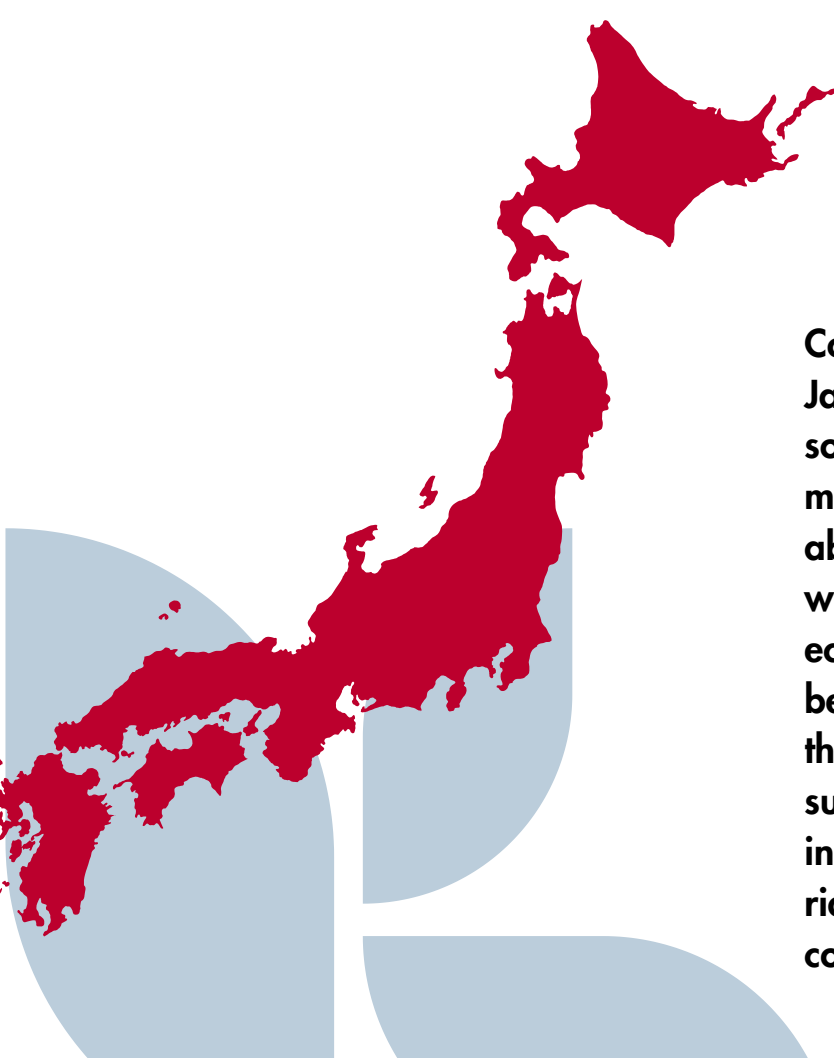




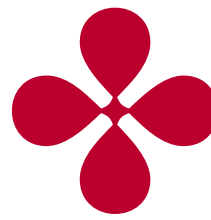
International Education
UNIVERSITY OF DENVER

JAPAN SUSTAINABILITY GUIDE

A red silhouette map of Japan is positioned on the left side of the page. It is overlaid on a light blue graphic that resembles a stylized flower or a leaf with three main sections. The map shows the four main islands of Japan: Hokkaido, Honshu, Shikoku, and Kyushu.

Congrats on choosing to study abroad in Japan! In addition to any cultural and social considerations you may have to make before and during your time abroad, you should consider how you want your actions to affect the ecosystems and communities that you will be a part of. This guide will walk you through ways to consciously and sustainably study abroad in Japan, including your options to shop locally, ride public transit, and give back to the communities you will be staying in.

TOKYO



Public Transportation

- Tokyo is serviced by an extensive network of trains and buses that can take you virtually anywhere in the city. A single ride on the subway will cost between 180-330 yen (\$1.19 US-\$2.19) based on your distance travelled. Buses are utilized less than trains in Tokyo, but a bus ticket will cost 210 yen (\$1.39 US) for any ride.

Food Options

- Fall seasonal produce in Japan includes pumpkin and sweet potato, mushrooms, chestnuts, figs, and pears. In the winter, strawberries, cabbage, oranges, and apples are in season, and in the springtime, cherry blossoms are also available. Make sure to shop locally and seasonally to get the best tasting and cheapest produce!

Volunteering

- Japan is a massive city with plenty of volunteering needs and opportunities to give back to the community. Within neighborhoods, there are always opportunities to do street cleanups, work at soup kitchens, or help in senior homes.
- Meiji Gakuin University offers clubs and volunteering opportunities that allow you to both contribute to the community and meet fellow students. Check out their website for information on specific opportunities they may have available.
- J.F. Oberlin University's list of clubs includes a volunteer club, which is a great way to get involved in the school and the community.

Recycling and Thrifting

- Near Waseda University you can visit Shimokitazawa, a fashion district with great cheap thrift stores.
- Japan is known for using excessive single-use plastics, especially to package food and beverages. While avoiding packaging waste would be nearly impossible, bringing a reusable water bottle and trying to buy snacks and fruits without plastic packaging could help.



KYOTO

Public Transportation

- Doshisha University offers a free shuttle service for students between the Imadegawa and Kyotanabe campuses. Study abroad students will all be studying at the Imadegawa campus but are still welcome to join clubs that may meet at the other campus.
- Kyoto's public transportation consists of buses and two subway lines. A ticket for the subway will cost between 220-290 yen (USD \$1.47 - \$1.94). Bus fares start at 230 yen (\$1.53) but increase with the distance you travel.

Food Options

- Be sure to look out for Kyo-yasai, Kyoto's heirloom vegetables. These local vegetables have been cultivated for around 400 years and are distinguishable by their unique shapes and bright colors. It doesn't get more local than Kyo-yasai, so keep an eye out for this produce in local market stalls.

Volunteering

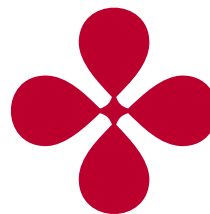
- Volunteer opportunities like working in soup kitchens or doing street cleanups are common and great ways to interact with the local community. For other opportunities, go to City Hall and ask about volunteer openings.
- At Doshisha, be sure to look into joining one of their 170 official clubs or 240 student groups to connect with locals and learn something new about your community.

Recycling and Thrifting

- For secondhand clothes and decor, check out the recycle shops located around the city for good deals and sustainable finds.



AKITA



Public Transportation

- To get from Akita International University to Akita city, you can take a bus to AEON Mall and then take another bus to the JR Akita Station in the city. The one-way trip costs 1090 yen (US \$7.26).
- Akita has bus lines that can take you to many locations within the city. A bus fare costs anywhere from 100-300 yen (\$.66-1.99 US).

Food Options

- For a local taste of Akita, check out the Akita Citizen's Market, located only a few minutes from the JR Akita Station. You can find local produce, fish, sake, and more from over 70 local vendors.

Volunteering

- Akita International University offers tons of clubs and organizations that allow students to engage with the student community and general community of Akita. Look into joining a cultural club like Environmental Club or FROMPROJECT Akita.

Recycling and Thrifting

- Akita city has many vintage and thrift shops to buy second-hand clothes and household goods. Check out the various Second Street stores and the vintage stores right by Akita Station for good deals and sustainable finds.

