



# Before You Fly


## WHAT TO DO TWO MONTHS BEFORE

 Start walking more. Try to get about 10,000 steps a day (about five miles) in the shoes you plan to wear to Japan. We will walk at least this much each day.




 Learn some simple words and phrases. Here are a few to start:  
Sumimasen = Excuse me  
Arigatou = Thanks  
Hai = Yes  
Konnichiwa = Hello  
Onegaishimasu = Please

ありがとう

 Find out what options you have for international calls and data on your phone. You may want to stick with WiFi only while abroad.



 Find out if your credit card charges foreign transaction fees, and consider using one that doesn't.

 Make sure you have a passport, with at least 6 months left before expiration.

 Download the Google translate app to your phone.

