

Japan: An Ancient and Modern Adventure

Summer 2015



*Note – this trip is not affiliated with Moscow Middle School or the Moscow School District. It is an independent student/parent educational opportunity.

Agenda

- ✓ Welcome:
 - ✓ **CELL PHONES OFF – Everyone pay attention please**
- ✓ Travel Itinerary updates
- ✓ Finalized travel groups plus rooming update
- ✓ Upcoming EF Deadlines
- ✓ Passports
- ✓ Japan Travel 101
- ✓ Luggage and packing tips
- ✓ Fundraising letter and the holidays
- ✓ Upcoming events
- ✓ Questions/Comments



Tonight's information can be found at
www.globalxpeditons.weebly.com
Under the travel destination link (Japan 2015)

Itinerary Update

- Only 190 Days Away!!!! Tentative Departure date June 16th
- We are flying out of Spokane or busing to Seattle ... TBD)



- Flights – Middle seats and we are spread throughout the plane.
- Transportation to the airport options: Time of flights will determine airport transportation and meeting the night before.
- Travel and counting groups finalized

Matthew, and Daniel's Travel Group

#	Last Name	First Name
1	Haley	Matthew
2	Haley	Daniel
3	Benson	Finn
4	Benson	Laura
5	Broyles	Hannah
6	Capawana	Joseph
7	Connors	Michael
8	Freeman	Rachel
9	Gropp	Gracee
10	Hansen	Cole
11	Hansen	Kristin
12	Kiblen	Kaden
13	Kiblen	Sundae
14	O'Connell	Riley
15	Odberg	Evan
16	Odberg	Ethan
17	Rauch	Makenna
18	Skinner	Jaxon
19	Skinner	Tiffany
20	Stone	Andrew
21	Thorsteinson	Eric
22	Thorsteinson	Todd

**Rooming Requests Sheets****Due before you leave tonight****Jason and Stacy's Travel Group**

#	Last Name	First Name
1	Albrecht	Jason
2	Albrecht	Stacy
3	Anderson	Rheanna
4	Caisley	Sam
5	Garnett	Jill
6	Garnett	Katelyn
7	Hoesman	Ben
8	Hough	Kamry
9	Kindelspire	Hannah
10	Matossian	Storm
11	Miller	Joseph
12	Nolta	Athena
13	Nolta	Brandon
14	Reed	Annalie
15	Reeder	Emma
16	Seckington	Emma
17	Shook	James
18	Shook	Mary
19	Sullivan	Brandy
20	Sullivan	Terra
21	Tanner	Savannah
22	Wappett	Meridian

Room Request Information

Rooming assignments based on your requests as much as possible. List will be ready by the next meeting in March.

- Each person should be rooming with at least one person that they requested ... we will try to accommodate everyone to the best of our ability.
- Understand that this might change depending on our grouping needs while on the ground.



If a student wants to request a twin room it is \$30 per hotel room/night and for adults to request a single it is \$40 per hotel room/night.

Final Rooming Arrangements

- Please write down three people that you would enjoy rooming with while abroad
- We will do our best to honor these requests but WILL NOT guarantee anything
- While abroad, rooming is a changing thing ... BE FLEXIBLE!
- You may only record three people
- All adults will room with another adult
- Private rooms for adults are available for an additional charge (\$40/night)

I, (Print your first and last name) _____, would like to room with the following three people; they are listed below in order of preference.

(Note: Please do not feel like you need to preference three people or anyone at all. Three is the maximum amount of people you can preference, but there is no minimum. If you do not have a preference, please check the box at the bottom that indicates that and we will automatically place you in a group).

- 1) _____
- 2) _____
- 3) _____

I do not have a rooming preference!

Upcoming EF deadlines



150 days prior to departure: 1-17-15

All group stay ahead or stay behind requests must be submitted. A “group” request is any group of 6 paying travelers or more who are requesting the same stay ahead or stay behind. Any group requests that are entered after this date will incur late fees and cannot be guaranteed.

110 Days Prior to Departure: 2-26-15

Tour Balance Due: for all participants not on auto-pay, must be paid in full

If any of your participants need special payment plans made, they must call 1-800-665-5364 PRIOR to this date to avoid late fees/cancellation from the trip.

Upcoming EF deadlines



110 Days Prior to Departure: 2-26-15

Last day to change names without min. \$200 fee

Please confirm that all participants' first, middle, and last names (including your own) are spelled correctly on your Group Status report and match EXACTLY as they appear on their passports. Also, confirm all birth dates are listed and correct.

Last Day for Individuals to Submit any Special Travel Requests - please have any travelers interested in doing this contact us before this date. (Staying longer, special rooming, food allergies, etc.)

Passports

- Valid through December 2015 (6 months after our return date)
- If anybody has not ordered their passport yet, you need to get on that ASAP



- ALSO... Double check that the name on your EF account matches your passport EXACTLY

Luggage

- Pack once, then remove 1/3 😊
 - Pack light
- Parents have the final say on what you pack.
- Lost luggage – pack your backpack with essentials ... just in case
- One small carry-on plus one personal item
- Pack an extra bag and send gifts home



See sample packing list (on website)

– Carry-on:

- The maximum dimensions cannot exceed any of the following measurements:
 - 22" long x 14" wide x 9" tall or 114cm (56 x 35 x 23 cm). All carry-on items should be stowed in an overhead bin.

– Personal Item:

- Includes: backpack, purse, briefcase, laptop bag OR a similar item such as a tote that does not exceed 36 inches(length+width+height) and must fit under the seat in front of you.

– Checked Luggage:




- Two checked luggage items with no charge... on the way home



Liquids, Gels, and Meds

- Remember hotels will have shampoo/conditioner/soap
- Pack limited liquids – 1 quart-size clear plastic zip lock
 - Toiletries – shampoo, toothpaste, mouthwash, perfume, shaving foam, aerosols, deodorant, eye care products
- Have all medications in their original packaging and have the prescription on hand.



<p>3</p> <p>3 ounce or smaller containers of liquid or gel</p> <p>More than 3 ounces permitted in checked baggage</p> <p>Container size is a security measure</p> 	<p>1</p> <p>1 quart-size, clear plastic, zip-top bag holding 3 ounce or smaller containers</p> <p>Bag limits total volume per person</p> 	<p>1</p> <p>1 bag per traveler placed in the security bin</p> <p>Isolating liquids speeds screening</p> 
---	--	---

Things to know before you go to Japan



Learn a little Japanese!


CosCom Learning Japanese

<https://www.coscom.co.jp/>

[Home](#) [Weather&News](#) [DataOnJapan](#) [Learn Japanese](#) [Learning Materials](#) [OnlineOrder](#) [Login](#)

Learn Japanese

[English](#) [Japanese](#)


 **Headline News**
Short articles

Upper Basic level
2014/December/06

Learn Japanese On the Web

CosCom Japanese Language School
Tokyo Japan


Learn Japanese online with various learning contents.
You can learn practical Japanese conversation, daily phrases,
Hiragana Katakana, Kanji and today's Japan.
Start and enjoy learning Japanese with us.

 2014/12/04 A あ 漢

reservation, booking

[1](#) [2](#) [3](#) [4](#)


News & Weather in Japanese


 **Tenki Yohoo**
(Weather forecast - Tokyo)
2014/December/01 - December/07

Upper Basic level



12~15°C / 5~8°C

 **Headline News**
(Short article)
2014/December/06
Upper Basic level

 **Nihon no Dekigoto**
(News of Japan)
2014/December/04
Lower Intermediate level

Free materials and Latest contents

We provided various learning contents from the basic level to the intermediate level. If you are new to learning Japanese, please go to the Japanese Words. You can learn essential Japanese vocabulary and how to make Japanese sentences. Practical Japanese phrases and dialogues are introduced at the Japanese Conversation page. You can use it today.

 [Words & Basics](#) Update : 2014/December/04

 [Phrases & Conversation](#)

 [Intermediate Japanese](#) Update : 2014/December/01

 [Japanese Verbs](#)

 [Hiragana Katakana](#)

 [Japanese Kanji](#) Update : 2014/December/05

For your further study

Online learning materials

**Building Up
Japanese
Conversation**

**Japanese
@Once**

**Essential
Japanese
Verbs**

Data on Japan

Learning materials for Sale

2001

Counting in Japanese

一

1 - ichi

六

6 - roku

二

2 - ni

七

7 - shichi

三

3 - san

八

8 - hachi

四

4 - shi

九

9 - kyu

五

5 - go

十

10 - ju



What about higher?

Simple:

11 = Ju-ichi

12 = Ju-ni

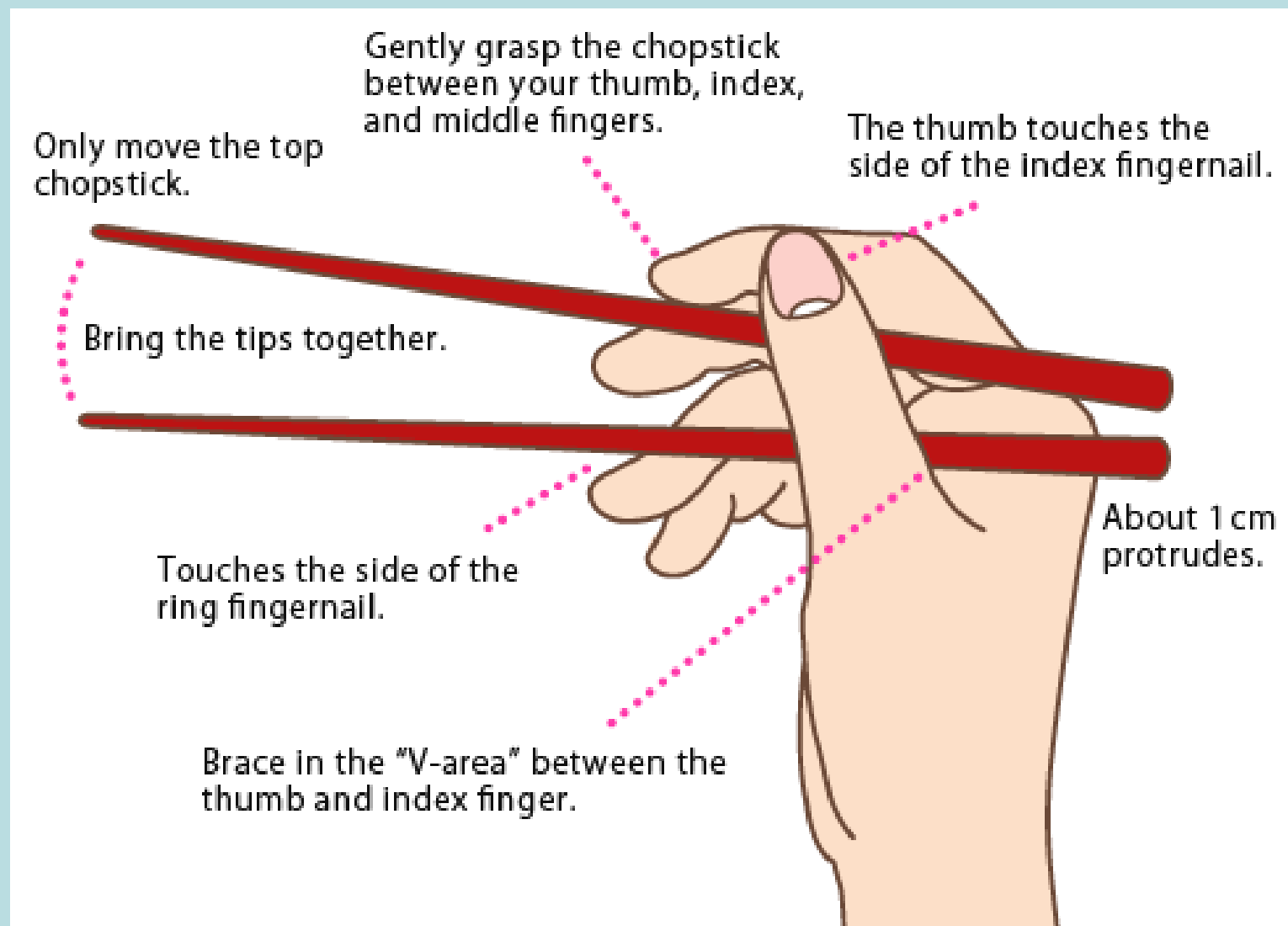
20 Ni-ju

21 Ni-ju-ichi

100 Hyaku

1000 Sen

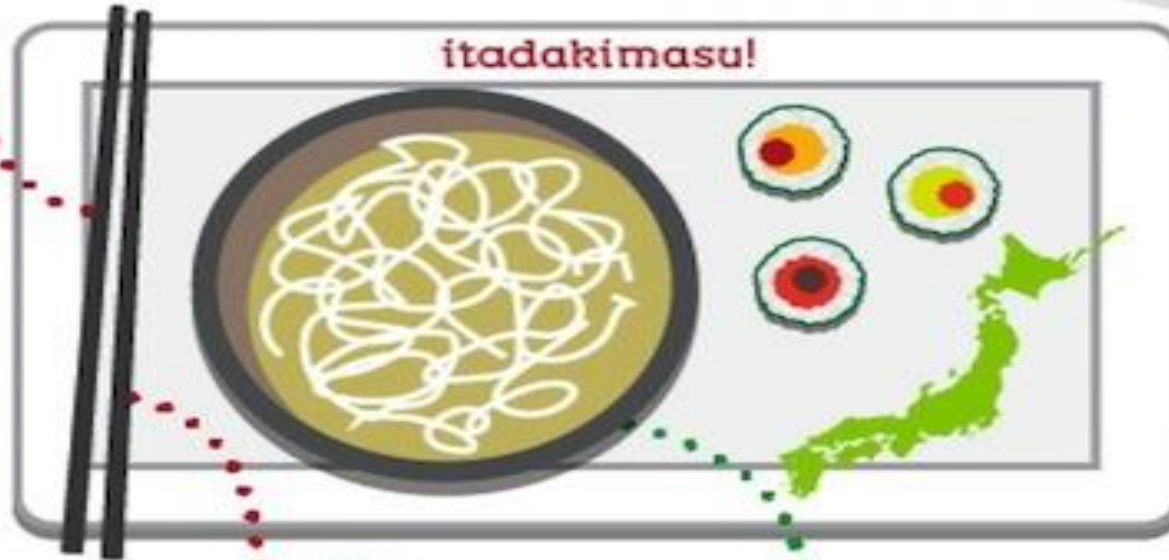
Learn how to use hachi's



Japanese Table Manners

DON'T

cross your chopsticks, lick them or stick your chopsticks vertically into a bowl of rice, these are all considered very rude.



DON'T

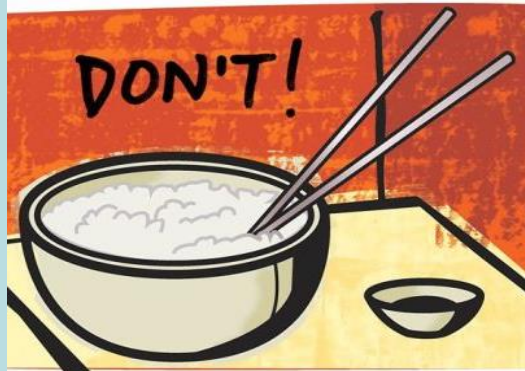
pass food using chopsticks either, this practice takes place at funerals and when done anywhere else is a big no no!

DO

drink directly from the soup bowl as spoons are uncommon - Slurp your food, especially noodles and soup! It shows your appreciation to the chef - the louder the better!

tipping staff is very rare and can be seen as rude.

Japanese Table Manners



THOUGH PICKING UP PLATES & BOWLS IS POOR MANNERS IN MOST CULTURES...



IN JAPAN, IT IS GOOD MANNERS TO PICK UP CERTAIN PLATES & BOWLS WHEN EATING.



EXAMPLES OF PLATES & BOWLS THAT SHOULD BE PICKED UP ARE...



RICE BOWLS



DONBURI BOWLS



SOUP BOWLS



KOBACHI (SMALL BOWLS)



BOWLS/PLATES FOR DIPPING SAUCES

INCIDENTALLY, LARGE PLATES SHOULDN'T BE PICKED UP!



THE REASON MANY PLATES ARE PICKED UP IS THAT IT'S SAID TO HELP YOUR EATING POSTURE.



THE IDEAL WAY TO EAT IS TO HOLD YOUR BOWL AND EAT WITHOUT BENDING OVER, WITH BOTH ELBOWS OFF THE TABLE.

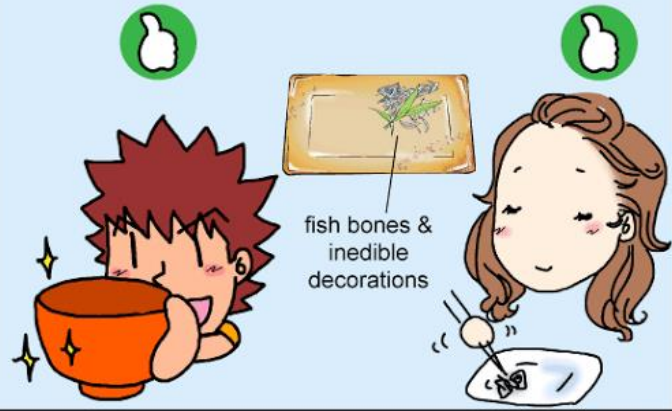


IN JAPANESE CUISINE, IT'S POLITE TO SHOW YOUR APPRECIATION FOR THE PRESENTATION OF THE FOOD BY...

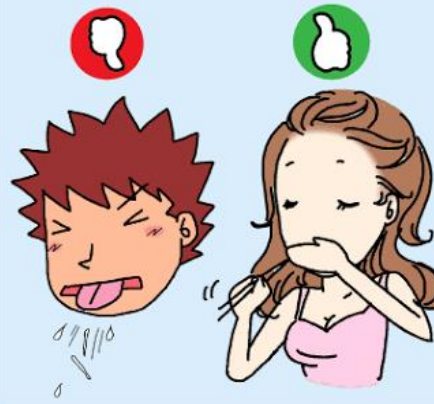
EATING WITHOUT OVER-MIXING THE FOOD AND RUINING THE PRESENTATION.



ADDITIONALLY, IT'S POLITE TO TIDY UP YOUR PLATE WHEN YOU'RE DONE EATING, AND NOT LEAVING BITS OF FOOD ALL AROUND.

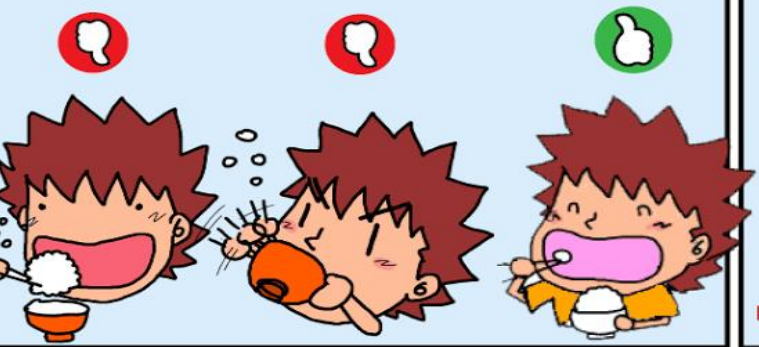


SPITTING ANYTHING OUT AT THE TABLE IS DISCOURAGED. CHOPSTICKS SHOULD BE USED INSTEAD.

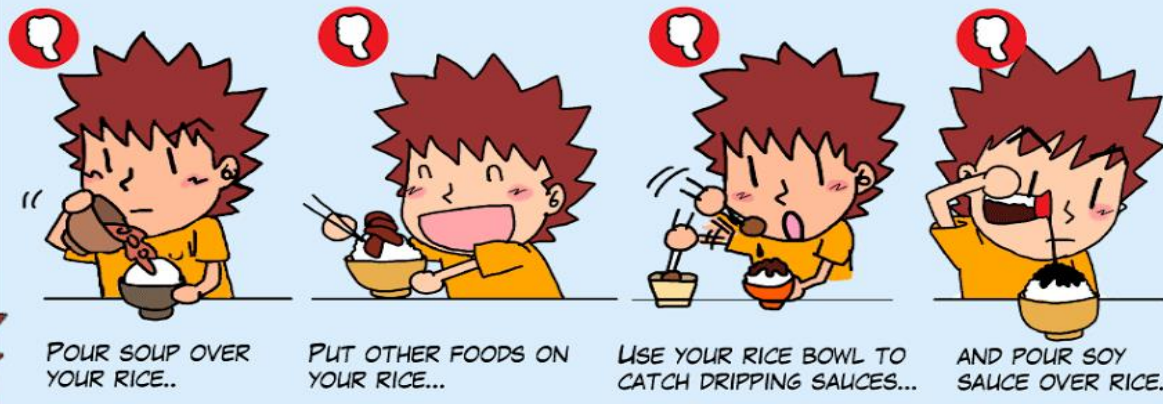


BOTH STUFFING & SHOVELING FOOD INTO YOUR MOUTH ARE DISCOURAGED.

IT'S CONSIDERED POLITE TO BRING FOOD TO YOUR MOUTH SLOWLY, A LITTLE AT A TIME.



FINALLY, IN JAPAN, **WHITE RICE** IS USUALLY ENJOYED... "WHITE"! IT'S GENERALLY CONSIDERED RUDE TO...



POUR SOUP OVER YOUR RICE..

PUT OTHER FOODS ON YOUR RICE...

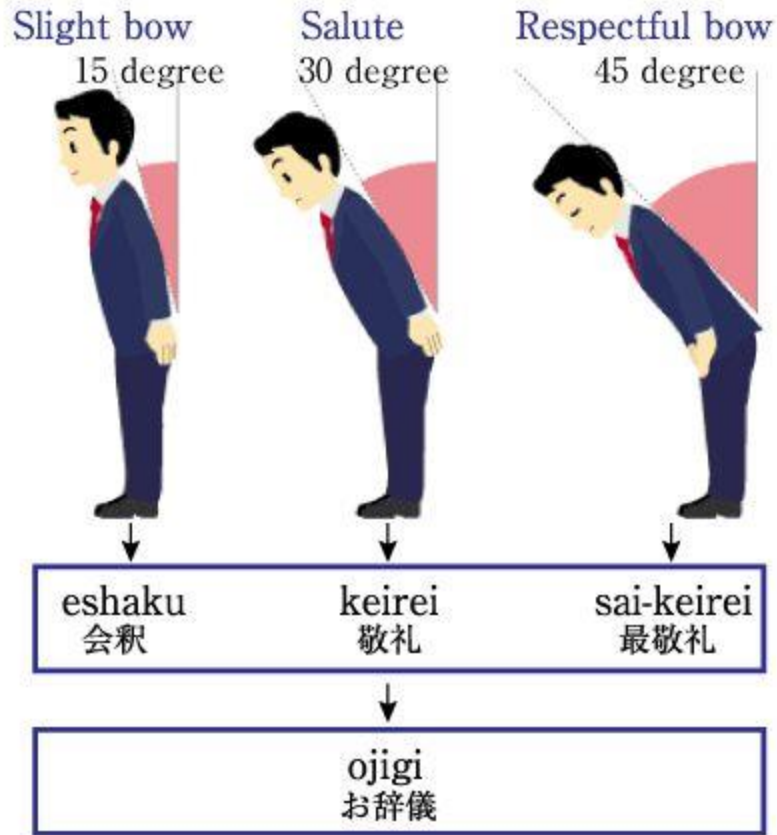
USE YOUR RICE BOWL TO CATCH DRIPPING SAUCES...

AND POUR SOY SAUCE OVER RICE.

EXCEPTIONS:

Things that CAN go on rice include *Natto*, *Furikake* seasonings, raw egg, etc. Also, all *Donburi* Dishes (rice with toppings) are exceptions to this rule.

Bowing: the art of greeting



- A deeper, longer bow indicates respect. Conversely, a small head nod is casual and informal.
- Most Japanese do not expect foreigners to know proper bowing rules and so a nod of the head is usually sufficient.
- It is also common to bow to express thanks, to apologize, to make a request, or to ask someone a favor.
- Shaking hands is uncommon among the Japanese, but again, exceptions are made for foreigners.

Japanese Money



The Yen
1 USD = 121.50
Yen

Visiting Buddhist Temples and Shinto Shrines

Shrines

➤ Behave calmly and respectfully.

- Show your respect: short prayer in front of the sacred object or by throwing a coin into the offering box, followed by a short prayer.

➤ Shoes Off:

- When entering temple buildings, you may be required to take off your shoes. Leave your shoes on the shelves at the entrance or take them with you in plastic bags provided at some temples. Wear nice socks.

➤ Photography

- Usually permitted on the temple grounds. It is forbidden indoors at some temples. Watch for signs.



Japanese Foods



Sushi



Soba



Unagi



Ramen



Okonomiyaki



Yakitori

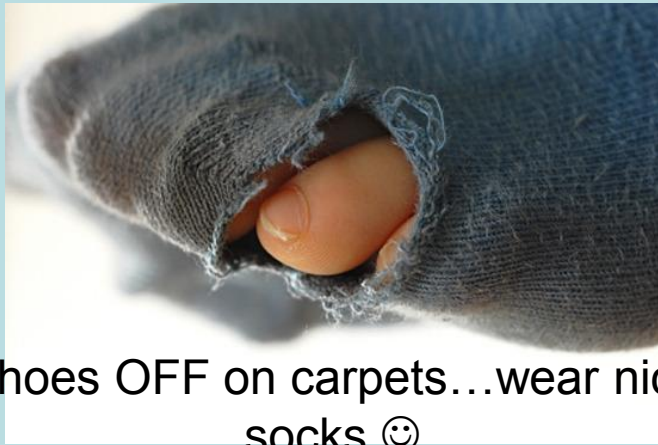


Tempura



Tonkatsu

A few more travel tips



Shoes OFF on carpets...wear nice socks 😊

Not all toilets are high-tech. Don't forget to have some TP



GREAT DISHONOR



Japanese consider it rude to talk on the phone in public, walk, and eat; be loud in public; and point at things

Tis the season for FUNDRAISING:)

Holiday Fundraising Tips from Daniel!

- Remember you also need spending cash (\$500 suggested)
- Consider a thank you email and a last chance to donate email
- HOLIDAY LETTER 😊



Dear [relative, neighbor, friend, etc.],

As you may already be aware I'm headed to [country/ies] in June of [tour year] as part of an educational overseas tour!! The trip is being organized in collaboration with an internationally renowned program called *Education First* tours whose motto is "Change

[Closing—i.e., Sincerely, Regards, Love, etc.],

[Signature]

[Name]





ACTIVE TOURS

PAST TOURS

EDIT PROFILE

Click on "Your donation page"



Japan: Ancient to Modern ▾

Japan: Ancient to Modern

Name: Stacy Johnien Albrecht

Account Number: 3603540

Tour Number: 1655043JE

Status: Active ⓘ

Group Leader: [Jason Albrecht](#)

Individual Requested Travel Dates: 6/16/2015 - 6/24/2015 ⓘ

Group Requested Travel Dates: 6/16/2015 - 6/24/2015 ⓘ

Tour Length: 9 days ⓘ

Departing in: 191 days (6/16/2015)

Departure Gateway: Spokane ⓘ

In this section...

▶ **Payment details**

▶ Tour details

▶ Your donation page

▶ Manage your tour

▶ Prepare for departure

▶ Forms and resources

Current account balance:

\$213.00

▶ **Make a payment**

Your payment plan

You are not able to activate a monthly payment plan at this time.

All-Inclusive Coverage Plan: ⓘ

You are covered.

▶ **View**

Enhance your tour
with optional excursions

[Learn more](#) >

Messages and Reminders:



Please remember that all travelers will need a valid passport for travel abroad. The passport must be valid for 6 months after return. It can take up to 14 weeks to process your passport so make sure you

NEW

Using your EF Donations Page



ACTIVE TOURS

PAST TOURS

EDIT PROFILE

Japan: Ancient to Modern ▾

In this section...

▸ [Payment details](#)

▸ [Tour details](#)

▸ **[Your donation page](#)**

▸ [Manage your tour](#)

▸ [Prepare for departure](#)

▸ [Forms and resources](#)

Japan: Ancient to Modern

Name: Stacy Johnien Albrecht

Account Number: 3603540

Tour Number: 1655043JE

Status: Active ⓘ

Group Leader: [Jason Albrecht](#)

Individual Requested Travel Dates: 6/16/2015 - 6/24/2015 ⓘ

Group Requested Travel Dates: 6/16/2015 - 6/24/2015 ⓘ

Tour Length: 9 days ⓘ

Departing in: 191 days (6/16/2015)

Departure Gateway: Spokane ⓘ

Current account balance:

\$213.00

▸ [Make a payment](#)

Your payment plan

You are not able to activate a monthly payment plan at this time.

All-Inclusive Coverage Plan: ⓘ

You are covered.

▸ [View](#)

Your donations

Stacy Albrecht's Goal: \$213

Needed

\$213

Raise money for your tour! Just share the link below with family, friends and potential sponsors. They can make easy, secure online donations that go directly to help pay for your tour. Use the link in email, Facebook, Twitter, etc. Be sure to include a personal message about why you want to go on the trip and how their donation will help.

Share your donation page

<http://personal.eftours.com/secure/make-donation.aspx?poId=DB967159&utm>

▸ [Copy link](#)

[Preview your page](#)

Here is the link to your donations page to send to friends, relatives, etc.





Help me go on the trip of a lifetime!

I'm planning to go on a trip with EF Tours. With the help of my family, friends and community I know I can get there. Please consider making a one-time contribution.

Enter your contribution

Stacy Albrecht's Goal: \$213

Needed

\$ 0.00



\$213

(\$1 minimum)

Your impact

! There is a minimum contribution amount of \$1.00. Please enter a donation amount.

Pay by debit or credit card

Pay by checking account

Credit card number

Expiration date

Cardholder first name

Cardholder last name

Cardholder zip code

Billing email address
(receipt will be sent to this address)

Let the traveler know I'm contributing

I wish to remain anonymous

Your name
(as the traveler will see it)

Your personal message
(Optional)

This is what your page will look like and people can donate directly to your account

Donations are NOT tax deductible

Traveler:
Stacy Albrecht

TOUR:
Japan: Ancient to Modern

DEPARTING:
June 2015

What's included on tour?

Airfare: Round-trip flights from listed gateway

Transportation: Comfortable motorcoach

Accommodations: Overnight stays as specified on itinerary in hotels with private bathrooms

Meals: As specified on itinerary

Tour Director: Full-time EF Tour Director

Sightseeings: As specified on itinerary



Traveler:
Stacy Albrecht

TOUR:
Japan: Ancient to Modern

DEPARTING:
June 2015

What's included on tour?

Airfare: Round-trip flights from listed gateway

Transportation: Comfortable motorcoach

Accommodations: Overnight stays as specified on itinerary in hotels with private bathrooms

Meals: As specified on itinerary

Tour Director: Full-time EF Tour Director

Sightseeings: As specified on itinerary

Please review your payment

Pay by debit or credit card

Payment amount: \$213.00

Credit card number: : XXXX-XXXX-XXXX-4736

Expiration date: 07/16

Cardholder name: Jason Albrecht

Cardholder zip code: 83872

Billing email: jsalbrecht87@yahoo.com

Your name as the traveler will see it:

Jason Albrecht

Your message:

Enjoy! :)

- By submitting this form I am confirming that I am an authorized user of the credit/debit card or bank account and that I understand the terms and conditions of my contribution. Once I click submit, I understand my payment is final and nonrefundable.

Last step... confirm payment info.

GO BACK

SUBMIT

**Important
DATE!**

Upcoming Events

- **Mar. 23rd, 2015 7pm MMS** Japanese history and travel logistics
(Traveler Emergency forms handed out)
- **May 18th, 2015 7pm MMS** Pre-travel information (Traveler
Emergency form color copies are due)
- **May 30th 2015** Ropes course #2 (pre-trip)
- **June 15th, 2015** Night before departure meeting.

- Ropes Course Saturday, May 30th,
2015
- Meet on Paradise Ridge at 9:00 am
or car pool at MMS at 8:45 am



Questions, Comments, and/or Freaking Outs



This Power Point and more information can be found at our website:

www.globalxpeditions.weebly.com
Under the trip destinations link



**Like us on
Facebook**

<https://www.facebook.com/globalxpeditions>