse rice | Musenmai    | むせんまい     |</p>
<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
<th>Japanese</th>
<th>Japanese Pronunciation</th>
<th>Translation</th>
</tr>
</thead>
<tbody>
<tr>
<td>60.</td>
<td>Tofu</td>
<td>Tofu</td>
<td>とうふ</td>
<td>豆腐</td>
</tr>
<tr>
<td>61.</td>
<td>Cotton tofu</td>
<td>Momendōfu</td>
<td>もめんどうふ</td>
<td>木綿豆腐</td>
</tr>
<tr>
<td>62.</td>
<td>Silk tofu</td>
<td>Kinudōfu</td>
<td>きぬどうふ</td>
<td>絹豆腐</td>
</tr>
<tr>
<td>63.</td>
<td>Oil</td>
<td>Abura</td>
<td>あぶら</td>
<td>油</td>
</tr>
<tr>
<td>64.</td>
<td>Salad oil</td>
<td>Sarada oiru</td>
<td>サラダオイル</td>
<td></td>
</tr>
<tr>
<td>65.</td>
<td>Olive oil</td>
<td>Orību oiru</td>
<td>オリーブオイル</td>
<td></td>
</tr>
<tr>
<td>66.</td>
<td>Sesame oil</td>
<td>Goma abura</td>
<td>ごまあぶら</td>
<td>ごま油</td>
</tr>
<tr>
<td>67.</td>
<td>Tempura oil</td>
<td>Tempura abura</td>
<td>てんぷらあぶら</td>
<td>てんぷら油</td>
</tr>
<tr>
<td>68.</td>
<td>Rapeseed oil</td>
<td>Nataneabura</td>
<td>なたねあぶら</td>
<td>なたね油</td>
</tr>
<tr>
<td>69.</td>
<td>Linoleic acid</td>
<td>Rinōrusan</td>
<td>リノールさん</td>
<td>リノール酸</td>
</tr>
<tr>
<td>70.</td>
<td>Chicken</td>
<td>Toriniku</td>
<td>とりにく</td>
<td>鳥肉</td>
</tr>
<tr>
<td>71.</td>
<td>Beef</td>
<td>Gyūniku</td>
<td>ぎゅうにく</td>
<td>牛肉</td>
</tr>
<tr>
<td>72.</td>
<td>Pork</td>
<td>Butaniku</td>
<td>ぶたにく</td>
<td>豚肉</td>
</tr>
<tr>
<td>73.</td>
<td>Minced meat</td>
<td>Hikiniku</td>
<td>ひきにく</td>
<td>ひき肉</td>
</tr>
<tr>
<td>74.</td>
<td>Combination minced meat</td>
<td>Albikiniku</td>
<td>あいびきにく</td>
<td>合挽肉</td>
</tr>
<tr>
<td>75.</td>
<td>Rice ball</td>
<td>Onigiri</td>
<td>おにぎり</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pickled ume [plum]</td>
<td>Ume(boshi)</td>
<td>うめ(ぼし)</td>
<td>梅(干)</td>
</tr>
<tr>
<td></td>
<td>Salmon</td>
<td>Syake</td>
<td>しゃけ</td>
<td>鯖</td>
</tr>
<tr>
<td></td>
<td>Seaweed</td>
<td>Konbu</td>
<td>こんぶ</td>
<td>昆布</td>
</tr>
<tr>
<td></td>
<td>Spicy fish eggs(cod roe)</td>
<td>Mentaiko</td>
<td>めんたいこ</td>
<td>明太子</td>
</tr>
<tr>
<td></td>
<td>Bonito flakes</td>
<td>Okaka</td>
<td>おかか</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tuna flakes</td>
<td>ShiT chikin</td>
<td>シーチキン</td>
<td></td>
</tr>
<tr>
<td>76.</td>
<td>Bread (Loaf)</td>
<td>Syokupan</td>
<td>しょくパン</td>
<td>食パン</td>
</tr>
<tr>
<td>77.</td>
<td>Peanut butter</td>
<td>Pīnattsu bata</td>
<td>ピーナッツバター</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Smooth type</td>
<td>Sumūsu taipu</td>
<td>スムースタイプ</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Crunchy type</td>
<td>Kuranch itaipu</td>
<td>クランチタイプ</td>
<td></td>
</tr>
<tr>
<td>78.</td>
<td>Soup stock</td>
<td>Supusutokku</td>
<td>スープストック</td>
<td></td>
</tr>
<tr>
<td>79.</td>
<td>Throat candy</td>
<td>Nodoame</td>
<td>のどあめ</td>
<td>のど飴</td>
</tr>
<tr>
<td>80.</td>
<td>Sugarless</td>
<td>Nonsyuga</td>
<td>ノンシュガー</td>
<td></td>
</tr>
<tr>
<td>81. Chemical-free vegetable</td>
<td>Munōyakuyasai</td>
<td>むのうやくやさい</td>
<td>無農薬野菜</td>
<td></td>
</tr>
<tr>
<td>----------------------------</td>
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<td>------------</td>
<td></td>
</tr>
<tr>
<td>82. Draft beer</td>
<td>Namabiru</td>
<td>なまビール</td>
<td>生ビール</td>
<td></td>
</tr>
<tr>
<td>83. Low-malt beer</td>
<td>Happusyu</td>
<td>はっぽうしゅ</td>
<td>発泡酒</td>
<td></td>
</tr>
<tr>
<td>84. Detergent</td>
<td>Senzai</td>
<td>せんざい</td>
<td>洗剤</td>
<td></td>
</tr>
<tr>
<td>85. Detergent (for clothes)</td>
<td>Sentakuyōsenzai</td>
<td>せんたくようせんざい</td>
<td>洗濯用洗剤</td>
<td></td>
</tr>
<tr>
<td>86. Dishwasher detergent</td>
<td>Shokkiaraiyōsennzai</td>
<td>しょっきあらいきょうせんざい</td>
<td></td>
<td></td>
</tr>
<tr>
<td>87. Wash-up reuid</td>
<td>Shokkiyōsennzai</td>
<td>しょっきようせんざい</td>
<td>食器用洗剤</td>
<td></td>
</tr>
<tr>
<td>88. Toilet bowl cleaner</td>
<td>Toireyōsennzai</td>
<td>トイレようせんざい</td>
<td>トイレ用洗剤</td>
<td></td>
</tr>
<tr>
<td>89. Bathroom cleaner</td>
<td>Ofuroyōsennzai</td>
<td>おふろようせんざい</td>
<td>お風呂用洗剤</td>
<td></td>
</tr>
<tr>
<td>90. Softner</td>
<td>Jūnanzai</td>
<td>じゅなんざい</td>
<td>柔軟剤</td>
<td></td>
</tr>
</tbody>
</table>

**Useful structures**

1. Is this ______?  Kore wa ______ desuka.  これは_______ですか。
2. Where is ______?  ______ wa doko desuka.  ______は どこですか。
3. Does this contain beef?  Gyūniku, haitte imasuka.  「牛肉、入っていますか」
About Research Projects

Laboratory Safety
Keeping a Research Lab Notebook
Research – It Never Goes Quite According to Plan
Working in a U.S. Research Lab – Summary

Related Topics
Funding of Research in the U.S. & Japan
Women & Minorities in Science & Engineering

About Research Projects

Conducting a research project consists of:

- Identifying an unsolved scientific question or an unsolved engineering problem
- Designing an experiment to solve the problem or answer the question
- Preparing an experiment (building an apparatus, making a sample, …)
- Taking data
- Analyzing data
- Interpreting data
- Drawing conclusions
- Writing a paper and giving presentations on the results

Your job is to:

- Understand the purposes and methods of your project as quickly as possible
- Learn the experimental techniques used (under the mentorship of a U.S. researcher)
- Become a more independent researcher while being guided by your mentor and other researchers
- Work hard, be useful, and try to make significant contributions

Do’s and Don’ts

- Dress up a little bit on the first day to show respect
- In your first week, observe how they behave and adjust yourself
- Be polite, work hard, and show enthusiasm
- Try to show your interest in learning their language and culture
- Participate in group activities with your lab and activities and events at Rice University
- Work closely with your mentor, and adjust your schedule to his/hers
Work start and end times may be more flexible in the U.S. than that you are used to in Japan.

If you ask what time you should begin each day and are told “Most students come in around or about 10:00 AM” this means that some students arrive at 9:50, some students arrive at 10 and other students may arrive at 10:30 or even later than that. If you arrive early and are waiting for your mentor, you can always use this time to read research papers or study your English.

In the U.S., a high value is placed on efficiency and effectiveness. A common saying is “Work smarter, not harder.” This means that researchers in the U.S. may spend fewer hours overall in the lab or office, but during the time they are working they may be very focused on completing their tasks for the day. Once their tasks for the day are done, they are usually free to go home, and it is even okay for a junior student to leave earlier than their senior/supervisor if they are done working. This does not mean that students in the U.S. don’t sometimes put long hours in, and research often requires this, but this may be an occasional rather than an everyday occurrence.

You will be expected to work in your research lab Monday – Friday during the normal working hours for your lab/mentor. If your project requires, you may need to work late or on the weekend occasionally but you will not be required or expected to do this every day. You will also need to take some time off from your lab to attend required program seminars and activities and your professor and research mentor will be send a copy of the program schedule so they know when you cannot work in the lab.

Also, it is not uncommon for people to do some work remotely or from home rather than staying in the office long hours. For example, at Rice you may often see professors in the Rice Coffeehouse or Brochstein Pavilion working on their computers or having meetings with students.

In the U.S. being on time is always appreciated, but it is not uncommon for people to show up 5 – 10 minutes late with little or no explanation necessary. In Houston, this may be due to traffic delays or your needing to wait for the hotel shuttle. If you are running a little bit late do not get too worried as your professor and/or mentor/s will likely understand.

Laboratory Safety

Each university and research lab will likely have specific safety and equipment training that you will need to complete or will be given before you can begin research or use a new piece of equipment. It is vital that you abide by all safety training and lab policies and procedures to avoid injury to yourself or others or damage of expensive research equipment.

When you arrive at your research host lab, be sure to ask your host professor and/or research mentor/s what lab safety or equipment training you will need to complete and how you can sign up if necessary. The following general resources from Rice’s office of Environmental Health & Safety may also be helpful for you to review.

- Rice University – Laboratory Safety Training Workshops
- Rice University – Laboratory Safety Overview
- Rice University – Biological Safety
- Rice University – Chemical Safety
- Rice University – Radiation Safety
- Rice University – Laser Safety

Please also watch the following videos:
Keeping a Research Lab Notebook

It is vital that during the course of your research project you keep a detailed and up-to-date lab notebook. Your notebook is your record of the work you have done and will be helpful for you to review as you write your weekly research internship reports and prepare for your final research presentation. Ask your research host professor and/or mentor if you must leave your notebook behind (as a resource for the next student working on your project) or if you can keep your research lab notebook and bring it home with you to Japan.

For a helpful overview of best practices for keeping a lab notebook see “Guidelines for Keeping a Lab Notebook”.

Research – It Never Goes Quite According to Plan

Scientific research requires careful planning, coordination, and collaboration among all team members. However, as the U.S. saying goes, “The best laid plans may often go awry.” No matter how careful you plan, there will likely be bumps along the way. Equipment breaks down, samples or materials you have ordered may be slow to arrive, you may get unexpected results that cause you to have to change your research plans, and so on. While these setbacks are frustrating for all researchers (professors, post-docs, graduate students), they can be especially challenging for undergraduate students who may only have a few short weeks to work on their projects. However, these experiences are not uncommon or unexpected. In truth, it is a rare summer research project that does not have some delays, setbacks or frustrating moments. Learning how to handle these situations is all a part of becoming a good researcher.

Students often worry if they will have anything ‘good’ to present at the end of their research project. However, remember that the goal of the research presentation is not necessarily to showcase your results (as it is often difficult to obtain ‘good’ results in a very short time-frame). Rather, the most important part of your final presentation will be your understanding of your research project overall and what you did this summer. Another key component will be the future research or future impact section, which will enable you to showcase your understanding of how your research project may be helpful to your research field overall.

Also, when you face frustrations or setbacks with your research projects, be sure that you turn to your graduate student research mentors and host professor in Japan and your U.S. co-advisor for advice, assistance, and encouragement. They are all there to help you.
Working in a U.S. Research Lab – Summary

- Be polite, work hard, and show interest.
- There will be cultural differences; they are expected and okay. After all, that is why you applied to Nakatani RIES – to do research in a different country/culture than in Japan.
- Don’t get too self conscious about these differences – it will be appreciated if it is clear that you are making effort to fit in.
- While abroad, you are a cultural ambassador of Japan and representing the Nakatani RIES Fellowship and your home university.
- If there are any problems please communicate with the program faculty and staff – we are here to help you!
- Maintain regular contact with Prof. Kono about the status of your research project and any questions you may have.

Related Topics

Funding of Research in the U.S. & Japan

In both the U.S. and Japan, science and engineering research is primarily funded by government agencies through grants awarded to universities or university researchers. National labs in the U.S. and Japan also play a vital role in advancement of research in an array of science and engineering fields. Industry R&D is also a vital component of R&D, particularly to apply basic research findings to products in the marketplace. For more information see the U.S. National Science Board’s 2016 Science & Engineering Indicators Report, particularly Ch. 4 Research & Development: National Trends & International Comparisons. Some highlights from this chapter include:

- Most of U.S. basic research is conducted at universities and colleges and is funded by the federal government. However, the largest share of U.S. total R&D is development, which is mainly performed by the business sector. The business sector also performs the majority of applied research.
- Universities and colleges historically have been the main performers of U.S. basic research, and they accounted for about 51% of all U.S. basic research in 2013. The federal government remained the largest funder of basic research, accounting for about 47% of all such funding in 2013.
- The United States remained the largest R&D-performing country in 2013, with total expenditures of $456.1 billion, a 27% share of the global total, and an R&D/GDP ratio of 2.7%. China was a decisive second, with R&D expenditures of $336.5 billion, a 20% global share, and an R&D/GDP ratio of 2.0%.
- Japan ($160.2 billion, 10% global share, ratio of 3.5%) and Germany ($101.0 billion, 6% global share, ratio of 2.9%) were the comparatively distant third and fourth. The other 11 countries/economies in the top 15 were South Korea, France, Russia, the United Kingdom, India, Taiwan, Brazil, Italy, Canada, Australia, and Spain— with the annual national R&D expenditure totals ranging from about $69 billion (South Korea) down to $19 billion (Spain).

One thing many students notice when doing research abroad is that, compared to the U.S., research labs at universities in Japan tend to have better and newer equipment overall than the majority of research labs at universities in the U.S. This is in part due to differences in the nature of funding for science and engineering research in these countries. For example, in the U.S. PhD students are paid a stipend and given a tuition exemption in return for their work as research assistants or teaching assistants. This means that most of the budget for research grants awarded to professors in the U.S. must be used to support student salary and tuition. In Japan, PhD students must pay tuition and fees individually. This means that more money of the money in research grants...
awarded in Japan can be used to pay for equipment and other facilities. This is also why in the U.S. it is not uncommon for different labs, or even many labs at a university, to share expensive equipment through programs such as the Shared Equipment Authority at Rice University.

For more on funding of science and engineering research in the U.S. and Japan see:

- “Historical Trends in Federal R&D” (US)
- “Where to Search for Funding?” (US)
- “Who Pays for Science?” (US)
- “Who Picks Up the Tab for Science?” (US)
- “Activities of Japanese Funding Agencies”
- “Pro-Science Stimulus to Revitalize Japan’s R&D”
- “Japanese Science, Technology, and Medicine Resources”

Women & Minorities in Science & Engineering

This section provide some background information and data on women and minorities in science and engineering in the U.S. and Japan and links to articles and other helpful resources for students who would like more information on this topic.

A view of Women & Minorities in S&E the U.S.

As the U.S. National Science Board’s 2016 Science & Engineering Indicators Report notes, “As researchers and policymakers increasingly emphasize the need for expanding S&E capabilities in the United States, many view demographic groups with lower rates of S&E participation as an underutilized source of human capital for S&E work. Historically, in the United States, S&E fields have had particularly low representation of women and members of several racial and ethnic minority groups (i.e., blacks, Hispanics, American Indians or Alaska Natives), both relative to the concentrations of these groups in other occupational or degree areas and relative to their overall representation in the general population. More recently, however, women and racial and ethnic minorities increasingly have been choosing a wider range of degrees and occupations.”

Most universities in the U.S. have specialized programs, offices, and support for women and minorities in S&E at both the undergraduate and graduate level.

At Rice University, the Women in Engineering page highlights female enrollment in engineering programs and university offices and clubs whose mission is to help and support female engineers. Rice University has been recognized for its success in the recruitment and retention of minority and female graduate students in the US News & World Reports article “Graduate Engineering Programs Beef Up Efforts for Minorities & Women”.

For more on women and minorities in S&E in the U.S. see:

- 2016 S&E Indicators Report, Ch. 3 Women & Minorities in the S&E Workforce
- NSF: Women, Minorities & Persons with Disabilities in S&E
- Office of the White House: Women in STEM
- Society of Women Engineers
- “We Need to Do More for Women in Science”
- “Women Still Underrepresented in STEM Fields”
As the MEXT and JST “Program to Support Research Activities of Female Researchers” outlines:

“As a result of past efforts to support female researchers in Japan, the proportion of women in research roles has begun to increase; however, in comparison to advanced European nations and the US, Japan still has relatively few women in research. Unfortunately, there has not been much progress in the appointment of female researchers to leading positions. Not only from the viewpoint of gender equality but also to demonstrate organizational creativity (including the ability to adopt diverse viewpoints and ideas and to conduct innovative research), it is extremely important to increase the number of female researchers and to improve their research skills.

This program therefore aims to improve the research skills of female researchers and to support their appointment to leading positions. With the cooperation of universities, research institutions, and private enterprises, we are working to improve the research environment for women and to provide more opportunities for research, taking into account many women’s need to balance research against the demands of everyday life (henceforth referred to as the “work/life-balance”), including “life events” such as childbirth, childcare and the long-term care of elderly relatives. Flexible support will enable women to develop and demonstrate their research skills to the full.”

For more on the role of women in the workforce in Japan and science & engineering in particular see the resources below:

- Japan Inter-Society Liaison Association Committee for Promoting Equal Participation of Men and Women in Science & Engineering
- Society of Japanese Women Scientists
- Japanese Women Engineers Forum
- Tokyo Tech: Women in STEM
- “Japan’s scientists: just 14% female”, Japan Times
- “Growing more women scientists”, Japan Times, April 30, 2014
- “Taking Aim at Japan’s Gender Problem”, Japan Times, May 27, 2014
- “Science Scandal Triggers Suicide, Soul-Searching in Japan”, Time, August 8, 2014
- “Ambitious Female Scientists Leave Japan to escape ‘male domination’, Times Higher Education, October 9, 2014
- “What’s driving women scientists out of Japan?”, Science, October 14, 2014
- “The shameful final chapter for one of Japan’s most promising stem cell scientists”, Washington Post, December 19, 2014
- “Foreign female dean opens doors for Japan’s working women”, Japan Times, January 11, 2015
- Commentary by Shinzo Abe “When women can thrive, so will Japan and the world”, Japan Times, April 27, 2015
- “The Struggle of Working Women In Japan”, GaijinPot, April 5, 2015
- “Still a Struggle for Working Women”, Japan Times, April 8, 2015
Emergency & Medical Resources
Safety in the U.S.
Tips for International Students

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

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

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

Safety Tips for Students

**Observant**

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

**Night Company**

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

**Valuables**

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

**Housing**

Many campuses have different housing choices. Whether you live in a campus dormitory or off-campus, always lock your door and windows while you are away and at home. Never
open the door for strangers—it is a part of the American culture to talk through doors without opening them if we don’t know the person. If you didn’t invite the person, don’t open the door unless it is a law enforcement official. You will be able to tell when you look out of your window or through the door’s "peep" hole. Even then, have the officer show you his or her official badge.

**Personal Information**

Always protect your personal information like social security numbers, and credit card numbers. You are aware that identity theft is a worldwide problem. Identity theft comes in many forms. One major form is “scams.” You may receive e-mails from phony companies asking for your personal information. Always remember that your bank and credit card company will always communicate to you in an honest, legitimate way. Remember, they already have your credit card and bank information, and they will never ask you for your password (except when you log on to your online banking site or telebank system).

Secondly, if someone comes up to you and asks you if you want to learn how you can make some money, say "no," and quickly walk away.

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

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

*Editorial provided by Linda Seatts, Director of the Office of International Students and Scholars at Wayne State University in Detroit, Michigan.*
Japanese Health Insurance
For 24/7 Emergency Assistance call 1-800-446-5571 or + 81 -3-6758-2460

Life Threatening Medical Emergencies in the U.S.
- If you are experiencing a medical emergency and you are ON-CAMPUS at Rice University you should call RUPD at (713) 348-6000
- If you are experiencing a medical emergency and you are off-campus you should call 911 which is the emergency number for ambulance, fire, and police.
- As soon as possible, call Aki Shimada or Sarah Phillips to notify us that you have sought emergency medical care. You will also need to call your Japanese health insurance to inform them you have sought emergency treatment and so they can work with the hospital regarding payment.
- You may be asked to make a small payment (co-pay) at the time of service and then the clinic will directly bill your insurance for the balance. You would be responsible for any remaining balance that the insurance does not pay to the clinic.
- OR, you may be asked to pay in full via a credit card if the clinic you go to is not familiar with or does not accept your insurance. In this case, you will need a detailed receipt/report from the clinic and you will need to fill out the reimbursement forms for your Japanese health insurance to pay you back directly.
- If you need to seek medical care but it is not a life-threatening emergency (e.g. general illness) then you should go to a doctor’s office or Urgent Care clinic rather than a hospital Emergency Room. Emergency rooms can be very expensive and the wait time can be very long.

Illness or Accident (Non-Life Threatening) in the U.S.
- Call your Japanese health insurance number and they will help you to schedule a doctor’s appointment and provide you with other details. Also immediately call Aki Shimada so she can help to arrange for someone to go with you to the doctor’s appointment to help with translation if needed.
- You will need to fill out paperwork when you arrive and provide your passport and a copy of your insurance card.
- You may be asked to make a small payment (co-pay) at the time of service and then the clinic will directly bill your insurance for the balance. You would be responsible for any remaining balance that the insurance does not pay to the clinic.
- OR, you may be asked to pay in full via a credit card if the clinic you go to is not familiar with or does not accept your insurance. In this case, you will need a detailed receipt/report from the clinic and you will need to fill out the reimbursement forms for your Japanese health insurance to pay you back directly.
- Accident in the Research Lab: If you are injured while working in a research lab at Rice there is a special on-campus office that must be notified ASAP as they track all workplace injuries. Please tell your research host professor, Prof. Kono, and Aki Shimada immediately if you are injured while working in the research lab.
1) **Understand your health insurance policy terminology**
   - **Premium** = the amount that you pay to purchase your insurance coverage
   - **Deductible** = the amount that you must pay before the insurance company starts to pay.
   - **Co-payment/Co-insurance** = the percentage that you must pay after the deductible is paid.
   - **Example**: If your deductible is $100, your co-insurance amount is 10%, and your total medical bill is $2000. You will be responsible for $290 ($100 deductible + 10% of the remaining $1900).

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

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

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

5) **Getting assistance with your particular insurance questions**
   - Aetna (students) = studentinsurance@rice.edu
   - All SAS plans = Paul Fisher (phone 877-626-0360)
   - Aetna (scholars) = Human Resources (benefits@rice.edu)
   - OISS is also available to provide guidance on how to resolve insurance issues.
東京海上日動 海外旅行保険 （留学用）

[日本語]
中谷財団は留学する学生に東京海上日動 海外旅行保険を掛ける。期間は2016年8月9日～9月27日迄、即ち、東京集合（移動日含む）から東京での解散（移動日含まず）。保証される内容は概ね以下の通りである。

① 基本補償
自分自身のケガや病気に対する補償。死亡/後遺症、入院および通院の費用をカバー（限度額は証券を参照）

② 留学生賠償責任
他人にケガ等をさせた、お店の商品を壊した、ホテルの部屋を水浸しにした場合の保証（限度額は1億円）

③ 留学生生活用動産
持ち物の盗難、破損に対し、最大40万円までを保証。ただし現金、TCは対象外

ケガをした、病気になった事故にあった場合は、東京海上日動総合サポートデスクに相談し予約を取ってもらう（24x7 日本語対応可能）。

サポートデスク 米国 Toll-Free 1-800-446-5571
日本 +81-3-6758-2460 （コレクトコール可）
併せて、日米の中谷スタッフにも事前または事後に連絡すること。

The Houston Methodist Hospital (6565 Fannin St. Houston Tel 713-790-3311) はキャッシュレスで受診可能、その他は領収書を受け取り、後日、国内・現地で保険会社に請求。なお、歯科は対象外。

詳細については下記の約款、海外旅行保険あんしんガイドブックを参照の事。
http://www.tokiomarine-nichido.co.jp/service/travel/kaigai/covenant/
保険証券のサンプル

“Scan Image of Certificate”

[English]

TOKIO MARINE NICHIDO Overseas Travel Insurance for the visiting student
All Nakatani RIES Japanese Fellow are covered by Oversea Travel insurance from August 9th 2016 to September 27th 2016, meaning from the day when student gather for Orientation program in Tokyo to the closing ceremony in Tokyo. The insurance premium is paid by Nakatani Foundation. Overview of insurance policy is as follows:

① Basic Insurance
The insurance covers student illness/injury, the expenses for death/permanent disability, medical rescue/repatriation up to the given limit (Refer Certificate of Insurance below).

② Liability
In case the student hurts someone, breaks merchandize in a shop, floods the hotel room, etc. the insurance will covers the expense up to about 1M USD per policy guidelines and limitations.

③ Damage/theft of student’s personal belongings
In case student’s personal belonging are stolen or damaged, the insurance covers up to about 4K US. Cash and traveler’s checks are not covered

If you have an accident, become sick or injured, contact TOKIO MARINE NICHIDO support desk (24 hours x 7days, Can speak Japanese):

US Toll-Free 1·800·446·5571
Japan +81·3·6758·2460 (collect call is OK)

Doctor consultation and treatment can be done without cash at The Houston Methodist Hospital (6565 Fannin St. Houston Tel 713·790·3311). If you seek medical care at a different hospital or clinic, you will need to pay individual and keep the receipt to file a reimbursement claim form with the insurance company.

Dental insurance is NOT covered.

For details, refer below URL and”海外旅行保険あんしんガイドブック” (No English version is available)

http://www.tokiomarine-nichido.co.jp/service/travel/kaigai/covenant/

Sample of “Certificate of Insurance”: See above.
東京海上日動の海外旅行保険について（保険の概要）

海外旅行保険には、大きく分けて4つの補償があります。
（保険金をお支払いする主な場合、保険金のお支払い額、保険金をお支払いしない主な場合の概要については、本パンフレットP.10〜14をご確認ください。）

①ご自身のケガや病気に関する補償

- 旅先でのケガや病気が原因で亡くなった場合
  - ケガを原因とする死亡の場合は お支払いする保険金
  - 病気を原因とする死亡の場合は 保険金無制限

- 旅先でのケガが原因で後遺症が生じてしまった場合
  - 傷害後遺症保険金

- 旅先で旅行前にかかっていた病気の症状が急激に悪化し、治療が必要になった場合
  - 保険金額無制限

②他人にケガ等をさせてしまったときの補償

- 人にケガをさせてしまった場合
  - 責任保険金

- ホテルの部屋を水浸しにしてしまった場合
  - 責任保険金

- 他人の物を壊してしまった場合
  - 責任保険金

※1 症状の急激な悪化とは？
海外旅行中に生じることについて被保険者（保険の対象となる方）があらかじめ予測できず、かつ、社会通念上払るべき注意を怠っても避けられない症状の変化をいいます。

※2 保険期間31日までのご契約で「疾病に関する応急治療・救援費用担当保険」が含まれているご契約の場合にお支払いの対象となります。本契約の保険金の保険金額は、1回の疾病に対する治療費用の総額が30万円を超える場合（治療・救援費用保険金額30万円超の場合）。なお、旅行日程が延長となり、31日間の保険期間中に期間延長される場合、延長された期間については本契約をセットすることはできません。
(1) Useful structures

1. I have a pain in my_____.
   ga itai desu.
   が痛いです。

2. My _______ itches.
   ga kayui desu.
   が痒いです。

---

### Body Parts

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

[Common expression]

(1) Onaka ga itai desu. お腹が痛いです。  
   have a pain  
   abdomen, stomach, bowel, (tummy)

(2) Koshi ga itai desu. 腰が痛いです。  I have a backache.
<table>
<thead>
<tr>
<th>(2) Name of disease</th>
<th>Japanese</th>
<th>Pinyin</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1) measles</td>
<td>hashika</td>
<td>はしか</td>
<td>麻疹</td>
</tr>
<tr>
<td>(2) chicken pox</td>
<td>mizuboso</td>
<td>みずぼそう</td>
<td>水痘</td>
</tr>
<tr>
<td>(3) mumps</td>
<td>otafuku</td>
<td>おたふく</td>
<td>百日咳</td>
</tr>
<tr>
<td>(4) whooping cough</td>
<td>hvakunichizeki</td>
<td>ひゃくにちぜき</td>
<td>百日咳</td>
</tr>
<tr>
<td>(5) tetanus</td>
<td>hashofu</td>
<td>はしゅふう</td>
<td>破傷风</td>
</tr>
<tr>
<td>(6) atopy</td>
<td>atopī</td>
<td>アトピー</td>
<td>需要</td>
</tr>
<tr>
<td>(7) ulcer</td>
<td>kaiyō</td>
<td>かいよう</td>
<td>溃疡</td>
</tr>
<tr>
<td>(8) stomach ulcer</td>
<td>ikaiyō</td>
<td>いかいよう</td>
<td>胃溃瘍</td>
</tr>
<tr>
<td>(9) influenza</td>
<td>infuruenza</td>
<td>インフルエンザ</td>
<td>流感</td>
</tr>
<tr>
<td>(10) melancholy</td>
<td>utsubyō</td>
<td>うつびよう</td>
<td>うつ病</td>
</tr>
<tr>
<td>(11) stiff shoulder</td>
<td>katakori</td>
<td>かたこり</td>
<td>肩こり</td>
</tr>
<tr>
<td>(12) backache</td>
<td>yotsū</td>
<td>ようつう</td>
<td>腰痛</td>
</tr>
<tr>
<td>(13) hepatitis</td>
<td>kan’en</td>
<td>かんえん</td>
<td>肝炎</td>
</tr>
<tr>
<td>(14) liver cirrhosis</td>
<td>kankōhen</td>
<td>かんこうへん</td>
<td>肝硬変</td>
</tr>
<tr>
<td>(15) cancer</td>
<td>gan</td>
<td>がん</td>
<td>癌</td>
</tr>
<tr>
<td>(16) eyestrain</td>
<td>ganselhirō</td>
<td>がんせいひろう</td>
<td>眼精疲労</td>
</tr>
<tr>
<td>(17) high blood pressure</td>
<td>koketsuatsu</td>
<td>こうけつあつ</td>
<td>高血压</td>
</tr>
<tr>
<td>(18) cavity</td>
<td>mushiba</td>
<td>むしば</td>
<td>虫歯</td>
</tr>
<tr>
<td>(19) canker sore</td>
<td>konaien</td>
<td>こないえん</td>
<td>口内炎</td>
</tr>
<tr>
<td>(20) hemorrhoid</td>
<td>ji</td>
<td>じ</td>
<td>痔</td>
</tr>
<tr>
<td>(21) slipped disc</td>
<td>tsukikamabherunia</td>
<td>ついかんばんヘルニア</td>
<td>椎間板ヘルニア</td>
</tr>
<tr>
<td>(22) petit mal</td>
<td>tenkan</td>
<td>てんかん</td>
<td></td>
</tr>
<tr>
<td>(23) diabetes</td>
<td>tōnyōbyō</td>
<td>とうようびょう</td>
<td>糖尿病</td>
</tr>
<tr>
<td>(24) sunstroke</td>
<td>nisshabyō</td>
<td>にっしゃびょう</td>
<td>日射病</td>
</tr>
<tr>
<td>(25) stroke</td>
<td>nōsocchū</td>
<td>のそうちゅう</td>
<td>脳卒中</td>
</tr>
<tr>
<td>(26) cataract</td>
<td>hakunaishō</td>
<td>はくないしょう</td>
<td>白内障</td>
</tr>
<tr>
<td>(27) glaucoma</td>
<td>ryokunaishō</td>
<td>りょうないしょう</td>
<td>綠内障</td>
</tr>
<tr>
<td>(28) leukemia</td>
<td>hakketsubyō</td>
<td>はっけつひょう</td>
<td>白血病</td>
</tr>
<tr>
<td>(29) asthma</td>
<td>zensoku</td>
<td>ゼンソク</td>
<td>便秘</td>
</tr>
<tr>
<td>(30) constipation</td>
<td>bempi</td>
<td>べんぴ</td>
<td>便秘</td>
</tr>
<tr>
<td>(31) burn</td>
<td>yakedo</td>
<td>やけど</td>
<td>火傷</td>
</tr>
<tr>
<td>(32) athlete’s foot</td>
<td>mizumushi</td>
<td>みずむし</td>
<td>水虫</td>
</tr>
<tr>
<td>(33) anemia</td>
<td>hinketsu</td>
<td>ひんけつ</td>
<td>貧血</td>
</tr>
<tr>
<td>(34) a menopausal disorder</td>
<td>kōnenkishōgai</td>
<td>こうねんきしょうがい</td>
<td>更年期障害</td>
</tr>
</tbody>
</table>
(3) Other useful expressions

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

How to covert Fahrenheit to Celsius

\[
5F-32 = 9C \implies F = \frac{160+9C}{5} \implies C = \frac{5(F-32)}{9}
\]

(3) I have an allergy. Arerugi ga arimasu. アレルギーがあります。
(4) I don’t have an appetite. Shokuyoku ga arimasen. 食欲がありません。
(5) I have a cough. Seki ga desu. 喘がっています。
(6) I have been sneezing. Kushami ga desu. くしゃみがしています。
(7) I have a runny nose. Hanamizu ga desu. 鼻水が出ます。
(8) I feel nauseous. Hakike ga shimasu. 吐き気がします。
(9) I have been having chills. Samuke ga shimasu. 寒気がします。
(10) I feel dizzy. Memai ga shimasu. めまいがします。
(11) I feel sluggish. Karada ga darui desu. 体がだるいです。
(12) I have diarrhea. Geri desu. 下痢です。
(13) I’m constipated. Bempi desu. 便秘です。
(14) I feel itchy. Kayui desu. 痛いです。
(15) I have bad teeth. Mushiba desu. 虫歯です。
(16) I have a cold. Kaze desu. 風邪です。
(17) I have the flu. Infuruenza desu. インフルエンザです。
(18) I have a hangover. Futsukayoi desu. 二日酔いです。
(19) I’m sick at my stomach. I ga mukamuka shimasu. 胃がむかむかします。
(20) Sharp pain in his stomach. I ga kirikiri shimasu. 胃がきりきりします。
(21) I feel dizzy. Atama ga kura kura shimasu. 頭がくらくらします。
(22) My head is throbbing. Atama ga zukizuki shimasu. 頭がずきずきします。
(23) I have a prickly pain. Chikuchiku shimasu. ちくちくします。
(24) I have a burning pain. Hirihiiri shimasu. ひりひりします。
(4) At the hospital or drugstore

Please give me _______ _______ o kudasai.

<table>
<thead>
<tr>
<th>English</th>
<th>Japanese</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>headache specific</td>
<td>zutsuyaku</td>
<td>ずつうやく</td>
</tr>
<tr>
<td>painkiller</td>
<td>chintszuai</td>
<td>ちんつうざい</td>
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<tr>
<td>sleeping pill</td>
<td>suiminyaku</td>
<td>すいみんやく</td>
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<tr>
<td>antipyretic</td>
<td>genetsuzai</td>
<td>げねつざい</td>
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<tr>
<td>band aid</td>
<td>bandoeido</td>
<td>バンドエイド</td>
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<tr>
<td>eye drops</td>
<td>megusuri</td>
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<tr>
<td>compress</td>
<td>shippu</td>
<td>っぺ</td>
</tr>
<tr>
<td>mouth wash</td>
<td>ugaigusuri</td>
<td>うがいぐすり</td>
</tr>
</tbody>
</table>
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