

WHAT TO PACK

Be realistic. Be strict with yourself.

Do you (**honestly**) really need it?

How long are you intending on staying?

How will you bring everything back?

Take enough money to last your first month, approximately 250,000 yen. This is considered a reasonable amount unless bond money is required to be paid upfront – check this with your contracting organisation or predecessor.

A credit card or debit card will be useful even though Japan is largely a cash society. While cards are not widely used in the countryside, you can use them to withdraw cash out in emergencies.

At the Tokyo Orientation, you will need your business outfits. Try to pack outfits that do not wrinkle easily, but it's not the end of the world if they do as you can borrow an iron from the hotel.

You'll arrive between autumn and winter, so pack your clothes accordingly and have your summer clothes sent later on.

Clothing sizes vary greatly between NZ and Japanese stores. A normal size 12 in NZ is approximately an L/XL in Japan. If you are a female over 168cm or a male over 175cm, you may have some difficulty finding clothes in Japan. In this case, it might be a good idea to bring a decent amount with you or shop online.

It's also the same situation for footwear! If you're above a women's size 7 or a men's size 9, stock up before you leave or shop online. You will need a pair of clean, comfortable shoes to wear indoors at (each of) your workplace(s), if you don't want to carry them around! Also make sure you have some nice, non-hole socks as you will find yourself frequently removing your shoes when indoors.

Bras in Japan are also heavily padded and it's difficult to find anything bigger than a C cup. Again, bring a decent supply with you or shop online.

Smart casual or office wear is the most appropriate style for your workplace. Suits are only expected for formal occasions, such as the opening and closing ceremonies, and graduation. Staff at elementary schools tend to wear sports gear or tracksuits most of the time. In the workplace, jeans are a no-no, as is anything that might be overly tight, clingy, or low cut. Japan is still very conservative in how they dress, so aim for moderate, and you will probably be alright in most situations.

Toiletry products in Japan are quite different to what you're used to. Deodorants don't contain antiperspirant. Toothpaste doesn't have fluoride. If you are quite particular about what you use, we recommend you bring a little extra of your favourite toothpaste, deodorant, shampoo, conditioner, bodywash, moisturiser, etc. Or just get it shipped to you from helpful family and friends!

Pack a basic medical kit in your carry on just in case. It's better to be prepared than to find yourself wanting. Some of your preferred painkillers and cold and flu medication (without codeine!) can go a long way if you find yourself under the weather due to the sudden change in environment.

Make copies of your important documents and pack it into both your carry-on and check-in luggage.

If you have a full driver's license, grab an International Driving Permit (IDP). See here for more information: www.aa.co.nz/drivers/driver-licences/driving-permits-for-driving-overseas

If your driver's license renewal falls due during your stay in Japan, renew it before leaving.

Omiyage! Little gifts for your new colleagues! ~See the Etiquette & Customs section.

Music, photos, your favourite snacks, and some reminders of your roots!

THINGS FOR WORK

- **A map and flag of NZ**
- **Photos of your everyday life**, e.g. your home, family, neighbourhood, special events, workplace, university, schools, clubs, groups, local shopping strip, your favourite takeaways or anything really. Also doubles as material for you to use in your self-introductions!
- **If you can excavate one, a DVD of NZ in Japanese.** We know, it sounds old fashioned, but you might be surprised...
- **Realia such as tourist pamphlets, currency,** tickets, newspapers, supermarket flyers, catalogues, and menus might come in handy for making NZ posters or for shopping lessons and role-plays.
- **Prizes for students such as stickers,** stamps, coins, cute or themed basic stationery, postcards, magnets, bookmarks, etc. Think **QUANTITY** – lots of little things will last you much longer than a few substantial prizes.
- **Books about NZ might be particularly useful for CIRs** and to show any colleagues who might be interested in our wonderful country! Or see if someone's willing to shout you a magazine subscription – you get to keep up to date with NZ and can pass it onto your colleagues or students.
- **A novelty kiwi or sheep stuffed toy** which you can substitute as a ball to use in certain classroom games.

SENDING THINGS TO JAPAN www.nzpost.co.nz/personal/sending-internationally

As you'll be travelling economy class to Japan, your allowance is one bag of 23 kgs of check-in luggage but you may take another bag or more if you pay. The more organised you are and the more you send onwards before departure, the smoother your transition to life in Japan will be. Your hand luggage can weigh up to 7kg. Please follow carefully the guidelines CLAIR sends you about suitcases. **They are very strict about taking only one suitcase on the bus with you to Tokyo and send**

extras straight to your school at the airport! Include in this suitcase anything valuable, your formal clothes for the orientation(s), something to meet your supervisor in, and a few of your omiyage.

Also, remember everything you take on the plane, you will have to carry. Everything else you will need to pack and send over at your own expense. Do this as soon as possible. Organise someone to send your summer clothes over after you've left as you probably won't need them until May/June. Luckily, you are not arriving in the middle of a hot sticky Japanese summer of 30 degrees plus humidity! Address the package to yourself at your school or office, this way you won't have to go to the post office to collect the box.

THINGS TO LEAVE BEHIND

- **Personal stationery** – Japan is THE country for cute, funky, cool, and unique stationery. They're not only better, but much cheaper in Japan so just buy it when you get there!
- **Illegal drugs** – There is a **ZERO** tolerance policy towards illicit drugs and substances and the consequences if you are caught are severe.
- **Pornographic materials.**
- **Certain prescribed drugs are prohibited in Japan.** Ensure you have both your prescription and a note from your doctor explaining what the medication is for. Some common medication in NZ is actually illegal in Japan, e.g. any products containing codeine or pseudoephedrine. Your GP can confirm whether your medication can be taken out of the country.
- **Fresh fruits, vegetables, and meat products.** These products are banned by quarantine. Pre-packaged and unopened food products such as biscuits, lollies, chocolates, etc. are fine to take to Japan.
- **Plants and animals.** Most are restricted or prohibited by quarantine and special import permits are required.