

General information for participants from abroad

TIME DIFFERENCE

All of Japan is in the same time zone, 9 hours ahead of G.M.T.

CLIMATE AND CLOTHING

Average Temperature & Precipitation in Osaka/Kobe

	Jan.	Feb.	Mar.	Apr.	May	Jun.
Max. Temp	9C (49F)	9C (49F)	13C (56F)	20C (67F)	24C (76F)	27C (81F)
Min. Temp.	3C (37F)	3C (37F)	5C (41F)	11C (51F)	15C (60F)	20C (68F)
Precipitation	44 mm	59 mm	100 mm	121 mm	140 mm	201 mm

	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
Max. Temp	31C (89F)	33C (91F)	29C (84F)	23C (73F)	17C (63F)	12C (54F)
Min. Temp.	24C (75F)	25C (77F)	21C (70F)	15C (59F)	10C (49F)	5C (41F)
Precipitation	155 mm	99 mm	175 mm	109 mm	66 mm	38 mm

MONEY

1) Currency and Money Exchange

The unit of Japanese currency is yen. Coins are available in 1, 5, 10, 50, 100 and 500 yen and banknotes in 1,000, 2,000, 5,000 and 10,000 yen. Exchange banks and money exchange counters can be found at Kansai International Airport for money exchange and purchasing of the travelers checks. A passport may be required for currency exchange service. Exchange bank is also available near Port-liner Sannomiya station.

2) Travelers Checks and Credit Cards

Travelers Checks are accepted by leading banks and hotels and stores in major cities.

International credit cards such as Visa, American Express, Diners Club and MasterCard are also acceptable at these major establishments. However, Credit card transactions are not always convenient outside big cities so obtaining cash beforehand is recommended when you travel Japan.

3) ATMs

Automatic Teller Machines (ATMs) are commonly available at banks and post office throughout Japan. However, many DO NOT accept foreign credit cards or cash cards and their service

hours are very often restricted. For ATMs that accept credit cards, it is advised to contact each credit company beforehand and check the location of each ATM and its availability as these conditions vary from machine to machine.

Foreign credit, debit and cash cards can be used at Post Office ATMs in locations throughout Japan. Post Offices where this service is available display stickers indicating which cards are accepted. Cards from the Cirrus, Plus, Maestro and Visa Electron networks can be used. Accepted credit cards include Visa, MasterCard, American Express and Diners Club.

<Banks, Post Office and Convenience Stores near the CDB>

a) Mitsui Sumitomo Bank (Sannomiya)

8-1-2, Kumoi-Dori, Chuo-ku

Kobe 651-0096

Tel: 078-291-0070

Office hours: 11:00 a.m to 7:00 p.m on weekdays.

9:00 a.m. to 5:00 p.m. on Saturday, Sunday and National holidays

ATM: 7:00 a.m. to 11:00 p.m. on weekdays and Saturdays

7:00 a.m. to 9:00 p.m on weekdays and Sundays

b) Mitsui Sumitomo Bank (Port island – Shimin Byoin mae station)

ATM ONLY

3-1-2, Minatojima-nakamachi, Chuo-ku

Kobe 650-0046

Tel: 06-6534-2900

ATM: 8:00 a.m. to 11:00 p.m. on weekdays and Saturdays

8:00 a.m. to 9:00 p.m. on Sundays

c) Post Office (Port island- Park city nai)

6-2-1 Minatojima-minamimachi, Chuo-ku

Kobe, 650-0046

Tel: 078-302-3045

Office hours: 9:00 a.m. to 5:00 p.m. on weekdays (Closed on Saturdays and Sundays)

ATM: 9:00 a.m. to 7:00 p.m. on weekdays

9:00 a.m. to 5:00 p.m. on Saturdays

Closed on Sundays

HEALTHCARE

1) Water

Tap water is safe to drink anywhere in Japan. Mineral water can be easily obtained at super markets, convenience stores and other similar places.

2) Hospitals

Medical systems and facilities in Japan are well established so that you can expect to receive a high standard medical treatment if you have any health problem during your stay.

ELECTRICITY

The voltage used throughout Japan is uniformly 100 volts alternating current at a frequency of 60 Hertz. A step-down transformer is required to convert the voltage. There are no columnar-shaped plugs or 3-pin plugs used in Japan but 2-flat pin plugs are used instead. It is therefore advised to purchase a plug adapter beforehand.

POSTAL SERVICE

Hotels and convenience stores often provide simple postage services. Post offices are open daily from 9:00 to 17:00 except Saturdays, Sundays and national holidays.

TELEPHONES

1) Domestic calls

Public telephones accept 10 yen and 100 yen coins and/or telephone cards. A local call costs 10 yen per minute. No change is give for partial use of a 100 yen coin. Prepaid telephone cards cost 1,000 yen at convenience stores and similar places.

2) International calls

A direct overseas call can be made from a public telephone displaying an International and Domestic Telephone sign. These phones can be found at airports, hotels and other key facilities. Direct dial calls can be made via a telephone company using the company's access number.

Direct dial access number

KDDI: 001-010

SoftBank Telecom: 0061-010

NTT Communications: 0033-010

PUBLIC TRANSPORTATION

For general transport, taxis are plentiful and train and bus services are convenient throughout Japan.

TOURIST INFORMATION

Tourist Information Centers provide reliable information for your travel, accommodation and sightseeing in Japan.

1) Kansai Tourist Information Center (Kansai International Airport):

Arrival Floor, passenger Terminal Building, Kansai International Airport

Tel: 0724-56-6025

Office hours: 9:00 a.m. to 9:00 p.m. every day

2) Kobe Information Center (Hello Station Kobe)

Beside Sannomiya station

Tel: 078-322-0220

Office hours: Open from 9:00 a.m. to 7:00 p.m. every day

RESTAURANTS

There are many restaurants in Sannomiya, Kobe downtown which is about 20 minutes ride the port liner train from the CDB. You can enjoy various kinds of cuisine from Japanese traditional cuisine to Western cuisines.

GURUNAVI (A restaurant guide): <http://www.gnavi.co.jp/en/>

*Select "HYOGO" prefecture to search for the restaurants in Kobe.