Opportunities are available for international students attending dental schools outside Japan.

The Niigata University Short Stay Visit Program (SSVP) invites students from Niigata University’s partner institutions to experience not only the academic course held at the faculty, but also a variety of cultural and social events to help students feel welcome on our campus.

We are eager to know about the unique insights visiting students bring from their current universities, and we are happy to include them in our academic community.

SSVP students stay in the university’s residential facilities or in accommodation’s near to the campus; students will able to take seminar-classes alongside other international students and participate in a variety of extracurricular programs and events that are open to the community.

Experience the Japanese student life and apply to Niigata University’s SSVP today.

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<p><h2>Welcome to Niigata University! </h2></p> <https://www.youtube.com/embed/0MPy_cJlX5M>

Experience the Japanese student life and apply to Niigata University’s SSVP today!

**Admissions & Timeline**

Students from Niigata Univesity’s partner institutions planning to apply to SSVP should carefully review the admission material, which includes:

* Timelines
* Application information.

**Pre-arrival Logistics**

This section includes important information that SSVP students should carefully review before coming to Niigata. It includes critical information about health requirements, visas, packing advice, and more.

Learn More

**Arrival**

Read about all the ways in which the SSVP helps to facilitate a smooth arrival for students.

**Orientation**

Once SSVP students arrive on Niigata campus, they will participate in an informative orientation.

Learn more about the schedule orientation.

Learn More

**Connect with Peers**

Excited to come to Niigita-Japan? but interested in speaking to past participants in order to best prepare? Follow the link below to get connected to a previous SSVP students, whose advice and support will help make your experience even better.

Learn More

**Coming to Niigata University**

1. Admissions & Timeline
   1. Program Goals
   2. Partner Institutions
   3. Time line
   4. Application information
2. Pre-arrival Logistics
   1. About the visa
      1. Period of Stay
      2. Visa Procedure
   2. Travel Insurance
      1. Proof of insurance
      2. What to look for in a Travel Insurance
   3. Packing advice
   4. Wear & Dress code
      1. Washing machine
   5. Weather
   6. Miscellaneous
      1. Internet connection
      2. WiFi connection
      3. Travel adapter
3. Arrival
   1. Commute
      1. Narita-Tokyo St.
      2. Haneda – Tokyo St.
      3. Tokyo St.– Niigata St. (shinkansen)
      4. Niigata Airport – Niigata St.
      5. Niigata St. – Niigata University Koraku Kaikan
      6. Niigata St. – County Hotel
   2. Accommodations:
      1. Kouraku Kainkan: Location, Price, check in – Check Out
      2. Country Hotel: Location, Price, check in -Check Out
4. Orientation
   1. Assignments
   2. Word Report
   3. Schedule
5. Places and Activities
   1. Around the Dental School
      1. Barcode International Bar.
      2. Indian Food
   2. Around Niigata Station
   3. Bus Terminal
   4. Manga Animation Shop

Bar and Restaurants

* 1. Nihonkai Sho-ya 日本海庄や
  2. Neneya 寧々屋
  3. The Liffey Taven
  4. Kashino akatanuki

Within Niigata Station and South – East side

* 1. Bic Camera Electronic shop (Duty Free)
  2. Yasuda Yogurt
  3. Fujiya Dessert café.
  4. KFC
  5. Don Quixote
  6. Shops
  7. Hard off
  8. Mode off
  9. Barry Day’s Café
  10. Ekinan Restaurants
  11. Kaisen Suchi-ichiba “UOGASHI"

1. Connect with Peers

**Admissions & Timeline**

**Program Goals**

**Application information.**

Students from Niigata Univesity’s partner institutions planning to apply to SSVP should carefully review the admission material, which includes:

**Partner Institutions:**

Students from the following institutions are eligible to participate in SSVP:

* The University of Hong Kong (Hong Kong)
* University of Malmö (Sweden)
* University of Hanoi (Vietnam)
* Ho Chi Minh University (Vietnam)
* UNINOFAVAPI (Brazil)
* Prince of Songkla University, PSU (Thailand)
* Thammasat University (Thailand)
* Mandalay University (Myanmar)

Timelines

**Pre-arrival Logistics**

This section includes important information that SSVP students should carefully review before coming to Niigata. It includes critical information about health requirements, visas, packing advice, and more.

Learn More

**About the Visa**

As of July 2017, Japan has taken measures concerning the Visa Exemption Arrangements with 68 countries and regions.

Nationals and citizens of those countries and regions shown in this list are not required to obtain visas to enter Japan when their visits are tourism, commerce, conferences, visiting relatives/ acquaintances, etc.

Period of Stay

The period of stay granted at the time of the landing permission will be "15 days" for Brunei, Indonesia, and Thailand, and "30 days" for United Arab Emirates and "90 days" for other countries and regions.

<http://www.mofa.go.jp/j_info/visit/visa/short/novisa.html>

However, when foreign nationals engage in paid activities in Japan, or their periods of stay exceed those stipulated in each country’s arrangement of short-term stay, visas will be required to enter Japan.

Due to the complex nature of visa requirements, we advise you to contact the Consular Section of the Embassy or Consulate General of Japan nearest you for more information and advice.

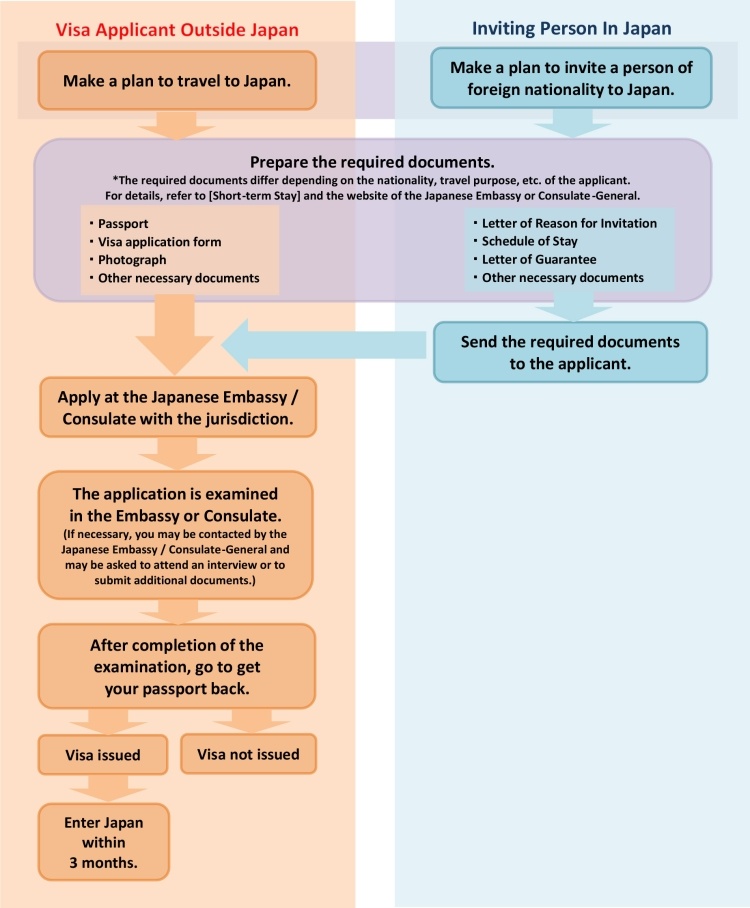
The chart below provides an outline of the procedure. For details of necessary documents, refer to [[Short-term stay (by nationality)]](http://www.mofa.go.jp/j_info/visit/visa/index.html#visa1).)

For more information on the type of visa click here

<http://www.mofa.go.jp/j_info/visit/visa/index.html#section3>

Procedures Chart for Short-Term Stay

<http://www.mofa.go.jp/j_info/visit/visa/process/short.html>



For the “Schedule of stay” portion of the visa application to be submitted by Niigata University’s SSVP office, dates of stay and accommodation address will be provided, however; if you plan to visit other places within Japan during your stay, please provide us with accurate information of the locations, dates and accommodation’s address, we will include that information in the application.

**Travel Insurance** (source: <https://www.insidekyoto.com/why-you-need-travel-insurance-for-japan>)

Why you need travel insurance for Japan?

One of the main reasons to buy travel insurance is to cover medical care should you become sick or have an accident while in Japan. This is not because medical care is particularly expensive in Japan. Of course, if you need serious care, long-term hospitalization or surgery, the costs can add up quickly and having a good travel insurance policy can save you a bundle.

We recommend buying travel insurance before you come to Japan. Be sure to get a policy that covers not only medical care, but also lost luggage, cancelled hotel and plane tickets, and damage or stolen gear (although theft in Japan is extremely rare, it does occasionally happen).

Proof of Insurance Required

But the best reason to have valid travel insurance while traveling in Japan is so that you can show your proof of insurance to the people at a clinic or hospital where you hope to receive care. Because Japan has a national health insurance system that covers almost all the residents of the country, they are leery of treating foreign patients who don’t belong to this system. Sadly, there have been many instances of clinics and hospitals turning away foreign patients who needed care, even some with life-threatening conditions. Having proof of insurance is usually enough to overcome any reluctance on the part of the clinic or hospital to give care.

What to look for in a Travel Insurance Policy?

Before you buy a travel insurance, check the following:

Valid in Japan: Obviously, the plan you purchase must be valid in Japan.

Cancellation coverage: Make sure that the policy will cover cancelled hotel reservations and plane tickets etc.

Full medical coverage and evacuation coverage: The plan should cover all potential medical expenses (less the deductible or excess), including ambulance transport, in- and outpatient care, hospitalization and, where necessary, evacuation back to your home country.

Lost, stolen or damaged gear or luggage: Make sure the plan you intend to buy covers these things. As you can imagine, theft is rare in Japan, but it does happen. Like anywhere else, things can be easily lost or damaged. This is especially important if you’re traveling with things like computers and expensive cameras.

Dangerous activity coverage or exclusion: If you plan to do some skiing, rock climbing, mountain climbing, trekking, scuba diving or the like while in Japan, make sure the plan you intend to purchase ***includes*** coverage for accidents incurred while participating in these activities.

Proof of insurance: Make sure the plan you purchase will provide you with some form of hardcopy proof of insurance. As discussed above, if you seek care at a hospital or clinic, having a physical document showing that you are insured can mean the difference between receiving treatment and being turned away.

**Packing advice source** (<https://boutiquejapan.com/japan-travel-tips-packing-for-japan/>)

1. Bring shoes that are easy to slip on and off

It’s wise to bring shoes that slip on and off easily, many places in Japan – including ryokans (traditional inns), temples, and many izakayas and restaurants – require you to remove your shoes before entering.

As a rule of thumb, if you see tatami mats, you’ll need to take off your shoes. (In these cases, it’s also considered somewhat impolite to be barefoot, so if needed bring a pair of socks with you!).

Depending on your itinerary, it’s usually also wise to bring comfortable walking shoes.

2. Pack as lightly as possible

Packing lightly is a useful skill for travel to any country, but in the case of Japan it is especially worth noting. Navigating Japan is much easier when you have a small, easily-portable bag or suitcase.

Most travelers in Japan rely heavily on Japan’s comprehensive and easy-to-use railway networks, but unfortunately Japanese trains and train stations do not cater to travelers with a lot of luggage.

The shinkansen (bullet train) typically has a small dedicated area for suitcases, but space is at a premium and it is not wise to bank on easily finding a spot for your massive suitcase. On the other hand, the shinkansen’s overhead space is just right for small carry-on sized suitcases.

As for other (non-shinkansen) trains in Japan: while some do have some space overhead for small bags, many have none at all.

For all of these reasons, we recommend traveling either with a small rolling suitcase (or backpack), if at all possible.

Fortunately for the heavy packers, takuhaibin — Japan’s incredible luggage-forwarding system — means you don’t necessarily have to.

Takuhaibin (also known as takkyubin) is a fast, reasonable, and very reliable service that allows you to easily and efficiently send suitcases to your accomodations.

While in some instances same-day forwarding is possible (for a premium), delivery between most destinations within Japan takes one or two nights, which means spending a night or two without your main luggage.

**How to use takuhaibin?:** *See* [*Luggage Forwarding in Japan: the Magic of Takuhaibin*](https://boutiquejapan.com/luggage-forwarding/)*!*

**Dress code and wear:**

If you enjoy dressing casually, you should be fine in almost all situations. If you have a special occasion (for example, a party or special dinner) then you should dress accordingly. Typically, formal attire is not required, apart from in formal or business situations. However, we recommend using your best judgment, dressing respectfully, and common-sense dress code regulations: no baseball caps, flip flops, shorts, etc.

For the clinic and laboratories, the use of white coats or scrubs are a requirement. Since you are attending the clinic we suggest you to bring a long white coat with long sleeves. For other activities, there are no real dress code that I am aware of.

If you need to use scarf or other garments for religious reasons you may do so as long as it does not affect the work environment, as an example, you cannot wear the scarf in the animal facility since you are required to use a special garment provided by the facility.

Washing machine:

For those whom are staying at the Kouraku Kainkan washing machine is not available in there, however the university arranged the use of the washing machine at the university building.

For more information please click here.

**Weather:**

Packing for the weather: the seasons in Japan

Japan is famous for the beauty of its four very distinct seasons, and it is essential to pack accordingly.

This is a good general overview of month-by-month temperatures in Japan but because each year varies, the best thing to do is check weather forecasts a couple of weeks before your trip. Any weather site will do, but if you’re a weather geek then make sure to check out Weather Spark.

If you’re traveling to various parts of Japan, make sure to check the forecast for each place you’ll be visiting, as the weather can vary drastically between different parts of the country.

Annual Weather Averages Near Niigata. <https://www.timeanddate.com/weather/japan/niigata/climate>

Niigata Weather today & tomorrow. <https://www.timeanddate.com/weather/japan/niigata>

Best time to visit Niigata <https://weatherspark.com/y/143923/Average-Weather-in-Niigata-Japan-Year-Round>

**Miscellaneous items for your trip to Japan**

**Internet Connection.**

For SSVP students, Internet connection is available through the Dental School’s Wi-Fi service and the accommodations outside the University Campus (Hotel’s WiFi). However, there is no Wi-Fi service at the accommodation facilities inside the campus (Kouraku Kaikan). Hence, we recommend to acquire a **Pocket Wi-Fi device or Cellular SIM card data Plan**.

Wi-Fi in Japan is not nearly as widespread as most people imagine (read more about [Wi-Fi and mobile in Japan](https://boutiquejapan.com/wifi-and-mobile/)). Even if you don’t plan to check email or upload photos, being able to use Google and Google Maps while out and about exploring is essential!

Pocket Wi-Fi and Cellular SIM cards are available in many phone and electronic shops (like Bic-Camera and Yodobashi); there are a wide range of prices and plans to choose.

More information:

<http://www.biccamera.com/bc/disp/CSfGoodsPage_001.jsp?GOODS_NO=3567968>

<https://t.iijmio.jp/en/index.html>

<https://t.iijmio.jp/en/apn/index.html>

**Wi-Fi connection**

To use Wi-Fi in our dental school, you are required to submit the “Wi-Fi ADDRESS or mac address” of your phone or tablet (in advance if possible). Regarding laptop PCs, only devices with the latest ANTIVIRUS updates will be allowed to connect. Keep in mind that the Wi-Fi router will be sheared with all the international students, if the system detects a virus in any of the connected devices, it will shut down the router and no one will be allowed to connect until all devices are checked and cleared.

Please send the “Wi-Fi ADDRESS” or a screenshot of the information via email.

If you don’t know how to retrieve the address information, we will help you at your arrival on campus.

**Travel adapter**

Most of Japan’s electrical outlets are 2-pronged “Type A” (100 Volt, 50-60 Hz), so if you have a device with a 3-pronged or other-style plug, you may need a [travel adapter](https://www.amazon.com/gp/product/B01N78TDF1/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01N78TDF1&linkCode=as2&tag=boutjapatravc-20&linkId=393953bb41b84cb06676ccf630e3dc98" \t "_blank). Many electronic devices (such as mobile phones, tablets, laptops, etc.) already have transformers, which means you may not need a converter, but make sure to check your items’ voltage requirements. Read here for more about [electricity in Japan](http://www.japan-guide.com/e/e2225.html).

**Small gifts from home**

Small local gifts are wonderful for giving to professors and other people you meet along the way. [Tipping is not common in Japan](https://boutiquejapan.com/tipping-in-japan/), but thoughtful gifts are always appreciated. Gifts representative of your local region or country are especially loved, e.g., a famous local product or local artisanal product.

Commute: <http://guidable.co/culture/train-101-a-guide-to-your-commuter-life-in-japan/>

In Japan, train isn’t the cheapest means of transport but it is convenient, there are a few things you should get yourself familiarized with to survive your everyday commuter.

**Railways (電車/ densha ), subways (地下鉄/ chikatetsu) and Buses (バス/Basu)**

Most trains are run by the Japan Railway (JR) company but some railways, especially in other regions, are run by private companies. Railway trains usually cover longer routes and serve most suburban areas in Japan. You also have the option to take the subway trains for routes not covered by railway trains. In Tokyo for example, the subway system is run by Tokyo Metro and the Toei Subway. Take note that a single train company usually runs multiple lines or routes with fixed ticket prices. But if you transfer to another line run by a different company, chances are you will have to pay more fee for the ticket.

In Niigata however, there are only trains (JR) and buses (no subways).

**Japan Rail Pass**

The Japan Rail Pass (also commonly called JR Pass) is a very cost-effective rail pass for long distance train travel in Japan. It can be used by foreign tourists only, and offers unlimited use of JR trains for one, two or three weeks at a cost that residents of Japan can only dream of. The pass comes in two types: ordinary and green car. The latter is valid on green cars (first class cars) that offer more spacious seats than ordinary cars.

If you are planning to have long distance travels to visit other cities or regions during your stay in Japan we highly recommend the JR Pass.

Purchase the Japan Rail Pass and other services here. <https://www.japan-rail-pass.com/>

For more information click here. <https://www.japan-guide.com/e/e2361.html>

**IC Card’s**

This is the most ideal way to save money for your transportation expenses. These rechargeable prepaid cards can be used to conveniently pay for your train fares among others. Japan has several (10) popular IC cards including Suica– the IC card by JR trains, and Pasmo– the IC card of Tokyo’s railway, subway and operators other than JR, which you can use in almost all trains and subways in most of Japan’s cities. These IC cards are convenient to use, as you will only touch the card onto the card readers in stations’ ticket gates, and your fare will be deducted automatically.

In Niigata city, Suica card can be used for the trains and the buses as well. Thus, it is our recommendation for Niigata.

**Buying a train ticket**

Buying a train ticket or “kippu” is easy. You just have to keep in mind that not all tickets work in lines run by different railway or subway companies, so when purchasing make sure to use the right ticket machine. However, most train stations can be confusing sometimes, so never hesitate to ask where to buy a ticket (kippu wa doko ni kaimasu ka?) and how to get into your platform. Stations have customer representatives who are willing to assist if you will ask for help.

**Buying a local bus ticket**

<https://www.japan-guide.com/e/e2015.html>

Using buses in Japan can be intimidating to foreigners because there are different ticketing systems depending on the company and recognizing the stop that you want to get off can be challenging. While some bus companies do a good job at providing English signage, timetables and announcements, many buses lack any English information, altogether.

Below is a description of the most common system, followed by notes about exceptions:

1. Enter the bus through the **back door**.
2. When entering, pick up a ticket from a small machine next to the door. A number is printed on the ticket (usually the bus stop number), which you will later use to determine your fare. Do NOT lose this ticket, otherwise the bus driver will charge the fare from the start of the bus line. If you use an IC card to pay the fare, touch your card against the sensor.
3. A display above the driver shows the next stop and the fares for that stop in yen. To determine your fare, match the number on your ticket with the number and fare on the display. If you use an IC card, then you do not have to worry about this.
4. When your stop is approaching, press one of the buttons on the wall to signal the driver that you wish to get off at the next stop, and prepare the **exact fare money**.
5. Exit the bus through the **front door**. If you do not have the exact fare, use the **changing machine** to get small coins.
6. When getting off, put your ticket and the exact fare into the box next to the driver. If you use an IC card, touch the card against the reader near the driver.

In many cities or city centers, for example in central Kyoto, a flat fare applies, i.e. you always pay the same price regardless of how far you travel. This means that you do not have to worry about steps 2) and 3) in the above description.

Of course, there are a few exceptions to the above outlined system. The most prominent exception are buses where you are supposed to enter through the front door, pay a flat fare when entering, and exit through the rear door, for example, city buses in Tokyo.

**Highway Buses**

<https://www.japan-guide.com/e/e2366.html>

Highway buses (高速バス, kōsoku bus) are an inexpensive alternative to trains for long and medium distance travel in Japan. On longer distances many highway buses travel overnight. While buses tend to be slower than express trains, they are usually considerably cheaper. Especially on competitive routes, discount fares have dropped to very low levels. There is also the Japan Bus Pass which allows for very cheap bus travel.

*Bus Companies*

There exist dozens of highway bus companies in Japan, including the former state-run JR Bus companies, many regional bus companies and discount bus operators. Many of these bus operators do not maintain an English website and are difficult to use by foreign tourists. Below are some of the bus companies and services which are easy to use by foreigners:

*Willer Express*

**Willer Express** <http://willerexpress.com/en/?aid=184> is a leading discount bus operator with a wide network that allows for interregional bus travel. It is one of the few bus operators which allow online reservations in English. Willer Express also sells the Japan **Bus Pass**, <https://www.japan-guide.com/e/e2369.html> a very cheap bus pass for foreign tourists in Japan.

*JR Buses*

Formerly part of the state run National Railway and now child companies of the J**R Group**, <https://www.japan-guide.com/e/e2019.html> there are eight regional JR Bus companies, which together operate a nationwide network of highway buses: JR Hokkaido Bus, JR Tohoku Bus, JR Kanto Bus, JR Tokai Bus, Nishinihon JR Bus, Chugoku JR Bus, JR Shikoku Bus and JR Kyushu Bus.

While not as cheap as discount buses, JR buses are still considerably cheaper than **express trains** <https://www.japan-guide.com/e/e2019.html> and are relatively easy to use by foreign tourists, because tickets can be bought and seat reservations made at ticket counters at JR railway stations across Japan. In addition, **kousokubus.net** <https://www.kousokubus.net/JpnBus/en> allows for English online reservations of some JR highway bus lines.

Until spring 2013, the **Japan Rail Pass** <https://www.japan-guide.com/e/e2361.html> used to be valid on a small number of JR highway bus lines, but it is now not valid on any highway bus anymore.

**Japan Bus Online**

**Japan Bus Online** <https://japanbusonline.com/?afcd=MDI>= is an English website that allows users to make online reservations for dozens of bus lines of multiple bus companies nationwide.

For more information click here <https://www.japan-guide.com/e/e2366.html>

**Queue lines in Japan**

Even with all the people rushing to get on and off the train, it is amazing how organized and orderly the local people are when lining up the platform. No matter how in a hurry a person is, everybody stands and waits just over the line which indicates where people have to wait exactly for the train or bus door entrance. Also, it is important to remember that people should always stand behind the yellow lines of the platform; it is dangerous to stand near to the line while a fast-train is approaching, most platform usually do not have barriers. Accidents happen occasionally, please be careful.



Remember that time is of the essence in Japan, and you better be at your platform before your expected time of departure.

**Download a Travel App Companion**

The Japanese railway systems are one of the most complex and complicated railway system in the world. The best tip is to download a travel app which can suggest the navigation lines and multiple transit options for you to choose from. Google Maps and JAPAN TRAVEL <https://itunes.apple.com/us/app/navitime-for-japan-travel-transit-wi-fi-search/id686373726?mt=8> are good recommended apps.

For Niigata city, Google maps provides reliable information on trains but not so much on buses. For the Bus system, the online page powered by NAVITIME <http://transfer.navitime.biz/niigatabrt-newsystem/pc/map/Top>

provides accurate information on bus time schedule and Stops, however is not tourist friendly since the page is only in Japanese.

**Getting to Niigata**

Niigata City is located on the northwest coast of Honshu, Japan’s largest island, facing the Japan Sea. The two main ways of reaching the city are by plane into Niigata International Airport, and by train into JR Niigata Station. Direct international flights fly to and from Seoul, Shanghai, and Harbin.

Domestic flights fly to and from many major cities, including Tokyo (Narita), Osaka, Nagoya, Fukuoka, and Sapporo.

**From the Airport to Niigata**

Tokyo has two airports, Narita International Airport (成田空港, Narita Kūkō, NRT), which handles a large number of international flights as well as domestic and international flights by many low-budget airlines, and the more centrally located Haneda Airport (羽田　空港, Haneda Kūkō, HND), which handles the city's main share of domestic traffic and an increasing number of international flights.

Whether you arrive at Narita Airport（成田　空港）or Haneda Airport（羽田　空港）, you will need to commute form the airport to Tokyo Station.

**From Narita**

Narita Airport (formerly also known as New Tokyo International Airport) is located in the city of Narita in Chiba Prefecture, about 60 kilometers outside of Tokyo. It consists of three terminal buildings: terminal 1, terminal 2 and terminal 3. Terminal 1 and 2 each have a railway station in their respective basements. Terminal 3 serves low-budget airlines and is connected with terminal 2 by a pedestrian walkway. Free shuttle buses operate between all three terminals.

Narita Airport is connected with central Tokyo by multiple rail and bus lines.

JR Narita Express: <http://www.jreast.co.jp/e/nex/index.html?src=t_info> Please check Ticket prices <http://www.jreast.co.jp/e/nex/tickets.html> and Time Tables. <http://www.eki-net.com/pc/jreast-shinkansen-reservation/english/wb/common/timetable/e_nex_u/index.html>

JR Sobu Line

Keisei Skyliner

Keisei Limited Express

limousine bus

Tokyo Shuttle bus

The Access Narita bus

Video:

<iframe ~~width="560" height="315"~~ src="https://www.youtube.com/embed/xGOxrTPlm0c?rel=0" frameborder="0" allow="autoplay; encrypted-media" allowfullscreen></iframe>

For a complete guide click here. <https://www.japan-guide.com/e/e2027.html>

**~~By JR Narita Express~~**

~~Direct, 60 minutes, around 3000 yen, 1-2 connections per hour~~

~~The most comfortable way of travel between Narita Airport and Tokyo Station is the JR Narita Express (NEX). The one way journey takes roughly one hour, costs around 3000 yen and is fully covered by the Japan Rail Pass, JR Tokyo Wide Area Pass and some other JR passes. There are departures every 30 to 60 minutes. The NEX Tokyo Round Trip Ticket for 4000 yen provides foreign travelers with a discounted round trip from the airport into Tokyo and back within a 2-week period.~~

**~~By JR Sobu Line~~**

~~Direct, 90 minutes, 1320 yen, 1 connection per hour~~

~~The JR Sobu Line (Rapid Service) is the slower but cheaper JR alternative to the Narita Express. The one way trip takes roughly 90 minutes and costs 1320 yen. There is about one departure per hour.~~

**~~By Keisei Skyliner~~**

~~1 transfer, 55 minutes, 2360-2630 yen, 2 connections per hour~~

~~Take the Keisei Skyliner from Narita Airport to Nippori Station (about 40 minutes, 2470 yen) and transfer to the JR Yamanote Line or JR Keihin-Tohoku Line to get to Tokyo Station (10 minutes, 160 yen). There are connections every 20-40 minutes. If purchased in advance online or via a travel agent outside of Japan, foreign tourists can ride the Skyliner for just 2200 yen.~~

**~~By Keisei Limited Express~~**

~~1 transfer, 90 minutes, 1190 yen, 3 connections per hour~~

~~Take the Keisei Limited Express from Narita Airport to Nippori Station (about 75 minutes, 1030 yen) and transfer to the JR Yamanote Line or JR Keihin-Tohoku Line to get to Tokyo Station (10 minutes, 160 yen). There are connections every 20 minutes.~~

~~By limousine bus~~

~~Direct, 100 minutes, 3100 yen, 3-4 connections per hour~~

~~Limousine buses to Tokyo Station depart Narita Airport every 15 to 20 minutes. The one way journey takes about 100 minutes and costs 3100 yen. In addition, there are direct limousine bus connections to several major hotels in the Tokyo Station area. A special round trip ticket for only 4500 yen is available to foreign tourists exclusively.~~

~~By Tokyo Shuttle bus~~

~~Direct, 90 minutes, 900-1000 yen, 3 connections per hour~~

~~This discount bus service operates roughly three times per hour between Narita Airport and Tokyo Station. The one way fare is 1000 yen during the day and 2000 yen for late-night and early-morning departures. If tickets are purchased in advance via the internet, the one way fare is 900 yen. The discounted fare also applies to purchases of tickets in direction of the airport made by phone or at a convenience store.~~

~~By The Access Narita bus~~

~~Direct, 90 minutes, 1000 yen, 2 connections per hour~~

~~This discount bus service operates roughly three per hour between Narita Airport, Tokyo Station and Ginza Station. The one way fare is 1000 yen during the day and 2000 yen for late-night departures. Advance reservations are possible.~~

~~N´EX (Narita Express) is a limited express train with all reserved seating. Both a fare ticket and a limited express ticket are required for boarding. Tickets may be purchased at Narita Airport station, JR Ticket Offices (Midori-no-madoguchi), Travel Service Centers (View Plaza) and reserved seat ticket machines.~~

~~The Narita Express operates from early morning till late at night. There is no waiting for trains. See the time schedules for trains traveling to and from Narita Airport.~~

**From Haneda**

Haneda Airport (羽田空港, Haneda Kūkō, HND), formally known as Tokyo International Airport, is located less than 30 minutes south of central Tokyo, considerably closer to the city center than Narita Airport, Tokyo's other airport. Compared to Narita Airport, Haneda Airport handles way more domestic flights, but fewer international flights. With over 60 million passengers per year overall, Haneda Airport is by far Japan's busiest airport and ranks among the world's five busiest airports.

Domestic flights use the airport's two other terminals: terminal 1 is mainly used by JAL, while terminal 2 is mainly used by ANA. Free shuttle buses operate frequently between all terminal buildings (outside of the security check). Transit passengers between the domestic and international terminals may also use the monorail or Keikyu Railway for free if they get a special transit pass at the information counter. In addition, ANA and JAL operate direct buses for checked-through passengers between the secure areas of the international and their respective domestic terminals to further reduce transit times.

Haneda Airport is connected with central Tokyo by.

Tokyo Monorail

Keikyu Railways

Limousine bus

**~~By Tokyo Monorail~~**

~~1 transfer, 30 minutes, 650 yen, frequent connections~~

~~Take the JR Yamanote or JR Keihin-Tohoku Line from Tokyo Station to Hamamatsucho Station (5 minutes, 160 yen) and transfer to the Tokyo Monorail to Haneda Airport (20 minutes, 490 yen).~~

**~~By Keikyu Railways~~**

~~1 transfer, 35 minutes, 580 yen, frequent connections~~

~~Take the JR Yamanote or JR Keihin-Tohoku Line from Tokyo Station to Shinagawa Station (10 minutes, 170 yen) and transfer to the Keikyu Airport Line to Haneda Airport (20 minutes, 410 yen).~~

**~~By limousine bus~~**

~~Direct, 40-55 minutes, 930 yen, 1-2 connections per hour~~

~~Limousine buses to Haneda Airport depart Tokyo Station every 30 to 60 minutes. Depending on the traffic situation, the one way journey usually takes between 40 and 55 minutes and costs 930 yen.~~

~~Above fees refer to transportation to/from the international terminal. Fees to the domestic terminals may be slightly higher. The fees and schedules are subject to change. For the current yen exchange rate, click here.~~

Video:

<iframe width="560" height="315" src="https://www.youtube.com/embed/mt9HDxBvCmE" frameborder="0" allow="autoplay; encrypted-media" allowfullscreen></iframe>

<iframe width="560" height="315" src="https://www.youtube.com/embed/xGOxrTPlm0c?rel=0" frameborder="0" allow="autoplay; encrypted-media" allowfullscreen></iframe>

For a complete guide click here. <https://www.japan-guide.com/e/e2430.html>

**From Tokyo to Niigata**

Perhaps the most convenient way to travel between Tokyo and Niigata is by the "Toki" or "Max Toki" shinkansen (bullet train), on **JR East's Joetsu Shinkansen line**. Trains runs approximately 30 times each way on weekdays, and about 40 times on Saturdays, Sundays, and holidays, with earliest departures just after 6 am, and the final departure between 9 and 10 pm. One-way adult fares start at 10,570 yen.

For more information on the **Joetsu Shinkansen** line Time table. <http://www.eki-net.com/pc/jreast-shinkansen-reservation/english/wb/common/timetable/e_joetsu_d_b/index.html>

For more information on the tickets. <http://www.jreast.co.jp/e/ticket/index.html>

For more information on Fares & Charges. <http://www.jreast.co.jp/e/charge/index.html>

For more detail information click here. <http://www.nvcb.or.jp/travelguide/en/contents/access/index_access.html>

Foreigners visiting for short-term travel may wish to purchase a JR East pass or Japan Rail pass, which offer unlimited free travel on JR train lines. Travel by plane is also available; ANA runs one daily flight between Narita Airport and Niigata Airport. Niigata can also be reached by bus or car via expressway. Sixteen express buses for Niigata leave each day from the terminal just outside the east exit of Tokyo's Ikebukuro train station.

The JR EAST PASS <http://www.jreast.co.jp/e/eastpass_n/index.html?src=gnavi> (Nagano, Niigata area) is a special discounted pass available only to customers visiting Japan (with a short-term visa no longer than 90 days) and holding a non-Japanese passport. This pass can be purchase after your arrival to Japan. It allows unlimited rides on all JR East train lines in the JR EAST PASS (Nagano, Niigata area) designated area.

Start with a trip from Narita Airport or Haneda Airport to Tokyo, for example, then ride around, and maybe hop aboard the Shinkansen or a limited express to Nagano or Niigata. In addition to JR East lines, the JR EAST PASS (Nagano, Niigata area) allows rides on some non-JR trains in the Izu and Nikko areas. While in Japan, take advantage of this great offer to see a lot more for a lot less.

For more information on Fares and Passes click here. <http://www.jreast.co.jp/e/pass/index.html?src=gnavi>

**Transfer from Narita express to Shinkansen**

Tokyo Station is one of the biggest and busiest station in the world. For the inexperienced traveler commuting here can be challenging.

Changing trains can be complicated and frustrating at times. Here is a guide on how to get from the underground platform where the Narita express arrives, to the Joetsu Shinkansen bound to Niigata in plataforms 20 – 23.

PDF file.

Image gallery.

1. Narita Express train.

2. The Narita Express arrives on Sobu Rapid track #1 from NRT.

3. First take the escalator to the besement 4.

4. Then another one to the basement 1.

5. Walk to the escalator to get to the ground level.

6. Go up to the ground level.

7. Then proceed to the Shinkansen entrance following the signboards.

8. Head diagonally forward left.

9. This is the Tokaido Shinkansen central transfer entrance.

10. This is the Tohoku, Joetsu Shinkansen central transfefr entrance.

Source: <http://gutereise09.blogspot.jp/2008/07/transfer-from-narita-express-to.html>

Travel time to Niigata is about 2 hours in Shinkansen.

Google map

**Form Niigata Airport to Niigata Stn.**

Niigata Airport is located in a very accessible and convenient location, only 25 minutes away from JR Niigata Station by limousine bus and 10 minutes away from the nearest highway interchange. Niigata Prefecture’s transportation network is well-developed, and both people living in Niigata and people living in neighboring prefectures make use of Niigata Airport for business travel and for going on vacation.

**Arrival Procedures**

Arrivals at Niigata airport can be Domestic or International depending on your connection flight.

If you arrive through and International flight please follow the **Arrival procedures for international flights**. <https://www.niigata-airport.gr.jp/procedure/international_arrivals.php?lang=en> If a staff member of the university picks you up from the airport please wait at the **International arrival lobby (area #4** in the map)

If you arrive in a domestic flight please follow the **Arrival procedures for domestic flights** <https://www.niigata-airport.gr.jp/procedure/domestic_arrivals.php?lang=en> and wait at the domestic arrival lobby (area #3 in the map).

There is both a limousine bus and a regular city bus that go between Niigata station and Niigata Airport.

More information on the Bus and schedule here. <https://www.niigata-airport.gr.jp/access/bus.php?lang=en>

For more information on Niigata airport click here. <https://www.niigata-airport.gr.jp/?lang=en>

**From Niigata Stn. to Niigata University Hospital (Asahimachi Campus).**

Asahimachi campus is home to the Faculty of Medicine and Dentistry.

Arrival to Japan:

1. Arrival
   1. Commute
   2. Railways (電車/ densha ) & subways (地下鉄/ chikatetsu)
   3. Buying tickets
      1. JR Pass
      2. IC Card’s
      3. Local Trains
      4. Local bus ticket https://www.japan-guide.com/e/e2015.html
   4. Highway Buses
      1. Bus Companies
   5. Queue lines in Japan
   6. Download a Travel App Companion
   7. Getting to Niigata
   8. Airport -Tokyo St.
   9. Tokyo St.– Niigata St. (shinkansen)
   10. Niigata Airport – Niigata St.
   11. Niigata St. – Niigata University Koraku Kaikan
   12. Niigata St. – Country Hotel
   13. Accommodations:
       1. Kouraku Kainkan: Location, Price, check in – Check Out
       2. Country Hotel: Location, Price, check in -Check Out

**Orientation**

**Assignments**

**EXCEL Questionnaire**

During the application/preparation procedures and prior to your arrival, an Excel questionnaire will be send.

The questionnaire consists of two sections, a "Pre-arrival Questionnaire" and an “After Program Questionnaire”.

Students should:

1. Fill the “Pre-arrival Questionnaire” section in advance (before coming to Japan), but DO NOT SUBMIT the file yet, keep the file until the end of the program.

2. After the program is completed, please fill in the second section “After Program Questionnaire”.

3. Once the entire questionnaire is filled, please CHANGE the name of file to your name, your university name and the year of the Program (“Mr/Ms YOUR NAME\_YOUR SCHOOL NAME\_Questionnaire 2017.xls”)

Example: MrJohnDoe\_NiigataU\_2018.xls upon submission.

4. Submit the file to Dr. Ishida. Submission deadline will be announced at the orientation session.

**WORD Report**

Add the end of the program; please write and small assay about your experience in Niigata University and Japan.

The topic of the assay is open, but please prioritize on the academic aspects of the exchange.

Please send the file to Dr. Ishida as an attached file.

Deadline will be announced at the orientation session.

**Visiting the Clinic**

Please wear your lab coat whenever you visit the clinic or laboratories.

You can carry your camera at the clinic; however, please MAKE SURE to have the authorization of your instructor WHENEVER you would like to take a photo in clinic. (Please ask every time, some materials; procedures and techniques might contain sensitive information).

DO NOT upload the photos taken in the clinic to ANY social networking site (SNS) such as Facebook, Instagram, etc. Nevertheless, it is aloud to upload photos of session without patients such as experiments, model practice or with your Niigata university friends at dinner or excursion.

Regarding the use of phones, you can carry it in clinic, but please, put the phone in silence mode and DO NOT use during the observation sessions (EXCEPT in cases of EMERGENCY).

Doctors, staff members and patients in Japan are very sensitive when anyone wearing a lab coat uses a private phone in the clinic, it is perceived as bad manners, please be aware and avoid this kind of behavior. .

Whenever you need a break, please consult with the instructors; they will guide you on where to go and how to proceed.

**Important! Regarding the travel insurance covering health problem/accidents**

It is absolutely important that each student/dentist carry adequate **health/accident insurance that is valid in Japan** for the duration of your stay in Niigata.

Niigata University Faculty of Dentistry will be neither responsible nor accountable to any health issues, nor insurance payments of any of the visiting student at any time.

We strongly recommend to buy a travelers insurance in advance while still in your country. It is possible to buy insurances in Japan, however the prices might be more expensive than that in your country.

If a student has any health problem during the stay, Dr. Ishida will take them to an appropriate medical doctor.

For more information click here. index.html#Travel-Insurance

**Internet**

Wi-Fi is available at our dental school and at the hotel. However, there is no Internet connection at the guesthouse (Kouraku kaikan); There is a free-WiFi service provided by Niigata city, unfortunately connection is not reliable around Kouraku Kaikan, the signal is very weak and connection is prone to drop. We advice students to buy a travel SIM card or rent a Wi-Fi router by themselves to be able to connect to internet from everywhere.

For more information please click here. index.html#internet

<http://www.biccamera.com/bc/disp/CSfGoodsPage_001.jsp?GOODS_NO=3567968>.

<https://t.iijmio.jp/en/index.html>.

**Communication with Niigata students**

One of the objectives in these programs is to build and strengthen good communication, friendship and relationship between Niigata University students and partner schools’ students.

During your stay, Niigata University students will often contact you and invite you for dinner and other activities. PLEASE INSTALL the “LINE” messenger application (available for iOS and android) before your arrival to Japan, this will make contact and communication much more easer and faster.

As soon as LINE app is installed please add Dr. Ishida in your contact list. Dr. Ishida's ID will be provided during preparation correspondence.

Not used

Niigata station map <http://www.jreast.co.jp/E/stations/e1137.html>

<http://www.jreast.co.jp/E/stations/index.html?src=pcbtn>

Bus Line <https://en.wikipedia.org/wiki/Niigata_Kotsu>

Country Hotel <http://www.niigata-c.jp/contents/english.php>

University Map English <http://www.nuh.niigata-u.ac.jp/en_floormap.php>

University Map Japanese (interactive) <http://www.nuh.niigata-u.ac.jp/floormap/>

University Map (med faculty) in English <http://www.med.niigata-u.ac.jp/eng/contents/access_map/s_index.html>

Niigata U videos <https://www.niigata-u.ac.jp/university/pr/movie/>

History of the University (cool back to top html item)

<http://www.med.niigata-u.ac.jp/eng/contents/overview/index.html>

Asahimachi campus location <https://www.niigata-u.ac.jp/en/about-us/access/asahimachi.html>

**About Niigata University**

Niigata University was founded in 1949 after the creation of a new Japanese education system.

The university was the result of a merger between seven separate schools and colleges. Niigata University can trace its origins back to 1870, when Kyoritsu Hospital, later Private Niigata Hospital, was built.

The Ikarashi campus of the university, which can be found south west of Niigata city centre, near the coast, houses colleges including the Faculty of Engineering, Faculty of Law, Faculty of Science, Faculty of Engineering, Faculty of Agriculture and the Faculty of Humanities, along with the Central Library and the Health Administration Centre. It also includes most of the university’s accommodation and sports facilities, which include spaces reserved for baseball, rugby, football, tennis, athletics and equestrian.

The more central Asahimachi campus is home to the Faculty of Medicine and Faculty of Dentistry, the latter of which was established in 1965. The emblem of the university is called "Rikka", and depicts the shape of a snow crystal.

Niigata city, located on the island of Honshū, has been an international port since 1858. It is also an important agricultural city. The Shinano River, the longest in the country, runs through the centre of Niigata, as does the Agano.

The city faces Sado-ga-shima, a spectacular island popular for its mountains, beaches and serene fishing villages. Travel to Tokyo, to the city’s south east, takes approximately two hours on the bullet train. The university is around an hour from Niigata Airport, which runs a small number of domestic and international flights.

I shall arrive at Narita airport. Which is the best way to commute from Narita airport to Niigata?

From there take the Train (super express or bullet train Shinkansen) which is around 10000¥ and takes about 2.5hr, or the bus (around 5000-7000 yens and 6hrs) to Niigata.

Train is convenient and fast but more expensive, also consider the amount of luggage you are bringing. As you arrive to Niigata, Some one will be waiting for you to pick you up at the Niigata train station.

Narita Airport 🡪 Tokyo Station (by Bus - Airport Limousine, Rapid Train (Narita Express or Skyline), Local Train)

|

|

Tokyo Station 🡪 Niigata Station (by Shinkansen Train)

|

|

Niigata Station 🡪 Niigata University (by bus to Niigata City Office (Shiyakusho-mae), local train to Hakusan st.

Reservation are made for:

Check in:  23rd of September (9月23日)

Check out:  15th of October (10月15日) **Before 10 am.** (Please do not remain later than 10am. Plan accordingly).

Price per Night:  (2 persons) 2760¥

Room has tween beds, a bathroom with a small closet and desk, NO kitchen (cooking in the room is not allowed) but there is a common area in the first floor with a dinner table, microwave, water boiler, refrigerator, small sofas and a TV.

康楽会館 (Kouraku-Kaikan)

<iframe src="https://www.google.com/maps/embed?pb=!1m18!1m12!1m3!1d3147.492546312611!2d139.0342194691178!3d37.918922276239286!2m3!1f0!2f0!3f0!3m2!1i1024!2i768!4f13.1!3m3!1m2!1s0x5ff4c9e9bfbc2105%3A0xfe4cc9e4794a3b29!2z44CSOTUxLTgxMjIgTmlpZ2F0YS1rZW4sIE5paWdhdGEtc2hpLCBDaMWrxY0ta3UsIEFzYWhpbWFjaGlkxY1yaSAxIEJhbmNoxY0sIOW6t-alveS8mumkqA!5e0!3m2!1sen!2sjp!4v1519916391468" width="600" height="450" frameborder="0" style="border:0" allowfullscreen></iframe>

\*For the accommodation check-in, in case it is Kaikan, make sure to arrive within office hours, 9am – 5pm week days and 9-4 Saturdays. There is no one in the office Sundays, so special arrangements have to be done in advance. If you are planning to arrive during the weekend, it’s better to arrive Saturday for the check-in and you have Sunday to adjust for the jetlag.

If you arrive directly to Niigata Airport some one will be waiting for you there and bring you back to your accommodations.

1-4-5 Kusozucho, Akiha-ku Niigata 956-0833, Niigata Prefecture

| JR Higashiniizu Ekimae,+81 250-24-1212

Website

Your Accommodations: 康楽会館 〒951-8122 Niigata-ken, Niigata-shi, Chūō-ku, Asahimachidōri 1 Banchō

Niigata University Hospital: 754 Asahimachidōri 1 Banchō, Chūō-ku, Niigata-shi, Niigata-ken 951-8122

Shopping area Furumachi: 〒951-8061 Niigata-ken, Niigata-shi, Chūō-ku, Nishiboridōri 5 Banchō, ８６６ 新潟三越店

Niigata station: 1 Chome-1 Hanazono, Chūō-ku, Niigata-shi, Niigata-ken 950-0086 (Shopping stores inside the station)

Shopping area Bandai: 〒950-0088 Niigata-ken, Niigata-shi, Chūō-ku, Bandai, 1 Chome−5−５番１号

Niigata Airport: 〒950-0001 Niigata-ken, Niigata-shi, Higashi-ku, Matsuhamacho, 3710

Tax for me <https://www.japan-guide.com/e/e2206.html>

Image galleries

<https://codepen.io/GeorgePark/pen/vdqYom>

<https://codepen.io/ImBobby/pen/uKbnl?depth=everything&order=popularity&page=3&q=image+gallery+&show_forks=false>

<https://corpocrat.com/2015/12/09/20-cool-pure-css-sliders-without-jqueryjavascript/>

<https://codepen.io/ArnaudBalland/pen/NNWEKG?depth=everything&order=popularity&page=6&q=image+gallery+&show_forks=false>

<https://www.w3schools.com/w3css/tryit.asp?filename=tryw3css_templates_food_blog&stacked=h>

https://www.w3schools.com/w3css/w3css\_templates.asp

Grids CSS

<https://www.youtube.com/watch?v=wQxjm7sgZ3Y> Rachel Andrew

<https://gridbyexample.com/examples/>

<https://gridbyexample.com/learn/>

[https://codepen.io/pens/6/#](https://codepen.io/pens/6/)

<https://codepen.io/rachelandrew/pen/waVBpK> nice

<https://codepen.io/rachelandrew/pen/zwMZVy>

https://developer.mozilla.org/en-US/docs/Web/CSS/CSS\_Grid\_Layout/Grid\_Template\_Areas

collapse bar

<https://www.w3schools.com/bootstrap/tryit.asp?filename=trybs_navbar_collapse&stacked=h>

<https://www.w3schools.com/howto/howto_js_dropdown.asp>

<https://www.w3schools.com/css/css_navbar.asp>

sticky

<https://www.w3schools.com/css/tryit.asp?filename=trycss_position_sticky>

[https://getbootstrap.com/docs/4.0/examples/carousel/#](https://getbootstrap.com/docs/4.0/examples/carousel/) template no code?