



## Pre-Departure Information

JAPAN: CASTLES, SAMURAI, AND LEGENDS



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# Reminders Before You Go

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## WELCOME!

We're delighted to welcome you on this adventure! This booklet is designed to guide you in the practical details for preparing for your trip. As you read, if any questions come to mind, feel free to give us a call or send us an email—we're here to help.

## PLEASE SEND US

- Trip Application:** Complete, sign, and return your Trip Application form as soon as possible if you have not already done so.
- Medical Form:** Complete, sign, and return your Medical Form as soon as possible if you have not already done so.
- Air Schedule:** Please forward a copy of your email confirmation, which shows your exact flight arrival and departure times. Refer to the Arrival & Departure section of the Detailed Itinerary for instructions. Please review your proposed schedule with Wilderness Travel before purchasing your tickets.
- Vaccination Card:** Please send us a photo or scanned copy of your completed Covid-19 Vaccination Card if you have not already done so. Just the front side of the card is sufficient.

## PLEASE CAREFULLY REVIEW

- Travel Documents & Medical Information:** Carefully review the Travel Documents and Medical Information sections of this booklet to familiarize yourself with Passport and Visa entry requirements for your destination, as well as any recommended inoculations.
- Optional Travel Insurance:** Review the Trip Cancellation & Transfer Fee Schedule included in the Detailed Itinerary. We recommend that all trip members purchase Travel Insurance.
- Final Documents:** Approximately three weeks before your trip, we will send you final departure documents, including hotel and local contact information and rendezvous instructions.

## QUESTIONS?

Call: 1-800-368-2794, go to our **website** ([www.wildernesstravel.com](http://www.wildernesstravel.com)) or e-mail us at: [info@wildernesstravel.com](mailto:info@wildernesstravel.com).

# Travel Information

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## PASSPORT

A valid passport is required for your trip. Be sure to check the expiration date. Your passport must be valid for six months after your date of exit from Japan. In addition, we recommend your passport have at least two completely blank visa pages for every country you will be visiting. It is very important that the blank pages say “Visas” at the top. The last few pages of your passport, which say “Amendments and Endorsements,” and the final page of your passport, which may not have a page number, are not considered to be legitimate visa pages. The service of adding pages for visas was discontinued as of January 1, 2016. You can request a new passport through **US Passport Services Office** (<http://travel.state.gov/passport>) or use a visa service agency, which can take care of your passport renewal and expedite the process, if needed. We recommend **Passport Visas Express** (<http://www.passportvisasexpress.com/?affId=2120>). Be sure to allow sufficient time to acquire this before your trip.

It is a good idea to carry photocopies of your passport’s photo page and any acquired visa pages for your trip (if applicable) in case your passport is lost or as an additional piece of identification, as well as two extra passport photos.

## VISAS

A valid passport is required for your trip. Be sure to check the expiration date. Your passport must be valid for the duration of your stay in Japan. In addition, we recommend your passport have at least two completely blank visa pages for every country you will be visiting. It is very important that the blank pages say “Visas” at the top. The last few pages of your passport, which say “Amendments and Endorsements,” and the final page of your passport, which may not have a page number, are not considered to be legitimate visa pages. You can request a new passport through a visa service agency or the US Passport Services Office (the service of adding pages for visas was discontinued as of January 1, 2016). Be sure to allow sufficient time to acquire this before your trip. It is a good idea to carry photocopies of your passport’s photo page and any acquired visa pages for your trip (if applicable) in case your passport is lost or as an additional piece of identification, as well as two extra passport photos.

US citizens do not need a visa for Japan. All foreigners, including foreign residents, are fingerprinted and photographed upon entering Japan as a measure aimed at preventing terrorism. People refusing to cooperate are not granted entry into the country.

If you are a citizen of any country other than the US, check with a local consulate for entry requirements.

## MONEY

The unit of currency in Japan is the yen. You can exchange funds at major airports on arrival. In Japan, Visa and Mastercard are widely accepted at ATMs, though American Express remains limited. You can withdraw cash at ATMs in 7-Eleven convenience stores or at post offices (often located near train stations). Traveler's checks can be a useful backup but are more easily cashed in large cities than small towns and can take some time to exchange outside of airports.

Major credit cards can be used in larger shops and restaurants in larger cities, less so in smaller towns. Personal checks are generally not used in Japan. You will need to budget spending money for gratuities, for any meals listed as “on your own” in the trip itinerary (all lunches and a couple of dinners), personal items such as beverages, and for any optional excursions. There are also many beautiful goods for purchase. If you enjoy noodle shops or obento lunches, you can eat lunch for under \$10 a day per person. Sodas from a machine are about \$1-2. Coffee can range from \$1 when purchased from a machine, canned or fresh, iced or hot, to as much as \$8 a cup in a coffee shop.

To use an ATM internationally, you must have a four-digit PIN. If you plan to use your credit cards, inform your credit card company before your departure that you will be using the card abroad.

## TIPPING

Tipping is completely discretionary, but over the years, clients have asked us for tipping guidelines to reward guides for outstanding service. A range of reference would be \$150-200 per trip member for the Trip Leader. Tipping in restaurants and hotels is not a custom in Japan. Some restaurants and hotels will add a service charge to the bill in lieu of tipping.

## SPECIAL DIETS

We will do our best to accommodate special dietary needs, however, please keep in mind that certain cultural differences or limitations due to logistics can make it extremely difficult and at times impossible to accommodate dietary restrictions. Please inform us at least eight weeks before your trip if you have a restricted diet. It is important to bring a flexible attitude and supplemental snacks. In particular, it is very difficult to accommodate gluten-free and vegan or strict vegetarian diets due to the pervasiveness of gluten in key ingredients miso and soy sauce, and the use of a fish stock called dashi in many items.

## CUSTOMS AND IMMIGRATION

All foreigners, including foreign residents, get fingerprinted and photographed upon entering Japan as a measure aimed at preventing terrorism. People refusing to cooperate are not granted entry into the country.

## COMMUNICATIONS

### **Telephone**

The international dialing code for Japan is 81. Please contact your cell phone company for specific instructions for international use.

### **Email & Internet Access**

Internet access is available at all our accommodations (please note that some offer in-room internet access while others are in common areas like the lobby.)

You may also choose to rent a portable Wi-Fi device. You can rent one at KIX or in advance and have it sent to your hotel. Our trip leader's preferred service is [www.rentafonejapan.com/Mobile-Internet](http://www.rentafonejapan.com/Mobile-Internet) (<https://www.rentafonejapan.com/Mobile-Internet.html>) but there are many service options.

## ELECTRICITY

Japan has 100-volt current. Plugs are usually the flat, two-pronged type found in US and Canada. If you are bringing an electrical item with a three-prong grounded plug, we recommend you bring a two-prong plug adapter from home as these can be difficult to find in Japan. Typically these are available for sale in hardware stores in the USA.

# Medical Information

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The following recommendations should be used as a guideline only; consult your physician for medical advice. It is vital that you let Wilderness Travel know of any medical problems, allergies, or physical limitations you may have. Please fill out and return the personal medical questionnaire, and feel free to consult us if you have any questions about your ability to undertake this particular trip.

Wilderness Travel is not a medical facility and has no expertise or responsibility regarding what medications or inoculations you and your physician decide are necessary for your safe participation in the trip.

Traveler's health information is available from the **Centers for Disease Control**. (<http://www.cdc.gov/travel/index.htm>)  
Medical travel products are available from **Travel Health Medicine** (<http://www.travmed.com>) and from **Magellan's Travel Supplies**. (<http://www.magellans.com>)

## INOCULATIONS

No inoculations are required. However, it is easy to get a small cut, so a tetanus booster is strongly recommended (good for 10 years). If you take prescription medicines, be sure to bring enough for the duration of your trip.

## STAYING HEALTHY

You can reduce your risk of getting sick on the trip by washing your hands often and not touching your face with unwashed hands. If you arrive on the trip with a cold or feel the symptoms of a cold, avoid close contact with others and move away from people before coughing or sneezing. The CDC recommends coughing or sneezing into a tissue or into the crook of your elbow or upper sleeve, not your hands.



# Helpful Information

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## PRESENTS

If you are visiting a Japanese friend or a business acquaintance before or after the trip, you will probably be given a present. The tradition of present giving is unlike anything we have in the US. It is good to bring something for these occasions. Gifts should be wrapped and they should be made in the US. Even if you don't expect to meet a previous acquaintance, it is nice to have some little presents for an occasional kindness you may be met with while traveling. Any souvenir with a name or phrase in English printed on it is very welcome, although not necessary. Consumable items, such as a local food specialty are a good option. A smile and an "arigato" are always appreciated.

## PHOTOGRAPHY

### Camera Recommendations

With the many advances in digital technology, a simple compact digital camera or even your smartphone is capable of taking pictures suitable for the needs of most people. For higher quality images and the ability to use long lenses for closer wildlife pictures, a DSLR camera is well worthwhile, though heavier. Most digital cameras and phones have good video options, but you may want to consider a GoPro for a lightweight, waterproof option. Always practice ahead of time with new equipment and bring your manual with you. Camera equipment is available for rent from **Borrow Lenses** (<https://www.borrowlenses.com/discount/wildernesstravel>), with a 10% discount offered to Wilderness Travel clients. This is an especially good idea for renting large zoom lenses that you may need for just one trip.

### Camera Accessories

We recommend bringing at least two large capacity memory cards or a small digital storage unit (or tablet) to back up your photos, freeing space on your memory cards. Don't forget to bring a battery charger and a backup battery so one is always charged and ready to use. For trips where you may be away from power sources for multiple days, consider looking into a solar-powered battery charger or buying additional backup batteries, and check that you have the appropriate adapter for the electrical outlets in your destination.

### Sharing Your Images

We would love for you to share photos from your trip, and with your permission, may even use your photos in our marketing materials or on our photo blog. We request that you send us a small sample of your best images. Please email your photos to [wtphotoblog@gmail.com](mailto:wtphotoblog@gmail.com) or tag us [@WildernessTravel](#) on social media.

### Photography Etiquette

When taking pictures of local people, be aware of cultural considerations. Approaching people with a warm smile and using polite gestures or simple phrases to ask permission to photograph them usually works well. It is always recommended to engage people in conversation before asking to photograph them, but if people do not wish to have their photo taken, please honor their requests. We urge travelers to avoid giving money in exchange for photo opportunities, which makes it harder for future travelers to have a meaningful personal interaction with local people. Please always heed your Trip Leader's guidelines for what is appropriate.

## CULTURAL CONSIDERATIONS



As we journey through Japan together, we will try to embrace the customs and mores of Japan, thus learning more about the history and getting a true sense of the culture. You will find that some of these customs and etiquette are not being followed by the younger generation or by all Japanese. However, as guests in the country, we will do our best to not lose face! Remember, this is only a very basic level introduction and is not meant to stereotype all Japanese people you may meet.

### **The Japanese and “Face”**

Face is a mark of personal dignity and means having high status with one’s peers. Saving face is crucial in Japanese society. The Japanese believe that turning down someone’s request causes embarrassment and loss of face to the other person. If the request cannot be agreed to, they will say, “it’s inconvenient” or “it’s under consideration.” The Japanese will try to never do anything to cause loss of face. Therefore, they do not openly criticize, insult, or put anyone on the spot. Face can be lost, taken away, or earned through praise and thanks.

### **Harmony in Japanese Society**

Harmony is the key value in Japanese society. It is the guiding philosophy for the Japanese in family and business settings and in society as a whole. Japanese children are taught to act harmoniously and cooperatively with others from the time they go to preschool. The Japanese educational system emphasizes the interdependence of all people, and Japanese children are not raised to be independent but rather to work together. This need for harmonious relationships between people is reflected in much Japanese behavior. They place great emphasis on politeness, personal responsibility, and working together for the universal, rather than the individual, good. They present facts that might be disagreeable in a gentle and indirect fashion, and they see working in harmony as the crucial ingredient for working productively.

### **Japanese Non-Verbal Communication**

Since the Japanese strive for harmony and are group dependent, they rely on facial expression, tone of voice, and posture to tell them what someone feels. They often trust non-verbal messages more than the spoken word as words can have several meanings. The context in which something is said affects the meaning of the words. Therefore, it is imperative to understand the situation to fully appreciate the response. Non-verbal communication is so vital that there is a book for *gaijins* (foreigners) on how to interpret the signs!

- Frowning while someone is speaking is interpreted as a sign of disagreement.
- Most Japanese maintain an impassive expression when speaking.
- Expressions to watch out for include inhaling through clenched teeth, tilting the head, scratching the back of the head, and scratching the eyebrow.
- It is considered disrespectful to stare into another person’s eyes, particularly those of a person who is senior to you because of age or status.
- In crowded situations, the Japanese avoid eye contact to give themselves privacy.
- If you are approached by someone crossing their forearms or pointer fingers or hands in an X shape in front of them, they are communicating that something is not permitted. Conversely, making a circular shape with the hands or arms means something is OK.

### **Japanese Hierarchy**

The Japanese are very conscious of age and status. Everyone has a distinct place in the hierarchy, be it the family unit, the extended family, a social or a business situation. At school, children learn to address other students as senior to them (*senpai*) or junior to them (*kohai*). The oldest person in a group is always revered and honored. In a social situation, they will be served first and their drinks will be poured for them.

### **Japanese Etiquette—The Indispensable Basics**

Never enter a house with your shoes on. This is one of the few rules for which the Japanese will not make allowance just

because you are a foreigner. This rule is also valid for some establishments like schools. Slippers are usually provided in the entrance hall. If slippers are provided for the toilet, use them instead of the one for the rest of the house.

Some shops, cafes, or department stores provide plastic covers for umbrellas. Make sure not to enter with a dripping wet umbrella without this cover.

Refrain from blowing your nose in front of other people. Japanese only use paper tissue for this. Like in other Asian countries, it is considered rude to blow your nose in a handkerchief and stuff it in your pocket afterward. Japanese are usually aware of this Western practice, although that might make them feel uncomfortable. NEVER blow your nose at a meal!

You should not eat while standing or walking in the street. Even inside a house, you should sit down to eat. The only exceptions are for eating at a counter (e.g., ramen) or for eating ice cream in the street. This custom is one of the most difficult to adapt to for many non-Japanese, as it doesn't seem to make much sense.

Do not point your finger, feet, or chopsticks at people. If you have to indicate an object or direction to someone, wave your fingers with the palm downwards.

Avoid expressing your opinion too directly. Japanese have what they call *honne* (real opinion) and *tatemae* (public opinion). They will express the latter in most situations so as not to disturb the group harmony. It is, of course, flexible and consists in agreeing with the people around you as much as possible. This is the reason why Japanese are so bad at debating serious issues in public (including the media). *Honne* is what you really think but do not say openly, or only to close friends or relatives.

When you are invited into a Japanese family, bring a small present or *omiyage* (souvenir, usually food). If you are coming straight from your country, it is preferable to bring some local culinary specialties from your home town/region.

Say *o-jama shimasu* (sorry for disturbing) when entering someone's house.

### **Table Manners**

Japanese meals at our inns are carefully prepared to highlight the local ingredients of the area and the skills of the chef. Unless you have an allergy or dietary restrictions, it is considered rude to ask for a substitution or to ask for customized food as we do in the US, i.e. "Hold the dressing and no butter on my potato." Again the harmony of the group is what matters.

It is not uncommon in private households and in certain restaurants (e.g., Izakaya) to share several dishes of food at the table rather than serving each person with his/her individual dish. In such a case, you are supposed to move some food from the shared plates onto your own plate by yourself, using the opposite end of your chopsticks (if you have used them already) or with special chopsticks that may be provided for that purpose. Do not stick your chopsticks vertically into a bowl of rice, as this is used in Buddhist funerary ceremonies, and do not pass food to someone else with your chopsticks for the same reason. Contrary to Western manners, noodles can be and should be slurped. Likewise, bowls or plates should be brought up to the mouth rather than bending one's head toward it.

At a *nomikai* (e.g., while going drinking with colleagues at an Izakaya), you should (re)fill the glasses of people around you when they are empty, and they should do the same for you. If you want to refill your glass, start by serving other people. If you do not want a refill, do not empty your glass.

It is polite to say *itadakimasu* (*Bon appetit*, or thanks for the food) once before eating or drinking, and *gochisousama deshita* (thank you, that was delicious) to your host or to the restaurant's staff after eating or when leaving the place.

Wear socks to dinner when dining on tatami.

### **Punctuality**

It is important to be on time! Trains, meals, appointments are all on time and again you lose face if you are late and keep the group waiting.

### **Bathing Etiquette**

Japanese wash themselves before entering the bath, as they have a customs of sharing the bath water. This is true as well for public baths (*sentō* 銭湯) as for thermal spring (*onsen* 温泉) and baths in individual homes. The reason is that other people will use the same water after. Therefore, you should not empty the bath after using it. Never take anything into the “tub”!

Japanese like bathing in (very) hot water (40 to 50 degrees Celsius). If it is too hot for you, you can add a bit of cold water, but not so much that it becomes tepid, or the next person won't appreciate it.

You will be given a cotton robe, a *yukata*, at the inns. You wear this to the bath and around the inn, even to dinner at times. Make sure you fold it left over right in front, as the opposite way is only used to bury the dead. You will also receive a modesty towel—a small, very useful towel. Once you have disrobed in the outer bath area you use the towel to cover your privates. You can take it into the bathing area with you and use it to wash and dry, making sure it never gets into the tub, though! Hence the images of towels on the head!

In public baths, please take extra precaution to not mistake men and women's changing rooms, as it is extremely impolite. The men's room is usually on the left and normally has a blue curtain with *otoko* (男) or *dono-sama* (殿様) written on it. The women's room is usually on the right, with a red curtain reading *onna* (女). If you are not sure, ask.

### **Meeting Etiquette**

Greetings in Japan are very formal and ritualized. It is important to show the correct amount of respect and deference to someone based upon their status relative to your own. If at all possible, wait to be introduced—it can be seen as impolite to introduce yourself, even in a large gathering. While foreigners are expected to shake hands, the traditional form of greeting is the bow. How far you bow depends upon your relationship to the other person as well as the situation. The deeper you bow, the more respect you show.

A foreign visitor (*gaijin*) may bow the head slightly since no one expects foreigners to generally understand the subtle nuances of bowing.

### **Facts and Statistics**

Location: Eastern Asia, island chain between the North Pacific Ocean and the Sea of Japan/East Sea, east of the Korean Peninsula.

Capital: Tokyo

Population: 127,103,388 (2014 est.)

Ethnic Make-up: Japanese 99%, others 1% (Korean 511,262, Chinese 244,241, Brazilian 182,232, Filipino 89,851, other 237,914)

Religions: observe both Shinto and Buddhist 84%, other 16% (including Christian 0.7%)

### **The Japanese Language**

Japanese is the sixth most spoken language in the world, with over 99% percent of the country's population speaking it. Amazingly, the language is spoken in scarcely any region outside Japan.

## **BEING A CONSIDERATE TRAVELER**

Please show respect for the cultures we are visiting by observing local customs concerning appropriate dress, particularly in sacred places. Your Trip Leader is always available to answer any questions that you may have regarding this. If it is necessary to use a cell phone during the trip, please do so privately. Smoking is rarely an issue these days, but if you do smoke, please do so only away from the group. Please note that certain core downtown areas may be dedicated non-smoking areas where smoking is not permitted on the street.

# Packing List

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## THE ESSENTIALS

- Air tickets (or E-tickets)
- Passport
- One other picture ID, such as a driver's license
- Expense money

## WT GEAR STORE

To help you prepare for your next WT adventure, we've put together a great collection of top brands including Patagonia, Outdoor Research, Eagle Creek, and more at our **WT Gear Store** (<http://wildernesstravel.newheadings.com>).

## LUGGAGE

It is strongly recommended to pack lightly when traveling around Japan. Overhead shelves on shinkansen trains are about 16" high and 24" deep and cannot accommodate large items. There is usually space for two to three large suitcases behind the last row of seats in each car on most long distance trains. Furthermore, on many shinkansen trains, the leg room is large enough to place a suitcase in front of you, although this may not be the most comfortable solution. If your bag is larger than 160cm (length+width+height), please notify us in advance so that we can make an advance reservation for an oversize bag.

As you are responsible for carrying your own luggage through the hotels to the taxis and through the train stations, we strongly suggest using a small duffel or soft-sided roller and daypack or shoulder bag.

## NOTES ON CLOTHING

Dress for comfort, keeping in mind that in larger cities, the Japanese tend to dress more formally than Americans, but it's not necessary for you to do the same. Japanese women's clothing tends toward darker colors and muted tones, but again, it's not necessary to do the same. Jackets for men are not required anywhere on our tour, but if you are meeting Japanese friends or business acquaintances or planning an evening out, you might consider bringing a jacket.

Most accommodations provide basic toiletries such as soap or body wash, shampoo, conditioner, and in many cases even a comb, making it possible to pack quite light.

## CLOTHING

- Walking shoes; comfort is most important, but slip-on shoes are very convenient for touring as we will be frequently removing our shoes
- 2 pairs of long pants
- 2 shirts
- Sweater or sweatshirt
- Sleepwear; in addition, yukatas (light robes) are provided almost everywhere.
- 3-4 pairs of underwear
- 3-4 pairs of socks—bring a warm pair to wear in ryokans with your slippers and on tatami mats, where you can't wear your slippers
- Raincoat or jacket

## EQUIPMENT

- Handkerchief or bandanna to use as napkins or paper towels (public restrooms do not usually provide paper towels)
- Personal toiletries including soap (Most accommodations provide basic toiletries such as soap or body wash, shampoo, conditioner, and in many cases even a comb, making it possible to pack quite light)
- Small flashlight with extra batteries
- All-weather hat for sun/rain
- Folding umbrella
- Stuff sacks or Ziploc-style bags to compartmentalize items within your duffel
- Sunglasses with case
- Money belt or neck pouch. Always carry your passport, credit cards, and cash with you in a money belt or neck pouch tucked down inside your shirt or blouse.

## PERSONAL FIRST AID SUPPLIES

Every trip member must bring a small kit for personal use. Your own experience will influence your choices.

- Sunscreen. We recommend mineral-based sunscreens with zinc oxide or titanium dioxide because they do not contain harsh chemicals that are harmful to the environment. Brands such as Honest Company, Badger, and Alba Botanica are found in most sporting goods stores and drugstores.
- Dramamine for curvy roads and boat rides, if needed
- Aspirin or Tylenol for muscle pain or headaches, Tylenol PM for sleeping
- Pepto Bismol tablets for diarrhea
- Topical antibiotic such as Neosporin for cuts
- Blister kit. Look for the long-lasting gel-type bandages that you can apply directly on blisters, such as Band-Aid Advanced Healing Bandages or Curad Gel Multi-Day Bandages. "Liquid band-aids," such as New-Skin, are useful because they dry rapidly to form a tough protective cover over a blister.
- Cold or allergy capsules.
- Prescription medications properly labeled (Please note: It is illegal to bring over-the-counter medicines containing pseudoephedrine or codeine into Japan)
- Spare contact lenses or spare prescription glasses

## OPTIONAL ITEMS

- Camera, flashcards, extra batteries
- Extra pair of shoes
- Reading/writing material (think light!)
- Snacks and powdered drink mixes—hot water is usually available in your rooms
- Converter/plug adapter for appliance use
- Walking poles



# Reading List

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## ESSENTIAL READING

### **Japan, A Traveler's Literary Companion**

*Jeffrey Angles*

2006, 256 PAGES

This geographically-organized anthology introduces both Japan and its best contemporary writers.

### **DK Eyewitness Guide Japan**

*Eyewitness Guides*

2019, 352 PAGES

Dazzling illustrations, architectural cutaways and color photographs, along with useful local maps, give this guide to Japan's many attractions a distinct edge.

### **Japan Map**

*Reise Know How*

2015

A handsome, detailed map of Japan at a scale of 1:1,200,000.

### **The Inland Sea**

*Donald Richie*

2015, 288 PAGES

Richie's masterpiece, more than a travel account, is a beautiful reflection on all things Japanese by one of its most acute observers.

## ALSO RECOMMENDED

### **In Praise of Shadows**

*Junichiro Tanizaki*

2010, 73 PAGES

This extended essay by the great Japanese novelist, first published in 1933, offers tremendous insight into traditional Japanese art, architecture and design.

### **Lonely Planet Japanese Phrasebook**

*Yoshi Abe*

2018, 272 PAGES

A handy palm-sized guide to pronunciation, basic grammar and essential vocabulary for the traveler.

### **Inventing Japan, 1853-1964**

*Ian Buruma*

2004, 194 PAGES

A favorite writer with keen insight about Japan, Buruma offers an admirably succinct, dramatic history of Japan's transformation from feudal state to host of the 1964 Olympics, with a focus on World War II.

### **Culture Smart! Japan**

*Paul Norbury*

2017, 168 PAGES

A concise, no-nonsense guide to local customs, etiquette and culture, this is a helpful travel tool for visitors to Japan.

### **A Traveller's History of Japan**

*Richard Tames*

2008, 256 PAGES

A lively and concise narrative history of Japan and its transformation from Shinto, Shogun and Samurai traditions to 20th-century powerhouse.

### **The Book of Tea**

*Kakuzo Okakura*

2006, 116 PAGES

A graceful, witty meditation on Japanese aesthetics and culture as reflected through the tea ceremony. A celebrity and cultural ambassador, Okakura was a curator at Boston's Museum of Fine Arts.

### **Learning to Bow, Inside the Heart of Japan**

*Bruce Feiler*

2004, 321 PAGES

As surprising, helpful and informative as it is funny, this is an insightful account of travels and teaching in Japan.

Feiler presents anecdotes on the rituals, personality traits and cultural peccadilloes of the Japanese.

### **Birds of East Asia: China, Taiwan, Korea, Japan, and Russia**

*Mark Brazil*

2009, 520 PAGES

Featuring 234 superb color plates, Brazil's comprehensive guide includes birds found in Japan, Korea and Taiwan along with adjacent areas of Asia and Kamchatka.

### **A Concise History of Japan**

*Brett L. Walker*

2015, 280 PAGES

A probing history that traces Japan from its earliest archaeological remains through its ascent from the ashes of WWII. Walker reassesses Japan in light of key themes, especially his area of expertise: climate change.

### **Bending Adversity, Japan and the Art of Survival**

*David Pilling*

2015, 416 PAGES

Financial Times Asia editor Pilling captures the dynamism and diversity of Japan after the 2011 tsunami. He interviews, among many, novelist Haruki Murakami, former prime minister Junichiro Koizumi, industrialists, bankers, activists and artists, teenagers and octogenarians.

### **Japan, Its History and Culture**

*W. Scott Morton*

2004, 311 PAGES

An introduction to Japanese history, people and culture from ancient origins to contemporary society. With selections from Japanese literature and arts, anecdotes and illustrations.

### **Thousand Cranes**

*Edward G. Seidensticker*

1996, 147 PAGES

This novella by the great Kawabata may be Japan's best-known literary work, a story of love, grief and redemption. Kawabata's prose is as economical as the tea ceremony itself and very beautiful.

### **Japan Adventure Map**

*National Geographic Society*

2012

Printed on waterproof and tear-resistant paper, this double-sided map shows all the islands of Japan at a scale of 1:1,300,000.

### **A Geek in Japan, Discovering the Land of Manga, Anime, Zen, and the Tea Ceremony**

*Hector Garcia*

2011, 160 PAGES

An introduction to modern Japanese society in a series of short essays accompanied by loads of color photographs. A funny, highly readable guide to modern Japan, especially for the generations of Westerners who grew up on Pokemon, anime, manga and video games.

### **Japan in World History**

*James L. Huffman*

2010, 176 PAGES

A brief and compelling history with a strong focus on Japan's foreign relations and analysis of relevant social, cultural and economic factors.

### **The Little Book of Japan**

*Gorazd Vilhar*

2013, 192 PAGES

Veteran Japanophiles Vilhar and Anderson produced this illuminating collection of 44 essays on Japanese life and culture, which, even in the 21st century remains elusive and poorly understood.

### **Japanese Art and Design**

*Greg Irvine*

2015, 240 PAGES

Drawing on the unparalleled collection at London's Victoria and Albert Museum, this monograph showcases outstanding examples of Japanese art, from the Samurai and Edo periods to contemporary manga. Its 10 chapters focus on subjects like the tea ceremony and the effects of Western trade and Zen Buddhism on Japanese art.

### **Living in Japan**

*Reto Guntli*

2013, 200 PAGES

One in a series of illustrated guides, focusing on design and the multifaceted landscape of Japanese living today, by the art publisher Taschen.

### **Where the Dead Pause, and the Japanese Say Goodbye**

*Marie Mutsuki Mockett*

2016, 336 PAGES

When her American father passes away, Mockett seeks consolation in her mother's home country of Japan. She visits a radiation zone, a Buddhist school, temples and festivals in an effort to understand the Japanese way of grieving, to bury her dead and find healing.

### **Lafcadio Hearn's Japan**

*Donald Richie*

2007, 256 PAGES

An astute sampling of the 19th-century teacher and translator's stories, letters and reflections on Japan and its people as selected by Donald Richie, who provides the preface and introduction. Hearn died in Tokyo in 1904.

### **The Iris Fan, A Novel of Feudal Japan**

*Laura Joh Rowland*

2014, 352 PAGES

Balancing a disintegrating marriage, the assassination of the shogun and the prospect of permanent retirement, Sano Ichiro must solve the most difficult case of his career. Last in a series.

### **Japanese Design, Art, Aesthetics & Culture**

*Patricia J. Graham*

2014, 160 PAGES

In this handbook to Japanese aesthetics and design principles, Asian art expert Patricia Graham focuses on ten elements of Japanese design. She clues readers in to the allure of Japanese culture with explanatory text and more than 160 color photos.

### **The Art of Setting Stones & Other Writings from the Japanese Garden**

*Marc P. Keane*

2002, 196 PAGES

In these lyrical essays, Kyoto resident and landscape architect Marc Peter Keane uses eight Japanese gardens as bases for essays on nature, religion and aesthetics. His rich, meditative excursions find beauty in garden composition - every element gaining importance and interconnectedness.

### **Botchan**

*Soseki Natsume*

2013, 192 PAGES

A Japanese literary classic that is still read today by Japanese adults and students alike. Botchan, a young teacher from Tokyo, takes a post in Maysuyama on the island of Shikoku, beginning a quest for love and understanding. Soseki Natsume is considered the greatest writer in modern Japanese history.

### **South of the Border, West of the Sun**

*Haruki Murakami*

2000, 224 PAGES

Murakami stirs jazz, neon-lit streets, out of the way shrines, hustle and bustle and wonder into this lyrical tale of love in contemporary Tokyo.

### **The Makioka Sisters**

*Tanizaki Junichiro*

1995, 530 PAGES

The story of a merchant family in prewar Osaka and the struggle of four beautiful sisters to maintain their position in society after the death of their parents, also made into a delightful film by Ichikawa.

**The Samurai***Shusaku Endo*

1997, 272 PAGES

This historical novel by one of Japan's best-known modern writers is set in the world of the 17th-century Samurai. A Roman Catholic, Endo explored Christianity and morals in his many novels and stories.

**Japanese Castles 1540-1640***Stephen Turnbull*

2003, 64 PAGES

Turnbull charts the history, purpose and technical challenges of medieval Japan's castles and military fortifications in absorbing detail in this handy, illustrated guide.

Revised: October 07, 2021

**A Photographic Guide to the Birds of Japan and North-East Asia***Tadao Shimba*

2019, 640 PAGES

This comprehensive guide, featuring 800 color photographs, up-to-date range maps and identification, covers the birds of not only Japan but also neighboring mainland Korea, Northeast China and Eastern Siberia.

**Secrets of the Samurai***Adele Westbrook*

2009, 399 PAGES

This definitive account subtitled *The Martial Arts of Feudal Japan* includes detailed descriptions of weapons, techniques and strategies.