

Wenatchee Valley – Misawa Sister City Association

2022 Delegate Travel Guide



*Congratulations
You have been selected by the
Wenatchee Valley-Misawa Sister City Association Board
to represent the Wenatchee Valley as a delegate of the
Wenatchee Valley-Misawa Sister City Association.
(WVMSCA)*

Transportation Schedule

Bus East Wenatchee to Seattle August Time and location t.b.a.

Depart Seatac Aug
Airlines: Delta Flt. 167

Arrive Narita (Tokyo Airport) Saturday, August
Terminal 1

Airlines Japan - Seattle August

Airlines Delta FLT 166

Dept.

Arrive: SeaTac , Sunday Aug.

Return Bus, Seattle to Wenatchee August

“DOOR 00” at SeaTac Airport, at the end of the baggage claim level, past #1 baggage carousel, at the very south end of the airport. BUS will be there at 9:45AM, so as soon as everyone gets their luggage and heads out we will leave, approximately by 10:30AM, and drop off at East Wenatchee city hall at approximately 1:30 pm

Train & Bus

The WVMSCA will reserve and purchase all train and bus tickets required when you arrive in Tokyo.

Airline Tickets

Reservations made through IACE Travel, Seattle

Passports

Each delegate is responsible for their own passport. The Head Delegate will carry a copy of all passports. Do not remove your passport from your purse or backpack while on public transportation! Various families and International Center staff have been greatly inconvenienced when having to drive to the train station or bus station to retrieve passports left stuck in the magazine holders, etc.

Lodging

Tokyo Central Youth Hostel

Central Plaza 18F

1-1 Kagura-gashi, Shinjuku, Tokyo

Tel in Japan 03-3235-1107 from US 81-3-3235-1107

Web www.jyh.gr.jp/tcyh

Email tcyh@jyh.gr.jp

Misawa Contact

Misawa International Center

230-1 Aza Sonosawa

Misawa-shi, Aomori-ken

Japan 033-0022

Tel. from US 81-176-51-1255

DAILY SUMMARY

Friday/Saturday – arrive Tokyo

Red shirts

Sunday – Day tour of Tokyo

Blue shirts

Monday – Tour to Nikko

Red shirts

Tuesday – Train to Misawa

Blue shirts

Wednesday – Misawa Tours

Red shirts

Thursday – Family Day

Friday – Misawa Tours, Misawa Air Base

Blue shirts

Saturday – Festival parade

Sunday – Meet International Center 7 A.M. Leave by “Bullet Train” to Tokyo, then express train to Narita and flight to Seattle

Red shirts

Emergencies

In Misawa delegates will have the phone number where the group leader will be staying. If there is any illness or emergency, please let the leader know immediately. The leader will contact parents as needed.

Delegate List

Currency Exchange

You may have an opportunity to exchange money when you arrive at the Tokyo Airport, but **most delegates find it easier to exchange their money at the local bank or AAA before they leave.**

Safety

Japan is the safest country in the world, but... **all students are required to be accompanied with an adult at all times when not with your group.** Student delegates are part of a group, and their safety is the responsibility of the WVMSCA.

How much money will you need?

The first few days in Tokyo you may need money for a couple lunches and dinners. Breakfast is included at the Hostel. While in Misawa your expenses are taken care of by your Misawa host and Misawa Sister City Organization. All transportation while in Japan (bus & train) has been paid for. ...and of course bring money for your souvenirs. We suggested approximately \$200 for your souvenir money. You may change back Japanese paper money when you return, but coins will remain souvenirs.

Debit card warning – Do not load a debit card with spending money to use. There are very few places that accept them. It's a major inconvenience for you and for our entire group.

Your Cell Phone in Japan

Check with your local cell phone companies to see what is required for phone service in Japan.

Luggage

For your enjoyment and the enjoyment of other delegates, **each delegate is only authorized to bring one suitcase** (check-in luggage) and one *small* handbag (carry-on) i.e., purse, backpack. You will not be allowed on the bus with any more luggage than what has been authorized.

Everyone is responsible for handling their own luggage at all times, which will include stairs and pedestrian overpasses. You will be carrying your luggage from the airplane to the train, to the bus and hotel and **many miles in-between** by yourself. Pack lightly! Many of us have learned to prepack early, and day by day think it through and unload what's not absolutely needed. More room is free for gifts and souvenirs coming home!

Make sure your luggage has your name and contact information on the outside and inside of your luggage.

If your suitcase is overweight, (50 lbs max) YOU WILL be charged an extra fee by the airlines, likely \$50.

Weather

Japan's climate is much like Wenatchee with snow in the winter and heat in the summer. **Plus, Japan also has a very humid climate in summer.** So plan on hot, humid weather with a chance of rain. In other words anything goes in August in Japan.

Food

During your stay in Tokyo you will have the opportunity to order off a menu and eat in wonderful Japanese restaurant. At other times you will be served a traditional Japanese food and great box lunches (Japanese bento boxes).

While in Misawa you will be served a large variety of food while staying with your host family and at various Misawa events. You must be flexible, and polite when served and remember you will not go hungry. You will see the same foods you see in the USA. You may

enjoy great fried chicken, pork/chicken/pork kabobs, fish, beef steaks, rice, noodles, lettuce salads, scrambled eggs, spaghetti, stir fry and wonderful desserts.

Sleeping Accommodations

At the Tokyo Hostel, you will sleep in a room with about 4 – 5 other pre assigned WVSCA delegates on bunk beds (similar to a college dorm with community bath). It’s a great opportunity to get to know your other delegates.

In Misawa you will be staying with your host families. Most host families still sleep on futons (a small mattress with bedding on the floor). This will be a delightful experience for you that you will thoroughly enjoy.

Washing Clothes

We will have an opportunity to wash clothes at the Youth Hostel. We’ll wash our delegation shirts. For personal wash, you can purchase soap and get change at the hostel front desk.

While in Misawa, your host family will take care of your laundry for you. Plan ahead. Your shirts will air dry overnight. But, most families hang clothes on a line or drying rack, and don’t have a dryer. Plan a few days ahead for clean dry pants.

Punctuality

Delegates are expected to be at assigned locations on time, and dressed accordingly, as per the daily itinerary.

Dress Policy

While you are in Japan you are not an ordinary tourist. You are representing the USA, and you are an official delegate from the Wenatchee Valley until you return to the Wenatchee Valley.

Before you leave for Japan, each delegate will receive two Misawa Delegation shirts (red and blue) that you will alternate every other day. They are lightweight and dry quickly.

As a delegate you will NOT be allowed to wear torn jeans at official WVMSCA functions or short-shorts. You may wear khaki pants, shorts or one blue/black pants with your delegation shirts. Your daily itinerary will indicate which color delegation shirt to wear each day for official WVMSCA functions and also on the plane.

Not only will you look good, but also you will be able to be seen and quickly identify other delegates while on tour in Japan. This means a lot when you are in the middle of rush hour in the train station, and makes it easier for your leader to help keep everyone safe.

Performance

Students or adults who have an individual talent are invited to share their talents at the Farewell banquet, as time allows. Please contact your head delegate, before we leave for Japan, if you desire to perform individually at the banquet.

There is sometimes karaoke the last night and all delegates are invited to join in. We'll teach you the Misawa Ondo (dance) at orientation meetings. Everyone joins in this dance at the farewell evening.

Thank You Gifts

WVSCA Board Gifts: Gifts from the WVSCA Board will be given by the Head Delegate to the Misawa Mayor, Sister City Association Board and other dignitaries.

Your Gifts:

Host Family gifts from you for your Misawa host are appreciated and expected. About 4 weeks before you leave for your trip you will find out who your host family is and learn their hobbies and interests. This information may help decide what gift to give them.

Some good ideas for small, light gifts are:

- Simple homemade crafts
- Local food representing our area (dried apples or cherries, smoked salmon, Grandma's apple butter)
- Picture of you and your family or photo album
- Washington or Wenatchee Valley souvenir themed gifts i.e., hats, caps, cloth bags, t-shirts, maps, post cards, cider, wine, books.

- Seahawk or Mariners souvenirs
- Pretty notecards, small watercolor painting cards
- Scarf for summer or winter (It's winter weather half the year in Misawa).
- A favorite music CD
- A pretty table runner or placemat or kitchen towel
- Favorite candy or snack (not chocolate that melts)

A gift for the Mayor (or mayor's wife), (about \$10), and unexpected small thank-you gifts. A few extra for other unexpected thank-yous are always good to have. You'll meet many kind friends and helpers. Please bring a sheet of wrapping paper and yarn or a piece of long, thin ribbon to wrap the gift for the Mayor or his wife, after you arrive in Japan. Wrapping your family's gifts is optional. Small colored paper bags with handles work well. No wrapped gifts in your luggage, please.

Farewell Banquet Gifts - 50-60 small gifts/trinkets to give out at farewell banquet (wrapped gum, wrapped hard candy, homemade gift, pencils, bookmarks, pins, postcards, stickers, small battery candle, fav tea bags, etc.)

Personal gifts that don't cost any money are treasured, ex. singing them a song, playing a song on the piano, if possible; sharing your favorite recipe or special collections with your homestay guest here, etc.

Do not open a received gift in front of the presenter. Your facial expression may confuse the giver and cause a loss of face.

Times for Wenatchee and Japan

Wenatchee	Japan
7:00AM	11:00PM
8:00AM	12:00 Midnight
9:00AM	1:00AM
10:00AM	2:00AM
11:00AM	3:00AM
12:00Noon	4:00AM
1:00PM	5:00AM
2:00PM	6:00AM
3:00PM	7:00AM
4:00PM	8:00AM
5:00PM	9:00AM
6:00PM	10:00AM
7:00PM	11:00AM
8:00PM	12:00 Noon
9:00PM	1:00PM
10:00PM	2:00PM
11:00PM	3:00PM
12:00Midnight	4:00PM
1:00AM	5:00PM
2:00AM	6:00PM
3:00AM	7:00PM
4:00AM	8:00PM
5:00AM	9:00PM
6:00AM	10:00PM

Temperatures

Celsius to Fahrenheit		Celsius to Fahrenheit	
10	50	35	95
15	59	36	97
20	68	37	98.6
21	70	40	104
23	73	42	108
25	77	45	113
27	80		
30	86		

WOMEN/GIRLS

Suggested Packing List

- ✓ One business type outfit (dress, skirt w/blouse, dress slacks w/blouse, and dress shoes) for Misawa city welcome ceremony, welcome banquet and farewell banquet. Heels optional.
- ✓ **NO tanks tops, spaghetti straps, or mini-shorts**
- ✓ Red and blue delegation polo shirts.
- ✓ Khaki, black, or blue pants, capris, or shorts
- ✓ 1-2 blouses or tops for host family time
- ✓ Comfortable & nice looking walking shoes –Tennis shoes are fine – **NO flip flops**
- ✓ PJs, and lightweight robe
- ✓ Underwear/bras, ankle socks
- ✓ Toiletries, Cosmetics, hygiene items (pads, tampons) Remember many homes have septic tanks. No flushing of hygiene items, please.
- ✓ Medicines in prescription or original bottles (TSA regulation), cold or allergy meds, travel sickness meds?
- ✓ Small Kleenex packages, handkerchief or lightweight washcloth for purse (no toilet paper or hand-towels in some public toilets)
- ✓ One old towel for the shower at the hostel (to be discarded at hostel) or you can rent a small towel for 200 yen at hostel
- ✓ Business cards or homemade business cards
- ✓ Travel size blow dryer is not necessary; foam curlers recommended if curls are desired
- ✓ Light jacket or sweater – the parade is at night and it may cool off
- ✓ Thank you gifts
- ✓ Camera with fresh batteries or phone
- ✓ Passport
- ✓ Airline Ticket
- ✓ WVSCA Travel Guide with current itinerary – this is a must, to help you be informed and on time
- ✓ Money
- ✓ Watch
- ✓ Sunscreen, sunglasses, hat?

MEN/BOYS

Suggested Packing List

- ✓ One business type outfit (slacks, dress shirt, tie, and dress shoes) for Misawa city welcome ceremony, welcome banquet and farewell banquet
- ✓ Red and blue delegation polo shirts
- ✓ Khaki, blue, black pants jeans, shorts
- ✓ 1-2 shirts for host family time - **NO tanks or offensive writing/art**
- ✓ Nice looking walking shoes – wear on plane, Tokyo, parades, during host family free time. Tennis shoes are fine – **NO flip flops**
- ✓ Watch
- ✓ PJs, and lightweight robe to access bathroom if needed
- ✓ Underwear, socks for wearing instead of slippers
- ✓ Toiletries – travel size shampoo/conditioner, deodorant, toothpaste, toothbrush, brush/comb, razor, etc.
- ✓ Medicines in prescription, or original bottles (TSA regulation), cold or allergy meds, travel sickness meds?
- ✓ 2 purse size Kleenex packages and handkerchief or lightweight washcloth for purse (they do not have hand towels and sometimes no toilet paper in public toilets)
- ✓ One old towel for the shower at the hostel (to be discarded at hostel) or you can rent a small towel for 200 yen at hostel
- ✓ Business cards or homemade business cards
- ✓ Thank-you gifts
 - ✓ Light jacket – the parade is at night and it may cool off
- ✓ Camera with fresh batteries or phone
- ✓ Passport
- ✓ WVSCA Travel Guide with current Itinerary
- ✓ Airline Ticket
- ✓ Money
- ✓ Sunscreen, sun glasses, cap?

Japanese Customs and Etiquette for Easy and Happy Homestays

David and Judy Kelts will be hosting three evenings for delegates about 2 – 4 weeks before your trip. Japanese customs and etiquette will be taught and explained. At least one meeting is required to allow you the best experience of your life.

**David & Judy Kelts Address: 2338 Grand Ave, East Wenatchee
RSVP Kelts' phone 509-884-7218 or Dkeltsj@aol.com**

1st Meeting Mon. June

2nd Meeting Wed. July

3rd Meeting Thurs. August

At the Japanese Customs and Etiquette meeting you will discuss these and other recommendations:

Remember to bow often, when being introduced, when thanking them, etc. Use a softer, quieter voice than usual, and remain polite and well-mannered, despite fatigue, the heat and humidity, etc. If you lose your patience or your temper in Japan, you'll just become a pitied spectacle, and it won't help at all.

Never wear your street shoes inside their home. Take them off in the genkan, or entryway. Arrange them neatly together, facing back the way you came in. Wear slippers and/or socks. (Only a few Japanese families walk around in bare feet). Never step on tatami (rice straw) mats with shoes or even slippers on. Some restaurants also have tatami mats. Toilet slippers are for the toilet room only. Please dress modestly. Spaghetti straps, short shorts, visible bra straps, and midriff showing are considered poor manners.

Japanese kitchens traditionally were very private places, but are now more open.

Don't venture into other rooms in the home unless invited.

When using chopsticks, don't stick them upright in food – that's for the dead.

Food may be eaten very slowly, sometimes over several hours. It likely won't be hot, or even warm. Slurp your soup.

Eat all your rice, and don't pour soy sauce over it.
Try not to blow your nose in public, and especially not at the dining table. Remember sounds travel easily through sliding shoji paper doors and thin walls. Be very quiet in your room whenever possible.

Scrub, get squeaky clean, and rinse off at the bathroom wall faucet before entering the specially prepared family bath. Never pull the plug to empty the family bath!

If you aren't being understood, try not to raise your voice. Rather, repeat what you are saying slowly and clearly, choosing slightly different words, and adding gestures. When they say hai, it may mean yes; but often it may simply mean "I heard you." Often it means "I can't understand you, and I just want to talk about something else now, please, or better yet, let's stop talking and rest a few minutes."

Americans and Japanese have a huge opportunity for frequent miscommunication re: this word hai (yes). The American hears hai, and thinks all is understood, all is well. Then, when the desired thing doesn't happen, they get confused and sometimes upset, thinking, "He said hai, and nodded his head. Now it's not happening, so what's the problem?" A sense of humor is vital.

Always turn in your hostel room key when leaving the building, and have the Tokyo Hostel card with you, in case you need to get back by taxi cab. When venturing out and walking with a small group, it's smart to jot notes about where you turned left and right, to find your way back more easily. Keep this in mind even when you're walking around your host family's neighborhood. We've had delegates get turned around, and it was very stressful.

Remember in Japan they drive on the other side. Stay safe! Look left and right once and twice before crossing the street.

When with your homestay family, remember that for around 35 years Sister City Association friends have hosted and been hosted by hundreds and hundreds of homestay families. Be polite, neat,

punctual, and appreciative. Relax and smile, and let them know you're enjoying yourself. Write them an email or letter of thanks after returning home. Remember it's common to host one of your Japanese homestay members when they're visiting our valley as a Sister City delegate. Long-term/lifelong friendships are common.

Japanese Words and Sentences

Phonetically, Japanese is among the simplest languages in the world. It has only 5 vowels (a,e,i,o,u); and the same consonants we have, minus the letters l and v. Pronunciation is very regular: A sounds like ah in father, I sounds like ee in meet, U sounds like u in tube, E sounds like e in obey (long a), and O sounds like o in so.

The words and phrases below will be a very valuable tool to carry with you and use daily and will help everyone feel more relaxed, comfortable, safe, and at home. Don't worry too much if your Japanese family, or homestay guest, is not very skilled in English. Lots of effective communication can take place with pointing, nods, smiles, etc. Just try to stay relaxed, and all will be fine.

The phrasebook will be especially helpful, for example, when you're in a hurry, when you need a rest, when you need to talk about what time you must leave the house the next morning, etc. No need to memorize but a few basics. You can simply point to the phrase you need, and as you read it slowly aloud, your homestay friend can listen, and/or read it, too, and understand exactly what you're saying! *Please begin now, and have fun saying simple Japanese phrases each day at home before we leave, so they will become more natural. Don't make the common mistake of saying, "I'm going to wait and study on the plane." Every single delegate who has traveled to Japan has said they wished they'd have started sooner, and taken more time to practice. Think of these basic phrases as the best way to show your homestay family your gratitude and thanks. No need to memorize! Use your booklets!

Greetings, Everyday Expressions

Hello (morning): Ohayoo gozaimasu. (pronounced as Ohio go-za-e-mas)

Hello (daytime): Konnichi wa. (pronounced as kone-ee-chee wa)
Hello (evening): Konbanwa. (pronounced as kon-ba-wa)
How are you?: O-genki desu ka? (pronounced as o-gen-kee dess ka)
I'm fine, thanks: Genki desu, doomo. (pronounced as gen-kee dess, doe-mo)
I'm great, thankful and blessed (used by women): Hai, okagesamade
I: watashi
You: anata
Yes: Hai (pronounced as high)
No: Iie (pronounced as ee-aa)
Please: Doozo (pronounced as doe-zo)
Thank you: Arigatoo (pronounced as ah-ree-ga-toe)
Thank you very much: (most polite) Doozo Arigatoo Gozaimasu.
(pronounced as doe-mo ah-ree-ga-toe go-za-ee-mas)
You're welcome: Doo itashimashite. (pronounced as doe ee-ta-she-mahsh-tay)
All right: Kekkoo desu.
It's all right: Daijoo desu.
Excuse me, and also used very often as a sentence softener: Sumimasen.
Excuse me, please help me: Sumimasen, tasukete kudasai.
My name is: Watashi-no namae wa _____ desu.
(pronounced as wa-ta-she-no na-ma-ay wa _____ dess)
I am Mrs. Kelts: Watashi wa Kelts desu. (pronounced as wa-ta-she-wa Kelts dess)
Nice to meet you: Hajimemashite. (pronounced as ha-jee-may-mahsh-tay)
How do you do?: Doozo yoroshiku. (pronounced as doe-zo yo-rosh-ku)
This is Mr. Kato: Kato-san desu.
Welcome!: Yookoso! (pronounced as yoh-ko-so)
We're so glad you're here: Kite kurete ureshii desu.
This is my friend Mary: Kochira wa tomodachi-no Mary-san desu.
Please wait a moment: Chotto matte kudasai.
Excuse me, I need to rest a minute please: Sumimasen, doozo chotto yasumitai.
I'd like a few minutes to freshen up: Chotto jumbi jikan irimasu.
I need 5 minutes please: Doozo, go fun gurai irimasu.
I need to rest/refresh around 15 minutes please: Doozo, jugofun gurai yasumitai.
Please come: Kite kudasai.
Please come this way: Kochira e doozo. (pronounced as ko-che-ra ay doe-zo)
Please come with me: Issho ni kite kudasai.
Please listen: Kiite kudasai.
Please help me: Tasukete kudasai.
Look out!: Abunai!
Please forgive me: Sumimasen; Gomen nasai.
(pronounced as sue-me-ma-sen go-men-na-sigh)
Do you speak English?: Anata wa Eigo ga dekimasu ka?
I don't speak Japanese very well: Nihongo ga yoku wakarimasen.
I don't know: Shirimasen.
What a lovely day: Subarashii tenki desu ne.
It's hot: Atsui desu ne.

It's hot and humid: Mushiatsui desu ne.

It's raining: Ame ga futte imasu.

Thanks, you're very kind: Arigatoo. Yasashiino ne.

When answering a kind offer – Yes please, through your kindness: Hai, onegai shimasu.

That's a great idea: Ii desu ne.

Please go ahead; After you: Doozo, o-saki ni.

I understand: Wakarimasu.

Excuse me, I don't understand: Sumimasen, wakarimasen.

Please say it once more: Moo ichido itte kudasai.

Tokyo = 2 syllables To-kyo

Hachinohe = Hah-che-no-hay (larger city near Misawa)

*Mayor Taneichi = Mayor Ta-nay-ee-chee

Family and Homestay Words

Can you help me?: Onegaishimasu? (pronounced as o-nay-ga-ee-she-mas)

I'm a little shy: Watashi wa chotto hazukashi.

What would you like to eat?: Nani ga tabetai desu ka?

What would you like to drink?: Nani ga nomitai desu ka?

Blessing, meaning I'm grateful for this food and those who prepared it: (always said before anyone begins to eat): Itadakimasu.

(pronounced ee-ta-da-kee-mas)

Let's eat!: Tabemashoo!

Let's eat breakfast: Asagohan o tabemashoo.

Let's eat lunch: Hirugohan o tabemashoo.

Let's eat dinner: Bangohan o tabemashoo.

Breakfast was delicious: Asagohan wa oishikatta desu.

Special thanks for the great meal: Gochiso samadeshita.

I want to drink: Nomitai desu.

I'd like water: O Mizu kudasai.

I'd like to drink coffee: Koohii ga nomitai desu.

I'd like to drink beer: Biru ga nomitai desu.

I'd like to drink sweet wine: Amakuchi wain ga nomitai desu.

I'd like to drink dry wine: Karakuchi wain ga nomitai desu.

I'd like to drink sake: Sake ga nomitai desu.

This is delicious: Totemo oishii desu. (pronounced as toe-tay-mo oh-ee-she dess)

I like sushi: Sushi ga suki desu.

I'm a vegetarian: Watashi wa saishokushugi sha desu; yasai shika tabemasen.

*No more thanks. (I'm full): Moo kekko desu. (Very important to learn!)

This is our cat: Kore wa watashitachi-no neko desu.

This is our dog: Kore wa watashitachi-no inu desu.

He doesn't bite: Kamitsukimasen.

She won't hurt you: Kizutsukemasen.

Let's leave!: Demashoo!

Let's hurry!: Isogimashoo!
Let's go!: Ikimashoo!
Let's do it!: Shimashoo!
Let's return home!: Kaerimashoo!
Let's rest!: Yasumimashoo!
I want to sleep: Nemuritai desu.
Let's go to sleep: Nemashoo.
Have fun: Tanoshinde kite kudasai.
Please write it down: Kaite kudasai.
Please write your phone number: Denwa bangoo o kaite kudasai.
Please write your name and address: O-namae to juusho o kaite kudasai.
How do you say this in Japanese?: Kore wa Nihongo de nanto iimasu ka?
This is how you say it in English: Sore o Eigo de koo iimasu.

Your family will be extremely kind to you. Please remember to let them know how you are feeling each day, such as:

I'm happy: Shiawase desu.
This is good: Ii desu.
This is fun: Tanoshii desu.
It's nice to be with you: Go issho dekite ureshii desu.
It was fun today: Kyoo wa tanoshiikatta desu.
Can I help you with anything?: Nanika otetsudai shimashoo ka?
May I do laundry?: Sentaku shite ii desu ka?
I am doing laundry. Ima sentaku shimasu.
Do you have things to wash, too?: Sentaku mono arimasu ka?
This is wet (hand-washed clothing): Kore wa nureta.
Where is a good place to put it?: Doko ii desu ka?
We need to leave soon: Moosugu de ikanakereba narimasen.
I'm in a hurry: Isoide imasu.
We must go in five minutes: Go fun de ikanakereba narimasen.
Let's go now!: Saa, ikimashoo!
See you later: Itterasshai.
See you tomorrow: Mata ashita (pronounced as ma-ta-aw-shta)
Take care: Ki o tsukete. (pronounced as kee-oh tsket-ay)
See you again: Mata ne. (pronounced as ma-ta-nay)
Good night: Oyasuminasai. (pronounced as oh-ya-sue-me-na-sigh)

(while looking at photos, for example)

My friends: Watashi-no tomodachi
My family: Watashi-no kazoku
My wife: watashi-no okusan
My husband: watashi-no goshujin
Our children: watashitachi-no kodomo
My son: watashi-no musuko

My daughter: watashi-no musume
My parents: watashi-no ryooshin
My mother: watashi-no haha, okaasan
My father: watashi-no chichi, otoosan
My grandchildren: watashi-no mago
My grandmother: watashi-no obaasan
My grandfather: watashi-no ojiisan
Your family: anata-no gokazoku
Your wife: anata-no okusan
Your husband: anata-no goshujin
Your children: anata-no kodomo-san
Your father: anata-no otoosan (or chichi)
Your mother: anata-no okaasan (or haha)

May I carry your suitcase?: Kaban-o mote ii desu ka?
(pronounced as ka-bon-o mo-tay ee dess ka)
Please relax and make yourself at home: Yuttari to kutsuroi de kudasai.
You are safe here with us: Watashitachi to issho de anzen desu.
This is your room: Koko ga anata-no heya desu.
Here is the bathroom: Koko ga ofuro desu.
Everything will be fine: Subete daijoo desu.
Your house is beautiful: Kagu wa takusan naikedo.
I like sitting on the floor: Yuka-no ue ni suwaru-no suki.
Breakfast is ready: Asa-gohan-no yooi ga dekimashita.
Lunch is ready: Hiru-gohan-no yooi ga dekimashita.
Dinner is ready: Yuu-gohan-no yooi ga dekimashita.
Please come and sit at the table now: Saa, kochira ni kite seki ni tsuite kudasai.
Would you like something more to eat?: Nanika motto tabetai desu ka?
Would you like something more to drink?: Nanika motto nomitai desu ka?
What would you like to eat for breakfast?: Asa-gohan ni nani o tabetai desu ka?
What would you like to eat for lunch?: Hiru-gohan ni nani o tabetai desu ka?
What would you like to eat for dinner?: Ban-gohan ni nani o tabetai desu ka?
Would you like a hamburger and fries?: Hamubaga to french fries irimasuka?
Would you like something grilled on the BBQ?: Ba-ba-que de yaita tabemono irimasuka?
Would you like a salad?: Salada irimasuka?
Would you like a sandwich?: Sandoichi irimasuka?
Would you like some dessert?: Desato irimasuka?
It's OK if you don't like it. You don't have to eat it.: Sukidenakute mo daijoo desu. Tabenakute ii desu.
Do you like it?: Suki desu ka?
It's good: Ii desu. (pronounced as ee dess)
Yes, of course: Hai, mochiron
I don't like it very much: Amari sukidewa arimasen.

Good: Yokatta

Cool!: Sugoi ne!

Congratulations!: Omedeto gozaimasu!

I'd like to go to the seaside: Umi ni ikitai desu.

I'd like to go to the garden: Niwa ni ikitai desu.

I'd like to visit a park: Kooen ni ikitai desu.

I'd like to visit Misawa Air Base: Misawa kichi ni ikitai desu.

I'd like to visit Shimoda Mall: Shimoda Mall ni ikitai desu.

I'd like to visit the grocery: Suupaa ni ikitai desu.

I'd like to visit the Hundred Yen Store: Hyaku Yen Mise ni ikitai desu.

I'd like to visit a bookstore: Hon-ya ni ikitai desu.

I'd like to visit a shrine: Jinja ni ikitai desu.

I'd like to visit a souvenir store: Miyagemonoya ni ikitai desu.

I'm just looking: Mirudake desu.

I want this one: Kore o kudasai.

I'd like to go to the bank: Ginkoo ni ikitai desu.

Shall we take a walk?: Sanpo ikimashoo ka?

Would you like to go for a walk in the park?: Kooen e sanpo ni ikimashoo ka?

Would you like to borrow a coat?: Kooto o karitai desu ka?

We have about an hour free. What would you like to do?: Ima ga ichi ji hima jikan. Nani shitai?

Would you like to go shopping?: Kaimono ikimashoo ka?

We can relax at home now: Ima uchi de go yukuri shimasu.

Would you like to listen to some music?: Ongaku o kikitai desu ka?

Would you like to watch a video?: Bideo o mitai desu ka?

Allergy: arerugii

I have a cold: Kaze o hiite imasu.

Indigestion: shooka furyoo

I feel nauseated: Hakike ga shimasu.

Do you need a restroom?: O-tearai irimasuka?

I need a restroom: O-tearai kudasai.

Where is the toilet?: O-tearai wa doko desu ka? or Toire wa doko desu ka?

Are you sick?: Byooki desu ka?

I am sick: Watashi wa byooki desu.

I am sleepy: Watashi wa nemui desu.

It's nothing to worry about: Shinpai wa irimasen.

It is difficult: Muzukashii desu.

I'm glad to help you: Yorokonde, o-tetsudai shimasu.

Please get your things together now: Ima nimotsu o matomete kudasai.

This is a gift: Kore wa okurimono desu.

Here is a present for you: Anata e-no purezento desu.

Thank you for the nice gift: Suteki na okurimono arigatoo.

It is beautiful: Totemo kirei desu.

It's wonderful: Subarashi desu.

Here is a picture of our family for you to keep: Watashitachi-no kazoku-no shashin

desu. Doozo.

We really enjoyed having you stay with us: Homonshita ureshii deshita.

I'm so glad we're friends: Watashitachi tomodachi ni narete.

I love Misawa: Misawa ga daisuki. (pronounced as me-saw-wa nga dice-key)

I love Japan: Nihon ga daisuki.

I'll never forget this day with my very own Japanese family: Konya watashi-no

Nihonjin-no kazoku to sugoshita koto o wasurenai desho.

Thanks for your help. I really appreciate it: Tasukete itadaite, arigatoo gozaimasu.

Hontoo ni, kansha shimasu!

Thank you for everything!: Zembu, domo arigatoo gozaimasu!

We hope to see you again: Mata aeru to ii desu ne.

(pronounced as ma-ta I-ru toe ee dess nay)

Please come visit us again: Doozo mo ichido kite kudasai.

(pronounced as doe-zo mo ee-chee-doe key-tay koo-da-sigh)

Best of luck to you all: Go-takoo o oinorishimasu.

(pronounced as go-ta-ko oh o-e-no-ree-she-mas)

Who: dare

What: nan, nani

How: nande

Why: naze

When: itsu

Which: dore, dono

Days

Sunday: Nichi-yoobi

Monday: Getsu-yoobi

Tuesday: Ka-yoobi

Wednesday: Sui-yoobi

Thursday: Moku-yoobi

Friday: Kin-yoobi

Saturday: Do-yoobi

Telling Time

One o'clock: ichi-ji

Two o'clock: ni-ji

Three o'clock: san-ji

Four o'clock: yo-ji

Five o'clock: go-ji

Six o'clock: roku-ji

Seven o'clock: shichi-ji

Eight o'clock: hachi-ji

Nine o'clock: ku-ji

Ten o'clock: juu-ji

Eleven o'clock: juuichi-ji

Twelve o'clock: juuni-ji

One thirty: ichi-ji-han

Two thirty: ni-ji han

etc.

:15 ju go fun ex. 1:15 = ichi-ji ju go fun

:45 yon ju go fun ex. 1:45 = ichi-ji yon ju go fun

Morning: asa Noon: hiru Afternoon: gogo Evening: ban Night: yoru

Yesterday: kinoo

Today: kyoo

Tomorrow: ashita

What time do I get up?: Ashita no asa nan ji okimasu ka?

What time are we leaving tomorrow morning?: Ashita no asa nan ji dekakimasu ka?

I will wake you up at ___(time): (Time)-ji okoshimasu.

We need to leave at ___(time) in the morning: (Time)-ji dekakimasu.

In Town

Money: okane

Bank: ginkoo

Post office: Yuubinkyoku

Stamps: kitte

Picture postcards: e hagaki

Shopping: kaimono

Information: Joohoo

Shopping center: shoppingu sentaa

Supermarket: suupaa

Bookstore: hon-ya

Drugstore: kusuriya

Department store: depaato

Airport: kuukoo

Airplane: hikooki

Subway: chikatetsu

Souvenirs: omiyage

Bakery: pan-ya

Left: hidari

Right: migi

Straight ahead: massugu

***Please practice now using 3 kinds of bows. It's fun and will be much appreciated. Give a slight bow when greeting and saying good night or see you later or goodbye. Really almost anytime you are speaking it's so nice and polite to give a quick nod or head bow often. They'll always remember you as being so kind and grateful.**

A medium bow (longer, deeper head nod) is great when sitting down to a nice meal, or thanking them afterwards. It's also appropriate when receiving a small gift or special assistance.

A deep bow (bowing from the waist slowly and sincerely) is used when expressing tremendous thanks, like when you're receiving several gifts, or thanking them for a special activity or outing. It will be perfect for us all to bow deeply when saying goodbye, and thanking them for all their kindness and generosity. (Blubbering like Judy is optional, but tears are very common).

Special Thanks

Thanks to all Wenatchee Valley Misawa Sister City Board and Members who have given their input and recommendations for this WVMSCA Guide. Their experience traveling to Japan as a delegate will guarantee your trip to Japan is a wonderful experience.

When you return from Japan you are invited to send us any additions or corrections to this guide as needed.

Thank you and have a great trip!

Notes