



THE JSPS SUMMER PROGRAMME

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A BRIEF INTRODUCTION ...

- 2nd year PhD student in the School of Chemistry at the University of Glasgow



THE SUMMER PROGRAMME

- Orientation week at SOKENDAI
 - Meet other participants
 - Poster session
 - Lectures and cultural experiences
 - Japanese lessons!
- Home stay
 - Spend a weekend with a Japanese family ...
- Moving on
 - You will be dropped off at Tokyo Station/Haneda Airport
 - Good idea to arrange to meet someone at final destination
- Final night in central Tokyo



PREPARING FOR JAPAN

- Money
 - You will not receive your allowance from JSPS until arriving at your host institution
 - There isn't a whole lot you will *need* to pay for during the orientation week (remember to budget for travel costs!). It is probably worth changing at least £200 before you arrive.
- Luggage
 - Split your luggage!
 - It is also a good idea to send your poster beforehand
- Take some business cards (*meishi*)!
- Think hard about your research requirements – what will you need access to once you arrive at your institution (software, materials, journals)?



LIFE IN JAPAN

- Accommodation
 - Varies greatly in size, cost etc.
 - Paid for in cash
 - Recycling is a big deal in Japan – instructions will be provided
 - Indoor shoes?
 - Save Power! Last year this was (understandably) a big thing – air con was probably the most noticeable effect
- Money (again)
 - You will probably be given a gigantic handful of cash by your host supervisor
 - Don't worry!! Japan is a cash based culture (and very safe)
- Mobile phones
- Travel
 - Trains are probably the best way to get around in most places
 - Get a suica card!
 - I found www.jorudan.co.jp/english/ to be a really useful website



WORKING IN JAPAN

- Research culture
 - Japanese students will frequently work crazy hours!
 - You will not be expected to do this
 - There is a fairly rigid hierarchy in most institutions – it is worth checking how the lab is normally run from someone in your host group
 - Lab rules/conventions/habits might differ significantly from what you are used to – bear this in mind!
- Golden Rule: Everything depends on the professor!
- Expectations
 - Lower them!
 - 2 months is not a long time – set clear, achievable goals and try to see them through but, most of all ...
 - Remember where you are and enjoy yourself!



LIFE OUTSIDE WORK



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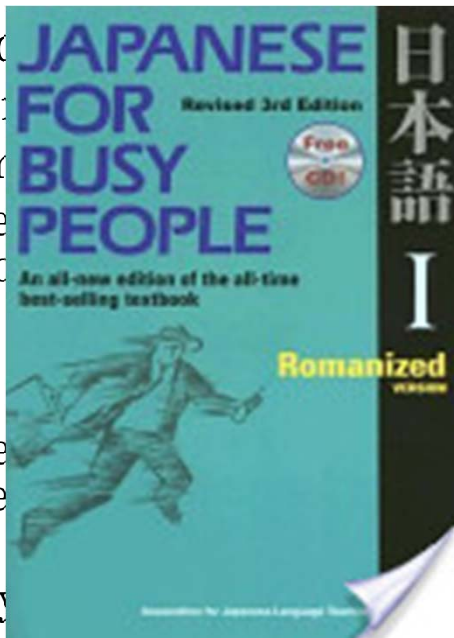
CHALLENGES

- Language

- No matter how hard you find it, it is worth trying to learn a handful of basic phrases
- Reading is really tough!
- You will be provided with some free materials at the orientation week – use them!

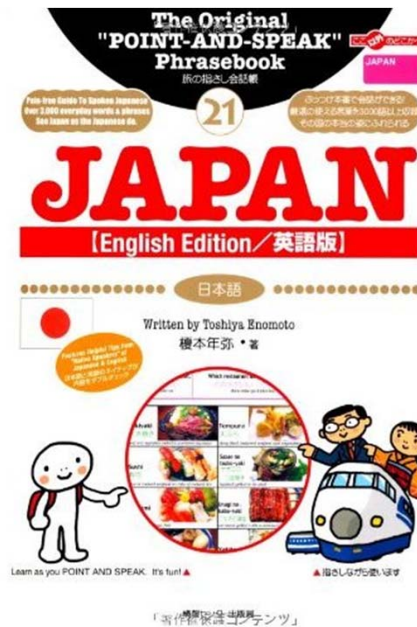
- Getting lost

- This will be useful to all of you
- Remember to be prepared to ask for help
- Japanese is very helpful
- Some people will be able to help you



- Culture

- Japanese culture is different but very helpful
- It is important to be prepared to ask for help
- Accept that you will be a fool of your own culture



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THE FUTURE

- The summer programme is just the start ...
 - It is a great way to begin (or cement) a lasting international academic collaboration
 - You will make many new friends (or academic contacts, if you prefer)
 - JSPS London can help to foster these relationships but only if you ...
- Join the UK JSPS Alumni Association!
 - BRIDGE and FURUSATO awards are excellent routes back to Japan for short-term stays (and only available to alumni association members)
 - The symposium scheme also provides funding support for members to organise their own UK-Japan symposia or seminars



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Thank you for your attention

Ganbatte!

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