

# Expedition Nihon 2016: Three Weeks and Four Thousand Years



## Expedition Preparation Timeline

Wednesday, May 4th: Drop off at SFO. We are ready to leave!

Friday, April 29th: luggage check at Odyssey  
review of packing list, bring day pack to school  
Parents begin writing and sending letters to Japan

Tuesday, April 12th: 6pm Parent Meeting  
schedule explanation and luggage demo

Begin acquiring luggage, clothing,  
homestay gifts. Go to the bank and purchase yen.

Read Expedition Packet.  
Email Madeleine with any questions

### Other important dates:

Wednesday, May 25th: Pick up at SFO

Monday June 6th: Return to school to work on Japan Expedition presentations

Friday, June 10th: Rites of Passage Rehearsal and Japan Expedition presentations to the community

Saturday, June 11th: Rites of Passage

### Drop Off:

When: 5/4 (Wednesday) 11am	Where: SFO International Terminal	Instructions: Please park. If you are running late or can't find the terminal, please call Madeleine's cell: 650-520-9777
Flight information: Korean Air Flight 24 San Francisco - Seoul Incheon (13:40 - 17:50 (5/5)) Korean Air Flight 721 Seoul Incheon - Osaka Kansai (19:15 - 20:55)		

### Pick Up:

When: 5/25 (Wednesday) 11:40am	Where: SFO International Terminal	Instructions: Check out with Madeleine-sensei when you leave
Flight information: Korean Air Flight 702 Tokyo Narita - Seoul Incheon (13:15 - 15:35) Korean Air Flight 23 Seoul Incheon - San Francisco (17:30 - 11:40)		

## Quick Facts for Parents:

- What luggage should my child bring to Japan?

**We ask that you use a specific size.** Please refer to the packing list discussion.

- How much money should I send my child with?

30,000 yen (\$300). Please refer to the packing list discussion.

- What gifts should I purchase for my child's homestays?

California specific products. Refer to the packing list discussion.

- What if my child is uncomfortable with...?

We teachers are there to ensure the safety of your children, facilitate their journey, as well as take care of them if they are having a difficult time. That being said, The Japan Expedition is by no means a "fun trip." Your children will be sweating, both literally and figuratively. However, all students will face all challenges together with their classmates and with the love and support of their experienced teachers.

- How can I communicate with my child during the Expedition?

Steveo will send 3 updates to the school community during the Expedition. Students are asked not to initiate contact with home, so please do not place your student in a moral dilemma by asking him/her to email or phone you. Keep in touch using snail mail - students love receiving letters, so please write to the two addresses below and send the letters in a timely fashion.

Kyoto - May 6 - 10

[Child's Name]  
Odyssey Group  
Daishin-in  
57 Myushinji- cho  
Hanazono, Ukyo-ku  
Kyoto-shi, 611 Japan

Sendai - May 18 - 21

[Child's Name]  
Odyssey School  
Tokiwagi Gakuen  
3-20 Odawara 4-Chome  
Sendai 983  
Japan

Please use standard mail and allow about one week for mail to arrive. Mail is a key element to keeping up high spirits in Japan, so please keep your mail topics light and the tone positive. Please don't send anything by express mail.



## Packing List Discussion

This is to complement the attached packing list, with advice on packing and what kind of equipment to buy.

Some Quick Tips:

**Don't buy anything new if you can help it!** There should only be one item you will need to buy, and that is the **down jacket** you will use for the cold conditions on Mt. Fuji. Please take advantage of the wonderful Odyssey community and borrow any items (such as luggage) that you don't already own.

**Less is better.** Pack only what is on the packing list. Students will be responsible for carrying all of their own luggage. Heavy or unwieldy luggage places a burden on the group as a whole.

**Use Ziploc bags** in order to compartmentalize different items such as underwear, socks, and shirts. Students are expected to pack and repack bags every night. Ziploc bags will also protect from water damage.

Bags:

- **Main Bag:** All students need a carry-on sized roller bag. You can find examples of good bags below, all of which came priced at \$23 to \$40. The dimensions of these are roughly 22" x 14" x 9." This is the largest-sized carry-on permitted by airlines. If you have any questions, please check with Odyssey staff.



- **Day Pack:** This should be like a typical backpack for school. The daypack should be comfortable – remember you are climbing a mountain with it on your back! Criteria include: adjustable straps, big enough to hold all the items indicated for “day pack” in the pack list, and outside pockets to allow quick access to a change purse or water. No wheels or messenger-style bags.



#### Clothing:

- Under-clothing, including socks, should be easy to wash and hang-dry as well as antimicrobial to prevent smell.
- Uniform clothes/Other clothes notes: Odyssey will provide the Odyssey uniform collared shirts indicated in the pack list. Students will need to bring 3 pairs of Dockers-style khaki colored pants to be worn as part of their uniform. The pants should be wrinkle-resistant. One pair of the khaki pants can be shorts with at least a 6-inch inseam, or a knee-length skirt.



WOMEN WATER DEFENDER ULTRA LIGHT DOWN RIDERS JACKET (NAVY)

\$69.90



MEN WATER DEFENDER ULTRA LIGHT DOWN JACKET (NAVY)

\$69.90

- **Down Jacket:** All students are required to purchase a Uniqlo “Ultra Light Down” or something very similar. These can be found easily on the Uniqlo website or at the Uniqlo store locations (Hillsdale, San Francisco, Milpitas, San Jose) Either the men’s or the women’s version is fine. These jackets are perfect for our needs on Mt. Fuji because they are both very warm and also are extremely compact when packed.

- **Cultural appropriateness:** Japanese people tend to cover their shoulders, so we ask students to not bring tank tops. Likewise, we ask that students not bring make-up as it is inappropriate for their age group on a school trip.

#### Gifts:

- For homestay families: It is customary to bring a gift with you when visiting a home in Japan. Since Japanese houses are small and tend to get cluttered easily, it’s best to give something consumable. Goods that you can only find in California are the best. Do not give a gift with an even number of items (like a set of 4 postcards) – keep your numbers odd! Gifts should always be wrapped as nicely as



possible. Try not to make the gift too expensive as it can shame the host family.




- Special gift for your homestay: Shinonome host students are around the same age as an Odyssey student, and Tokiwagi students are significantly older (16/17 years old), but both will be interested and excited in anything very culturally American. Small memorabilia with English phrases or sports team logos, cute American stationery, a mix CD with music you like – these are thoughtful gifts that reflect your personality without being too over-the-top or culturally insensitive in any way.
- Small Travel Gifts: Students will want to give something small to the many people who will have helped them. Gift items like stickers, bookmarks, or even candy are easy to carry around.





#### Other Items:

- Camera: A disposable camera works, as well as a digital camera. Make sure to bring a charger with a two-pronged wall plug.
- Headphones: Students may bring a set of small earbuds for use on the airplane.
- Pack-Towel: This is a small camping towel you can find at REI. Do not bring a large bath towel as you will not be able to dry it.
- Feminine products: You can buy these items in convenience stores in Japan, but many find American versions to be more familiar/comfortable
- Money: Odyssey covers all trip expenses. Students should bring 30,000 yen (\$300) for: snacks, drinks, independent activities, and treating host families to dinner. Please have students come with their money in two envelopes with their name and the dollar amount on each envelope. The envelopes should have 15,000 yen (about \$150) each. Teachers will keep track of student spending money.










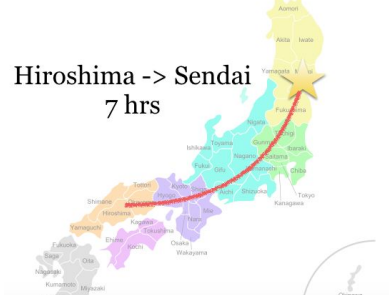
## Schedule


Day 1 - May 4th/May 5th (Wednesday/Thursday)		
Location	New Activity	Picture
Travel to Japan from the US via Korea.	<ul style="list-style-type: none"> <li>-Board Korea Air 24 at 13:40</li> <li>-Begin Expedition</li> <li>-Arrive in Seoul at 17:00</li> <li>-Arrive in Kansai International at 20:55</li> <li>-Stay at Hotel Nikko</li> </ul>	
Day 2 - May 6th (Friday)		
Kyoto Station	<ul style="list-style-type: none"> <li>-Orientation activities</li> <li>-Interview a Japanese person</li> </ul>	
Daishin'in Temple	<ul style="list-style-type: none"> <li>-Meet with Atsumi and family for dinner and bath</li> <li>-Temple orientation</li> </ul>	
Days 3 - 5 - May 7th - May 9th (Saturday - Monday)		
Daishin'in Temple	<ul style="list-style-type: none"> <li>-Zazen</li> <li>-Temple Breakfast</li> <li>-Morning meeting</li> <li>-Japanese review/lessons</li> <li>-Reflection time</li> </ul>	



<p>Kyoto City</p>	<ul style="list-style-type: none"> <li>-Visit temples, shrines, and historical locations in Kyoto</li> <li>-Walk around in Kimono</li> <li>-Give presentations about various aspects of Japanese culture</li> <li>-Experience a variety of Japanese food</li> <li>-Exploration in small groups or pairs</li> </ul>	
<p>Day 6 - May 10th - Tuesday</p>		
<p>Kansai Area</p>	<ul style="list-style-type: none"> <li>-Ride the Shinkansen</li> <li>-Explore Himeiji Castle</li> </ul>	
<p>Day 7 - May 11th - Wednesday</p>		
<p>Travel to Hiroshima via Osaka</p>		
<p>Osaka</p>	<ul style="list-style-type: none"> <li>-Attend Theater Arts School's "Samurai Experience" workshop</li> </ul>	



Shinonome School	<ul style="list-style-type: none"> <li>-Make a self introduction in Japanese to all the Shinonome host families</li> <li>-Go home with your host family</li> <li>-Say goodbye to the Odyssey teachers for the first time</li> </ul>	
Day 9 - May 12th - Thursday		
Shinonome School	<ul style="list-style-type: none"> <li>-Attend a welcome ceremony: be prepared to make a short speech about yourself and Odyssey</li> <li>-Attend classes at Shinonome School</li> </ul>	
Day 10 - May 13th - Friday		
Hiroshima Friendship Center	<ul style="list-style-type: none"> <li>-Listen to a survivor's story of the day the atom bomb dropped</li> </ul>	
Hiroshima Peace Park	<ul style="list-style-type: none"> <li>-Explore the peace park monuments and peace museum</li> </ul>	
Day 11 - Day 12 - May 14 - May 15th (Saturday - Sunday)		
Shinonome Homestay	<ul style="list-style-type: none"> <li>-Spend time with Hosts</li> </ul>	

Day 13 - May 16th (Monday)		
<p>Miyajima Station/Ferry Station</p>	<ul style="list-style-type: none"> <li>-Say goodbye to host families</li> <li>-Give parting gifts</li> <li>-Board the ferry to Miyajima island</li> </ul>	
<p>Daisho'in Temple</p>	<p>-Daisho'in Temple Orientation</p>	
Day 14 - May 17th (Tuesday)		
<p>Miyajima Island</p>	<ul style="list-style-type: none"> <li>-Explore Miyajima in pairs or small groups</li> <li>-Conditioning hike up Mt. Misen</li> </ul>	
Day 15 - May 18th (Wednesday)		
<p>Travel from Miyajima to Sendai</p>		<p>Hiroshima -&gt; Sendai 7 hrs</p> 

Day 16 - Day 17 May 19th - May 20th (Thursday - Friday)		
Tokiwagi School	-Attend School with Tokiwagi host	
Day 18 - May 21st (Saturday)		
Sendai	-Spend time with your host family	
Day 19 - May 22nd (Sunday)		
Travel from Sendai to Kawaguchiko	-Say goodbye to Tokiwagi homestays at Sendai station	 <p data-bbox="1068 1031 1284 1094">Sendai -&gt; Mt. Fuji 4.5 hrs</p> 
Kawaguchiko	-Orientation to Resort Inn -Explore Kawaguchiko in small groups	

Day 20 - May 23rd (Monday)		
Mt. Fuji	-Climb Mt. Fuji	
Resort Inn Fujihashi	-Final Japan Expedition go around and reflection	
Day 21 - May 24th (Tuesday)		
Travel to Narita Airport	-Airport hotel orientation -buy final souvenirs -luggage check	
Day 22 - May 25th (Wednesday)		
Travel to San Francisco	-Say goodbye to Japan! -Welcome back to the US -Get some rest	



## Packing List

Category	Quantity	Item	Note
General			
	1	Day Pack	--
	1	Carry-on sized Main Bag	--
	1	1-litre Durable Water Bottle (empty)	Day Pack
Jackets/Layers			
	1	Uniqlo Jacket	Main Bag
	1	Fleece	Wear to Airport
	1	Pair of fleece gloves	Main Bag
	1	Hat for sun protection	Main Bag
	1	Warm hat	Main Bag
Shirts			
	5	Odyssey collared shirts (Odyssey provides)	Main Bag (Wear one to Airport)
	1	Blue or white t-shirt for P.E.	Main Bag
	1	Long-sleeved shirt for hiking	Main Bag
	1	Casual shirt (your choice)	Main Bag
Pants			
	1	Brown or black plain belt	Main Bag
	3	Pairs of docker-style tan pants	Main Bag
	1	P.E. shorts	Main Bag
	1	Pair of Jeans or Travel Pants	Wear to Airport
Underwear			
	1	Set of Pajamas	Main Bag
	7	Pairs of Underwear	Main Bag
	7	Pairs of Socks (inc. 1 pair of hiking socks)	Main Bag
Footwear			
	1	Pair of Waterproof Athletic Shoes	Wear to Airport
	1	Pair of Slippers	(only if over size 10 mens)
Reflection/Documentation Items			
	1	Soft case of pens, pencils, etc	Day Pack
	1	Japan Journal	Day Pack
	1	Camera	Day Pack
	1	Travel-sized calculator	Day Pack
	1	Course Material (Odyssey provides)	Given at Airport
Gifts			
	1	Gift for Shinonome household	Main Bag
	1	Gift for Shinonome homestay	Main Bag
	1	Gift for Tokiwagi household	Main Bag

	1	Gift for Tokiwagi homestay	Main Bag
	20-30	"Travel gifts"	Main Bag
	4	Gift bags w/ tissue paper	Main Bag
Toiletry Kit			
	1	Travel-sized bottle of Shampoo	Main Bag (t. kit)
	1	Travel-sized Soap	Main Bag (t. kit)
	1	Travel-sized Toothpaste	Main Bag (t. kit)
	-	Feminine Supplies*	Main Bag (t. kit)
	1	Deodorant	Main Bag (t. kit)
Other Personal Items			
	1	Mesh Bag (for laundry)	Main Bag
	5	Large ziploc bags (for organizing luggage)	Main Bag
	1	Container of Sunscreen	Main Bag
	1	Container of lip balm	Main Bag
	1	Washcloth	Main Bag
	1	Pack Towel	Main Bag
	1	Headlamp	Day Pack
	-	Snack food (power bars, dried fruit)	Main Bag
	1	Small album of family photos	Main Bag
	1	Small Umbrella	Day Pack
	1	Watch with alarm	Wear to the Airport
	1	Hearty snack for the Airplane	Day Pack
	2	Envelopes of money	Give to Teachers at Airport
	1	Passport	Give to Teachers at Airport
	-	Prescription Eyewear*	Main Bag
	-	Prescription Medication*	Main Bag