

Things to bring from home	Gender	Country of the home university	Home university	Period of study at Keio
Don't stress out too much about packing in excess (eg. bringing toiletries from home, extra clothes you may not necessarily need) given that it's easy to buy anything you might have forgotten or need when you're already here.	Female	Australia	The University of Melbourne	1semester
There's really no need to bring anything as you can buy everything here. It will be a hassle to bring it back later. But if there's any snacks or food you really like from your country, then bring a lot of it.	Female	Australia	The University of Sydney	1semester
Convenient shops are everywhere so you don't need to bring so many clothes and daily goods	Male	China	Beijing Normal University	1semester
A router (always useful, especially if it's not provided in the dorm/apartment where you are gonna stay). Deodorant and tissues. Anything else you can buy it in Japan! just keep in mind that European products are more expensive so it's better to be open minded and try out some local ones. Instead, leave some space in your suitcases for all the new things you are gonna buy!	Female	Denmark	Copenhagen Business School	1semester
In Japan you can find Deodorant but only very sparsely, quite expensive and not the brands we are used to have in Europe. Bring the medicine you might need. Of course they have pharmacies and drugstores where you can find any medicine but most of the time the sales people don't speak English and don't understand what you really need. So if you might fall sick once, it's way more comfortable to have and use the medicine you know. When you will live in the Shimoda dorm, not every room has wifi. Internet is of course available but only through cable, so it would be useful to bring an internet router.	Female	Denmark	Copenhagen Business School	1semester
Take some medicine, I only needed this	Male	France	EDHEC Business School	1semester
You can buy everything you need here in Japan, but for your convenience, you should bring: - shoes and winter coat - clothes if you think you won't find your size in Japan (ppl are quite small and thin here) - enough toiletries to get you going for the first couple of months before you find products that you like - basic medicines for headaches, stomach pain, or any chronic illness you may suffer from	Female	France	ESSEC	1semester
You should bring short sweaters for summer (can be quite hot and humid) as well as warm clothes for winter, esp. if you want to travel (skiing, etc.). If you need daily medicine, try to bring that from home. Theoretically, it is not hard to get the same/similar product in Japan, but often you would need to go to the doctor's first to get a prescription. You may bring at least one power adapter so that you can charge your electric appliances after your arrival. Nevertheless, you can still buy them at an electronics store.	Male	Germany	Dresden University of Technology	1semester

Definitely bring deodorant if you need it, also make up, since it's quite expensive here (at least compared to my country). If you bring any technical devices, make sure that they work with 100 Volt Power outlet. If you come from Europe your hair dryer for example might not work here.	Female	Germany	Dresden University of Technology	1semester
Even though they have medication in Japan all the Information is just in Japanese so try to take all necessary medication with you.	Female	Germany	RWTH Aachen University	1semester
Take Japanese Yen with you! Non-Japanese credit cards don't work in many places. When I arrived, I had to change to another train line and they only accepted cash if you want to buy a ticket at the ticket office. Bring typical German goodies (sweets, cheese, beer, etc.) if you have space in your suitcase (for you and the other Japanese/international students). If you have a gaming console (PS4, Xbox, Switch, etc.), bring it with you, you can have a lot of fun playing with other people in the common rooms in the dorms, they usually have a TV there.	Male	Germany	Technical University of Munich	1semester
I would suggest not to bring too much. Just about anything can be bought in Tokyo. As for clothes, you will probably end up buying some new clothes either way. I brought a little too much clothing and have to sort out some pieces in order to stay below the baggage limit and avoid extra pay. If you have a wifi router, I would suggest bringing it so that you can use the dormitory's internet connection from day one. For the same reason, it is convenient to bring some socket adapters.	Male	Germany	University of Siegen	1semester
Basically you can get everything in Japan. It's actually better to leave some space in your suitcase because at the end of your stay you'll probably have bought a lot of stuff.	Female	Germany	University of Siegen	1semester
Deodorant, body lotion, medicine (ibuprofen, etc), and nail clip if you need those in your daily life. It was difficult to find them especially if you don't know Japanese.	Female	Indonesia	Universitas Indonesia	1semester
you can find whatever here in Japan from the 100 yen shops, combinis, second-hand clothes shops. you don't really need to bring something in particular. in my dorm i needed a comfortable pillow and hangings for clothes but it may vary from dorm to dorm.	Male	Italy	Ca' Foscari University of Venice	1semester
Sometimes is useful to bring some medicine from home because in Japan are quite different from the one of other countries and they probably can't give good explanation in English. And take attention to the electronic devices you bring, the voltage could be different from your country.	Female	Italy	Ca' Foscari University of Venice	1semester
As many 220v converters as possible. And you should buy your blow dryer in Japan if your home country is using 220v. it's dangerous to use 220v blow dryer by converter.	Female	Korea	Ewha Womans University	1semester
Deodorant (they don't have that many options), make-up remover & cotton pads, fluids for contacts and any medication that you think you might need. Will save you a lot of time in the stores trying to explain it all in English/Japanese. Most people also bring snacks/sweets from their home country to share.	Female	Netherlands	Erasmus University Rotterdam	1semester

Do not forget converter plugs!	Male	Netherlands	Leiden University	2semesters
Japanese pillows challenge Western standards of comfort. Bring your own if possible. Buying a new one here is a hassle and expensive.	Male	Netherlands	VU University Amsterdam	1semester
Limit your luggage as much as possible. While a semester or two may seem like a lot, you don't need to bring many things from home. In fact, it's more that likely you'll end up bringing way too many things and will find yourself not using half of them at all, like I did. Keep in mind, you can buy everything you need here in Japan, so there's no need to stock up on things!	Female	Poland	University of Warsaw	2semesters
My room did not have any towels or clothes hangers. You can bring them from home or alternatively buy them in IKEA or in Don Quijote.	Male	Spain	Pompeu Fabra University	1semester
I would bring the most important bath utensils so you have enough for the first few weeks because you might not find the shampoo you want right away. And also bring the medicine that you need with you. For example cold medicine.	Female	Switzerland	University of Bern	1semester
Bring only the things you can't imagine living without for 1 or 2 semesters, such as medicine you use regularly or your favourite shampoo or toothpaste, since products in Japan are different and you may not want to test-buy a lot of stuff. Everything else you can buy here so don't overpack and leave space for souvenirs.	Female	Switzerland	University of Bern	1semester
There aren't many things you should bring from home as you can find almost everything here, the difficulty is to actually recognize them as it's all in Japanese. I would recommend bringing your own medicines as it's less expensive in Switzerland than here but apart from that there's really nothing that important	Male	Switzerland	University of Geneva	1semester
If you will stay in Japan in winter, you should bring your warmest clothes like down jacket, thermal top and sweater if you can. It's colder than what I expected! In addition, although there is dry weather in Japan during winter, you may turn on the heater to avoid being frozen. Therefore, you can use a humidifier to prevent dry air irritating your throat and nose. You also would better use facial care products and body care product to keep moisture.	Female	Taiwan	National Cheng Kung University	1semester
Don't bring too much clothes as there are many stores here to buy clothes and it will save you from overloading your closet. It is always interesting to see other countries' currencies so do bring some of your home country's money.	Female	U.S.A	University of Washington	1semester

Finding an apartment (excluding Keio dormitory)	Gender	Country of the home university	Home university	Period of study at Keio
Use an english speaking agency	Male	France	ESSEC	1semester
I chose to live in a share house closer to the city center and it wasn't that difficult and not complicated at all to find a place. There are many possibilities to find a room online and they usually don't require a lot of paper work. You just have to be comfortable to share your kitchen and bathroom with others.	Female	Germany	University of Siegen	1semester
I stayed at a sharedhouse managed by oakhouse. It was a great place if you don't want to live in a student dormitory.	Female	Switzerland	University of Bern	1semester

Finding a sharehouse is really easy and probably the most convenient way to find an apartment. I used Oakhouse as it's one of the cheapest but I could also recommend Borderless house although it's a bit more expensive.	Male	Switzerland	University of Geneva	1semester
The Keio dormitory (Tsunashima Student Dormitory) is clean, cozy and comfortable. There is also Japanese style dinner and breakfast be cooked by dorm mother. The meals are finger licking and palatable, and I had though about it already.	Female	Taiwan	National Cheng Kung University	1semester
Rules in the Keio dormitory is quite strict, students are not allowed to bring friends or family to stay in the accommodation. Students with friends or families planning on visiting Japan and staying at their places should consider renting their own apartments, the price can be as reasonable as the Keio dormitory if they choose to stay in further areas such as Hiyoshi.	Male	United Kingdom	University of Warwick	1semester

Visa	Gender	Country of the home university	Home university	Period of study at Keio
Make sure to get the most out of your student visa. There are certain things that you can and cannot do with your student visa compared to a tourist and you should make sure you check the difference beforehand. That said, there are lots of opportunities available for cheap travel and services for students, so make sure you get the best deal!	Male	Australia	The University of Sydney	1semester
Be sure to prepare the materials as soon as possible.	Male	China	Tsinghua Univeristy	1semester
Once you receive the COE from Keio by mail, it is sufficient to book an appointment at the Japanese Embassy and ask for the visa. You also need a picture and to fill out a form which the embassy provides you with (the form is also available online, it is better to have a look before so you can gain all the information you need such as address and 'referent' person in Japan). For me it took only one day. The visa I got was a single entry one, but if you plan to temporarily leave japan for travelling it's not a problem: you just need to fill out a 're-entry' form at the airport any time you leave and you will be fine.	Female	Denmark	Copenhagen Business School	1semester
You cannot to do it online. You can only go to Strasbourg or Paris to realize it so manage your time!	Male	France	EDHEC Business School	1semester
Do it early	Male	France	ESSEC	1semester

Insurance	Gender	Country of the home university	Home university	Period of study at Keio
The Japanese Health Insurance is required and it is widely accepted by doctors. Every now and then bills arrive that have to be paid but they are not too expensive.	Female	Germany	RWTH Aachen University	1semester

Obtaining/using mobile phone	Gender	Country of the home university	Home university	Period of study at Keio
You can buy sim cards from stores like Bic Camera or Yodobashi Camera. Pay special attention to when and how to cancel your sim card when you have to leave the country so you can avoid any cancellation fees.	Female	Australia	The University of Melbourne	1semester

I bought a one month travel sim in Australia before coming, and I highly recommend doing this! It allows you to have data during the first few weeks while you look for a more long-term plan. I bought my data sim, as did nearly everyone else in my dorm, from Bic Camera in Shibuya. They have heaps of cheap options, and also have English speaking staff if you're not too confident with Japanese. The only thing that was a bit annoying was that there were no 6 month plans, so even though I cancelled my 12 month plan after 6 months, I still had to pay for the remaining 6 months. But it was okay, because I had a 3GB/month plan that only cost around \$15-20AUD/month.	Female	Australia	The University of Queensland	1semester
Rather than buying SIM card (due to contracts requirement), opt to rent portable Wi-Fi instead. You can communicate using LINE, Whatsapp, etc. for communication	Female	Australia	The University of Sydney	1semester
Most students staying for one semester would break the contracts so consider the price with cancelling fee	Male	China	Beijing Normal University	1semester
Try NTT OCN if you study in Japan for one semester.	Male	China	Tsinghua University	1semester
Bring a credit card! if you have a bank account or a credit card you can find some good deals (go to a Bic Camera shop). a only-data one is enough. I didn't have neither the bank account nor the credit card so I used a prepaid sim card but I spent more than 40 euros for a 3 months sim card with 2 GB (you will need definitely more than that, I basically didn't use my phone if there wasn't any wifi around). After that, I had to buy another one for 1 month and 1.5 GB for 20 euros.	Female	Denmark	Copenhagen Business School	1semester
I just needed data. If you are in the same case as me, you should go to "Bic Camera" to take a Data sim card 6GB it's enough and not so expensive.	Male	France	EDHEC Business School	1semester
I went to Bic Camera in Shibuya. There are some mobile operators there and some of them understand english. I kept my own personal phone. I chose an offer of 6go per month for about 14€ a month. You just have to give them your credit card and they will withdraw the money automatically on your bank account. Before leaving make sure to call them in order to cancel your subscription.	Male	France	EDHEC Business School	1semester
Use a pocket wifi	Male	France	ESSEC	1semester
Before coming to Japan: - make sure your phone is not SIM-locked - cancel your local mobile plan After arriving in Japan: - go to the closest Bic Camera store (employees sometimes speak English, otherwise Google Translate is your friend) - there are many plans to choose from, data only is enough. Mine was from IJmio : 2500 yen for the card then 1500 yen/month for 6GB of data. Buy the card in the store then the set up is done online. Monthly payments have to be made with an international credit or debit card. - Make sure they give you a 4G SIM card (at first they had given me a 3G one, same price)	Female	France	ESSEC	1semester

For the first days, you might want to quickly buy a sim card for data use. Data-only is the most convenient if you do not need to make phone calls (you can still call by LINE or WhatsApp). Therefore, I could recommend "Nippon SIM for Japan". Also Bic Camera has some "Tourist" SIMs for one month. However, in the long term, it is better to get a cheap "plan" with one of the small providers (they also use the network of the big ones, but at lower prices). http://ijmio.jp/ and https://gtn-mobile.com/en/plan-data/ are good options.	Male	Germany	Dresden University of Technology	1semester
I recommend not to get a tourist sim card and look instead for deals online, there are much cheaper options. My contract is by GTN mobile, I can cancel every month and only pay 2300 Yen for 5GB/month. But there are even cheaper options, if you don't care for support in English. I looked on tokyocheapo for different deals. They have a nice list there, which compares prices, services and offers. I recommend to get a data only sim card. Most dorms have a phone and if I had to make a call, I could do it via LINE (the messenger app everyone uses here).	Female	Germany	Dresden University of Technology	1semester
The cheapest way to get mobile data is to make a contract for a data-only sim card. Prepaid cards are considerably more expensive. I got a cheap and monthly cancellable data-only contract with payments via credit card at BIC Camera. In order to make a contract, your residence needs to be registered (i.e. you received an address stamp on the backside of the residence card at the ward office). Notably though, if you plan on finding a student job or opening a bank account in Japan, a Japanese phone number is usually required.	Male	Germany	University of Siegen	1semester
Is important to have a japanese SIM and number. You will be asked a lot of time to give a japanese number because they don't accept foreign numbers.	Female	Italy	Ca' Foscari University of Venice	1semester
I can recommend Sakure Mobile. It is cheap, in English and they are friendly.	Male	Netherlands	Erasmus University Rotterdam	1semester
You can buy a sim card for a low price at Bic Camera. I'd suggest data only with phone number (you can also opt for no phone number) so you can still make calls if necessary. Contracts are usually 1, 3, 6 or 12 months.	Female	Netherlands	Erasmus University Rotterdam	1semester
Get a SIM with data ASAP (from BIC Camera, for example). 6GB per month will meet all your music and social media needs.	Male	Netherlands	VU University Amsterdam	1semester
Obtaining a SIM card is very difficult, especially if you're not here long enough to go on a plan. I ordered mine online from SoftBank. Even though it cost a lot per month (around ¥6,000) my data was unlimited and I got free calls and texts (even though I didn't use either). You can also order before you leave so you'll be able to use your phone as soon as you arrive. Mostly all of my friends used Line Mobil, also ordering their SIM online. It's substantially cheaper, but for some reason I couldn't use my international credit card on their site.	Female	New Zealand	University of Otago	1semester

If you want just data for your phone, you can buy a card valid for a month (or 2, or 3) at any electronics shop, and sometimes at vending machines. If you want to have a Japanese number, however, you will need to sign a contract for a longer time. There are a few options that are quite cheap and provide a number and a good amount of data to use, but it is necessary to speak Japanese to seek an offer like that - as far as I know, there are no offers available with English info or customer service. If you don't speak Japanese, you might want to ask someone who does for help or stick to data only cards.	Female	Poland	University of Warsaw	2semesters
If you are staying for only one semester and do not plan on getting a job you don't need to buy a data sim card. You will have access to wifi in every campus and everywhere in your dorm.	Male	Spain	Pompeu Fabra University	1semester

Managing money	Gender	Country of the home university	Home university	Period of study at Keio
If you're coming from Australia you'll probably find that food is way cheaper here. Even if you're eating out you can usually get good quality food from between 800 and 1200 yen (about 10 - 15 Australian dollars.) For cheap eats you can get bento boxes from supermarkets which are very filling. They usually cost around 600 yen and go on sale at the end of the day. There are conbini everywhere with cheap bread, onigiri and other things. It can get pretty unhealthy so try to balance it with home cooked food with extra greens and vegetables. Fruit here is way more expensive, you'll see boxes of grapes and strawberries selling for \$30 - \$50. Those are usually gift fruits so it's not really meant for just buying and eating. Apples, bananas and mandarins are the best value usually. The 100 yen shops are huge lifesavers when you're getting all the things you need for your home. It's similar quality to other stores but literally everything in the shop usually costs 100 yen. Look out for any Can Do or Daiso.	Male	Australia	Australian National University	1semester
I used a budgeting app (called Daily Budget) in conjunction with a currency converter app to keep track of my daily spending. When spending, keep in mind that there's the 8% tax on products in Japan (usually the smaller-font number attached to a price tag if written). At some stores it's already included in the price while others usually add it on top of the written price. Also, the best way to avoid collecting an excessive amount of 1 yen coins is to spend them as you receive them (don't stress about taking too much time at the register counting them out. Better that you get rid of them soon after getting them so they don't crowd your wallet).	Female	Australia	The University of Melbourne	1semester

I came with a budget in mind, but upon arrival it sort of fell apart. The first month was much more expensive than I had anticipated, as I had to buy a lot everyday items for my dorm room, as well as my student discount train pass, data sim, etc. As a result, I recommend coming with a vague but flexible budget in mind and adjusting it as you go. Also, I ended up travelling around Japan much more than I thought I would. Luckily, I had the financial room to do this without having to worry, but it is definitely something to think about if you're operating within a stricter budget.	Female	Australia	The University of Queensland	1semester
Find a suitable bank and open a bank account as soon as possible. International transfer fees are very expensive and if you can move all your money in one lump sum you can save a lot of money. It can be very intimidating to go open the account at traditional banks but if you have a friend fluent in Japanese or you find a bank with decent English support it is worth getting over your nerves and going for it.	Male	Australia	The University of Sydney	1semester
The cost of living is about the same here in Japan than France in big cities. Most of the time I eat lunch and dinner in restaurants and it costs me between 4 and 6€ a meal. However as the transportation system is very efficient it's also very expensive. You can purchase a student commuter pass between your home station and the school station but there is no monthly pass which makes you able to go everywhere for a fixed monthly fee. So it costs me between 80 and 100€ a month.	Male	France	EDHEC Business School	1semester
If you need to open a bank account, you can go to SMBC in Mita. They have an instruction paper how to do it. It is bureaucratic, but it works.	Male	Germany	Dresden University of Technology	1semester
Withdrawl Money with some ec-Cards is for free (without a fee) at the seven Eleven. Try to write down your expenses to know how much Money is left for traveling.	Female	Germany	RWTH Aachen University	1semester
Japan is expensive so try to save enough money beforehand. I would also recommend to bring a credit card because it's really useful. You can easily withdraw money from ATMs at the convinience stores and pay by card.	Female	Germany	University of Siegen	1semester
some dorms require the rent payment either by cash or transfer from a Japanese account. open one and, since charging money on a Japanese account costs fees, be sure to charge enough to cover all your dorm's expenses for all the period you are staying here. sumitomo bank is the best bank, in my opinion, they speak English, they don't ask you for a seal when signing.	Male	Italy	Ca' Foscari University of Venice	1semester
7/11 is the cheapest to get cash out. Cheapest option available for Dutch students with ING is probably to open a Japanese bank account and transfer all money you will need at once to that account. Travel + rent + food = about 6000 euros I'd say.	Female	Netherlands	Erasmus University Rotterdam	1semester
Do bring enough money. Life in Japan is quite expensive, do not underestimate this!	Male	Netherlands	Leiden University	2semesters
You can find many apps for managing money in the App Store. You can also write down your expenses in your mobile phone notepad.	Male	Spain	Pompeu Fabra University	1semester

You will pay cash for everything. So I would recommend you always write down how much you withdrew from the ATM. This makes it easier to keep track of how much money you spent.	Female	Switzerland	University of Bern	1semester
There are so many supermarkets and green groceries that you can buy anything you need at ease. However, There may be different in price, discount and rule about reward point. It is a good way to compare every supermarket and green grocery with others to save money!	Female	Taiwan	National Cheng Kung University	1semester
You should probably budget to spend more money in the first few months as that is when a lot of students explore the city and spend more money on events and food.	Female	U.S.A	University of Washington	1semester
Things in Japan are quite pricy especially transportation. Students should consider buying the monthly travel pass that is really helpful when it comes to saving transportation expenses. Apart from that, go to 100yen lawson stores to buy groceries have save up much money as well if students are not looking for anything special in quality.	Male	United Kingdom	University of Warwick	1semester

Travel arrangements	Gender	Country of the home university	Home university	Period of study at Keio
While it is important to schedule efficiently for your stay, make sure to leave some free time for travel outside of what you wanted to see before you arrived. The public transport in Japan is very easy to use and can get you far distances very quickly. You might hear about something off-hand from a friend and want to go there. It helps to keep your weekends free for these kinds of things.	Male	Australia	The University of Sydney	1semester
Student discount is very convenient. Night bus isn't comfortable so maybe you should not consider it	Male	China	Beijing Normal University	1semester
If you want to visit Japan my advice would be to take the shinkansen for long distances and the bus for shorter one because it's really cheap and still comfortable. Being in Japan is also the opportunity to travel outside of the country : I went to South Korea and Thailand.	Male	France	EDHEC Business School	1semester
As soon as you arrive in Japan, get a SUICA/PASMO card. It makes travelling by train so convenient and you can pay with it in most of the supermarkets and many restaurants around Tokyo as well (basically acts like a prepaid NFC credit card). If you plan on travelling by car around Japan (I can highly recommend to do a road trip when you're free for a longer period) and have a German driver's license, get the translation in Japan at the JAF, not back home. It's cheaper and faster (took about 4 hours when I went there).	Male	Germany	Technical University of Munich	1semester
destinations are easy to choose since there are a lot of websites that offer many options. night buses for long-distance travels are a nice cheap option.	Male	Italy	Ca' Foscari University of Venice	1semester
I kindly recommend to use the Gakuwari, a discount offered from Keio university to have discounts on trains. As is not possible to buy tourists pass because of the student visa.	Female	Italy	Ca' Foscari University of Venice	1semester

I can recommend sleeping buses. They are cheap and comfortable, especially the more expensive ones.	Male	Netherlands	Erasmus University Rotterdam	1semester
Fly in/out of Haneda if possible. It's closer, and more affordable to get to.	Male	Netherlands	VU University Amsterdam	1semester
Thinking about travel arrangements early, preferably months in advance, gives you a chance to choose from many different offers and pick one that suits you best, sometimes at lower price. A lot of information regarding bus/train/plane travel around Japan and abroad is available online in English, so be sure to check it in advance and plan accordingly!	Female	Poland	University of Warsaw	2semesters

Internship/part-time job	Gender	Country of the home university	Home university	Period of study at Keio
Try your hardest to get an internship at some company. If you are able to get an internship, chances will be high that you can work there fulltime after the intership.	Male	Netherlands	Leiden University	2semesters
Even if you don't plan on working, get your work permission before you leave anyway! A few of my friends, myself included, changed our minds a month or so in. The process takes FOREVER and you have to visit/wait at the immigration office twice - once to apply, once to pick it up. Do yourself a favour and just do it before you leave. You've got nothing to lose but it's nice to have the option to work if you want to.	Female	New Zealand	University of Otago	1semester
There are plenty of opportunities to find a part time job as an English teacher for children and/or adults. If you bring a little experience you find yourself receiving interesting offers.	Female	Switzerland	University of Bern	1semester
Usually Japanese companies would require students to be able to speak in Japanese in order to work, even for a back office job in an American company like burger king would require students to have a certain level of Japanese ability. If students are aiming to find a part time job in Japan, they are strongly suggested to learn the language in advance. Also, when they are applying for the VISA, they should submit an extra application form for the working permit.	Male	United Kingdom	University of Warwick	1semester

Others	Gender	Country of the home university	Home university	Period of study at Keio
Try to arrange your classes schedule so that you'll have as many classes as you can manage in one day. So that it's possible to have one more day off. Then, you'll have more time for travel and to have fun.	Female	Australia	The University of Sydney	1semester

Info for vegetarian/vegan people: It is very difficult to find vegetarian/vegan food in Japan and you will most likely have to cook by yourself most of the time. There is an app called "Happy Cow" that helps you to locate vegetarian/vegan restaurants (which tend to be a little bit pricey...). Definitely learn the important Japanese words for the food ingredients you cannot eat so you can check products in the supermarket. I figured out that many restaurant owners are very kind and helpful and support you in making food for you that you can actually eat. Inform yourself in advance about Japanese food and what they include what you can't eat so you can explain what they have to leave out (the concept of vegetarianism/veganism and what it means is mainly unknown by most of the Japanese as of today). Language: I experienced that most Japanese people tend not to speak English with you, either because they are too shy or because they barely understand it. I recommend learning Japanese a lot before coming to Japan, it will make everyday life so much easier and all people, young and old, tend to open up a lot more if you're able to speak their language.	Male	Germany	Technical University of Munich	1semester
Go to the local ward office (moving in procedure) with a group. It can be quite confusing and communication in English is limited. In a group, you can help each other and it is generally more enjoyable.	Male	Germany	University of Siegen	1semester
Vegetarians and vegans are going to have a tough time here unless you like cooking for yourself. I have been vegetarian for around 12 years, and I hate cooking. There were times I wanted to cry when I went to eat because I couldn't choose anything. There's a vegan place called T's that I highly recommend, plus some other places scattered around. My advice is try and let go of some of your food aversions while you're here. You're going to give yourself a headache if you panic about every single ingredient you eat.	Female	New Zealand	University of Otago	1semester
The language barrier can be quite high and you may want to learn Kana in advance since there is not an English translation everywhere. Keio University is well organised and my classes were more discussion based. You will get a lot of homework and readings as well as essays throughout the semester. You might want to keep one day off to explore (or do your homework). One semester is really short and I ended up wanting to stay longer.	Female	Switzerland	University of Bern	1semester