



Life in Japan as a JSPS Summer Fellow

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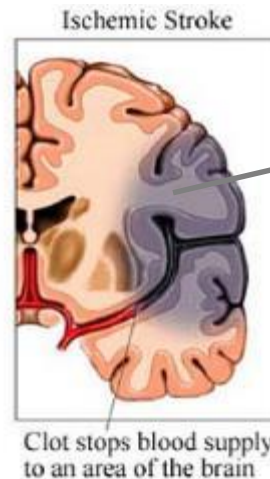
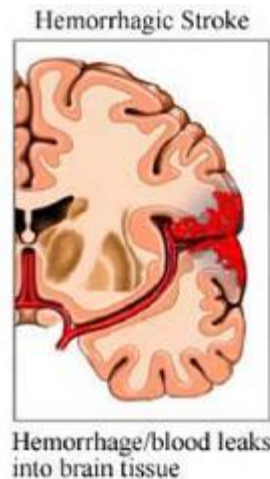
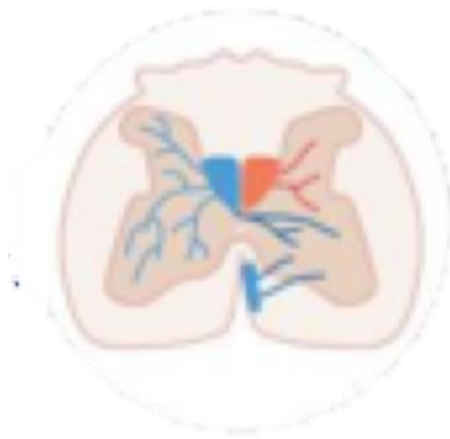
+ Summary



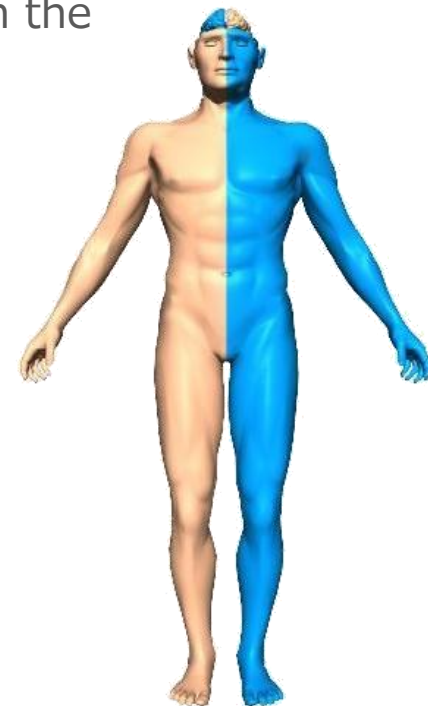
- An introduction to my research work and host institution in Japan
- What summer programme fellows can expect from the orientation week at Sokendai, the home stay
- Preparations fellows should make with currency, splitting up luggage, taking business cards
- Life in Japan, accommodation, mobile phones and travel
- Challenges, the language and general culture
- Future collaborations with researchers in Japan and joining the JSPS Alumni Association.

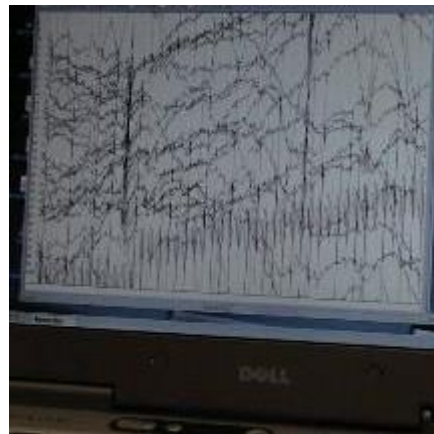
+ Stroke facts and figures.

- Second leading cause of death in developed countries
- 50% of survivors are permanently disabled
- Caused by haemorrhage (20%) or ischaemia (80%)
- Often occurs within the motor cortex or subcortical region, interrupting a corticospinal pathway and causing a deficit on the contralateral side.
- tPa is the only available treatment (4.5h)
- Using treatment to induce plasticity, we may regain function in the paralysed side.
- What happens in the brain?



penumbral region

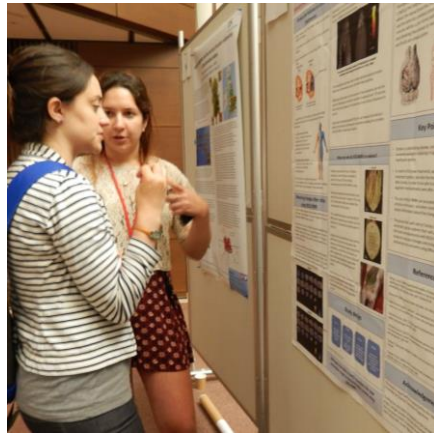




Working in Japan

- Simultaneous EEG-fMRI to look at the changes occurring in the brain with both temporal and spatial resolution in the Department of Functional Imaging in the group of Professor Kawashima at Tohoku University.
- +
- Different labs will have different working expectations, but expect to work hard and play hard too!





Orientation week in Sokendai

- Be patient, people arriving from all over the world at different times!
- Straight into welcome talks, and the welcome reception in the evening
- +
 - Language classes – really worthwhile, don't worry if you're a beginner, all materials provided, and JSPS really try to make this as useful as possible.
 - Culture experience – calligraphy, tea ceremony, origami (among other things).
 - Homestay – be proactive, and be prepared to try everything!



+ Preparing to go to Japan: what to take

- 2 suitcases
 - One to go to institution
 - One to keep with you
- Money – take some with you – you will not receive your allowance until you get to your host institution.
 - (I took £200 worth of yen, this was enough)
- Business cards
 - Get some made before you leave; preferably in both English and Japanese
- Take a gift for your host family! It doesn't have to be expensive, but something thoughtful from where you come from is appreciated!



+ Life in Japan

- Travelling – trains are easy to navigate (once you get the hang of the system), but can be expensive
 - If you are based in Tokyo, it is possible to buy weekly or monthly passes for unlimited travel
 - JR Rail Pass. This is valid for 7, 14 or 21 consecutive days but must be bought OUTSIDE Japan. You will then just need to take these to a station to be activated.
 - Regional JR Passes. JR East pass is the best value of these. Will allow you to travel 4 days in a 14 day period for the same price as a return from Tokyo to Sendai
 - Further afield : consider air fares – JAL and ANA both do tourist visa rate flights that can be purchased for ¥10,000 each way (~£30)
- There is limited Wi-Fi in Japan!!!
 - Buy a SIM card with data from the airport or a department store (Yodobashi)
 - Get a portable Wi-Fi hotspot

en.wifi-rental-store.jp





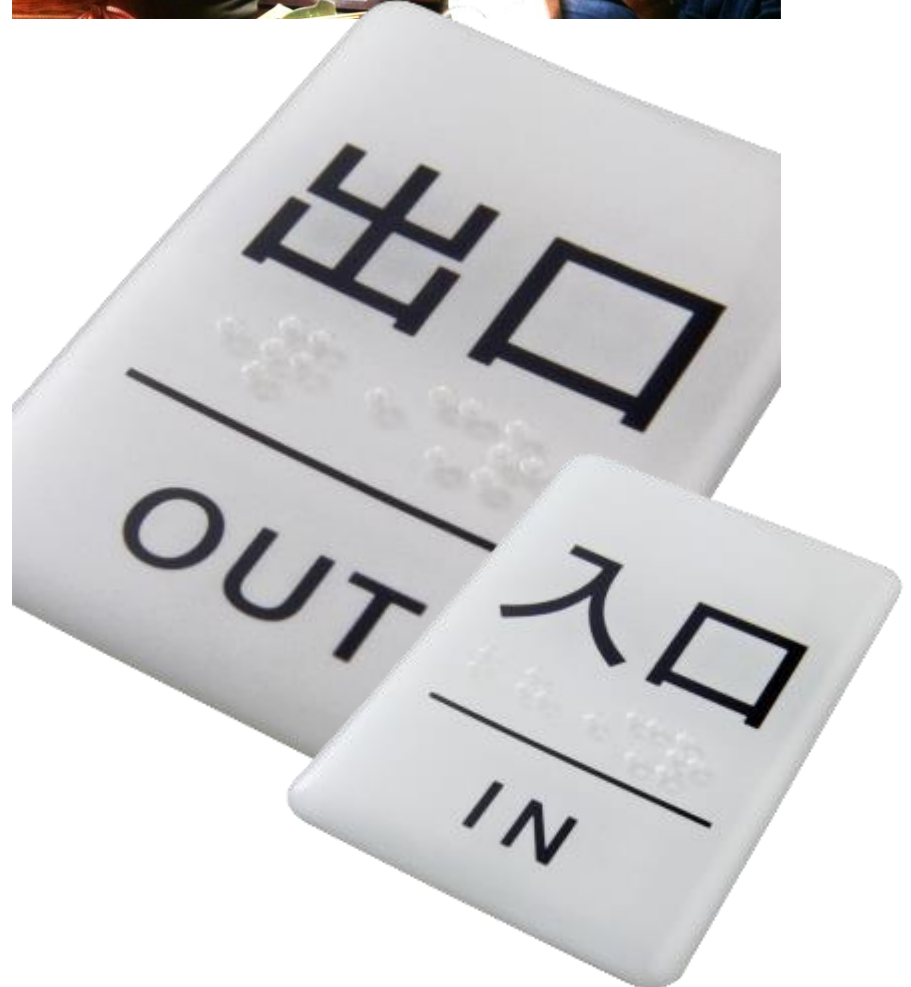
Travelling for fun!

To stay longer than the allocated time, you must ask permission from your host institution, and only stay a maximum of 90 days in total

Grutto pass – 78 museums and attractions in Tokyo (¥2000)

+ Top tips

- A smile will get you a long way!! But use the language classes as effectively as you can early on
- Shoes are often removed at restaurants, so try and wear simple shoes, and slippers are worn everywhere indoors (even in the lab!) so take a pair with you.
- Practice your bowing! This is an important gesture of respect when greeting.
- Japan is a very safe country (crime-wise), but several of you will experience an earthquake, so read the helpful section in the handbook!
- Many ATMs do not accept foreign credit/debit cards. If you need cash, find a seven-eleven “kon-be-ni” (convenience store)



+ When you get back...

- Join the JSPS Alumni!
 - They offer support through all of the next stages
 - Other awards include the Bridge fellowship, and Postdoctoral Fellowship opportunities.
- Regular events allow you to make contact with those of similar interests and maintain the network you will be building while in Japan!
 - Recent event at the Natural History Museum
- Keep in touch with the fellows you see in this room, some will become useful allies!





Most importantly,
ENJOY your time in
Japan!!

