



大阪大学
OSAKA UNIVERSITY



The JSPS: My Experiences

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Osaka

- I was based in Osaka, in the Kansai region
- Osaka is the third largest city in Japan
- Very close to many other large and historic cities; Kyoto, Kobe, Nara etc
- Osaka is very much a commercial city



Professor Inoue's Group

- I joined the Professor Inoue lab, Osaka University
- The research I conducted was centred around carbohydrate recognition.
- Professor Inoue's laboratory is set up both in expertise and instrumentation for a collaboration in this area
- The work I carried out in Japan is soon to be published
- The Inoue group were very welcoming and had a lot of time to speak/help/spend time with me.



Orientation Week at Sokendai

- Opportunity to meet people who are in a similar situation to you
- A nice gentle introduction to Japan and it's culture
- Japanese lessons are good for the basics but can feel a little overwhelming.
- Do make an effort in learning a few key phrases – they will be much appreciated!



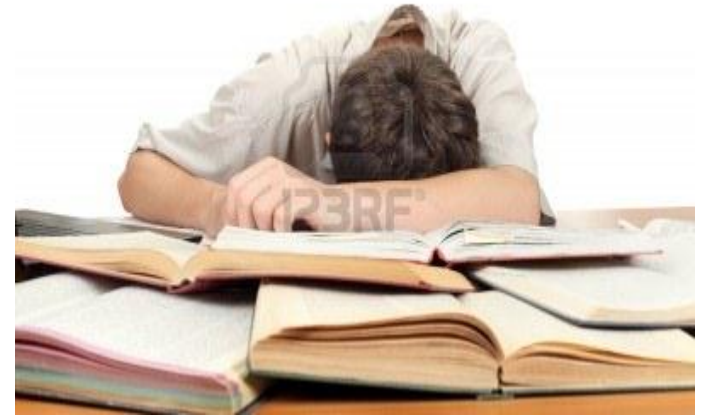
Home Stay

- During the orientation week you get to spend 2 nights with a host family
- Excellent opportunity to experience life in Japan/ cultural differences etc
- Do bring a gift.
 - Something traditional British
 - or local to your area
- For me this was the most rewarding part of the JSPS
- Many people revisited their host families during their time in Japan



Research in a Japanese Laboratory

- Japanese researcher work long hours
- People will frequently work from 8 am-11 pm, often later.
- As a JSPS fellow you are not expected to work quite such long hours
- I generally worked from 8 am to 6 pm
- Things in the laboratories are often done differently in Japan to in the UK.
 - The structure is very hierarchical
 - Lone working rules do not apply
 - Safety is more lax
 - Lots of money for instrumentation
- If you see something done differently do ask questions/ impart advice
- Be realistic and not too ambitious about what you hope to achieve during the scheme



The Language and Culture

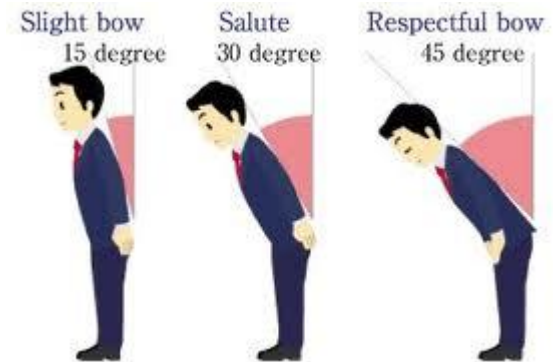
Language

- Learn a few basic words and phrases
- Don't be afraid to make mispronunciations
- Many Japanese people now speak English and are keen to speak it



Culture

- Bowing – People bow in Japan instead of shaking hands
- Shoes – When going into peoples houses/ restaurants etc need to take your shoes off and often put on slippers
- Slurping – In Japan slurping shows you are enjoying the meal
- Chopsticks – Do not stab them into food
- Gifts - If you travel somewhere (during weekend etc) it is considered polite to bring a gift back from that place



Living in Japan

Weather

- Beginning of June to mid-July is the rainy season
- During which there are quite a few mosquitoes so do bring repellent
- Japanese summers are hot and very humid!



Travel

- When travelling around Japan do write down where you are going and where you want to get back to
- If you get lost, ask! Japanese people are very friendly and helpful
- If travelling around at the end, inform the JSPS and they'll postpone your return flights
- Also purchase a Japan Rail Pass before you leave
 - Costs ~£300 for 2 weeks
 - Allows you to travel by train around Japan unlimitedly during the duration of the pass



Preparations Before You Leave

Mobile Phone

- Having a phone in Japan can be very useful but not necessary
- I didn't have a phone.
- Other social media tools can be used in replacement; Skype, Facebook, email etc...
- Phones can be rented in Japan - <http://www.rentafonejapan.com>
 - First week = Yen 3900 ~ £25
 - After 7 days, up to 20 days =Yen 300 per additional day ~£2
 - After 20 days = Yen 100 per additional day ~ 70p
- WiFi in places such as Starbucks/ McDonalds can be found but it isn't as widespread as you'd think

Money

- You will receive your JSPS bursary upon arrival at your host institution.
- You will therefore need some money to take with you
 - Transport to host institution ~£100-150 <http://www.hyperdia.com/en/>
 - Money during the host family stay
 - Money for snacks/ drinks during week at Sokendai
 - Recommend taking £300-500



Preparations Before You Leave

Luggage

- Upon arrival to Japan half your luggage will be sent to your host institution
- Split luggage
 - Put the majority of luggage into the suitcase to your host institute
 - Travelling back to Tokyo you will need to bring back your own luggage
 - Leave space in case for gifts/ souvenirs

Other Things

- Prepare business cards
- Buy gifts for people before going out
 - Professor
 - Research group
 - Host family
- Pack/buy slippers
- Prepare a plan of what you hope to achieve in your research during your stay
- Learn some basic Japanese

Keeping Collaborations Ongoing

- After completing the JSPS Scheme consider joining the JSPS Alumni to help maintain collaborations
- UK-JSPS Alumni Support Schemes
 - **BRIDGE** - Worth approx. £7,000 for 14-45 days
 - **FURUSATO** – Worth £2,000 – flexible duration
- Post-doctoral scheme
 - Fellowships are awarded for a period of 12 to 24 months
 - A round-trip air ticket
 - A monthly maintenance allowance of ¥362,000
 - A settling-in allowance of ¥200,000

Questions?...

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