

Handy Guide to ICS 2016 - Japanese-English phrases and addresses

In this guide you will find information about how to travel from the airport to downtown Tokyo and also some essential things to know. Plus we have added some Japanese-English phrases and addresses which we think will be useful so we recommend that you print this out and bring it with you.

Travel from airports to downtown Tokyo:

Tokyo has two airports, both require train or bus rides to get to the capital's downtown area. Tokyo's most convenient airport is Haneda with its new international terminal. Narita airport is further away from the centre of Tokyo.

Haneda airport ➡ Tokyo International Forum

Take the monorail from Haneda airport to Hamamatsucho Station (23 minutes) and then transfer to JR Hamamatsucho Station to Yurakucho Station (4 minutes) Yurakucho station is then only 1 minute walk away from the convention centre. Alternatively a taxi from Haneda is not too expensive.

Narita airport ➡ Tokyo International Forum:

There are two train lines to Tokyo downtown, JR Narita Express or Keisei Skyliner. JR Narita Express takes 53 minutes to Tokyo station and then the convention centre is a 5 minute walk (connected by B1 concourse with Keiyo Line at Tokyo Station). Keisei Skyliner takes 40 minutes to Nippori station, where you can transfer to Yamanote line to Yurakucho station (10 minutes), just 1 minute from the venue. Alternatively you can take an 80 to 90 minutes ride to Tokyo Station by Limousine Bus. A taxi would be too expensive.

How to get to Tokyo International Forum from your hotel via the Subway

Yurakucho Line 1min. walk (connected to Yurakucho Sta. through underground concourse [Exit D5])	Marunouchi Line 5min. walk from Ginza Sta.
Hibiya Line 5min. walk from Hibiya Sta. 5min. walk from Ginza Sta.	Ginza Line 7min. walk from Ginza Sta. 7min. walk from Kyobashi Sta.
Chiyoda Line 5min. walk from Nijubashimae Sta. 7min. walk from Hibiya Sta.	Mita Line 5min. walk from Hibiya Sta.

Toilets – what you need to know:

Toilets in Tokyo are thrones that wash and dry your most intimate areas at the touch of a button! Public toilets, typically clean, can be found in most train stations; convenience stores usually have toilets you can use too. Toilet paper is usually present, but it's still a good idea to accept those small packets of tissue handed out on the street, a common form of advertising, just in case. Paper towels and hand dryers are often lacking, so Japanese carry a handkerchief for use after washing their hands.

Separate toilet slippers are usually provided in homes and restaurants where you take off your shoes at the entrance; they are typically just inside the toilet door. These are for use in the toilet only, so remember to shuffle out of them when you leave.

Western style toilet 洋式 (yō-shiki)

To ask for the toilet トイレ (pronounced 'toire') and お手洗い ('o-tearai'); 女 (female) and 男 (male) will also come in handy.

Insurance:

The only insurance accepted at Japanese hospitals is Japanese insurance; however, hospitals are legally required to treat you even without this insurance; if you run into trouble, call Japan Helpline <http://www.jhelp.com/en/jhlp.html>. You'll have to pay for the treatment in full and apply for a reimbursement when you get home. Note that smaller clinics often don't accept credit cards. Expect to pay about ¥3000 for a simple visit to an outpatient clinic and from around ¥20,000 and upwards for emergency care.

Medications:

Pharmacies in Japan do not carry foreign medications, so it's a good idea to bring your own. In a pinch, reasonable substitutes can be found, but the dosage may be less than what you're used to. Pharmacies are located throughout Tokyo, although a bit of Japanese helps in getting the medication or item you need, as most pharmacists only speak basic (if any) English. Although Japanese law prohibits pharmacists from selling medications from other countries, they will generally be able to help you find a Japanese medication that is either identical or similar to the one you take at home

Useful Phrases and translations

Tokyo International Forum 東京国際フォーラム (tokyo kokusai fohramu)

3 Chome-5-1 Marunouchi, Chiyoda-ku, Tōkyō-to 東京都千代田区丸の内 3-5-1 (toukyoto chiyodaku marunouchi san-go-ichi)

100-0005, Japan 100-0005 日本(nihon or nippon)

You may need only **Tokyo International Forum** 東京国際フォーラム for instructing a taxi driver or asking someone on the street.

Hello	今日は	konnichiwa
Excuse me	すみません	sumimasen
Thank you	ありがとう	arigatō
Good Morning	お早うございます / おはようございます	ohayō gozaimasu
Good Night	おやすみなさい	oyasumi nasai
Goodbye	さようなら	sayōnara
Sorry	ごめんなさい!	gomen nasai
"Cheers"	乾杯	kanpai
I don't understand	わかりません	wakarimasen
Please write it down	書いてください	kaite kudasai
Do you speak English?	英語はできますか	Eigo wa dekimasu ka?
I don't speak Japanese	日本語を話せません	Nihongo o hanasemasen
Taxi	タクシー	takushii
Train	列車	Ressha
Where is the toilet?	トイレはどこですか	toire wa doko desu ka?

Look for Western style toilet on toilet door	洋式	yō-shiki
female toilet male toilet	女 トイレ 男 トイレ	on-na toire otoko toire
Help!	助けて!	tasukete!