

Guide to Summer Research Program in Biomedical Sciences 2014



July 30 – August 10, 2014

Pre-Departure

VISA

Countries and territories whose citizens don't need a visa for the stay of less than 90days

France, Greece, Hungary, Taiwan, Tunisia, UK

Countries and territories whose citizens need a visa

China, Indonesia, Vietnam

PASSPORT

Bring your own valid passport.

INSURANCE

You are strongly recommended to obtain travel insurance that covers the duration of your stay before coming to Japan. It should cover medical expenses and have a general liability policy. University of Tsukuba shall not be responsible for your injuries or medical care, nor damage to property or robbery.

MONEY

-Japanese Currencies-



ten-thousand-yen

five-thousand-yen

one-thousand-yen



one-yen



five-yen



ten-yen



fifty-yen



one-hundred-yen



five-hundred-yen

Foreign Money Exchange

In Tsukuba, you can not exchange Vietnamese Dong, Indonesian Rupiah, or other currencies. Banks at both Narita and Haneda airports are useful to exchange.

-Cash Withdrawal-

International ATM Services are available at Japan Post Bank, Seven Bank and Citi Bank.

Japan Post Bank

Available at the Post Office and located nationwide.
For further information,

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

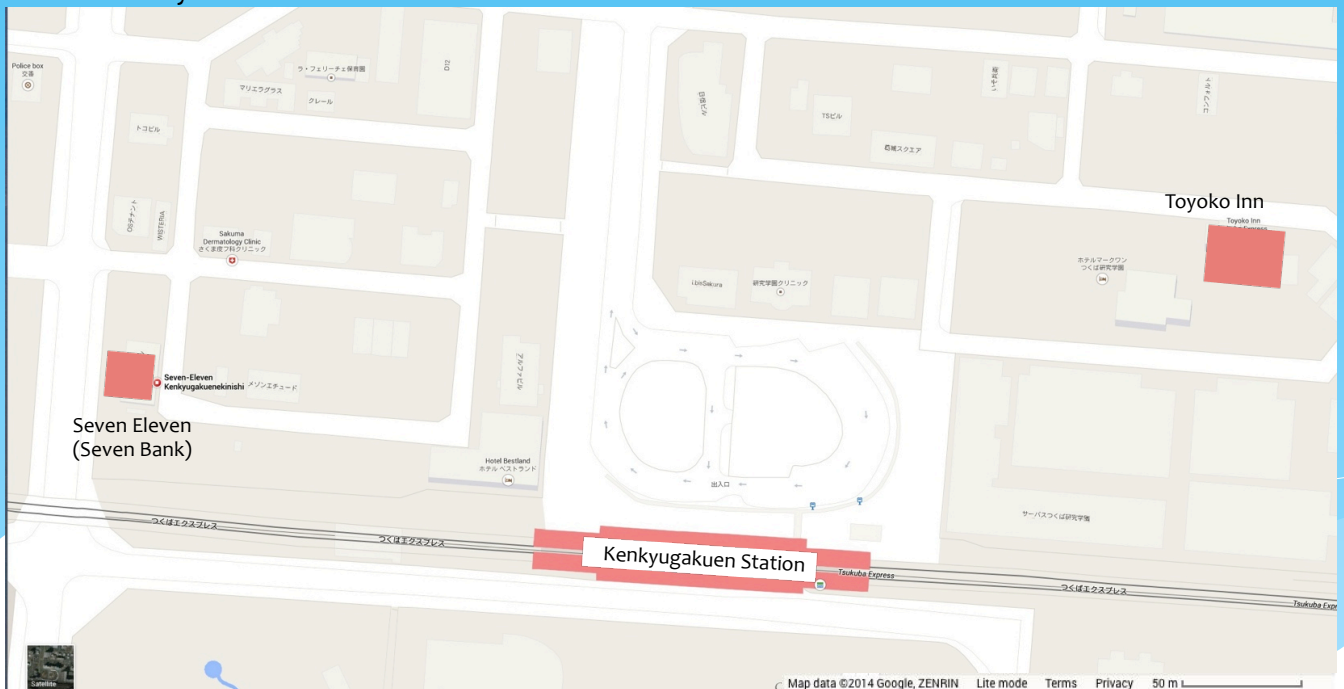
Seven Bank

At 7-Eleven Convenience stores
For further information

<http://www.sevenbank.co.jp/intlcard/card2.html>

Location of Seven Banks

Around Toyoko Inn



For more details, see below.

<https://www.google.co.jp/maps/search/seven+eleven+near+Tsukuba,+Ibaraki@36.0829085,140.0828114,19z?hl=en>

Around University Guest House

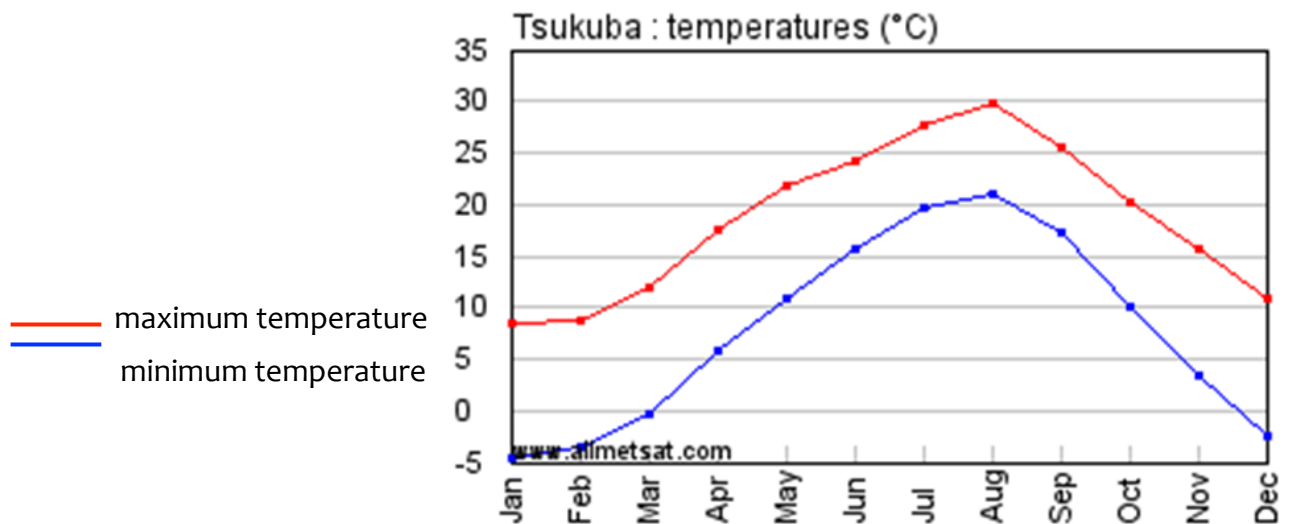


For more details, see below.

<https://www.google.co.jp/maps/search/seven+eleven+near+Tsukuba,+Ibaraki/@36.1060581,140.1027117,18z?hl=en>

WEATHER/CLOTHES

The summer begins in June here and it becomes seriously hot and humid during July and August. Light clothes and airy garments will make some room between the fabric and the skin in sticky weather. There will be excursions planned and you may walk a long distance so that please bring walking shoes and comfortable clothes.



ELECTRICITY

The voltage used throughout Japan is uniformly 100 volts, A.C. There are no columnar-shaped plugs or 3-pin plugs used. Please prepare your own plug adapter.



Upon Arrival

AIRPORT

NARITA (Please make sure of your arrival / departure airport)

There are two terminals for international flight, Terminal 1 and Terminal 2 in Narita Airport. There is a bus service that will take you to Tsukuba Center from both terminals. Find your arrival Terminal and after you clear Customs,

- Look for Keisei Counter, the ticket booth
- Purchase a ticket to 'Tsukuba Center' (Fare is ¥2,540/one way)
- Better to exchange money at the banks located on the same floor
- Go outside the building and find your bus stop
- Get on board

There are several stops along the route and get off at 'Tsukuba Center' (in about 90 minutes). The route terminates in Tsuchiura Station.

Airport Liner Narita ⇄ Tsukuba (Weekdays and Holidays) Updated Apr.1,2014

Narita->Tsukuba (for Tsuchiura Station)			Tsukuba->Narita [Reservation obligatory]		
Narita Airport Terminal 2	Narita Airport Terminal 1	Tsukuba Ctr.	Tsukuba Ctr.	Narita Airport Terminal 2	Narita Airport Terminal 1
7:40	7:45	9:20	5:50	7:30	7:35
9:05	9:10	10:45	7:00	8:40	8:45
10:35	10:40	12:15	8:50	10:25	10:30
12:50	12:55	14:30	10:40	12:15	12:20
14:30	14:35	16:10	12:20	13:55	14:00
16:15	16:20	17:55	13:35	15:10	15:15
17:20	17:25	19:00	14:35	16:10	16:15
18:45	18:50	20:25	15:50	17:25	17:30
20:10	20:15	21:50	17:35	19:10	19:15

Reservation: 029-822-5345 (Mon.-Sat. 8:30-19:00) or [KantoTetsudo web site](#)

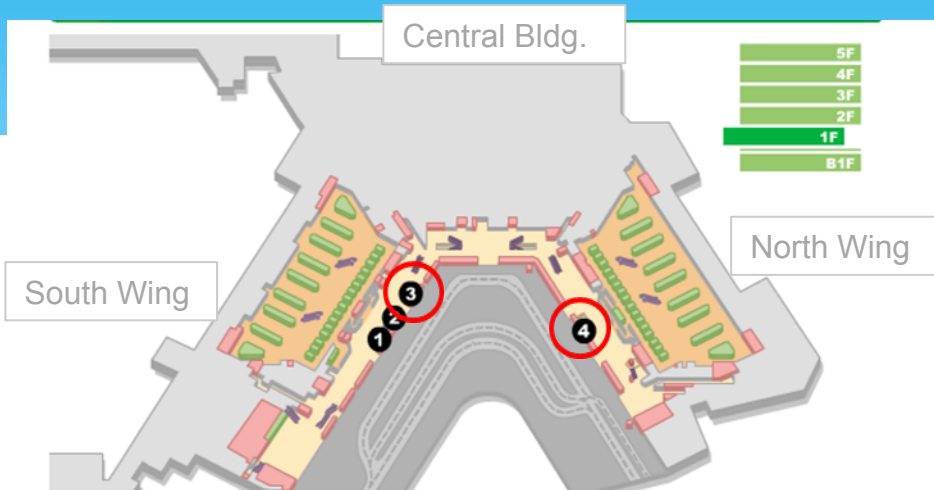
Fare: JPY2600. for one way

Narita Airport Terminal 1 **BUS to Tsukuba**

(1st Floor)

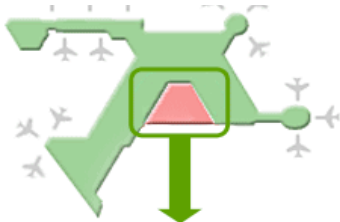
Ticket Office: 1st Floor, inside the building

Purchase your ticket at the booth located ③ or ④ before boarding,



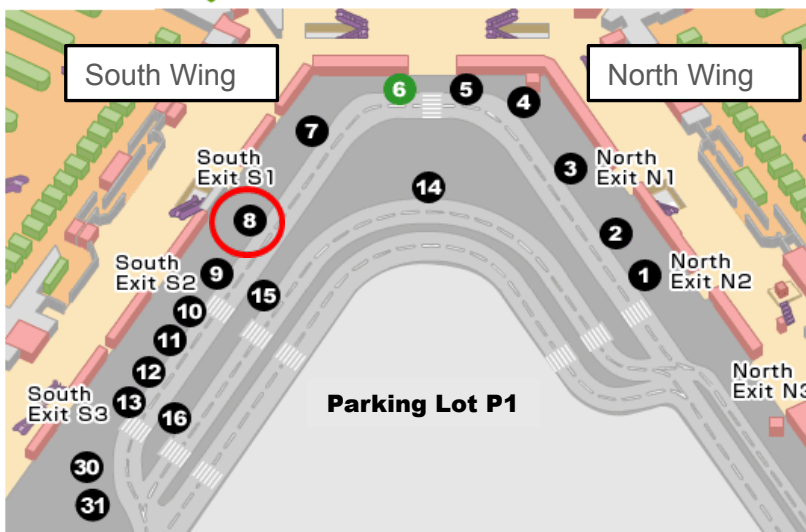
Bus Stop: 1st Floor, outside the building

Bus Stop ⑧ for Tsukuba Center.



●Terminal Connection Bus

When Coming to the airport, buses and taxis stop at the departure lobby (Terminal 1, 4th Floor) of each passenger terminal.

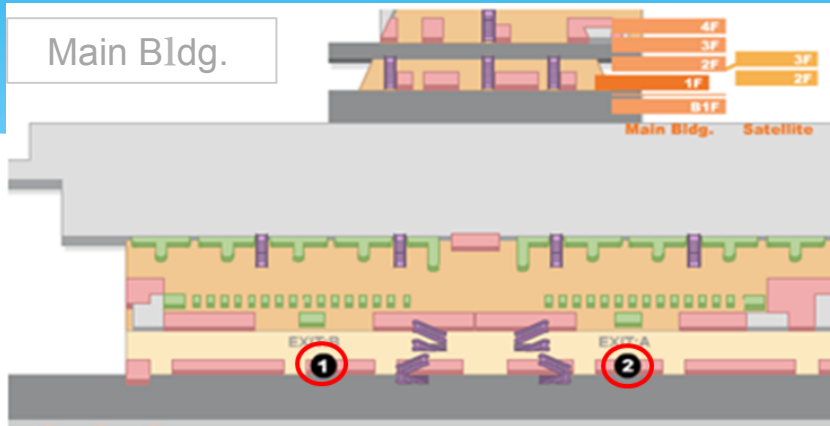


Narita Airport Terminal 2 BUS to Tsukuba

(1st Floor)

Ticket Office: 1st Floor, inside the building

Purchase your ticket at a ticket office ① or ② before boarding the bus.

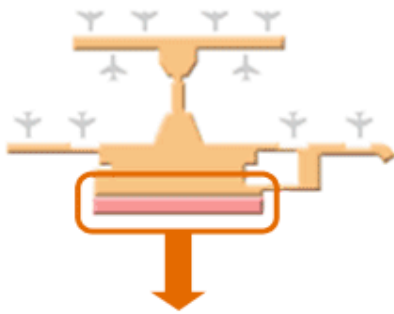


Bus Stop: 1st Floor, outside the building

Bus Stop ⑩ for Tsukuba Center.

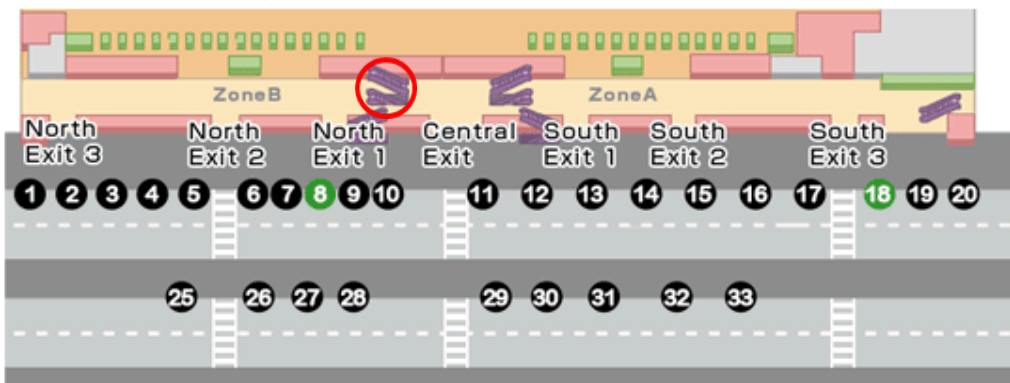
Terminal 2

1F Bus Stop and taxi



● Terminal connection bus

*When coming to the airport, buses and taxis stop at the departure lobby (Terminal 2, 3th Floor) of each passenger terminal.



Narita International Airport Official Website:
<http://www.narita-airport.jp/en/index.html>

HANEDA (Please make sure of your arrival / departure airport)

-Direct Bus to Tsukuba-

Haneda is located 15km from central Tokyo and has a good network of routes across the Tokyo metropolitan area. A bus will take you to Tsukuba Center in about 120 minutes.

Check schedules, bus stop numbers and other details for buses headed to different places from Haneda Airport via the information display at ticket and hotel reservation counters. Purchase your ticket at a ticket and hotel reservation counter or through a bus ticket vending machine before boarding the bus.

(Weekdays and Holidays)

Airport Limousine Haneda ⇄ Tsukuba Updated Apr. 1, 2014

Haneda->Tsukuba				Tsukuba->Haneda			
Haneda Airport International Terminal	Haneda Airport Terminal 2	Haneda Airport Terminal 1	Tsukuba Center	Tsukuba Center	Haneda Airport Terminal 2	Haneda Airport Terminal 1	Haneda Airport International Terminal
9:15	9:25	9:30	11:15	4:40	6:17	6:22	6:29
11:15	11:25	11:30	13:15	6:00	7:47	7:52	7:59
14:45	14:55	15:00	16:45	8:00	9:57	10:02	10:09
16:05	16:15	16:20	18:05	9:30	11:27	11:32	11:39
17:45	17:55	18:00	19:45	12:30	14:07	14:12	14:19
19:20	19:30	19:35	21:00	14:30	16:07	16:12	16:19
20:45	20:55	21:00	22:15	17:30	19:07	19:12	19:19
22:05	22:15	22:20	23:35	18:35	20:02	20:07	20:14

Haneda Airport Terminal #1/2: Ground Level Bus Depo #13, International Terminal: Bus Depo #6

Tel: 03-3765-0301 (Keihin Kyuko) or 029-836-1145 (Kanto Tetsudo)

Fare: JPY1850. for one way

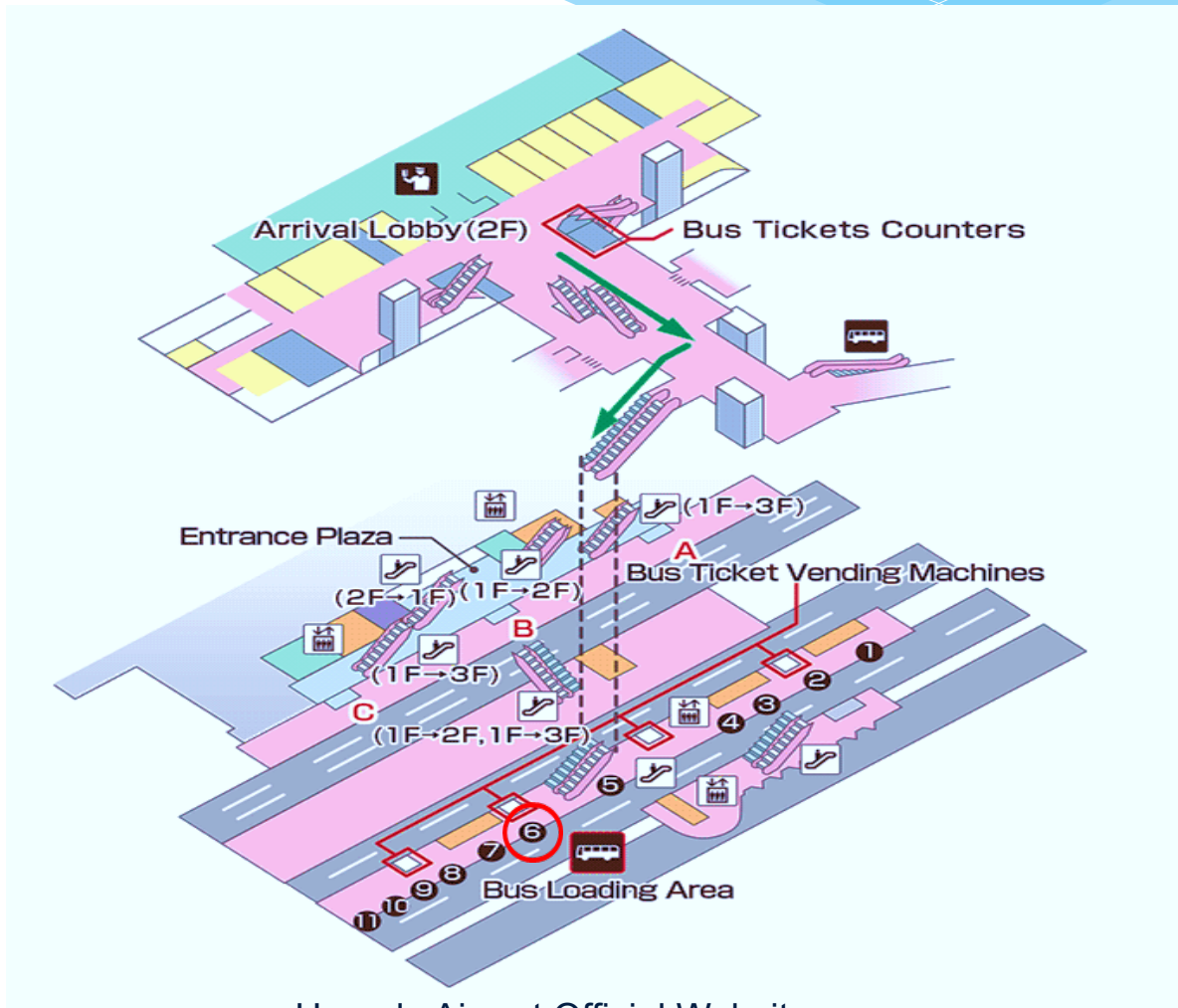
Haneda Airport International Terminal

Ticket Office: 2nd Floor, inside the building/Bus Ticket Vending Machines

Purchase your ticket before you board.

Bus Stop: 1st Floor

A bus at the bus stop ⑥ in the International Terminal will take you to Tsukuba Center.



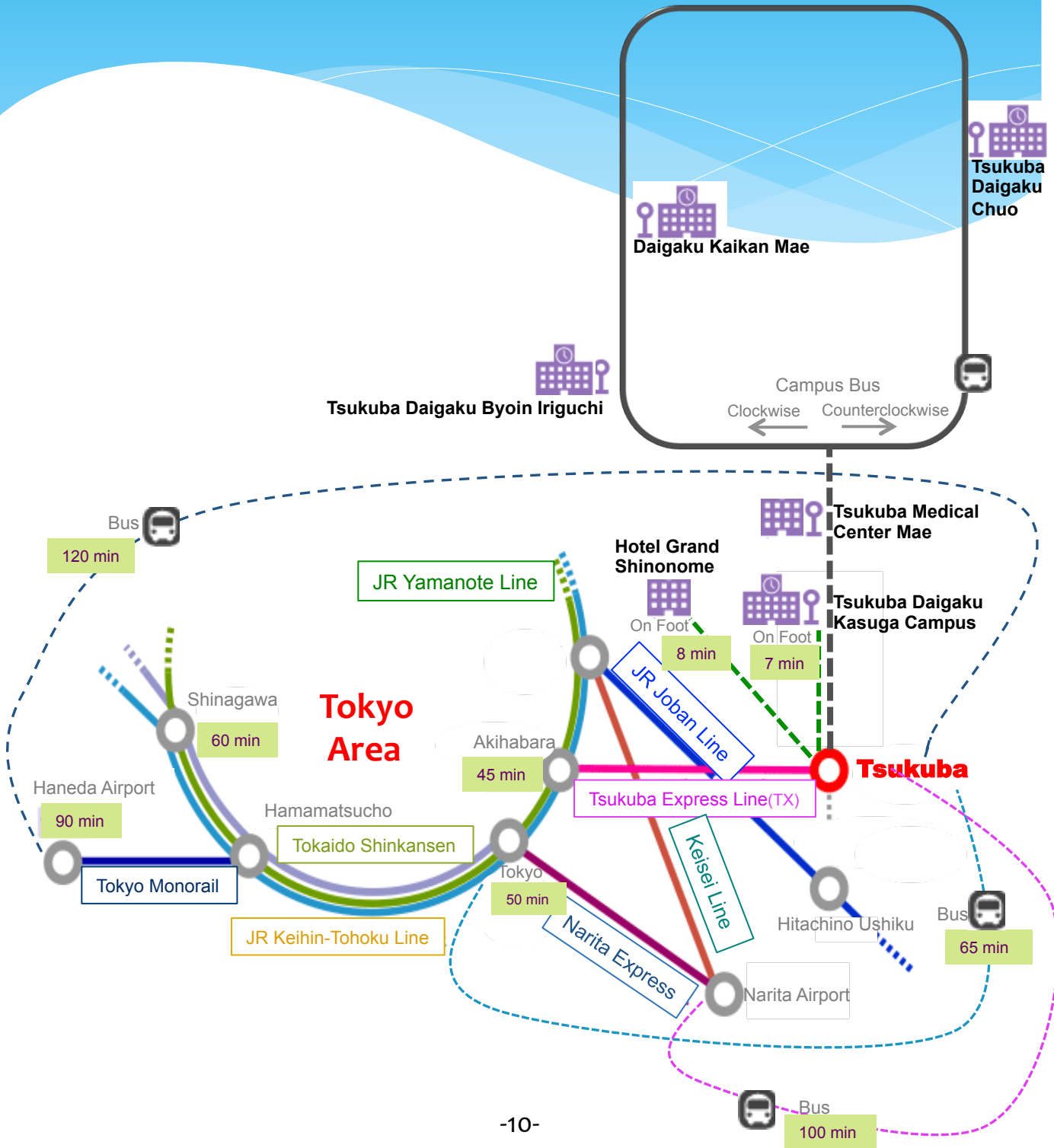
Haneda Airport Official Website:
<http://www.tokyo-airport-bldg.co.jp/en/>

Keikyu Corporation Official Website:
<http://www.haneda-tokyo-access.com/en/>

ACCESS

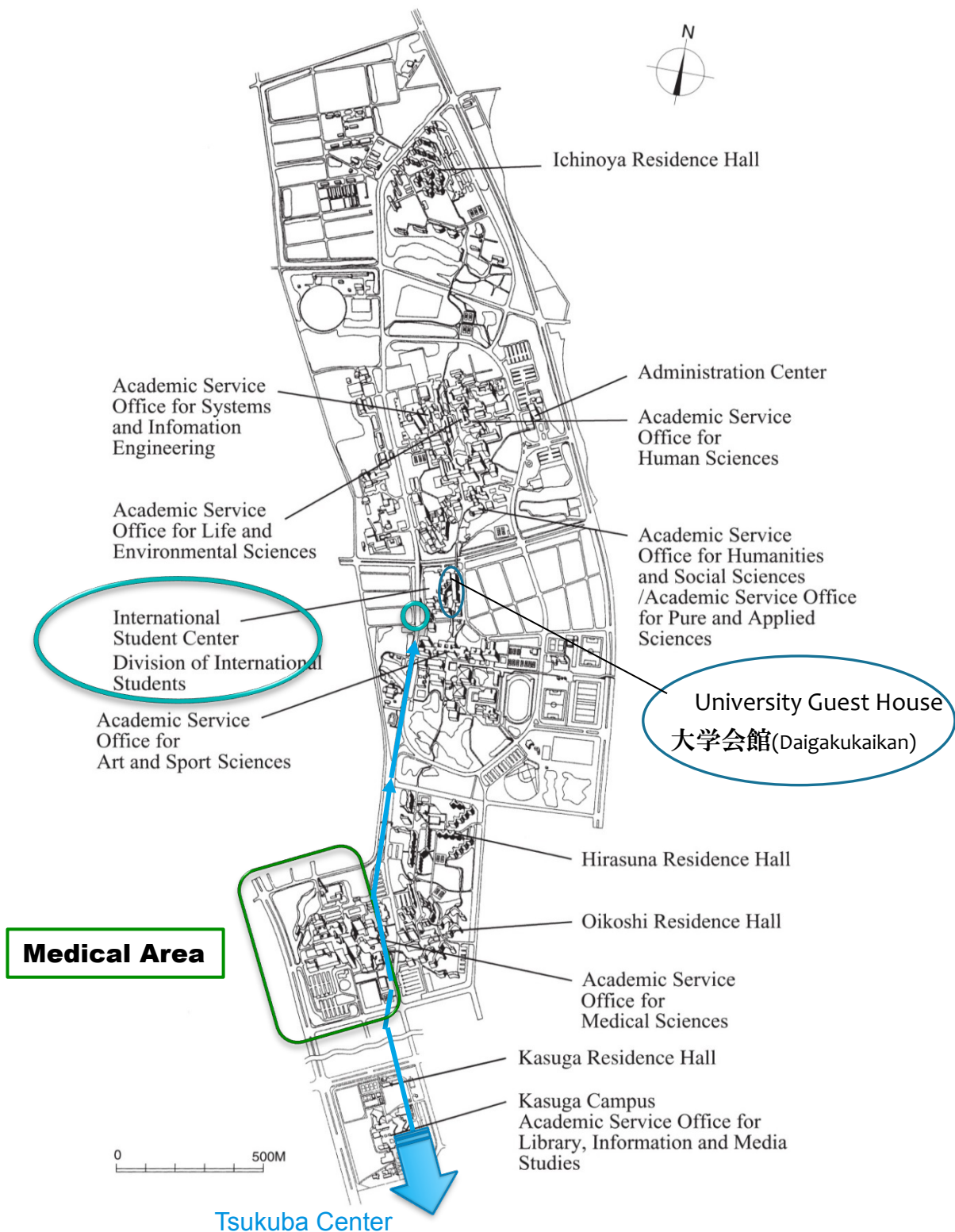
Tsukuba City is located approximately 50 km from Tokyo, 45 min. by Tsukuba Express line (express railway) and 60 min. by car, which is an excellent accessibility from the central area of Tokyo.

Route Map - Tsukuba Campus

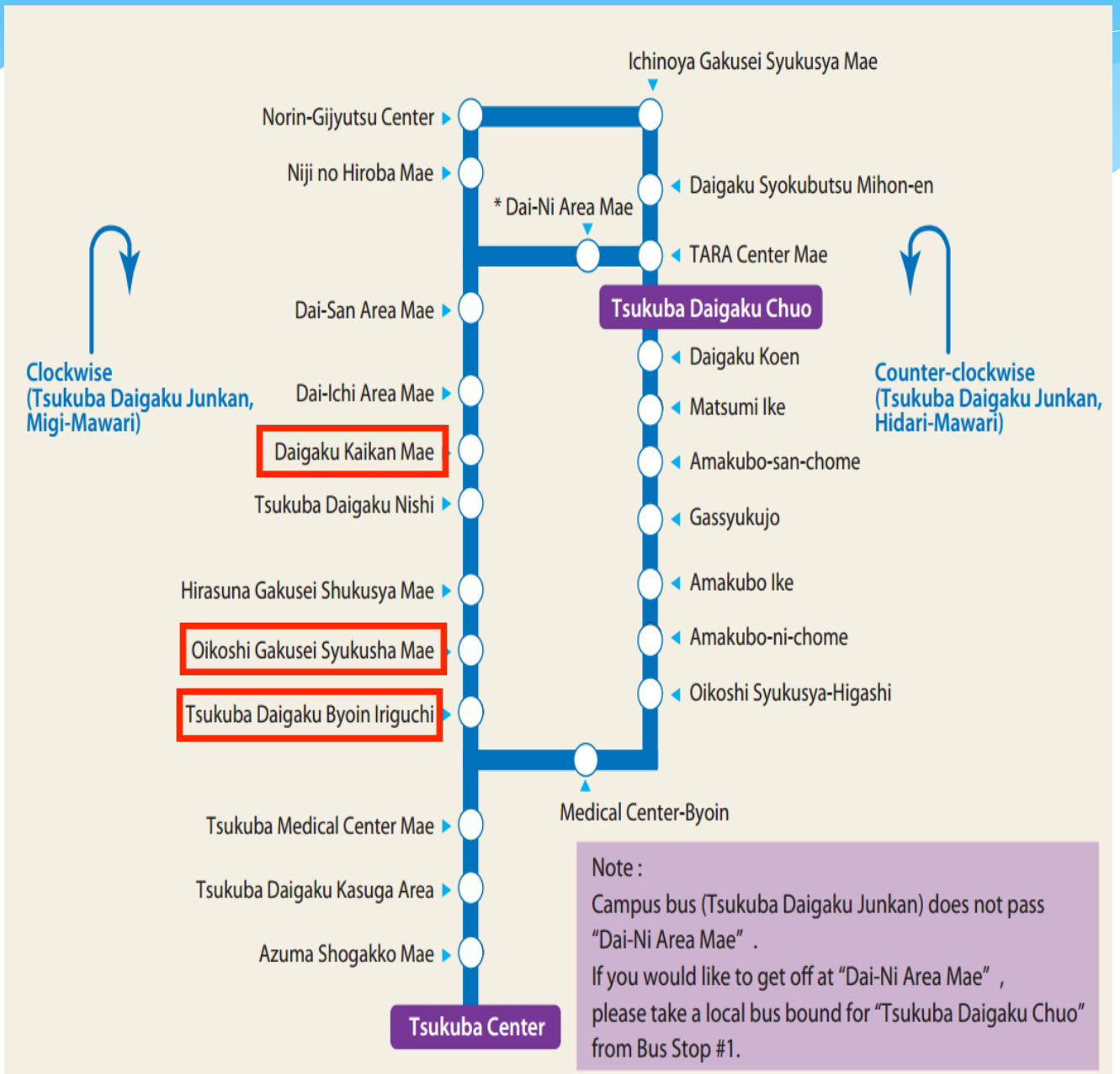


General Information On University of Tsukuba

(3) Campus Map



Bus Route Map University of Tsukuba On-campus



Accommodation

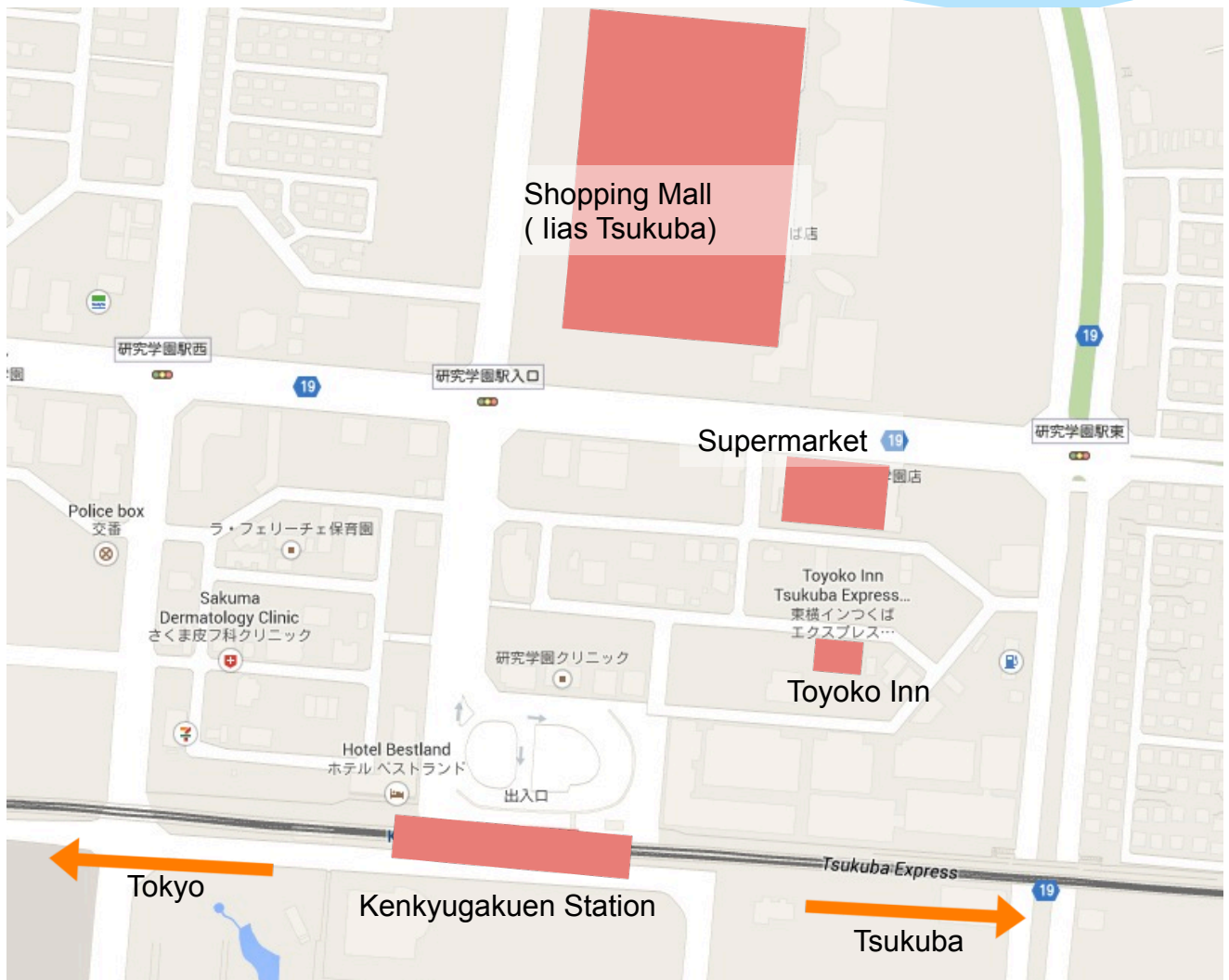
You are going to stay at either **University Guest House** or **Toyoko-INN**

Toyoko-INN

Toyoko-INN is located 3-minute walk from Kenkyugakuen station north exit
TsukubaExpress(TX)

【Address】 D3-7 Kenkyugakuen, Tsukuba, Ibaraki Prefecture 305-0817, Japan

【Telephone】 +81-29-863-1046



Toyoko-INN

-Your Room Type-

- Single / Twin
- Check-in : 16:00~
- Check-out : ~ 10:00am
- Free Breakfast buffet at the lobby 7:00 ~ 9:30

Available in the building



In your room



Available Services



【NOTICE】

- * Accommodation fee is covered by University of Tsukuba. No payment is required when checking out except for personal fees or purchasing items.
- * No cooking in your room, it is strongly prohibited, please.

University Guest House (Daigaku Kaikan)

University Guest House (Daigaku Kaikan) is located approximately 1.4km from Medical Area of University of Tsukuba, 4 minutes by bus, 15 minutes on foot.



<http://www.score.is.tsukuba.ac.jp/rta98/guesthouse.html>

University Guest House (Daigaku Kaikan)

University Guest House (Daigaku Kaikan) is located approximately 1.4km from Medical Area of University of Tsukuba, 4 minutes by bus, 15 minutes on foot.

- Check- in : 16:00 ~ 24:00
- Check- out : 10:00 am
- Curfew : 24:00



Daigaku Kaikan Annex (Guest House)



ツインルーム



バスルーム

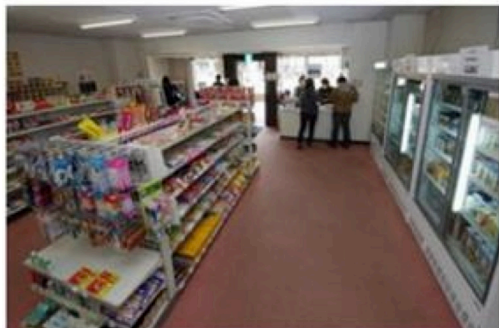


シングルルーム



バスルーム

Room Facilities and Supplements	Bathroom	Air Conditioner	TV
	Desk	Hair Dryer	Electric Pot
	Free Internet Access (Wi-Fi)		



Convenience Store 9:30~ 18:30 (Mon- Fri)



Book Store 9:50~ 18:30 (Mon- Fri)
9:50~ 17:30 (Sat)



Cafeteria 11:00 ~ 13:30 (Mon- Fri)

<http://www.score.is.tsukuba.ac.jp/rta98/guesthouse.html>