

Moving to Japan: Your Relocation Guide



By Appointment To
Her Majesty The Queen
Removals and Storage Contractor Abels

ABELS™

THE ART OF MOVING

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Memb No: A001



FS 23942



198656



TELEPHONE:	Country code (81) + Area code
STANDARD TIME:	GMT + 9 hours
WEIGHTS & MEASURES:	Metric
ELECTRICITY:	100v AC, 60Hz in the west 50Hz in eastern Japan and Tokyo
INOCULATIONS/VACCINATIONS:	Mandatory: Polio, diphtheria, pertussis, tetanus (DPT), measles, rubella and tuberculosis. Inoculation against typhoid and bubonic plague are recommended for tropical regions. To prevent delays upon entry: Cholera, yellow fever and small pox
PUBLIC HOLIDAYS:	Jan 1, 2, 3, 9, Feb 11, Mar 20, Apr 29, May 3, 4, 5, Jul 7, 17, Aug 11, Sep 18, Oct 9, Nov 3, 23, Dec 23, 31
OFFICE HOURS:	0900-1700 Mon-Fri
BANK HOURS:	1000-1500 Mon-Fri
EMERGENCY TELEPHONE NUMBERS:	110 - Police 119 - Fire/Ambulance
UK EMBASSY:	1 Ichiban-cho, Chiyoda-ku Tokyo 102 – 838 1 Tel: 3 5211 1100 Fax: 3 5275 0346
TOURIST & TRAVEL INFORMATION:	Japan National Tourist Organisation Tokyo Kotsu Kaikan Building, 2-10-1 Yuraku-cho Chiyoda-ku, Tokyo Tel: (3) 3502 1461
JAPANESE EMBASSY IN LONDON:	101-104 Piccadilly London W1J 7JT Tel: 02074 656 500 Fax: 02074 919 348



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**Moving to Japan from the UK – Information and Advice:
Abels Relocation Guide**

Customs

To the best of our knowledge, the following documentation is required to import household and personal effects into Japan. However, it is advisable to check that documentation is in order, prior to despatch.

Changes to the Immigration Control Act

The Immigration Bureau announced the visa application forms have been revised.

The revised forms are separated into two forms:

1. For applicant.
2. For Organisation.

The forms must be signed and stamped with place of employment, organisation or representative. The new forms are available on the Japanese Immigration Bureau and on www.immi-moj.go.jp/english/tetuduk/kanri/hituyou_syorui.html

Air Shipments

A detailed inventory (a list of all items included in the shipment with a corresponding list of values) is required.

Without this inventory, the shipment may be subjected to customs inspection.

Consolidated Shipments

Japanese Customs has indicated a change in handling Consolidated shipments for multiple shippers.

The new requirements call for the freight to be de-vanned at a separate location, normal declarations filed, and the clearance procedure will then be processed. This will add handling of the individual shipments, and possible increase costs associated with consolidations. It may also increase the normal time to accomplish clearance and release of consolidations.

A vessel operator or a NVOCC would need to electronically submit to the Customs, information on maritime container cargoes to be loaded on a vessel intended to gain entry into a port in Japan. This must in principle be done at least 24 hours before the departure of the vessel. More information can be found on this link: www.customs.go.jp/english/summary/advance/index.htm

Household Goods Japanese Citizens

Documents required:

- Import declaration (Declaration of unaccompanied baggage) (customs form C-5360-2 for Non-Japanese) (customs form C-5360 for Japanese)
- Descriptive inventory (English or Japanese)
- Passport of the shipper
- A clear copy if the picture and information page of shipper's passport

- A clear copy of VISA of the country where the shipment comes from
- A clear copy of shipper's most recent entry stamp into Japan
- The date should be the same as a stamp on the "Unaccompanied Articles Customs Form C. No. 5360"
- The date should be within six months from the shipment's arrival date
- A clear copy of shipper's departure stamp from Japan to the country where the shipment comes from
- A clear copy of shipper's entry stamp into the country where the shipment comes from
- A clear copy of shipper's departure stamp from the country where the shipment comes to Japan
- Original Unaccompanied Articles Customs Form C. No. 5360 (Import declaration)

In case the shipper does not submit a Japanese customs form upon arrival:

- Apology letter to Customs (Original) is necessary. All brand new items (including food items) will be taxable
- Customs might inspect the shipment physically

Duty free entry if:

All the required documents are completed.

- Removal goods consist of used household effects, which have been in the owner's use, and they are for their continued use in their new residence

Owners VISA valid for more than one year prior to importing household goods into Japan.

Customs form C. No. 5360 (Import Declaration) can be obtained on the shipper's flight over to Japan. The shipper should request two copies to the flight attendant (as they must be completed in duplicates).

The shipper must hand the completed cards to the customs officer at the airport upon arrival, where the cards will be stamped and one copy returned to him / her immediately.

Diplomats removals Non-Japanese Citizens

Documents required:

- A clear copy of the picture and information page of shipper's passport
- A clear copy of the visa page of the shipper's passport (working visa in Japan)
- A clear copy of shipper's most recent entry stamp into Japan
- The date should be the same as a stamp on an "Unaccompanied Articles Customs Form C. No. 5360"
- The date should be within six months from the shipment's arrival date



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- A clear copy of VISA of the country where the shipment comes from if the shipper's nationality is different from the origin country
- Original Unaccompanied Articles Customs Form C. No. 5360 Complete 2 forms and submit them to the customs official as you exit the airport – one will be stamped and returned – submit this to your destination agent

Duty free.

If shipper visa is not available, a letter to Customs prepared by the company in Japan can be used in lieu of actual visa (original copy required). This letter should be prepared for each shipment.

Diplomats removals – Returning Japanese diplomats

Same documents and conditions as Household Goods.

Wedding Trousseaux

Documents required:

- Marriage certificate (if available)
- Descriptive inventory

Duty free entry if goods are manifestly part of your household effects.

Inheritance

Liable to payment of customs duty if you have not been in the owner / shipper's previous use and possession while living abroad.

New furniture, presents, souvenirs

Documents required:

- Separate declaration on form C-5360-2 indicating the purchase price – This only applies to hand luggage items not import shipments
- Receipt (if available)

There is no duty-free allowance for articles or sets of articles having a market value of more than ¥200,000. Each or each set. New items within that amount are duty free.

Liable to payment of customs duty if you have not been in the owner / shipper's previous use and possession while living abroad.

Machines, appliances and equipment

Documents required:

- Separate declaration on form C-5360-2 indicating the purchase price – This only applies to hand luggage items not import shipments
- Receipt (if available)

There is no duty-free allowance for articles or sets of articles having a market value of more than ¥200,000. Each or each

set. New items within that amount are duty free.

Liable to payment of customs duty if you have not been in the owner / shipper's previous use and possession while living abroad.

Works of art, antiques

Same as household goods.

Duty free entry if:

- Goods are forming a part of a used household goods
- Articles are over 100 years old. (Certificate from the Government necessary to prove that the goods are really 100 years old)
- These articles have been in use and possession of the owner for more than twelve months and are not for re-sale

Antiques and works of art imported or for re-sale are subject to different regulations.

Motorcars, motor-cycles, mopeds, Camping Cars

Documents required:

- Original vehicle registration certificates at origin country
- Bill of sale, receipt or invoice
- Original Customs declaration form C-5360-2 mentioning the automobile with stamp of customs at shipper's entry into Japan (very important)
- Original passport with working VISA in Japan
- Alien registration card in Japan
- Engagement letter not to resale the vehicle within two years
- Declaration of customs duty exemption

Subject to 8% tax, which applies even to use motorcars etc. Duty free entry is available when application is made and all required documents are prepared.

Must be declared on form 5360-2 upon the shipper's entry into Japan or duty will be assessed.

May have to be modified to meet Japanese exhaust emission and safety regulations. The "shaken" fee is very expensive for foreign cars to be examined and registered.

Motor Boats

Documents required:

Same as motor cars, motor-cycles mopeds, camping cars

Subject to 8% tax, which applies even to used motorboats. Duty-free entry is available if:

- Documents show that the motor boat has been in the owner's use and possession abroad for more than 12 months
- The owner has a visa valid for more than 12 months
- The motorboat is not sold for two years after import

To be handled as ordinary commercial goods import.



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Alcoholic beverage

Document required:

- Separate declaration on form C-5360-2 indicating quantity

Duty free, per person aged 20 years or more.

- 3 bottles maximum (760ml x 3) with proper Customs Form C5360
- Whisky 375 yen / bottle (750cc)
- Gin / Liquor 300 yen / bottle (750cc)
- Wine 150 yen / bottle (750cc)
- Brandy 350 yen / bottle (700cc)
- Maximum number of bottles that can be cleared as Household goods – 80 bottles (although no guarantee)

You are highly advised to prepare a liquors list to ensure smooth customs clearance.

Food

Customs are strict with the import of food particularly those of Air Shipment.

In case food items are in the shipment, inspection will be done at the clearance and will incur a handling fee (approx. 7,000 yen).

Avoid sending food / alcohol via air shipment. If you do check first with your agent in Japan.

Meat products including beef jerky, sausage and ham are prohibited.

We strongly recommend that shippers be advised not to ship any commercially prepared and purchased food product with your unaccompanied personal goods. This includes meat, meat-by products, wines, spirits, spices, herbs, canned foods, pet food, pastas, rice and any other item intended for human or animal consumption.

We strongly recommend that shippers be advised not to ship any commercially prepared and purchased food product with your unaccompanied personal goods.

This includes: wines, spirits, beer, cider, spices, herbs, canned packed or wrapped foods, pet food, pastas, rice, food supplements, vitamins, fruit juices, carbonated / non carbonated drinks, milk, perishable foods, dry foods and any other item intended for human or animal consumption.

If the shipper insists on shipping food items, the specified information below must be gathered and provided for each food item imported. If the information is not provided, the food items may face refusal of entry, requiring segregation / manipulation of the shipment under customs supervision at a bonded facility, at substantial additional cost. Costs could be in the thousands of dollars and can not be anticipated.

These costs will be the responsibility of the client.

- Product brand name
- Product classification

- Country of production
- Country of packaging
- Type of product (canned, bottled, packaged)
- Quantity

Ask for **Abels form QF565** for completing.

Tobacco

If declared, 400 cigarettes and 100 cigars (pc) are duty free per person aged 20 years or more.

If the combined weight of cigarettes, cigars and other tobacco does not exceed 500 grams, these may also be admissible free of duty.

Firearms

Importation prohibited.

Firearms and swords (longer than 15cm blade)

For Japanese antique swords, importation is allowed under certain regulations.

Dogs and Cats

Documents required:

- Certificate of vaccination (vaccination against rabies) (required for dogs only)
- Health certificate
- Micro-chip implantation certificate

Passport copy and visa required.

This certificate of vaccination must be dated not less than 30 days but not more than six months before the entry into Japan.

Latest information is available at:

www.maff.go.jp/aqs/english/animal/dog/import-other.html

Dogs only:

The period of stay at the animal quarantine kennel (Narita airport) for inspection is 14 days but may differ according to the country of origin.

Other pets

Regulations differ according to the type of pet.

For more information please see website:

www.maff-aqs.go.jp/english/index.htm

Stuffed animals

Cannot be imported as part of household goods shipment.

Independent documents for import are required.

Some animals are prohibited to import under certain regulations.



Prohibited Articles

Importation prohibited:

- Pornography, narcotics, straw or straw products
- Endangered species and plants
- Certain foods including beef jerky, sausage, and ham
- Quantity restrictions on medicines and cosmetics (details available upon request)

Fumigation of imported and exported wooden crates

The Japanese Government adopted ISPM-15 (International standards for Phytosanitary Measures Publication 15) Guidelines for Regulating Wood Packaging Material in International Trade (aka NIFM-15) to standardize the treatment of wood packing materials used for the transport of goods.

With a view to harmonising our regulation with the international standards, definition of good packaging material and measures for it in the regulation is equivalent to that provided in ISPM No.15. Wood packaging material treated and certified according to ISPM No. 15 will not be subject to import quarantine procedures. Wood packaging material without the mark (Annex II, ISPM No. 15) will be inspected at ports of entry by plant quarantine officers for confirmation of compliance with the regulation. Detection of a quarantine pest constitutes non-compliance, and which is according to Japanese domestic law, it is subject to disinfection, incineration or re-shipping by consignee's choice according to the Japanese domestic law.

For more information go to
www.pps.go.jp/english/woodpack/index.html

General Information on Japan

Background

In 1603, after decades of civil warfare, the Tokugawa shogunate (a military-led, dynastic government) ushered in a long period of relative political stability and isolation from foreign influence. For more than two centuries this policy enabled Japan to enjoy a flowering of its indigenous culture. Japan opened its ports after signing the Treaty of Kanagawa with the US in 1854 and began to intensively modernize and industrialize. During the late 19th and early 20th centuries, Japan became a regional power that was able to defeat the forces of both China and Russia. It occupied Korea, Formosa (Taiwan), and southern Sakhalin Island. In 1931-32 Japan occupied Manchuria, and in 1937 it launched a full-scale invasion of China. Japan attacked US forces in 1941 - triggering America's entry into World War II - and soon occupied much of East and Southeast Asia. After its defeat in World War II, Japan recovered to become an economic power and an ally of the US. While the emperor retains his throne as a symbol of national unity, elected politicians hold

actual decision-making power. Following three decades of unprecedented growth, Japan's economy experienced a major slowdown starting in the 1990s, but the country remains an economic power. In March 2011, Japan's strongest-ever earthquake, and an accompanying tsunami, devastated the northeast part of Honshu island, killed thousands, and damaged several nuclear power plants. The catastrophe hobbled the country's economy and its energy infrastructure, and tested its ability to deal with humanitarian disasters.

Prime Minister Shinzo ABE was reelected to office in December 2012, and has since embarked on ambitious economic and security reforms to improve Japan's economy and bolster the country's international standing.

Geography

Japan forms a curved chain of 3000 islands off the coast of eastern Asia. It was formed by volcanic activity. The four main islands from north to south are: Hokkaido, Honshu, Shikoku and Kyushu.

There are many dormant volcano's but some are active and result in about 1,500 seismic occurrences (mostly tremors) every year. There are also tsunamis and typhoons.

Climate

The islands of Japan lie in the temperate zone and at the north-eastern end of the monsoon area. The climate is generally mild, although it varies considerably from place to place. Summer, which is warm and humid, begins around the middle of July following a rainy season that usually lasts for about a month. Except in northern Japan, winters are mild with many sunny days. Spring and autumn are the best seasons of the year with balmy days and bright sunshine, although September brings typhoons, which may strike inland with their torrential rains and violent winds.

Environmental Issues

The sovereignty dispute over the islands of Etorofu, Kunashiri, and Shikotan, and the Habomai group, known in Japan as the "Northern Territories" and in Russia as the "Southern Kuril Islands," occupied by the Soviet Union in 1945, now administered by Russia and claimed by Japan, remains the primary sticking point to signing a peace treaty formally ending World War II hostilities; Japan and South Korea claim Liancourt Rocks (Take-shima/Tok-do) occupied by South Korea since 1954; the Japanese-administered Senkaku Islands are also claimed by China and Taiwan.

Currency

The unit of currency is the Yen and there is a 1,000, 5,000 and 10,000 yen note. Coin denominations are: 1, 5, 10, 100 and 500 yen.

Most international credit cards are accepted by the major international hotels and leading stores in the main cities.



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Economy

Over the past 70 years, government-industry cooperation, a strong work ethic, mastery of high technology, and a comparatively small defense allocation (1% of GDP) have helped Japan develop an advanced economy. Two notable characteristics of the post-World War II economy were the close interlocking structures of manufacturers, suppliers, and distributors, known as keiretsu, and the guarantee of lifetime employment for a substantial portion of the urban labor force. Both features are now eroding under the dual pressures of global competition and domestic demographic change.

Scarce in many natural resources, Japan has long been dependent on imported raw materials. Since the complete shutdown of Japan's nuclear reactors after the earthquake and tsunami disaster in 2011, Japan's industrial sector has become even more dependent than before on imported fossil fuels. A small agricultural sector is highly subsidized and protected, with crop yields among the highest in the world. While self-sufficient in rice production, Japan imports about 60% of its food on a caloric basis.

For three decades, overall real economic growth had been impressive - a 10% average in the 1960s, 5% in the 1970s, and 4% in the 1980s. Growth slowed markedly in the 1990s, averaging just 1.7%, largely because of the aftereffects of inefficient investment and an asset price bubble in the late 1980s, after which it took a considerable time for firms to reduce excess debt, capital, and labor. Modest economic growth continued after 2000, but the economy has fallen into recession four times since 2008. Government stimulus spending helped the economy recover in late 2009 and 2010, but the economy contracted again in 2011 as the massive 9.0 magnitude earthquake and the ensuing tsunami in March of that year disrupted economic activity. The economy has largely recovered in the five years since the disaster, although output in the affected areas continues to lag behind the national average.

Japan enjoyed a sharp uptick in growth in 2013 on the basis of Prime Minister Shinzo ABE's "Three Arrows" economic revitalization agenda - dubbed "Abenomics" - of monetary easing, "flexible" fiscal policy, and structural reform. In 2015, ABE revised his "Three Arrows" to raise nominal GDP by 20% to 600 trillion yen by 2020, stem population decline by raising the fertility rate, and provide more support for workers with children and aging relatives. ABE's government has replaced the preceding administration's plan to phase out nuclear power with a new policy of seeking to restart nuclear power plants that meet strict new safety standards, and emphasizing nuclear energy's importance as a base-load electricity source. Japan successfully restarted two nuclear reactors at the Sendai Nuclear Power Plant in Kagoshima prefecture. In October 2015, Japan and 11 trading partners reached agreement on the Trans-Pacific Partnership, a pact that promises to open Japan's economy to increased foreign competition and create new export opportunities for Japanese businesses.

Measured on a purchasing power parity (PPP) basis that adjusts for price differences, Japan in 2015 stood as the fourth-largest economy in the world after first-place China, which surpassed Japan in 2001, and third-place India, which edged out Japan in 2012. While seeking to stimulate and reform the economy, the government must also devise a strategy for reining in Japan's huge government debt, which amounts to more than 230% of GDP. To help raise government revenue, Japan adopted legislation in 2012 to gradually raise the consumption tax rate to 10% by 2015, beginning with a hike from 5% to 8%, implemented in April 2014. That increase had a contractionary effect on GDP, however, so PM ABE in late 2014 decided to postpone the final phase of the increase until April 2017 to give the economy more time to recover. Led by the Bank of Japan's aggressive monetary easing, Japan is making progress in ending deflation, but demographic decline - a low birthrate and an aging, shrinking population - poses a major long-term challenge for the economy.

Education

Academic standards of the International Schools in Japan are high, they are independent schools and the fees are high (Yen 2 million a year or more). The academic year is from early September to early June or mid July and the school day is generally 8.30am to 3.00pm five days a week. Many International schools operate at capacity levels and waiting lists are common particularly at the elementary level and those in the Tokyo metropolitan area. This school offers a curriculum based on the British education system:

The British School in Tokyo
1-21-18 Shibuya, Shibuya-ku,
Tokyo 150
Tel: (03) 3400 7353 Fax: (03) 5485 5340

Religion

Religion plays a major role in Japanese life and the numerous temples and shrines throughout the country point to a long history of religious observance. Buddhism and Shinto (the way of Gods) are the principal religions in Japan; neither is exclusive and many Japanese subscribe at least nominally to both. Christianity is also practiced.

Language

The Japanese language is totally unlike any other and has a complicated grammar and writing system which makes it difficult to learn and read and write. Spoken Japanese is easier at a superficial level though few foreigners will master the complexities of the language of respect. (There are nine levels, depending on the age, status, gender etc of the speaker and addressee).

A vast amount of vocabulary has been borrowed from Chinese although Chinese and Japanese have totally different grammars.



English is almost the only foreign language learnt by the Japanese although the standard of spoken English is very variable - the majority of Japanese do not like to speak it unless they have a good mastery. Interpreters are therefore essential in many situations. They do much more than simply translate as they often have to explain cultural differences and smooth over any social gaffes.

Population

Japan is one of the worlds most population nations with around 127 million inhabitants, 80% of whom live on the island of Honshu. The population increased by more than 1% annually between 1975 and 1980 but the rate of population growth has now fallen to 0.3%. Life Expectancy is among the highest in the world: 75 years for men and 81 for women. As a result the population as a whole is ageing; the percentage aged 65 years and over is 11.7% and is expected to rise to almost 20% of the total by the year 2010. The Japanese stem from a mixture of Malay, Manchu and Korean stock but immigration virtually ceased more than 1200 years ago, to give a homogeneous people. The proportion of foreigners in Japan is very small.

Security and Insurance

There is a very low crime rate, partly due to group ethic which is very strong. The arrest rate is remarkably high and in more than 50% of all crimes, an arrest is made within 10 minutes. Hence, no special security precautions are required in Japan; for example it is quite safe to carry considerable amounts of cash and wear jewellery. There are pickpockets and baggage thieves at the airport but the thieves at the airport tend to be non Japanese.

Housing

Many of the larger organisations in Japan provide accommodation for their workers. The employers of expatriates usually provide suitable accommodation or offer advice and help in obtaining a suitable flat or house.

Renting a Western style house or apartment of a size you have been accustomed to overseas will be prohibitively expensive in Tokyo.

For a family with two children finding adequate housing in a central location for less than Yen 600,000 a month might be difficult. This is the minimum and rents of up to Yen 1.5 million per month for large houses or apartments are not unusual.

Special Customs, Business Practices and Modes of Address

The of life in Japan is very different from that in Western Europe and America, and intending visitors are strongly advised to do some background reading, to become familiar with some of the history, customs and culture of Japan.

Upon arrival in Japan expatriates are recommended to take advantage of the "home visit system" operated by

the Japanese National Tourist Organisation which enables visitors to see Japanese home life.

The Japanese do not expect foreigners to understand the finer points of their own etiquette but they like people who try to conform. A high standard of dress is very important in Japan.

Though the young now dress more informally, even T-shirts and jeans must look new and clean; 'frayed'/patched jeans and sweaters are not acceptable. Once they reach their mid-twenties, Japanese revert to more formal dress: neat business suit, dress or blouse and skirt for women. Many older Japanese wear the kimono when relaxing at home. Shoes are removed when entering Japanese style houses and restaurants.

Manners are very formal. The Japanese bow to each other frequently, the depth of bow indicating the persons position in this hierarchical society. Foreigners should adopt the practice of bowing when being introduced or saying farewell; bowing will soon become a habit like shaking hands in Europe. Physical contact should be avoided; most Japanese will bow to foreigners rather than shake hands. Eye contact is not as frequent as in the West.

Women are not treated with the same courtesies in Japan as are found in the West: holding a door open, pushing in a chair etc. are not done.

The suffix 'San' is the equivalent of Mr, Mrs or Miss and should be used when addressing a Japanese. In writing, Sama is used. To express respect to a senior 'Sensei' is used in speaking, while a senior person would address a junior as 'Kun'.

Japanese meals consist of a series of small dishes; it is considered polite to eat all that is offered, but Japanese hosts are understanding if a foreigner explains that he finds a particular dish unappetising. Western-style cutlery (knife, spoon, fork) is only provided in the top-class international hotels so it is essential for foreigners to learn to use chopsticks.

Everything closes early in Japan. Sporting events, theatre, concerts and last movie programmes seldom start later than 18.30 hours and though there are all-night bars in parts of Tokyo, the best entertainment is in the early evening. Most good restaurants are closed by 20.00 hours.

Utilities

Electricity for domestic use is supplied at 100V AC, 60Hz in West Japan (Osaka) and 50Hz in East Japan and 50Hz in (Tokyo). Bulbs are screw-type and electric plugs are the flat, 2-pin variety.

Appliances from European countries operating 200-240V will need a step-up transformer to use them on Japans 100V current.

Gas is laid onto many homes and is used for cooking and for water and room heating.

Water is piped to all properties and is drinkable.



Health

Hygiene standards are high in Japan, and medical facilities (although expensive) are widely available. Probably the most important preventative measure is to make sure that you are healthy before you enter the country. Dental treatment is expensive as well. Getting correct medications may be difficult and illegal if you don't have your prescription handy (it's also a good idea to have the generic name of the drug as well as the brand name.) However, medical treatment and drugs are of high quality. No immunisations or health certificates are necessary for Japan. Food is almost always safe to eat and you can drink tap water throughout Japan but should avoid drinking directly from streams or rivers. You should also avoid wading barefoot in rice paddies or stagnant water as there could be parasites living in the water.

The TIC has a list of English-speaking hospitals and doctors, although they are mainly in the larger cities only. The people at Japan Travel Phone may be able to help as well. If you are in a rural area you may want to contact the city or town hall's international affairs or tourism department for help. Red Cross (Ni-Seeki) hospitals often have English-speaking doctors available.

In case of an emergency, it's best to have a Japanese-speaking person call the emergency services in Japan. If that's not an option call the Tokyo English Lifeline (TELL) at (03) 3403-7106 for emergency assistance in English.

The Japan Helpline is another option and is available 24 hours a day. Their toll free number is (0120) 461 997.

Medical Insurance

Almost all of the Japanese population are insured under the government sponsored National Health Insurance system. Without this insurance, medical expenses can be extremely high although the cost of the insurance is based on level of income and this too can be expensive for foreigners. Foreigners working for Japanese companies will usually be covered under the company's health insurance scheme. Other visitors are advised to enquire about suitable health insurance before departure.

Although every care is taken to ensure that all information in the Abels Relocation Guide is accurate and up to date Abels cannot accept liability for any inaccuracy.