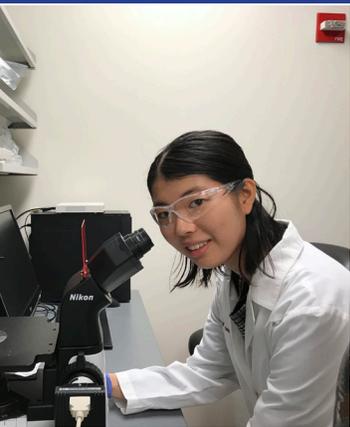


**TOMO
DACHI**

2019

TOMODACHI STEM @ Rice University Program for Female Japanese Students





TOMODACHI STEM @ Rice University Program for Female Japanese Students

Website: <http://tomodachistem.rice.edu/>

The TOMODACHI-STEM @ Rice University for Female Students is a five-week research internship program for 10 female undergraduates from Japan who are majoring in science & engineering (S&E). Held at Rice University in Houston, TX, the program will enable students to gain real world experience with S&E research, provide an introduction to U.S. higher education and provide opportunities for cultural engagement and collaboration with U.S. students. The program will serve as a catalyst for female Japanese students interested in S&E study and research and engagement with the U.S. through international research collaborations.

The objectives of TOMODACHI-STEM @ Rice University are to:

- **Nurture the next generation of female science and engineering students in Japan,**
- **Cultivate an interest in science and engineering research and research collaboration between the U.S. and Japan,**
- **Contribute to the development of a generation of internationally savvy female Japanese students who have a specific interest in and knowledge of the U.S., and**
- **Educate students in culture, language, and technology, in order that they may be more effective when addressing global scientific problems.**

**TOMO
DACHI**

TOMODACHI Initiative

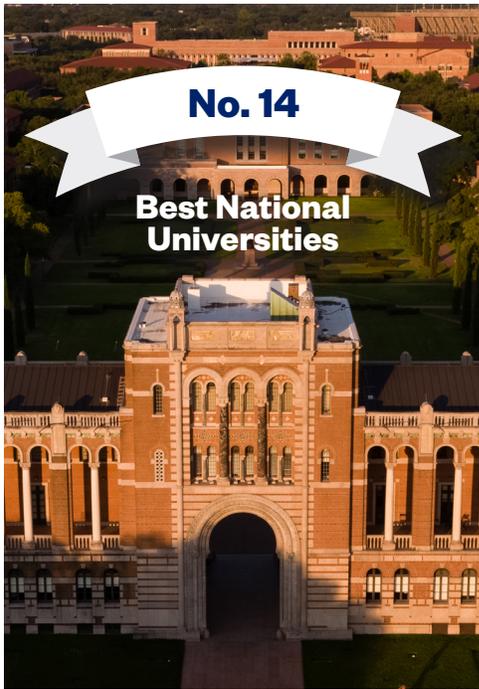
Website: <http://usjapantomodachi.org/>

The TOMODACHI Initiative is a public-private partnership between the U.S.-Japan Council and the U.S. Embassy in Tokyo. Born out of support for Japan's recovery from the Great East Japan Earthquake, TOMODACHI invests in the next generation of Japanese and American leaders through educational and cultural exchanges as well as leadership programs. We seek to foster a "TOMODACHI Generation" of young American and Japanese leaders who are committed to and engaged in strengthening U.S.-Japan relations, appreciate each other's countries and cultures, and possess the global skills and mindsets needed to contribute to and thrive in a more cooperative, prosperous, and secure world.

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(Last updated 1/24/18)



Key Rankings

- Consistently ranked among top 20 universities in U.S. overall
- Top Carnegie classifications for “very high research activity” and “comprehensive doctoral program”
- One of only three Tier One universities in Texas
- No. 1 best quality of life
- No. 1 lots of race/class interaction
- No. 8 best value among private universities nationally and No. 1 in Texas
- One of “50 Schools That Create Futures”
- One of U.S. Department of Education’s 23 four-year schools with low costs that lead to high incomes
- Two Nobel Prize winners in chemistry
- Two National Medal of Science faculty winners

School Facts, fall 2017

- 3,970 undergraduate and 2,934 graduate students
- Students and scholars representing 89 countries and regions
- Undergraduate student-faculty ratio approximately 6:1, with median class size of 14
- 89 percent of reporting freshmen graduated in top 10 percent of high school class
- 20 consecutive years of NCAA conference championship athletic teams

Universitywide rankings

U.S. News & World Report

- Ranked among top 20 national universities every year since first ranked in 1988; currently tied for No. 14 (2018)
- No. 3 among national universities with strong commitment to undergraduate teaching (2018)
- No. 14 among 50 national universities ranked as best values (2018)

Princeton Review (2018)

- No. 12 colleges that pay you back without aid
- No. 17 top colleges that pay you back
- No. 22 best career placement

Wall Street Journal and Times Higher Education

- No. 14 among U.S. colleges (2018)

MONEY Magazine

- No. 12 national ranking for “2017 Best Colleges for Your Money,” highest of any other Texas school in the guide
- No. 2 best colleges in the South

Kiplinger's Best College Values (2018)

- No. 5 among private universities
- No. 8 on the combined private and public colleges

Niche.com

- No. 1 colleges with best student life in America (2018)
- No. 5 best colleges (2018)
- No. 5 top private universities in America (2018)

Payscale

- No. 1 best colleges in Texas by salary potential (2017)

Research

Carnegie Foundation

- Top classifications for “very high research activity” and “comprehensive doctoral program” (2015)

Leiden Ranking

- No. 5 social sciences and humanities, No. 8 mathematics and computer sciences, No. 38 physical sciences and engineering, No. 64 for all sciences among the world's top universities for the quality and impact of Rice's scientific publications (2015)

Susanne M. Glasscock School of Continuing Studies

- One of the nation's largest providers of professional development for Advanced Placement and International Baccalaureate teachers
- Attracts students from more than 100 countries with more than 20,000 enrollments a year in credit and noncredit courses

School of Architecture

Design Intelligence

- No. 4 undergraduate architecture program (2017)
- No. 9 graduate architecture program (2017)

Architectural Record

- No. 6 undergraduate architecture program (2018)

George R. Brown School of Engineering

PayScale

- Top 20 best schools for engineering majors by salary potential (2017)

U.S. News & World Report

- No. 20 undergraduate engineering (2018)
- No. 9 graduate biomedical engineering, No. 11 graduate programming languages specialty, No. 20 graduate computer engineering, No. 20 graduate environmental engineering (2016)

American Society of Engineering Educators

- Rankings for the percent of of degrees going to women include No. 8 for bachelor's degrees, No. 1 for master's degrees, No. 4 for Ph.D.s

Jesse H. Jones Graduate School of Business

U.S. News & World Report

- No. 11 entrepreneurship program (2017) and No. 24 part-time MBA program (2017)
- No. 29 overall for full-time MBA (2017)

Princeton Review and Entrepreneur magazine

- No. 3 Graduate Entrepreneurship (2016), six years in top 10
- No. 9 Most Family Friendly (2016)

Princeton Review

- No. 4 Most Competitive Students – full-time MBA (2016)

Financial Times

- No. 1 Aims Achieved — Executive MBA (U.S. only), No. 14 Globally (2016)
- No. 7 Overall — Executive MBA (U.S. only), No. 43 Globally (2016)

Businessweek

- Top 10 best full-time MBA program in the nation (2018)
- No. 4 Alumni Survey – full-time MBA (2016)
- No. 8 Overall – full-time MBA (2016)
- No. 14 Employer Survey Rank – full-time MBA (2016)

The Shepherd School of Music

- One of the top orchestral training programs in the country, with alumni in the Philadelphia and Cleveland orchestras; the Chicago, Boston, National and San Francisco symphonies; Los Angeles Philharmonic; and the Metropolitan Opera orchestra.
- Opera Studies program produced recent winners in the George London Awards Competition and the Jensen Foundation Vocal Competition, with alumni in the Houston Grand Opera Studio, the Metropolitan Opera's Lindemann Young Artist Development Program and the Washington National Opera's Domingo-Cafritz Young Artists Program.
- The Shepherd School of Music is the first U.S. conservatory program to partner with the New York Philharmonic Global Academy Fellowship Program.
- Recent graduate quartets from the String Quartet Residency Program have won top prizes in international competitions: The Banff International String Quartet Competition (2016): The Rolston String Quartet, MMus '17; Avery Fisher Career Development Grant (2017): The Dover String Quartet, MMus '13.
- Shepherd School alumni include Pulitzer Prize (2013) and Grammy Award winners (2017).

School of Humanities

The School of Humanities, like Rice combines the best of a research university with the best of a liberal arts college.

- Our ca. 120 faculty are outstanding researchers who regularly land prestigious fellowships (Humboldt, NEH, NEA, Carnegie, etc.). They are also outstanding teachers, garnering Rice's top teaching prizes and consistently high marks from Rice students.
- We develop students for careers after graduation through faculty advising, internships and alumni mentoring opportunities. Our students attend the top graduate, medical and law schools and pursue a wide range of for-profit and nonprofit careers.

School of Social Sciences

U.S. News & World Report

- Three graduate programs ranked among the top 50 best graduate schools and programs (2017): No. 33 political science, No. 42 economics, No. 50 psychology.

College Factual

- Three undergraduate programs ranked among the top 50 best colleges by major (2018): No. 15 economics, No. 27 anthropology, No. 44 sociology.

NICHE

- Three undergraduate programs ranked among the top 50 best colleges by major (2018): No. 6 psychology, No. 18 political science, No. 23 economics.

Wiess School of Natural Sciences

Nobel Prize

- Nobel Prize winners in chemistry (1996): Richard Smalley and Robert Curl, Physics: Robert Woodrow Wilson '57 (1978)

Wolf Prize

- Wolf Prize winner in chemistry, K. C. Nicolaou (2016)

U.S. News & World Report

- No. 10 graduate atomic, molecular, optical physics (2015)
- No. 25 graduate earth sciences (2015)

Times Higher Education World University Rankings

- No. 50 worldwide in physical sciences (2015)

James A. Baker III Institute for Public Policy

Think Tanks and Civil Societies Program, University of Pennsylvania

- No. 4 among university-affiliated think tanks in the world (2016)
- No. 17 among all think tanks in the U.S. (2016)
- No. 2 among the world's energy and resource policy think tanks (2016)

Rice Alliance for Technology and Entrepreneurship

- Home to world's richest and largest graduate student startup competition; awarded more than \$1.9 million in cash and prizes in (2017)
- More than 2,000 startups have participated in programs since 2001 and have raised more than \$3.7 billion in funding
- Ranked a top-15 graduate entrepreneurship program by U.S. News & World Report (2011–2017)

Princeton Review and Entrepreneur magazine

- No. 2 best U.S. graduate entrepreneurship programs (2017). Top 5 from 2010–2018.

Rice Athletics Highlights (2015–16 Academic Year)

- Rice captures C-USA titles in four of 16 sports (women's cross-country, men's and women's tennis, baseball), matching UTEP and WKU for the most conference crowns in sports Rice offers.
- Baseball and men's and women's tennis qualify for NCAA team competition. Baseball's appearance is its 23rd consecutive, the third-longest active streak in the nation, while women's tennis earned its sixth consecutive bid.
- Men's tennis, women's swimming, men's and women's cross-country, men's and women's indoor and outdoor track produce individual qualifiers to compete in their respective NCAA championships, with decathlete Scott Fillip earning first-team, All-America and Austin Riddle (hammer throw) earning honorable mention.
- The Owls again lead C-USA by placing 255 student-athletes on the 2017 Commissioner's Honor Roll and earn the C-USA Institutional Excellence Award for the 10th time in 12 years as a member of the conference.
- Rice unveils a new set of brand standards that include new wordmarks and a new representation of the Rice Owl.
- Rice opens the Brian Patterson Sports Performance Center and debuts new video boards at Rice Stadium and Reckling Park, which also allow the Owls to produce EPSN3 compliant game broadcasts while completing renovations to Tudor Fieldhouse to support golf, men's and women's track and field/cross-country and soccer.

6 / Program Faculty & Staff



Junichiro Kono, Professor, Rice University

TOMODACHI STEM Research Director

Departments of Electrical & Computer Engineering, Physics & Astronomy, and Materials Science & NanoEngineering

E-mail Address: kono@rice.edu

Office Location: [REDACTED]

Office: [REDACTED]

Mobile Phone: [REDACTED]

Junichiro Kono received his B.S. and M.S. degrees in applied physics from the University of Tokyo in 1990 and 1992, respectively, and completed his Ph.D. in physics from the State University of New York at Buffalo in 1995. He was a postdoctoral research associate at the University of California, Santa Barbara, in 1995-1997 and the W. W. Hansen Experimental Physics Laboratory Fellow in the Department of Physics at Stanford University in 1997-2000. He joined the Department of Electrical and Computer Engineering of Rice University in 2000 as an Assistant Professor and was promoted to an Associate Professor in 2005 and to a Professor in 2009. He is currently a Professor in the Departments of Electrical & Computer Engineering, Physics & Astronomy, and Materials Science & NanoEngineering at Rice University. Professor Kono was a recipient of the National Science Foundation CAREER Award in 2002 and has been a Fellow of the American Physical Society (APS) since 2009 and a Fellow of the Optical Society (OSA) since 2015. For more see <http://kono.rice.edu/kono-bio/>.

Education Programs: Professor Kono was the founder of the award-winning 2006 - 2015 NanoJapan: IREU program, funded by a National Science Foundation's Partnerships for International Research and Education (NSF-PIRE) grant. Over ten years, NanoJapan sent 144 U.S. undergraduates from 49 different U.S. universities to Japan for summer research internships. Utilizing the NanoJapan program model, Prof. Kono and his colleagues then developed the **2016 - 2019 TOMODACHI STEM @ Rice University Program** for female Japanese undergraduates which, to date, has brought 40 Japanese undergraduates from 20 different universities in Japan to Rice for short-term research. Since 2008, the Kono Group has facilitated placements for more than 90 international graduate students to do short-term research at Rice through the **NanoREIS: Research Experiences for International Graduate Students** program. The Kono Group has also been instrumental in the establishment of numerous Memoranda of Understanding between Rice University and our partner institutions abroad. These include the Federal University of Toulouse Midi-Pyrénées in France and 10 Japanese universities: Chiba University, Hokkaido University, Kyoto University, Osaka Institute of Technology, Osaka University, Tohoku University, the Tokyo Institute of Technology, Tottori University, the Toyota Technological Institute, and the University of Tokyo. For more, see <http://kono.rice.edu/intl-pgms/>.

Program Faculty & Staff / 7



Sarah Phillips, Rice University

Kono Group, Education Programs Director

Department of Electrical & Computer Engineering

E-mail Address: [REDACTED] or tomodachistem@rice.edu

Office: [REDACTED] Mobile Phone: [REDACTED]

LINE: [REDACTED]

Sarah Phillips received her B.S. degree in history, political science, and East Asian studies from Minnesota State University, Moorhead in 2001. She then moved to Houston, TX in the fall of 2001 where she worked for the Institute of International Education (IIE) as part of the team that initially developed the U.S. Department of State's Benjamin Gilman Scholarship for Undergraduate Study Abroad. After completing an overseas assignment in Doha, Qatar for IIE, she returned to Houston and joined Rice University in November 2005. She currently serves as the Education Programs Director for the Kono Group. Over the past 13 years, has developed and implemented a wide range of international education and research programs for science & engineering students in collaboration with her colleagues. She completed her master's in international studies at the University of St. Thomas in Houston, TX in 2013 and the East-West Center's 2013 Asia-Pacific Leadership Fellowship. She is currently working remotely from Kailua, Hawaii where she is pursuing a Ph.D. in Education at the University of Hawai'i, Mānoa. In August 2019, she and her husband will move to Fussa, Japan where they will be stationed at Yokota Air Base. For more, see <http://kono.rice.edu/intl-pgms/>.



Natsumi Komatsu, Rice University, Graduate Assistant

PhD Student, Kono Lab, Electrical & Computer Engineering

TOMODACHI Student Assistant, 2017 TOMODACHI STEM Alumnus

Mobile Phone: [REDACTED]

Natsumi Komatsu received a B.S. in engineering from Keio University in Japan in 2017. Through an exchange program between Rice and Keio, she spent a year at Rice University and joined Prof. Kono's lab where she developed carbon nanotube terahertz polarizers. In the fall of 2017, she joined Prof. Kono's lab as a Ph.D. student. Her current research interests include development of macroscopic carbon nanotube structure and investigating their properties for various optoelectronic applications. She is an [alumnus of the 2017 TOMODACHI STEM @ Rice University program and was a panel member at the U.S. Japan Council's 2018 Japan-Texas Economic Summit](#) where she spoke about the impact of her international experiences.



Ayako Atsusaka, 2019 TOMODACHI Assistant

Mobile Phone: [REDACTED]

Ayako Atsusaka received a B.A. in sports management in 2013 and M.A. in policy and management in 2015 both from Doshisha University in Japan. After getting her master's degree, she worked at an accounting consulting firm in Osaka and a tailor-made suit store in Kobe. She then moved to Houston, TX in the fall of 2017 with her husband who is a PhD student of political science at Rice. Currently she is working as a teacher in Japanese and Social Studies at the Japanese Language Supplementary School of Houston.

8 / 2019 Participants



Yukina Chiba, Nagoya University

Host: Prof. Bryan Denny, Dept. of Psychological Sciences
Junior (B3), Biological Sciences



Mei Fukuda, Tokyo Institute of Technology

Host: Prof. Akane Sano, Dept. of Electrical & Computer Engineering
Junior (B3), Mathematical & Computing Science



Kyoko Ikeda, Kyushu University

Host: Prof. Helge Gonnermann, Dept. of Earth, Environ., & Planetary Sciences
Junior (B3), Earth & Planetary Science



Ayaka Kasamatsu, University of Tokyo

Host: Prof. Peter Lwigale, Dept. of BioSciences
Junior (B3), Biology



Mana Kawashima, Waseda University

Host: Prof. James Tour, Dept. of Chemistry
Senior (B4), Organic Chemistry



2019 Participants / 9



Natsuki Minakawa, Osaka University

Host: Prof. Ashutosh Sabharwal, Dept. of Electrical & Comp. Engineering
Sophomore (B2), Robotics & Artificial Intelligence



Mariko Mizogami, Waseda University

Host: Prof. Devika Subramanian, Dept. of Computer Science
Junior (B3), Industrial and Management Systems Engineering



Yurina Nakazato, University of Tokyo

Host: Prof. Frank Geurts, Dept. of Physics & Astronomy
Sophomore (B2), Physics



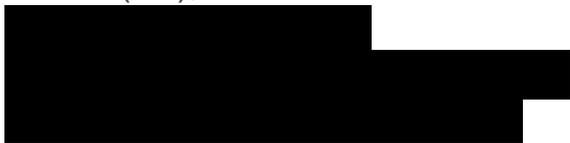
Haruka Sumi, Osaka Prefecture University

Host: Prof. Yizhi Jane Tao, Dept. of BioSciences
Sophomore (B2), Biology



Masami Tuskagoshi, Shinshu University

Host: Prof. Natasha Kirienko, Dept. of BioSciences
Junior (B3), Animal Science



10 / 2019 Host Labs



Prof. Bryan Denny, Psychological Sciences

Translational Social Cognitive and Affective Neuroscience Lab

Lab Website: <http://tscan.rice.edu/>

Faculty Bio: <https://psychology.rice.edu/bryan-denny>



Prof. Frank Geurts, Dept. of Physics & Astronomy

Ultrarelativistic Heavy-Ion Physics Lab

Lab Website: <http://geurts.rice.edu/>

Faculty Bio: <http://fis-archive.rice.edu/facultyaaab.html>



Prof. Helge Gonnermann, Dept. of Earth, Environmental, & Planetary Sciences

Gonnermann Lab: Volcanoes, Magmatic Processes, and Fluid Flow

Lab Website: <http://gonnermann.rice.edu/>

Faculty Bio: <https://earthscience.rice.edu/directory/user/17/>



Prof. Natasha Kirienko, Dept. of BioSciences

Kirienko Lab: Caenorhabditis elegans

Lab Website: <http://kirienkolab.rice.edu/>

Faculty Bio: <https://biosciences.rice.edu/people/natasha-kirienko>



Prof. Peter Lwigale, Dept. of BioSciences

Lwigale Lab: Adventures in Cornea Development

Lab Website: <https://lwigalelab.wordpress.com/>

Faculty Bio: <https://biosciences.rice.edu/people/peter-lwigale>



Quick Facts About Rice School of Engineering

More than
80%
of engineering
undergrads have a
research or internship
experience by the time
they graduate

Fall 2018
Enrollments
1486
UNDERGRADS
996
GRADUATE STUDENTS

Among faculty are
11
members of
the National
Academies

33%
of engineering
undergrads are
WOMEN

RESEARCH
EXPENDITURES
2017-2018
69.2M

2019 Host Labs / 11



Prof. Ashutosh Sabharwal, Dept. of Electrical & Computer Engineering

Wireless Open-Access Research Platform and Scalable Health Labs

Lab Website: <https://www.ece.rice.edu/~ashu/>

Faculty Bio: <https://eceweb.rice.edu/ashu-sabharwal>



Prof. Akane Sano, Dept. of Electrical & Computer Engineering

Computational Wellbeing Group & Scalable Health Labs

Lab Website: <http://akane.sano.web.rice.edu/index.html>

Faculty Bio: <https://eceweb.rice.edu/akane-sano>

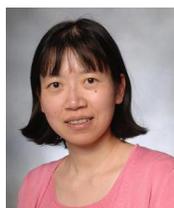


Prof. Devika Subramanian, Dept. of Computer Science

Subramanian Group

Lab Website: <https://www.cs.rice.edu/~devika/>

Faculty Bio: <https://csweb.rice.edu/devika-subramanian>



Prof. Yizhi Jane Tao, Dept. of BioSciences

Tao Lab: Crystallography, Electron Microscopy, and Molecular Virology

Lab Website: <http://ytao.rice.edu/>

Faculty Bio: <https://biosciences.rice.edu/people/yizhi-tao>



Prof. James Tour, Dept. of Chemistry

Tour Research Group

Lab Website: <http://tournas.rice.edu/website/>

Faculty Bio: <https://chemistry.rice.edu/people/james-tour>



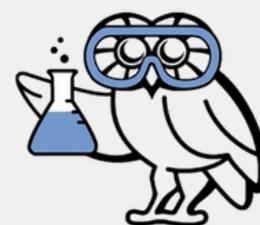
Quick Facts **About Rice School of Natural Sciences**

2018 Fall Enrollments
1115
UNDERGRADS
482
GRADUATE STUDENTS

Forbes
Top STEM Colleges
ranks Rice
#5

NOBEL PRIZE
winners
3
with ties to
Rice Natural Sciences

More than
75%
of Natural Sciences
majors are engaged in
undergraduate research



12 / Important Phone Numbers



CALLING FROM YOUR U.S. CELL TO A JAPANESE CELL PHONE

You will need to dial 011 followed by the Japanese Country Code (81) and then the Japanese cell phone number. They should drop the 0.

Example: 011-81-XX-XXXX-XXXX



CALLING FROM A JAPANESE CELL PHONE TO A U.S. NUMBER

You will need to dial 010 followed by the U.S. Country Code (1) and then the 7-digit U.S. phone number.

Example: 010 1 [REDACTED]



CALLING FROM U.S. CELL PHONE TO A U.S. NUMBER

When calling from a U.S. cell phone to a U.S. number, drop the 1 and only dial the 7-digit phone number.

Example: [REDACTED]

SKYPE & WIFI CALLS

The most economical way to call home to Japan is to connect to wi-fi and use LINE or Skype from your cell phone or computer. To avoid expensive roaming charges, be sure to keep the data/cellular service on your Japanese cell phone turned off and only use it when connect to wi-fi.

EMERGENCY NUMBERS IN THE U.S.:

On Rice University Campus: Call RUPD at (713) 348-6000

Off-Campus (Police, Fire or Ambulance): 911

Wyndham Houston Medical Center Hotel: (713) 528-7744

Tokio Marine Health Insurance: 877-758-4391

Tokio Marine Email: info@internationalstudentinsurance.com

Call Sarah Phillips if your are ill and need to see a doctor in the U.S.

Japanese Consulate in Houston: (713) 652-2977

Japanese Embassy in DC: (202) 238-6700

Helpful Apps in the U.S. / 13

Helpful Apps for Japanese Students in the U.S.

| | |
|--|---|
|  | <p>Google Translate Helpful when you can't recall the correct word/phrase. You can also use the photo feature to scan a menu or other writing for a translation.</p> |
|  | <p>Google Maps or Maps (Apple) Most useful map/navigation. You can search for driving, walking, or public transportation options. Consider all times for public transportation estimates, buses and trains/subways are often late in the U.S. or may be early.</p> |
|  | <p>LINE While not as popular (yet) in the U.S. as in Japan, use LINE to stay in contact with Japanese Fellows, the US Fellows, and program staff (request to join the official LINE group). Since LINE is tied to your phone number, you may need to set up a secondary account on your U.S. phone if you'd like to use this while you are in the U.S. If you prefer to only use your primary LINE account on your Japanese phone, be sure that the data/roaming is turned off and only use LINE when you are connected to wi-fi which is common/easy to find in the U.S.</p> |
|  | <p>Rice University Shuttle Tracker App Website: http://www.rice.ridesystems.net/ Super useful app for tracking where the various Rice University shuttle buses are. Go to the app store, download the Ride Systems app, and search for Rice University.</p> |
|  | <p>Uber or Lyft It can be difficult to find a taxi in most U.S. cities. Instead, download one of these apps and you can use them to request a car/driver for pick-up at your location and enter the destination you will go to. The system then searches for available drivers, lets you know an estimated fare, and once you request the ride will automatically charge your stored credit card information. You can also read driver ratings/reviews. In Houston, ride-sharing services are fairly inexpensive though be cautious of 'surge' pricing when the fares are more expensive due to increased demand (e.g. after major sporting events/concerts/etc. get end and many people are trying to leave at the same time.) Fares will also be higher the longer distance you are traveling.</p> |
|  | <p>Uber Eats This app lets you order food for delivery from a wide array of nearby restaurants. The order will be placed with a restaurant, the Uber driver will pick up your food, and then drop it off at your location. If ordering food for delivery to the hotel, it is best to meet the driver in the lobby. The app will show you approximately how far away the driver is.</p> |
|  | <p>Yelp Great option for searching for nearby restaurants, business, and reading reviews. Take all reviews with a 'grain of salt'. Usually, the only people who leave reviews either really loved the food or really hated it. The reality is usually somewhere in the middle.</p> |
| <p>Other Helpful Apps (Search the app store for your favorite) Tipping Apps so you know how much to tip, Converter apps (yes, it's crazy the U.S. doesn't use the metric system), Currency Conversion apps like XE.com, Note Taking apps, Lecture Capture/Recording apps, and more.</p> | |

2019 Program Schedule at Rice University

14



Group Flight Itinerary / 15

[REDACTED]

This Space For Official Use Only



U.S. Customs and Border Protection

Customs Declaration

19 CFR 122.27, 148.12, 148.13, 148.110, 148.111, 1498; 31 CFR 5316

FORM APPROVED
OMB NO. 1651-0009

Each arriving traveler or responsible family member must provide the following information (only ONE written declaration per family is required). The term "family" is defined as "members of a family residing in the same household who are related by blood, marriage, domestic relationship, or adoption."

1 Family Name _____
First (Given) _____ Middle _____

2 Birth date Month Day Year

3 Number of Family members traveling with you

4 (a) U.S. Street Address (hotel name/destination) _____
(b) City _____ (c) State _____

5 Passport issued by (country) _____

6 Passport number _____

7 Country of Residence _____

8 Countries visited on this trip prior to U.S. arrival _____

9 Airline/Flight No. or Vessel Name _____

10 The primary purpose of this trip is **business:** Yes No

11 I am (We are) bringing
(a) fruits, vegetables, plants, seeds, food, insects: Yes No
(b) meats, animals, animal/wildlife products: Yes No
(c) disease agents, cell cultures, snails: Yes No
(d) soil or have been on a farm/ranch/pasture: Yes No

12 I have (We have) been in close proximity of **livestock:** (such as touching or handling) Yes No

13 I am (We are) carrying **currency or monetary instruments** over \$10,000 U.S. or foreign equivalent: Yes No
(see definition of monetary instruments on reverse)

14 I have (We have) **commercial merchandise:** Yes No
(articles for sale, samples used for soliciting orders, or goods that are not considered personal effects)

15 RESIDENTS—the total value of all goods, including commercial merchandise I/we have purchased or acquired abroad, (including gifts for someone else, but not items mailed to the U.S.) and am/are bringing to the U.S. is: \$ _____
VISITORS—the total value of all articles that will remain in the U.S., including commercial merchandise is: \$ _____

Read the instructions on the back of this form. Space is provided to list all the items you must declare.

I HAVE READ THE IMPORTANT INFORMATION ON THE REVERSE SIDE OF THIS FORM AND HAVE MADE A TRUTHFUL DECLARATION.

X
Signature

Date (month/day/year)

CBP Form 6059B (04/14)

16 / U.S. Customs & Immigration in DFW

2019 TOMODACHI STEM: Clear U.S. Immigration & Customs in Dallas (DFW)

Adapted from <https://www.wikihow.com/Go-Through-U.S.-Customs> and <https://internationalaffairs.uchicago.edu/page/arriving-us>
 Call/Text/Line Sarah's cell phone at (713) 922-1712 if any delays or problems.

| | | |
|--|---|---|
|  | <p>Bring your passport & DS-2019 form in your carry-on luggage! A valid passport is essential for gaining entry to the U.S. You will have to refer to it to fill out immigration & customs form on the plane, so be sure to have it accessible. You will also need a blue or black ink pen to complete the necessary forms. Be sure to bring the following documents are with you in your carry-on luggage.</p> <ul style="list-style-type: none"> • Passport (valid for at least 6 months into the future) with U.S. J-1 Visa Stamp • Original DS-2019 form sent to you by Rice University • SEVIS fee receipt & Proof of Financial Support Document (see Apply for J-1 visa assignment in Canvas) | |
|  | <p>Fill Out Forms on Plane: On the plane from Narita (NRT) to Dallas/Ft. Worth airport, fill out the immigration & customs forms for foreigners. Write your information into the spaces on the form in English in black or blue ink. You may need to enter the following information:</p> <ul style="list-style-type: none"> • <i>Arrival Flight Number:</i> AA 176 • <i>Address in the U.S.:</i> Wyndham Houston Medical Center, 6800 Main St, Houston, TX 77030. • <i>Phone in U.S.:</i> Enter your U.S. cell phone or the hotel phone number (713) 528-7744. | |
|  | <p>De-plane & Walk to Immigration/Passport Control: When you get off the plane, you will typically need to walk down a short hallway to reach the first checkpoint. Signs along the walls or ceiling will direct you where to go. At the checkpoint area, go into the line for foreign citizens. Look/ask if there is a line for 'Connecting Passengers'. If yes, stand in that line. Ask for assistance if needed.</p> | |
| <p>Give your Passport, DS-2019, and Forms Filled Out on the Plane to the Passport Officer.</p> | | |
|  |  |  |
| <p>Do not forget to give your DS-2019 to the passport officer. If you do not do this, you will not enter the U.S. on your J-1 visa and cannot do research at Rice.</p> | <p>If you are asked why you are coming to the U.S. say "To participate in a non-degree study program at Rice University in Houston."</p> | <p>Provide your fingerprints and photo. CBP takes this information from all visitors for their biometric database.</p> |
|  | <p>Collect Checked Baggage. After clearing passport control, proceed to the baggage claim area to collect your luggage. Wait for all other TOMODACHI students to arrive. Then proceed to the Green 'Nothing to Declare' customs line unless you have something you need to declare. It is very uncommon for students to need to go to the Red 'Items to Declare' line.</p> | |
|  |  | <p>Give Customs Officer your Passport and Customs Form. They may ask you questions about what you are bringing into the U.S. or simply wave you through. Some travelers may be chosen for a random search of your luggage. This is uncommon, but if it does happen be polite, respectful, and answer all questions asked. They may re-screen/re-check your luggage by x-ray or hand.</p> |
|  | <p>Transfer Checked Luggage. After the CBP agent waves you through the final checkpoint, walk down the hall to end up in the facility lobby. Look for the sign that says "connecting flights" or "connecting baggage drop-off." Place your checked luggage on the conveyor belt for passengers with connecting flights. Ask for assistance if you are unsure what to do.</p> | |
|  | <p>Proceed to Passenger/Carry-on Bag TSA Security Screening. You will arrive into Terminal D and depart out of a different terminal for your domestic flight to Houston. Look at your boarding pass for your flight from Dallas to Houston (AA #2630) to find the departure terminal/gate. Double check that the gate/departure time has not changed by looking at the computer screens for departure flights. Proceed to the terminal/security screening area for your next flight. If unsure where to go, ask for assistance.</p> | |

Connecting Flight to Houston / 17

| | |
|---|--|
| Clear TSA Passenger/Carry-on Bag Security Screening. | |
|  |  <p>You will need to clear TSA passenger and carry-on security screening again to enter the terminal for your connecting flight to Houston. There may be long lines, so please be patient. Once you reach the front of the line, show your passport and boarding pass for the flight from Dallas to Houston (AA #2630) to the TSA agent.</p> |
| Standard Screening  | <p>Carry-On Bag 3.4 ounces (100 ml) or smaller sized containers that fit in 1 quart-sized, resealable bag may go in carry-on and through checkpoint security.</p>  <p>Checked Bag Containers that are larger than 3.4 ounces (100ml) regardless of amount inside must be in checked baggage.</p>  |
|  | <ul style="list-style-type: none"> • Take off your shoes, watches/belts, 3-1-1 liquids in a plastic bag, and jackets/sweaters and place in a bin. • If you have food or powdered items in your carry-on, take these items out and place in a bin. • If you have a laptop or any large electronic items, take these out and place them in a separate bin. • Put your carry-on bags on the conveyer belt. • Walk through the security screening gate when told to by the TSA agent. • You or your bag may be pulled aside for a random secondary screening or if there are items in your carry-on that the TSA agent has questions about. Answer all questions and follow all instructions given by the agent if pulled aside for secondary screening. |
|  | <p>Proceed to Departure Gate. After you have cleared TSA security screening, find your departure gate and double-check (again) that the gate and/or departure time have not changed. Put your passport away in safe place, as you will not need it again. Do not lose your boarding pass as you will need to show this again.</p> |
|  | <p>Relax and Shop/Eat. After finding your gate, you should have some time to relax or if you would like shop or eat. It may also be helpful to walk some to stretch your legs after the long international flight. If you need to exchange money from JPY into US dollars you should do this during your layover.</p> |
|  | <p>Be at Departure Gate at Least 30 Minutes Prior to Departure. You should be waiting at your departure gate area by the scheduled time printed on your boarding pass or no later than 30 minutes prior to flight departure.</p> |
|  | <p>Show Boarding Pass and Board Flight. You will just need to show your boarding pass to gate agent to board your flight to Houston as this is a domestic flight. You do not have to show your passport again.</p> |
|  | <p>Upon Arrival Proceed to Baggage Claim. Once your flight lands in Houston, stay together as a group and follow signs to baggage claim. They should announce on the plane which baggage claim carousel your luggage will come out at. Sarah will be waiting for you in baggage claim. If you cannot find her, call/text [REDACTED]</p> |
| <p>Collect Luggage & Board Rice University Shuttle to Hotel. After everyone collects their luggage, Sarah will take you to the Rice shuttle for transfer to hotel and hotel check-in. It is about a 45 minute drive from the airport so please use the restroom before boarding the shuttle.</p> | |

18 / ARRIVAL IN HOUSTON

Saturday, February 16, 2019

Travel to the U.S. ~ Gain 1 Day as you Cross the International Date Line
Attire: Casual. Be sure to bring passport, DS-2019, money and valuables, one change of clothes, and any prescription medication in your carry-on baggage. See Pgs. 16-17.

By 9:30 AM: Arrive Narita (Terminal 2) show passport to check-in at American Airlines.

11:30 AM: [REDACTED] **Departs Narita (NRT)**

8:15 AM: Arrive Dallas/Ft. Worth (DFW) & Clear Immigration/Customs

12:39 PM: [REDACTED] **Departs DFW for Houston - Bush Intercontinental (IAH)**

1:49 PM: Arrive IAH Terminal A & Proceed to Baggage Claim.

Sarah will meet you in baggage claim. Call/text [REDACTED] if needed.

~ 2:30 PM: Rice University Shuttle Departs Airport

Driver: [REDACTED]

This will be a 30 - 45 minute ride. Please use the rest room before getting on shuttle.

~ 3:30 PM: Check-in to Wyndham Houston Medical Center Hotel

Upon arrival, Sarah will give you a quick tour of the hotel (gym/pool/business center).

Evening

Free - Lunch Boxes Provided from Local Foods Phone: (713) 521-7800

Lunch boxes from Local Foods (in Rice Village) will be provided. You can also ask the hotel shuttle to take you to the Rice Village shopping/restaurant area if you wish.

Wyndham Houston Medical Center

Website: <http://www.wyndhamhoustonmedcenter.com/>

Address: 6800 Main St, Houston TX 77030 ~ Tel: 713-528-7744

| Room Number | Type | Roommate | Roommate |
|-------------|-------------------------------------|------------|------------|
| | Double Occupancy, 1 Room/2 Beds | [REDACTED] | [REDACTED] |
| | Double Occupancy, 1 Room/2 Beds | [REDACTED] | [REDACTED] |
| | Triple Occupancy, 2 Rooms/3 Beds | [REDACTED] | [REDACTED] |
| | Triple Occupancy, 2 Rooms/3 Beds | [REDACTED] | [REDACTED] |

Hotel Information

Free Hotel Shuttle (within 2 miles) M-F 6:00 AM - 10:00 PM and Sat. - Sun. 9:00 AM - 9:00 PM and Free Wi-Fi in all Hotel Rooms & Lobby, Restaurant, Business Center, ATM, Gym, Pool, and Coin Laundry



Monday - Friday, 6am until 10pm
 Every 30 minutes from 6am - 10am • Every hour from 10am - 10pm
Saturday - Sunday, 9am until 9pm
 Shuttle runs every hour, on the hour

VA Hospital
 Mon-Fri from hotel to VA 6am, 7am, 8am, 9am.
 From VA to hotel 3:30pm, 4:30pm, 5:30pm.

MEDICAL ROUTES
 1. MD Anderson Mays Clinic 2. MD Anderson Lee Clarke Clinic
 3. St. Luke's Hospital 4. Texas Children's West Tower

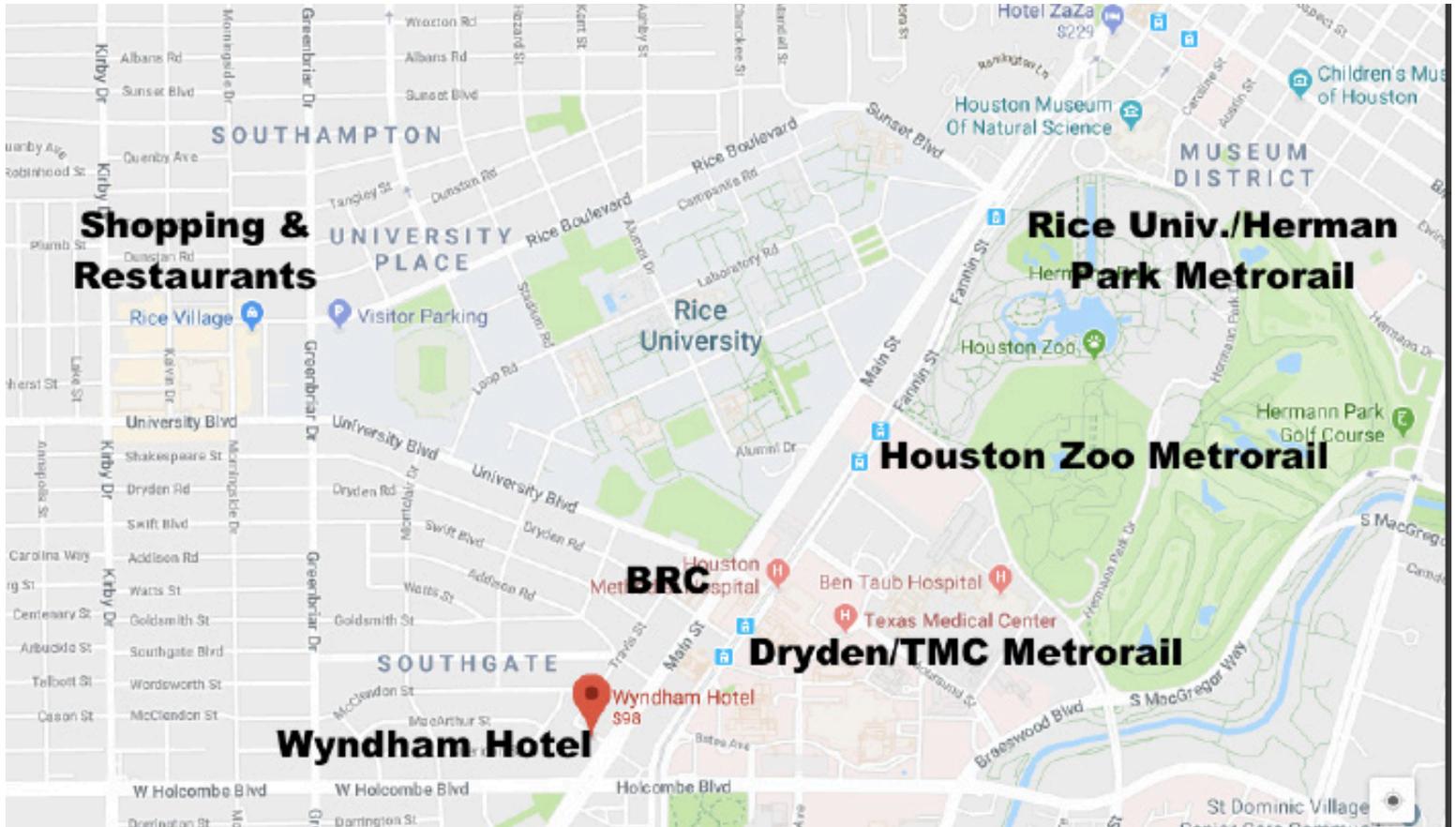
713-528-7744

LEISURE TRANSPORTATION
 2 Miles Radius Only. All Times are PM.

| | |
|-----------------------------|--|
| Departure from Hotel | Est. Pick-Up from Location |
| 1:00 Rice Village Shopping | 1:10 Rice Village Shopping |
| 1:30 Kroger, Target, Fiesta | 1:40 Kroger, 1:45 Target*, 1:50 Fiesta |



HOUSTON HOTEL AREA MAP / 19



20 / WEEK ONE: RICE UNIVERSITY

Sunday, February 17, 2019

| | |
|---|---|
| Morning | <p>Included Breakfast at Hotel Restaurant (Lobby) Upon check-in, you will be given 3 breakfast tickets that you can use in the hotel restaurant in the lobby for your first few days in Houston. After you use these tickets, you will need to cook breakfast on your own or purchase breakfast individually in the restaurant.</p> |
| 8:50 AM | <p>Meet in Lobby For Rice Shuttle Departure from Wyndham Hotel Driver: [REDACTED] Attire for today is casual. Bring umbrella, hat, sunglasses, and a bottle of water. You will need money or a credit/debit card for coffee/snacks and grocery shopping in the afternoon.</p> |
| 9:00 - 11:30 AM | <p>Houston Mural Tour Attendees: 10 TOMODACHI Students, Sarah Phillips, Natsumi Komatsu, & Ayako Atsusaka Guide: [REDACTED] Houstonia Magazine: "How Street Art Took Over Houston" Website: https://www.houstoniamag.com/articles/2017/6/21/street-art-graffiti-houston</p> <p>During this 1 1/2 hour tour we will explore the city of Houston with a focus on it's street art and murals. About halfway through, we will stop at a coffee shop for a rest room break. You will have time to take photos at each stop, though if we are short on time we may only be able to drive by. Be sure you have your cameras at the ready for this fun tour!</p> <ul style="list-style-type: none"> • Stop One: Main St. Theatre @ Chelsea Market (Laurie will hop-on bus here) • Victor: 4321 Montrose Blvd, Houston, TX 77006 • Cleburne St & Main St., Houston, TX 77004 • Nouveau Antique Art Bar., 2913 Main St, Houston, TX 77002 • Louisiana St. @ Clay St., Houston, TX 77002 • Austin St. & McKinney St., Houston, TX 77010 • Graffiti Park, 2102 Leeland St., Houston, TX 77003 • Harrisburg Art Museum, 4300 Harrisburg Blvd, Houston, TX 77011 • 2800 Navigation Blvd., Houston, TX 77003 |
| 12:00 - 1:15 PM | <p>Included Lunch - Goode Co. Texas BBQ Address: 8911 Katy Fwy, Houston, TX</p> |
|  | <p>Grocery Shopping at H-Mart Address: 1302 Blalock Rd. Houston, TX 77055</p> <p>H-Mart is a Korean grocery store chain with locations in a number of states in the U.S. At H-Mart you can buy rice in bulk and a wide range of Asian ingredients, including many from Japan, that may not be readily available at other grocery stores in Houston. We recommend you split the cost of some bulk/large size ingredients (such as rice or laundry detergent) with your roommates. If you want to go back to H-Mart on your own another day, you will need to use UBER or Lyft as the free hotel shuttle will not take you this far.</p>  |
| 2:45 PM | <p>Depart H-Mart to Return to Hotel via Rice University Shuttle</p> |
| Evening | <p>Free - Cook Dinner On Your Own Be sure to retrieve and either email the PDF or print off your I-94 at the hotel tonight.</p> |

WEEK ONE: RICE UNIVERSITY / 21

| Monday, February 18, 2019 | |
|---------------------------|--|
| Morning | Breakfast On Your Own Attire for today is casual. Bring your passport, I-94, DS-2019 , Hat, Sunglasses, Umbrella, and Bottle of Water. Wear comfortable walking shoes. |
| 8:30 AM | Meet in Lobby for Hotel Shuttle Departure to Duncan Hall |
| 9:00 - 10:00 AM | Office of International Students and Scholars (OISS) Check-in Location: Duncan Hall, Room 1049 (Bldg. 46) You will need to show your passport and DS-2019. |
| 10:00 - 11:00 AM | Rice University Campus Tour Departs from Sallyport (Guide: Franklin) |
| 11:00 - 11:45 AM | Get Campus ID at Rice University Police Department (Bldg. 43) |
| | <i>Students to Pick-up Lab/Office Keys:</i> [REDACTED] |
| 11:45 AM | Return to Duncan Hall, Room 1049 and Pick-up Jason's Deli Lunch Boxes [REDACTED] |
| 12:00 - 12:50 PM | OISS English Conversation Class: "English Idioms & Slang" Yukina Chiba, Mei Fukuda, Mana Kawashima, Natsuki Minakawa, & Mariko Mizogami Website: https://oiss.rice.edu/english-class OISS Office, Lovett Hall, Entrance A, Second Floor (Bldg. 1) Enrolled Students: Will take their lunch boxes to the OISS English Class. You must all return to Duncan Hall, Room 1049 by 1:00 PM for Prof. Kono's talk. Other Students: Eat lunch boxes in Duncan Hall, Room 1049 |
| 1:00 - 2:00 PM | Seminar: "Introduction to Research in the U.S." Prof. Junichiro Kono, Depts. of ECE/P&A/MSNE ~ [REDACTED] ~ Bio on Pg. 6 Duncan Hall, Room 1049 (Bldg. 46) |
| 3:00 - 4:00 PM | Seminar: "Introduction to Communicating in English" Prof. Naoko Ozaki, Center for Languages & Culture ~ [REDACTED] Duncan Hall, Room 1049 (Bldg. 46) Guest: Natsumi Komatsu |
| |  <p>Naoko Ozaki received her Ph.D. in Literacy, Culture, and Language Education from Indiana University Bloomington. Her doctoral research focused on issues regarding Arabic-speaking immigrants in the United States. Prior to coming to Rice University, she taught introductory, intermediate, and advanced levels of Japanese, mathematics, humanities, and foreign language teacher education at universities and a community college. Ozaki-sensei's students learn not only the language structure but also the cultural background to enhance their ability to use the language they study in the class. In addition to teaching, she serves on the Board of Global Education Center in Nashville, Tennessee.</p> |
| ~4:15 PM | Take BRC Shuttle to BioScience Research Collaborative & Walk to the Hotel <i>(Sarah will guide you.)</i> |
| Evening | Free - Dinner On Your Own |

22 / WEEK ONE: RICE UNIVERSITY

Tuesday, February 19, 2019

| | |
|------------------|---|
| Morning | Breakfast on Your Own |
| 8:00 AM | Meet in Lobby for Hotel Shuttle Departure to Duncan Hall |
| 8:30 - 9:30 AM | <p>Webinar: “Welcome to TOMODACHI Initiative” Mya Fisher, Director of Education & TOMODACHI Programs, U.S.-Japan Council (DC) and Grace Kim, Program Coordinator, U.S.-Japan Council (DC) Location: Duncan Hall, Room 1049 (Bldg. 46) ~ Zoom: [REDACTED]</p> <div style="display: flex;"> <div style="flex: 1;">  </div> <div style="flex: 2;"> <p>Mya Fisher is Director of Education & TOMODACHI Programs for USJC, working out of the Washington, DC office. Her responsibilities include educational programs, primarily focusing on the portfolio of educational exchange programs under the TOMODACHI Initiative. Ms. Fisher brings to the Council more than ten years of professional international experience, particularly in the field of international education, managing and implementing international programs and supporting the students who participate in them. She spent two years as an Assistant Language Teacher in Kawasaki City, Japan as a participant on the Japan Exchange and Teaching Program. She served 10 years as a consultant to Youth for Understanding and managed a Freeman Asian Foundation grant, in addition to supporting both domestic and international students, as a study abroad advisor at Beloit College. She has also worked in the Congressional Affairs Section at the Embassy of Japan in Washington, DC. Ms. Fisher holds a B.A. from Williams College, an M.A. in International Education from New York University and a Ph.D. in Sociology, with a Minor in Globalizing Higher Education, from the University of Wisconsin-Madison.</p> </div> </div> <div style="display: flex;"> <div style="flex: 1;">  </div> <div style="flex: 2;"> <p>Grace Kim is the Program Coordinator for the U.S.-Japan Council, working out of the Washington, DC office. Her primary responsibilities include supporting USJC’s signature programs such as the TOMODACHI Initiative, Watanabe-endowed Scholarship, Annual Conference, and various regional programs. Before joining the U.S.-Japan Council in 2017, Ms. Kim served as the Coordinator for International Relations as part of the Japan Exchange and Teaching (JET) Program in Okayama City. Ms. Kim also has experience in coordinating events and exhibitions while working at the Embassy of Japan in the U.S. as the Exhibition Coordinator for two years. Ms. Kim was born in the United States and spent seven years in Japan. She holds a B.A. in Global Affairs from George Mason University.</p> </div> </div> |
| 10:00 - 11:00 AM | <p>General Lab Safety Training, Rice Office of Environmental Health & Safety Location: Duncan Hall, Room 1049</p> <p>This training is required for all TOMODACHI STEM students. Some other Rice students may also join us for this training session.</p> |

| Tuesday, February 19, 2019 (cont.) | |
|------------------------------------|---|
| 11:00 - 12:00 PM | “Introduction to Daily Life in Houston” Sarah Phillips, Education Director, Kono Group Int’l Pgms. ~ [REDACTED] Duncan Hall, Room 1049 (Bldg. 46) |
| | <p>This session will provide a brief introduction to daily life in Houston including helpful apps and resources/offices at Rice University. Students should review the detailed information and links in the PPT file (posted in Canvas) for additional details.</p> |
| 12:00 - 1:30 PM | 2019 TOMODACHI STEM Welcome Lunch Location: Duncan Hall, Room 3092 (Bldg. 46) |
| | <p>All host professors, mentor/s, Rice University colleagues/friends, alumni of our research programs in Japan, and other Japanese students attending Rice University will be invited to join us for an informal welcome lunch. Light lunch and refreshments will be served.</p> |
| Afternoon | Meet with Host Lab Professors/Mentors in Host Lab |
| | <p>After lunch, your host professor and/or mentor/s will walk you back to the lab for your initial meeting and orientation to your research project. Some topics to discuss include:</p> <ul style="list-style-type: none"> • What will my research topic or project be? What are the first steps? • Who will my mentor/s be? Who should I ask if I have questions about my project? • What time should I come to the lab each morning? What is the typical end time? • Where is my lab, and do I need keys or do I swipe my card to access these facilities? Will I have a desk or office? • Do I need any special training for my lab or for the equipment I need to use? • Are there any additional articles or textbooks you recommend I read? • Show your professor and/or mentor the program schedule and note any days/times when you cannot work in the lab during required program events (in blue). • Remind them you must present a poster on your project on Friday, March 15 and ask if your professor and/or mentor/s will be able to attend this final poster session. |
| 2:00 - 3:00 PM | Biosafety Lab Safety Training Students: Ayaka Kasamatsu, Haruka Sumi, Masami Tsukagoshi Space Science & Technology Building, Room 104 (Bldg. 32) |
| | <p>Ask your host professor and/or mentor/s if they would like to meet with you after this training and, if yes, what building and room number you should go to.</p> |
| 2:00 - 3:00 PM | Laser Safety Training with Christopher E. Mize Student: [REDACTED] Space Science & Technology Building, Room 104 (Bldg. 32) |
| | <p>Ask your host professor and/or mentor/s if they would like to meet with you after this training and, if yes, what building and room number you should go to.</p> |
| Late Afternoon | Return to Hotel on your own using the BRC shuttle and then walking to Wyndham. |
| Evening | Free - Dinner on Your Own |
| | <p>Optional: Rice University Farmers Market (Every Tuesday)</p> |
| | <div style="display: flex; align-items: center;">  <p>The Rice Farmers Market is open every Tuesday, rain or shine, from 3:30 p.m. until 6:30 p.m. at Entrance 13B off of Greenbriar Dr (5600 Greenbriar Dr, Houston, TX 77005). Parking is free! The Rice University Farmers Market supports activities, goods and services that promote community education about the benefits of eating fresh, locally produced food.</p> </div> |

24 / WEEK ONE: RICE UNIVERSITY

Wednesday, February 20, 2019

Morning **Breakfast and Travel to Rice University On Your Own**
 Speak with the hotel front desk about free shuttle transportation to Rice or walk to the BRC and take the BRC Express shuttle to the main campus. Bring your IES Report results with you today for the afternoon seminar.

Work in Research Host Lab

Confirm with your professor and/or mentor/s on Tuesday what time you should arrive to the lab and what building/room number you should go to.

Lunch **Free - Have Lunch on Your Own**

Most labs in the U.S. do not have designated/set lunch times. Each lab member may go to lunch at different times based on their own schedule for the day. Ask your mentor/s what is common in your lab. There is usually a shared fridge/microwave and break room in each building if you want to bring your own bento/bagged lunch. This is a great way to save money. Or, you can purchase lunch in one of the locations on campus such as the RMC/ Student Center. You can also take the Rice Village Shuttle if you would like to go to the Village for lunch. Typical lunch prices range from about \$10 - \$15 per meal on campus or at a restaurant and ~\$5 - \$8 for fast food meals (e.g. McDonald's).

2:00 - 3:00 PM **OISS English Conversation Class: "Advanced/Intermediate English"**
 [Redacted]
 Website: <https://oiss.rice.edu/english-class>
 OISS Office, Lovett Hall, Entrance A, Second Floor (Bldg. 1)



Every semester, OISS hosts a selection of free English and Culture classes to help Rice students, scholars, and their spouses with acculturation to Rice and provide them with an opportunity to meet new people and practice their English language skills. These classes are offered to you by volunteers who enjoy meeting and helping Rice internationals, and receive no compensation except the enjoyment of meeting and working with you. Even if you feel confident in your English language skills, we encourage you to join us for a fun opportunity to make friends and find out more about American culture. These classes are available to Rice students, scholars, and their dependents.

3:30 - 5:00 PM **"Introduction to Intercultural Communication"**
Sarah Phillips, Education Director, Kono Group Int'l Pgms. ~ [Redacted]
Location: Brockman Hall, Room 300 (Bldg. 72)

This session will provide a brief introduction to key aspects of intercultural communication. Students will also discuss their Intercultural Effectiveness Scale (IES) results.

Evening **Free - Return to Hotel & Dinner on Your Own**

WEEK ONE: RICE UNIVERSITY / 25

Thursday, February 21, 2019

Work in Research Host Lab

Evening Free - Dinner On Your Own

6:20 PM **Optional - Meet Sarah in Hotel Lobby and Take Hotel Shuttle to Grocery Store**

Sarah will go with you to the Randall's grocery store that is near the hotel and show you around. You can then use the hotel shuttle to go to/from this grocery store or ask to go to Target to shop on your own for the duration of the program. The hotel shuttle will depart the lobby at 6:30 PM and pick us up to return to the hotel at ~8:00 PM.

Friday, February 22, 2019

Work in Research Host Lab

Optional: Go Texan Day! Wear Your Best Texas Attire!

Website: <https://www.rodeohouston.com/Visit-the-Rodeo/Pre-Rodeo-Events/Go-Texan-Day>



Go Texan Day is the unofficial kickoff of the Houston Livestock Show and Rodeo. Traditionally held the Friday before the Rodeo begins, the day serves to encourage the Houston community to celebrate Western heritage and raise awareness of Rodeo season. Houston-area residents are encouraged to wear Western attire, such as jeans, cowboy boots, and cowboy hats. Dust off your Stetson and cowboy boots and dress in your Western best as the whole city welcomes the trail riders and the start of Rodeo Houston.

Go Texan Day at Rice University! (Breakfast Tacos!!!!) HOOTS Breakfast Taco Sale 7:30-10 a.m. (or until sold out) | Willy's Statue | \$2 breakfast tacos (cash only) to benefit HOOTS (High Order of Owl Tailgating Society).

9:00 - 10:00 AM

Seminar: "Designing and Developing a Research Poster"
Speaker: Dr. Gayle Moran, Rice Center for Engineering Leadership
Location: Abercrombie Lab, Room AL-227 (Bldg. 11 on campus map)



Gayle Moran is a Lecturer in Professional and Engineering Communication at Rice Center for Engineering Leadership (RCEL). Gayle has more than 20 years of professional communication expertise in a variety of industries including information technology, telecommunications, educational software, and travel technology, and has worked for major Fortune 500 companies including Electronic Data Systems (EDS), Nortel, Alcatel, and Xerox. She has held prior positions in executive coaching and communication, internal/employee communication, marketing communication, and technical writing. She has also taught a number of Coursera courses including:

- [Writing Skills for Engineering Leaders](#)
- [Oral Communication for Engineering Leaders](#)
- [Interpersonal Communication for Engineering Leaders](#)

Evening Free - Dinner On Your Own

26 / WEEK ONE: RICE UNIVERSITY

Friday, February 22, 2019 (cont.)

| | |
|-----------------|--|
| 5:00 - 10:00 PM | <p>Optional: Rice Oshman Engineering Design Kitchen 10th Anniversary Party RSVP Online to Receive 2 Free Drink Tickets Website: http://oedk.rice.edu/Decade-of-Design Location: North Lot, Near OEDK (Bldg. 31)</p> <p>Join the OEDK in the North Lot of Rice University for their 10-year Anniversary Party! The band 'The Spazmatics: Nerds that Rock' will perform. The Oshman Engineering Design Kitchen (OEDK) provides a space for undergraduate students majoring in bioengineering, chemical and biomolecular engineering, civil and environmental engineering, computational and applied mathematics, computer science, electrical and computer engineering, materials science and nanoengineering, mechanical engineering and statistics to design, prototype and deploy solutions to real-world engineering challenges. To create the full circle of real-world experience that has societal impact, interdisciplinary teams tackle problems proposed by industry and partners in the Texas Medical Center and abroad.</p> |
|-----------------|--|

Saturday, February 23, 2019

| | |
|------------------|--|
| Morning | Free - Breakfast on Your Own |
| 9:00 AM | <p>Meet Sarah in Hotel Lobby if Going to Rodeo Parade Guests: [REDACTED]</p> <p>Casual attire with comfortable walking shoes. Bring Houston Metro Card and money for lunch/snacks/drinks. Bring bottle of water, hat, sunglasses, and umbrella.</p> |
| 10:00 - 12:00 PM | <p>Optional: Houston Rodeo Parade in Downtown Houston Website: https://www.downtownhouston.org/calendar/houston-livestock-show-rodeo-parade/44797/</p> |



Every February since 1938, the nation's fourth largest city is transformed from a bustling metropolis to a down-home celebration of Western heritage. Decorative floats intermingle with thousands of men and women on horseback to fill the streets with hoof beats and marching bands. Enthusiastic Houstonians join out-of-town spectators to line the streets and sidewalks to be involved in one of Houston's most popular celebrations!

- Arrive early to secure a viewing spot along the route. Downtown streets close starting early on the morning of the parade.
- The best places to view the parade are on Louisiana, from Bell to Lamar, Lamar, and from Louisiana to Smith. Bagby and Walker streets, from Sabine Street to Bagby, will be off limits for viewing.
- The ConocoPhillips Rodeo Run will run the entire parade route and can be seen on Allen Parkway from I-45 to Shepherd/Kirby.

WEEK ONE: RICE UNIVERSITY / 27

Saturday, February 23, 2019 (cont.)

~ 12:30 PM **Optional: Lunch at Lyric Food Hall, Pay Individually**
Website: <https://www.finnhallhtx.com/> **Address:** 712 Main St, Houston, TX 77002
Hours: Monday-Thursday, 7:00 a.m. – 11:00 p.m., Friday, 7:00 a.m. – 12:00 a.m., Saturday, 8:00 a.m. – 12:00 a.m., and Sunday, 8:00 a.m. – 10:00 p.m.



Finn Hall, Houston's premiere food hall, consisting of 10 independently operated eating establishments. A beautiful, open Art Deco space to discover the latest culinary creations from local, up-and-coming chefs. We are a nod to European food halls where quality, experience, and atmosphere reign above all else. If you're hungry for something new, we always have a seat at our table waiting.

Afternoon **Free - Enjoy Exploring Houston on Your Own**

4:00 - 5:00 PM **Optional: Rice Hyper Loop Club Meeting (Every Saturday)**
Facebook: [Facebook.com/RiceHyperloop](https://www.facebook.com/RiceHyperloop) **Email:** ricehyperloop@gmail.com
Location: OEDK Basement Conference Room (Bldg. 31)

Sunday, February 24, 2019

Morning **Free - Breakfast on Your Own**

9:30 AM **Meet Sarah in Lobby if Going to Hermann Park**
 Casual attire with comfortable walking shoes. Bring Houston Metro Card and money for lunch/snacks/drinks. Also recommended to bring bottle of water, hat, sunglasses, and umbrella in case of rain. Bring Rice ID as most museums have free or discounted admission for Rice students. We will ask hotel shuttle to drop us off at the park.

10:00 - 12:00 PM **Optional: Walking Tour of Hermann Park with Sarah (Weather Permitting)**
Website: <https://www.hermannpark.org/points-of-interest/>

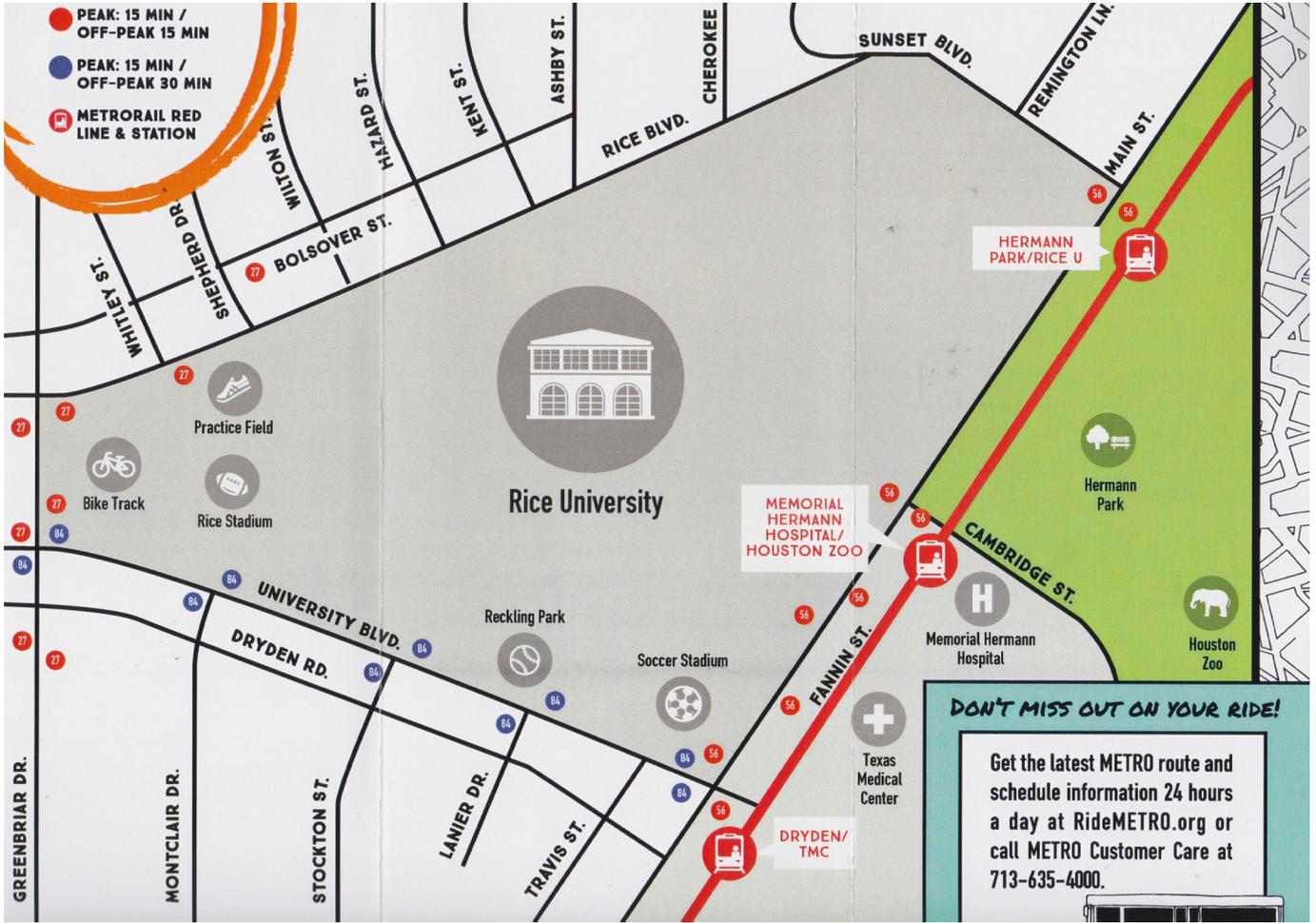


Hermann Park, presented to the City of Houston by George Hermann in 1914, is Houston's most historically significant public green space. Over the years, the Houston Zoo, Miller Outdoor Theatre, the Houston Museum of Natural Science, Japanese Garden, Rose Garden and Hermann Park Golf Course, one of the first desegregated public golf courses in the United States, all have added to the Park's importance as a recreational destination. After arriving at Hermann Park, we will briefly explore the Japanese Garden and McGovern Centennial Gardens. Then, Sarah will walk students to the **Houston Museum of Natural Science (HMNS)** and you are free to explore this museum, or one of the many other museums in the Museum District, on your own. Students can return to the hotel on their own by walking, taking the Metrorail to the Dryden/TMC station, or calling the hotel shuttle to ask for pick-up.

Lunch **Free - Lunch On Your Own**
 There is a McDonald's in the HMNS, a cafe in the basement of the Museum of Fine Arts, and near Hermann Park a few restaurants including Bodega's Taco Shop, Barnaby's Cafe, Dak & Bop Korean Fried Chicken, and Fadi's Mediterranean Cuisine.

Afternoon/
 Evening **Free - Enjoy Exploring Houston & Dinner On Your Own**

28 / RICE GUIDE TO METRORAIL



DON'T MISS OUT ON YOUR RIDE!

Get the latest METRO route and schedule information 24 hours a day at RideMETRO.org or call METRO Customer Care at 713-635-4000.

WHERE WILL YOU GO?

Grab a coffee!

Travel to a variety of popular destinations direct from the Rice U Campus:

Bellaire (Peak 10 min / Off-Peak 15 min)
Transfer from: 27, 56, 84.

- Arthur Storey Park
- Chinatown
- H Mart

Gulfton/Holman (Peak 30 min / Off-Peak 30 min)
Transfer from: 84.

- Academy
- Addis Ababa Restaurant
- Bellerive Ice Rink
- Blast! Fitness - Sharpstown
- Brennan's of Houston
- Candy Bouquet Specialty
- Gift Store
- Chilli's
- Danny Jackson Family Bark Park
- Emancipation Park
- Ervan Chew Park
- FedEx Office Print & Ship Center
- Fuddruggers
- Genghis Grill
- Goode Company Seafood
- HEB
- Houston's
- Jinya Ramen Bar
- Les Givral's
- Lexington Grille
- Lupe Tortilla
- Party City
- People's Health Center
- PlazAmericas Shopping Mall
- Project Row Houses
- Southwest Library
- Southwest Multi-Service Center
- Tokyohana
- Twin Peaks



25 Richmond (Peak 10 min / Off-Peak 15 min)
Transfer from: 27, 56, 84.

- Academy Sports + Outdoors
- Archbishop Joseph Fiorenza Park
- Best Buy
- Black Hole Coffee House
- Briar Meadow Park
- Edwards Greenway
- Grand Palace 24
- Golf Range on Richmond
- Greenway Plaza
- Levy Park
- Little Pappasito's
- Menil Collection
- Oui Banh Mi
- Pappadeaux
- Plaza on Richmond Shopping Center
- Red Robin
- TDECU Stadium
- Westchase Shopping Center
- Windsor Plaza Shopping Center



27 Shepherd (Peak 15 min / Off-Peak 15 min)

- Amy's Ice Cream
- Fat Cat Creamery
- Jenni's Noodle House
- McDonald's
- River Oaks Theater
- Samurai Noodle
- Taco Bell
- Teahouse
- Trader Joe's
- Whataburger



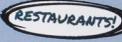
32 Renwick/San Felipe (Peak 30 min / Off-Peak 30 min)
Transfer from: 27, 56, 84.

- Whole Foods Market
- Target



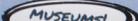
56 Airline/Montrose (Peak 12 min / Off-Peak 15 min)

- Antidote
- Contemporary Arts Museum - Houston
- Good Dog Houston
- Grand Prize Bar
- Inversion Coffee & Art
- Katz's Deli
- Kroger
- Kung Fu Tea
- Little Big's
- Menil Collection
- Niko Niko's
- Ruggles Green - Heights
- SweetCup Gelato
- Uchi



65 Bissonnet (Peak 10 min / Off-Peak 15 min)
Transfer from: 27, 56, 84.

- Bernie's Burger Bus
- Contemporary Arts Museum - Houston
- Houston Museum of Natural Science
- Pink's Pizza
- Under the Volcano



82 Westheimer (Peak 6-8 min / Off-Peak 10 min)
Transfer from: 27, 56, 84.

- Agora
- Central Market
- Common Bond Cafe & Bakery
- Empire Cafe
- Galleria
- Jinya Ramen Bar - Midtown
- Good Dog Houston
- Katz's Deli
- Kroger
- Kung Fu Tea
- Les Givral's - Midtown
- Mai's - Midtown
- Poison Girl
- Ramen Tatsu-ya
- Teahouse
- Uchi



84 Buffalo Speedway (Peak 15 min / Off-Peak 30 min)

- Edwards Greenway
- Grand Palace 24
- Fiesta
- HEB
- Rice Village
- Target



85 Antoine/Washington (Every 15 min or less)
Transfer from: 27, 56, 84.

- El Tiempo Cantina-Washington
- Les Givral's - Washington
- Tacodeli
- Velvet Taco



METRORail Red Line (Peak 6 min / Off-Peak 12 min)

- Alley Theater
- Hard Rock Cafe
- Hobby Center
- Jones Hall
- Museum District
- NRG Stadium
- Revention Music Center
- Texas Medical Center
- Vic & Anthony's Steakhouse



713-635-4000
RideMETRO.org

DOWNTOWN HOUSTON CIRCULATOR / 29

Downtown Houston Greenlink Circulator Bus (Free!)

Funded by the Downtown District and Houston First Corporation, and operated by METRO, Greenlink is a free, efficient and environmentally friendly transportation option for Downtown residents, workers and visitors. Since service first launched in June 2012, Greenlink has had more than 1.34 million riders. For more on things to see and do in Downtown Houston see <https://www.downtownhouston.org/explore/>.

Note: To get to Downtown Houston, take the Houston Metrorail from the Dryden/TMC station (near the hotel) and take the Red Line heading North. You can get off at any of the Downtown stations, though the Main St. Square station may be the most convenient.

greenLink
DOWNTOWN CIRCULATOR

A FREE AND EASY WAY TO GET AROUND DOWNTOWN!

GREEN ROUTE
MONDAY-FRIDAY
6:30 am-6:30 pm
EVERY 7-10 MINUTES

NEW ROUTE!

CATCH A FREE RIDE

Greenlink buses will always stop at every stop along the route. For your safety, drivers are only allowed to stop at designated Greenlink stops. Greenlink buses are fueled by compressed natural gas (CNG).

DOWNTOWNHOUSTON.ORG

Map labels include: Historic Market Square, CONGRESS, PRESTON, PRAIRIE, TEXAS, CAPITOL, Minute Maid Park, Theater District, RUSK, WALKER, MCKINNEY, LAMAR, Main Street Square, The Shops at Houston Center, Discovery Green, Avenida Houston, GreenStreet, DALLAS, LA BRANCH, Toyota Center, CLAY, MILAM, TRAVIS, MAIN, FANNIN, SAN JACINTO, CAROLINE, AUSTIN, LA BRANCH, POLK, LEELAND, PEASE, JEFFERSON, St. Joseph Medical Center, METRORAIL STOP.

NEW DAYS AND HOURS!

ORANGE ROUTE
MONDAY-FRIDAY
6:30 pm-midnight
SATURDAY
9 am-midnight
SUNDAY
9 am-6 pm
EVERY 10 MINUTES

NEW ROUTE!

FOR EVERYTHING YOU NEED TO KNOW ABOUT WHERE TO GO, WHAT TO DO AND HOW TO GET THERE:
DOWNTOWNHOUSTON.ORG

QUESTIONS, COMPLAINTS AND LOST ITEMS
713.635.4000

Map labels include: Allen's Landing, COMMERCE, FRANKLIN, CONGRESS, PRESTON, PRAIRIE, Minute Maid Park, Theater District, MILAM, TRAVIS, Historic Market Square, RUSK, WALKER, MCKINNEY, LAMAR, Main Street Square, The Shops at Houston Center, Discovery Green, Avenida Houston, GreenStreet, DALLAS, POLK, LA BRANCH, Toyota Center, METRORAIL STOP.

downtown district **Houstonfirst** **METRO**

Greenlink is a partnership between the Downtown District and Houston First and operated by METRO

30 / DOWNTOWN HOUSTON

Things to Do in Downtown Houston in February – March 2019

See <https://www.visithoustontexas.com/about-houston/neighborhoods/downtown/> for more information

| | |
|---|--|
|  | <p>Discovery Green Park Events and Activities Website: https://www.discoverygreen.com/ Discovery Green, a 12-acre park located in downtown Houston, is designed as an engaging and active place with programming to serve all ages and backgrounds. Upcoming special events include: <i>Photography Workshop</i> (Feb. 27), <i>Roller Skating Rink</i> (Mar. 1 – April 21 with music on Sundays from 7:00 – 9:00 PM and Cheap Skate Nights on Monday nights), <i>French Cultures Festival Concert</i> (Mar. 8), <i>Stargazing w/ Houston Astronomical Society</i> (Mar. 9), <i>The Kinks Concert</i> (Mar. 9), <i>Unplugged Acoustic Concert</i> (Mar. 10). Discovery Green also offers free exercise and yoga classes each week and their restaurant <i>The Grove</i> (http://www.thegrovehouston.com/) has a great Sunday brunch and offers dinner service too. (Tip: If you're hungry or need a drink head to the nearby <i>Phoenicia Specialty Foods</i> (https://www.phoeniciafoods.com/) grocery store and check out their fresh-made pita, hummus, and more at their MKT Bar & Restaurant.)</p> |
|  | <p>Historic Market Square Park: Concerts, Movies, and Events Website: http://www.marketsquarepark.com/calendar/ Market Square Park is one square block, bounded by Milam, Preston, Travis and Congress. Blankets, lawn chairs, food and non-alcoholic beverages are welcome anytime, including park events. Alcohol is not allowed to be brought into the park; beer and wine is sold at Niko Niko's. Events include: Mar. 6 Movie 'Mean Girls' and Mar. 16 Annual St. Patrick's Day Parade,</p> |
|  | <p>Movie Theater: AMC Houston 8 Website: https://www.amctheatres.com/movie-theatres/houston/amc-houston-8 Downtown movie-goers have a new place to see indie flicks now that Robert Redford's AMC Houston 8 has opened at Bayou Place. Sundance plays movies culled from film festivals, independent releases, and the best in general releases. See their website for details on upcoming movies. Purchase tickets at the window and be sure to ask if there is a Rice Student Discount and, if yes, show your Rice ID.</p> |
|  | <p>BBVA Compass Stadium: Houston Dynamo (Men's) and Houston Dash (Women's) Soccer Teams Website: http://www.bbvacompassstadium.com/calendar BBVA Compass Stadium is an American multi-purpose stadium located in Houston, Texas that is home to the Houston Dynamo, a Major League Soccer club, the Houston Dash of the National Women's Soccer League, and to Texas Southern Tigers football. Upcoming games include: Feb. 26 Houston vs. CD Guastatoya.</p> |
|  | <p>Houston Rockets Basketball @ Toyota Center Website: http://www.centerhouston.org/performers/houston-rockets-tickets The Houston Rockets are an American professional basketball team based in Houston, Texas. The Rockets compete in the National Basketball Association (NBA). The Rockets have won two NBA championships and four Western Conference titles. Upcoming games include: vs. Atlanta Hawks (Feb. 25), vs. Miami Heat (Feb. 28), vs. Philadelphia 76ers (Mar. 8), vs. Charlotte Hornets (Mar. 11), vs. Golden State Warriors (Mar. 13), and vs. Phoenix Suns (Mar. 15).</p> |
|  | <p>Minute Maid Park Tours Website: https://www.mlb.com/astros/schedule/2019-02 Minute Maid Park Tours give guests a behind-the-scenes look at the home of the Houston Astros. Tours last approximately one hour. Fans should be prepared to climb stairs and ramps and to walk approximately one mile. There are no home games at Minute Maid park in early-to-mid March as they are in Spring Training in Florida. The first home game will be March 25, 2019.</p> |
|  | <p>Houston Theater District Website: https://www.downtownhouston.org/district/theater/ Houston's Theater District, a 17-block area in the heart of downtown, is home to Houston's nine professional performing arts organizations. Add to the mix the Bayou Place entertainment complex, restaurants, movies, plazas, and parks and it's no wonder that more than two million people visit the district annually. With 12,948 seats for live performances and 1,580 movie seats, Houston's Theater District ranks second in the United States for the number of theater seats in a concentrated downtown area, and is one of only five cities with permanent professional resident companies in each of the major performing arts disciplines: ballet, opera, symphony and theater productions. The district, with nearly 13,000 seats for live performances, ranks second in the United States for the number of theater seats in a concentrated downtown area, and is one of only five cities with permanent professional resident companies in all of the major performing arts disciplines</p> |
|  | <p>Alley Theatre Website: https://www.alleytheatre.org/ Houston's premier theater company. From February 8 – March 10 there will be regular showings of the play "Quack". For more information on this play and to buy tickets see: https://www.alleytheatre.org/plays/production-detail/quack.</p> |



Theatre Under the Stars Musicals

Website: <https://my.tuts.com/single/EventListing.aspx>

Theatre Under The Stars (TUTS) is Houston’s acclaimed nonprofit musical theatre company with the mission to enrich the local community through the experience of quality musical theatre. Upcoming events include the musical “Mama Mia” from Feb. 22 – March 3 with tickets starting at \$30.



Jones Hall: Home of the Houston Symphony and the Society for the Performing Arts

Houston Symphony: <https://www.houstonsymphony.org/tickets/concerts/>

Society for the Performing Arts (SPA): <https://www.spahouston.org/performance/2018-2019-season/>

Since the opening of Jones Hall in 1966, millions of arts patrons have enjoyed countless stage and musical performances at the venue, located at 615 Louisiana Street in downtown Houston. Upcoming *Houston Symphony* concerts include: Eschenbach and Josefowicz (Feb. 28, Mar. 2-3), Debussy’s *La mer* (Mar 8-10), and Bell Plays Beethoven (Mar. 15-16). Upcoming *SPA* events include: Arlo Guthrie (Feb. 20), Beijing Dance Theater (Feb. 22), Wizard of Oz Feb. 23 – 24), Mutts Gone Nuts (Mar. 2), Ukulele Orchestra of Great Britain (Mar. 17)



Wortham Theater: Home of the Houston Grand Opera (HGO) & Houston Ballet

HGO Events: <https://www.houstongrandopera.org/scheduletickets>

Houston Ballet Events: <https://www.houstonballet.org/>

The Wortham Theater Center is a performing arts center that is home to the Houston Grand Opera, Houston Ballet, and other events. Upcoming Houston Ballet events include: Sylvia (Feb. 21 – Mar. 3). There are no HGO events scheduled in mid-February to mid-March.



Eat at Downton Restaurants & New Food Halls

Website: <https://www.houstoniamag.com/articles/2018/6/22/food-halls-downtown-houston>

Downtown Houston is home to many restaurants with a wide array of types of food. Check Yelp for more details. New to Houston are a number of Food Halls. Food Halls that are open now (or will be soon) include The Conservatory Food Hall (now open) and The Bravery Food Hall (opening this summer). Opening this Fall or in 2019: Lyric Market, Finn Hall, Food Hall at Capital Tower.

Other Houston Events Calendars

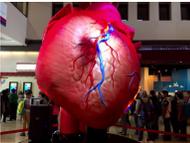
There are lots of other websites that regularly post information on events, concerts, festivals, and other activities to do in Houston. Here are a few you may want bookmark these websites. It’s also helpful to like their Facebook pages for even more info!

- Rice University Events Calendar: <https://events.rice.edu/>
- Houstonia Magazine: <https://www.houstoniamag.com/>
- Houston Press Events: <https://www.houstonpress.com/calendar>
- CultureMap Houston Events: <http://houston.culturemap.com/events/>
- 365 Things to Do in Houston – Things To Do This Weekend: <https://365thingsinhouston.com/things-to-do-this-weekend-houston/>
- 365 Things to Do in Houston - Events & Festivals: <https://365thingsinhouston.com/houston-events-festivals/current-events/>
- City of Houston Calendar of Events: <https://www.houstontx.gov/events/>

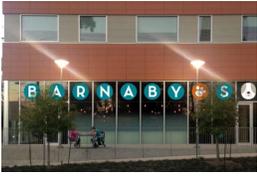
32 / MUSEUM DISTRICT

Things to Do in the Museum District: Feb – March 2019

<https://www.visithoustontexas.com/about-houston/neighborhoods/museum-district/>

| | |
|---|--|
|  | <p>Asia Society Texas Center Website: https://asiasociety.org/texas</p> <p>With 13 locations throughout the world, Asia Society is the leading educational organization promoting mutual understanding and strengthening partnerships among the peoples, leaders, and institutions of Asia and the West. Asia Society Texas Center executes the global mission with a local focus, enriching and engaging the vast diversity of Houston. The building was designed by famed Japanese architect Yoshio Taniguchi and is his first free-standing structure in the United States. Buy tickets online for upcoming events: Talk ‘Weaponization of Culture’ (Feb. 21), Artist Talk: Beijing National Dance Theater (Feb. 24), Trilateral U.S., Japan, & Israel Advancements in AI (Required, Feb. 25), Asian Representation: Overcoming Whitewashing & Stereotypes (Mar. 7), Author Talk ‘Yellow Peril’ (Mar. 8), Qigong & Meditation Workshop (Mar. 9), Architecture Tour (Mar. 9), Art Tour (Mar. 9), and Spring Break: Journey Through Japan (Mar. 11).</p> |
|  | <p>Buffalo Soldiers National Museum Website: http://www.buffalosoldiermuseum.com/</p> <p>The Buffalo Soldiers National Museum is the only museum in the U.S. dedicated primarily to preserving the legacy and honor of the African-American soldier. It houses the largest repository of African-American military history in the world. Show your Rice ID to ask about free or discounted admission to the main galleries.</p> |
|  | <p>Children’s Museum of Houston Website: https://www.cmhouston.org/</p> <p>The Children’s Museum of Houston is rated the No. 1 children's museum in the U.S. by <i>Parents</i> magazine, the Children's Museum is A Playground for Your Mind™. The Museum is packed with 90,000 square feet of innovative, interactive bilingual exhibits for kids, ages birth to 12 years, housed in a whimsical Robert Venturi-designed building. Free admission is offered every Thursday from 5-8 p.m. Show your Rice ID to ask about free or discounted admission to the main galleries.</p> |
|  | <p>Contemporary Arts Museum Website: https://camh.org/</p> <p>The Contemporary Arts Museum Houston is a non-collecting institution dedicated to presenting the best and most exciting international, national and regional art of the last 40 years. Admission is free and they are open late on Thursday’s until 9:00 PM.</p> |
|  | <p>Health Museum Website: http://www.thehealthmuseum.org/</p> <p>The Health Museum, an affiliate of the Smithsonian Institution, is a multi-sensory and ever-evolving interactive experience featuring health science advances and the intricacies and implications of how bodies work. Check out the DeBakey Cell Lab, which puts guests in the center of their own hands-on science exploration. Special exhibits include the Amazing Body Gallery. Normal closing time is 5PM but on Thursday nights, the museum has extended hours until 7:00 PM. Show your Rice ID for free or discounted admission to the main galleries.</p> |
|  | <p>Houston Museum of Natural Science Website: http://www.hmns.org/</p> <p>The Houston Museum of Natural Science, one of the most heavily attended museums in the U.S., features the Wortham Giant Screen Theatre, Burke Baker Planetarium, Cockrell Butterfly Center, permanent exhibit halls and traveling exhibitions. The permanent exhibit halls are free on Thursdays from 2-5 p.m. during normal hours and on Thursdays from 3-6pm during the summer and holidays. Show your Rice ID for free admission to the main galleries. Must purchase tickets for IMAX, Special Exhibits, and Butterfly Pyramid separately. Special exhibits include: Biophilia: A Dialogue of Nature, Art and Science; Death by Natural Causes, and Tourmaline Treasures. Upcoming IMAX movies include: Working with Dinosaurs, Pandas, and Volcanoes: The Fire of Creation.</p> |
|  | <p>Museum of Fine Arts Houston Website: https://www.mfah.org/</p> <p>Founded in 1900, The Museum of Fine Arts, Houston's collection numbers more than 65,000 works and embraces the art of antiquity to the present. On Thursday evenings, there is a Happy Hour at the Museum from 5-8PM. There is also a small movie theater with regular screenings of arthouse and independent films from around the world. Admission is free all day on Thursdays and on other days show your Rice ID for free or discounted admission to main galleries. You must purchase tickets to special exhibits and movies separately. Special exhibits include: Arts of Islamic Lands and Vincent van Gogh (Opening Mar. 10). See https://www.mfah.org/films/ for upcoming films.</p> |

MUSEUM DISTRICT / 33

| | |
|---|--|
|  | <p>MFAH: Cullen Sculpture Garden Website: https://www.mfah.org/visit/cullen-sculpture-garden/ Directly across from the MFAH is the Cullen Sculpture garden. A tranquil oasis of art and nature, the Lillie and Hugh Roy Cullen Sculpture Garden showcases masterworks of 20th- and 21st-century sculpture by artists including Louise Bourgeois, Dan Graham, Henri Matisse, Auguste Rodin, and David Smith. This garden was created by sculptor Isamu Noguchi. Open from 9:00 – 10:00 PM daily. Free admission.</p> |
|  | <p>Glassell School of Art – Brown Foundation Plaza Public Art (Free) About Opening: https://www.mfah.org/visit/glassell-school/ The Glassell School of Art is the teaching institute of the MFAH, offering studio-art courses, art-history instruction, and workshops for adults; classes for students ages 3 to 18; and the distinguished Core Residency Program for postgraduate artists and critics. Newly re-opened in May 2018, The Glassell hosts two iconic works of public art on The Brown Foundation, Inc. Plaza: the recently acquired Cloud Column by Anish Kapoor; and Eduardo Chillida's Song of Strength.</p> |
|  | <p>Menil Collection (in Montrose) Website: https://www.menil.org/ The Menil Collection opened to the public in June 1987 as the primary repository of John and Dominique de Menil's private collection. One of the most significant of the twentieth century, the collection consists of nearly 15,000 works dating from the Paleolithic era to the present day. Although the main building is temporarily closed until Fall 2018 for repairs, our other buildings and greenspaces remain open to the public with regular hours. These spaces include the Cy Twombly Gallery, Dan Flavin Installation at Richmond Hall, Byzantine Fresco Chapel, Menil Bookstore, Menil Park, and Bistro Menil. <i>Note: This is not located within walking distance of the Houston Metrorail/Rice University. It is in the Montrose neighborhood and you will need to use Uber/Lyft to get to/from this location.</i></p> |
|  | <p>Rothko Chapel (in Montrose) Website: http://www.rothkochapel.org/ The Rothko Chapel functions as chapel, a museum and a forum. It is a place where religion, art and architecture intermingle. The Rothko Chapel has become a pilgrimage stop for thousands of visitors who are drawn by its importance both as an artistic masterpiece and as an ecumenical gathering place for people of all religious beliefs. Students, art lovers, and scholars from all over the world visit the Chapel for research and inspiration. Admission is free and hours are from 10:00 AM – 6:00 PM. <i>Note: This is not located within walking distance of the Houston Metrorail/Rice University. It is in the Montrose neighborhood and you will need to use Uber/Lyft to get to/from this location.</i></p> |
|  | <p>Museum District/Hermann Park Area Restaurants A number of museums have cafes and there are also some excellent restaurants, though some may be a bit of a long/hot walk from the museum you are visiting. Here are some that are a convenient walk from many of the main museums and Herman Park area.</p> <ul style="list-style-type: none"> - MFAH Café: Paolo Fronza, from Fellini Café - Bodega's Taco Shop on Caroline St. - Lucille's New American/Southern Food on Binz St. - Barnaby's Café (Breakfast & Brunch) on Binz St. - Java Lava Brew (Hawaiiia, Breakfast/Brunch) on Southmore St. - Menil Museum: Bistro Menil (in Montrose) - Asia Society Texas Center: Pondi Café - MF Sushi on Binz St. - Dak & Bop Korean Chicken on Binz St. - Fadi's Mediterranean Cuisine |



34 / WEEK TWO: RICE UNIVERSITY

| Monday, February 25, 2019 | |
|----------------------------|---|
| Work in Research Host Lab | |
| 12:00 - 12:50 PM | OISS English Conversation Class: "English Idioms & Slang" Yukina Chiba, Mei Fukuda, Mana Kawashima, Natsuki Minakawa, & Mariko Mizogami |
| 12:00 - 2:30 PM | Optional: Health Professions Fair at Rice University, RMC Grand Hall (Bldg. 21) |
| 5:30 PM | Meet at Sallyport (Lovett Hall) for Shuttle Pick-up to Asia Society Texas Center [REDACTED] |
| 6:00 - 8:30 PM | <p>Required: Trilateral Japan, U.S., and Israel Advancements in Artificial Intelligence for the Aging and Healthcare: Dialogue with Industry & Experts Location: Asia Society Texas Center, 1370 Southmore Blvd, Houston, TX 77004 Attendees: 10 TOMODACHI Students, Sarah Phillips, & Natsumi Komatsu</p> <div style="display: flex; align-items: flex-start;">  <div> <p>Incredible changes underway in the medtech industry will shape the future of healthcare and aging populations. As Artificial Intelligence (A.I.) continues to unlock new possibilities for safety and efficiency, what societal impacts can we expect? What problems may arise, and what solutions should we begin to develop? Join us for a panel discussion on the pioneer nations in medtech — Japan, the United States, and Israel. Our expert speakers will address areas of trilateral cooperation, as well as major innovations on the horizon. Attendees will also get to meet PARO, an interactive robot developed for patients and seniors by National Institute of Advanced Industrial Science and Technology (AIST).</p> </div> </div> |
| 8:45 PM | Rice University Shuttle Returns to Hotel |
| Tuesday, February 26, 2019 | |
| Work in Research Host Lab | |
| 11:50 AM | Meet Sarah by Willy Statue in Academic Quad We will need to walk together to Lovett College servery/cafeteria. |
| 12:00 - 1:00 PM | <p>Required: Included Lunch at Japanese Language Table 13 Tickets: 10 TOMODACHI Students, Sarah Phillips, Natsumi Komatsu Location: Lovett College, Private Dining Room (Bldg. 35)</p> <div style="display: flex; align-items: flex-start;">  <div> <p>Have lunch together and speak in Japanese with Rice University students who are enrolled in Japanese language classes! This will be an opportunity for you to meet Rice undergraduates who are interested in Japan/Japanese and for you to help them improve their conversational language skills in Japanese. This lunch is hosted by Prof. Naoko Ozaki.</p> </div> </div> |
| Afternoon | Work in Research Host Lab |
| Evening | Free - Dinner on Your Own |

WEEK TWO: RICE UNIVERSITY / 35

Wednesday, February 27, 2019

Work in Research Host Lab

2:00 - 3:00 PM OISS English Conversation Class: "Advanced/Intermediate English"

Evening **Free - Dinner on Your Own**

Thursday, February 28, 2019

Work in Research Host Lab

3:00 PM Optional: President's Lecture Series - "Education Reimagined", Salman Khan
 Location: Stude Concert Hall, Alice Pratt Brown Hall (Bldg. 44)
 Must RSVP Online (Free): <https://www.eventbrite.com/e/education-reimagined-featuring-salman-khan-tickets-54780486911>

Recognized as one of TIME's 100 Most Influential People in the World, Salman Khan will share the inspiring story of how he founded Khan Academy, a 501(c)(3) nonprofit organization that is now educating millions of people, and discuss his plans to provide a free, world-class education for anyone, anywhere.

Evening **Free - Dinner on Your Own**

6:30 PM Optional: "U.S. Immigration Policy and the 'America First' Ideology: A Historical Perspective", Maria Cristina Garcia (Free)
 Location: Farnsworth Pavilion, RMC/Ley Student Center (Bldg. 21)

The policy makers who have crafted American immigration policies over the past century have all claimed to be acting on behalf of American interests, but their understandings of what constitutes "the American interest" have always been hotly contested. Today's polarized debates about who is worthy of admission and citizenship are part of this historical continuum. Garcia's lecture places contemporary debates about immigration, refugee, and asylum policy in historical perspective. María Cristina García, a 2016 Andrew Carnegie Fellow, is the Howard A. Newman Professor of American Studies in the Department of History at Cornell University.

36 / WEEK TWO: RICE UNIVERSITY

Friday, March 1, 2019

Work in Research Host Lab

4:00 - 5:00 PM

Required: "Career and Research Journey: From Industry to Academia"

Speaker: Prof. Akane Sano, Electrical and Computer Engineering

Website: <https://eceweb.rice.edu/akane-sano>

Location: Brockman Hall, Room 103 (Bldg. 72)



Akane Sano is an Assistant Professor at Rice University, Department of Electrical Computer Engineering and Computer Science. Her research focuses on human sensing, data analysis and application development for health and wellbeing. She is a member of Scalable Health Labs. Dr. Sano has been working on developing technologies to measure, forecast, understand and improve health and wellbeing. She has worked on measuring and predicting stress, mental health, sleep and performance and designing systems to help people to reduce their stress and improve their mental health, sleep and performance for student and employee populations including SNAPSHOT study project, Eureka project (symptom prediction and digital phenotyping in schizophrenia using phone data) and IARPA mPerf project (Using mobile sensors to support productivity and employee well-being). Dr. Sano obtained her PhD at MIT Media Lab, and her MEng and BEng at Keio University, Japan. Before she joined Rice University, she was a Research Scientist in Affective Computing Group at MIT Media Lab, and a visiting scientist/lecturer at People-Aware Computing Lab, Cornell University. Before coming to the US, Akane was a researcher/engineer at Sony Corporation on wearable computing, intelligent systems and human computer interaction.

Evening

Free - Dinner On Your Own

7:30 - 9:30 PM

Optional: Shepherd School Symphony Orchestra (Free!)

Website: https://events.rice.edu/#!/view/event/event_id/24743

Location: Stude Concert Hall, Alice Pratt Brown Hall (Bldg. 44)

WEEK TWO: RICE UNIVERSITY / 37

Saturday, March 2, 2019

| | |
|----------------|---|
| Day | Free! Enjoy Exploring Houston! |
| 6:00 - 9:00 PM | <p>Optional: American Society of Mechanical Engineers (ASME) BBQ Social Primary Contact and Email: [REDACTED] Location: [REDACTED]</p> <p>Our student club/organization, ASME, has a barbecue social event that will occur on Saturday, March 2, from 6pm to 9pm. We would love to have these undergraduates students from the program at our event! We don't have a Facebook page for this event yet, but will create one as it gets closer to the event date. Like/watch our Facebook page at https://www.facebook.com/riceasme for more details.</p> |

Sunday, March 3, 2019

| | |
|------------------|---|
| 10:00 AM | <p>Rice University Shuttle Departs Wyndham Hotel [REDACTED]</p> <p>Attire is casual. Admission tickets are included. Bring money for lunch/drinks/snacks, souvenirs, bottle of water, hat, sunglasses, and umbrella in case of rain. It will take approximately 45 minutes to drive to/from NASA. Please use the rest room prior to departure</p> |
| ~11:00 - 2:00 PM | <p>Required: NASA Space Center Houston Trip Guide: [REDACTED] Website: https://spacecenter.org/ Attendees: 10 TOMODACHI Students, Natsumi, & Ayako</p> <div style="display: flex; align-items: flex-start;"> <div style="flex: 1;">  </div> <div style="flex: 2;"> <p>Space Center Houston is owned and operated by the nonprofit Manned Space Flight Education Foundation with extensive education programs, a museum of space artifacts and exhibits, space attractions and your gateway to tour NASA Johnson Space Center. In addition to exploring the exhibits, you will be able to take a Tram Tour. The NASA Tram Tour takes you behind-the-scenes at NASA Johnson Space Center. You will tour Rocket Park, home of the Saturn V rocket, which is the most powerful rocket ever built. Check the information screens in the tram-loading area to see what other NASA locations you will tour that day. Tram tours are subject to change and cancellation at a moment's notice due to inclement weather and unforeseen circumstances.</p> </div> </div> |
| 2:00 PM | Rice University Shuttle Departs NASA |
| ~ 3:00 PM | Arrive Back at Wyndham Hotel |
| Evening | Free - Dinner on Your Own |

38 / WEEK THREE: RICE UNIVERSITY

Monday, March 4, 2019

Work in Research Host Labs

Mid-Program Research Update Meetings with Prof. Junichiro Kono
Prof. Kono's Office, Brockman Hall, Room 351 (Bldg. 72)

These informal, one-on-one meetings will enable Prof. Kono to learn more about your research project, progress, and overall experience in the host lab.

| | | |
|------------------|-------------------|---|
| 9:00 - 9:20 AM | Mei Fukuda | Host: Prof. Akane Sano, Electrical & Computer Engineering |
| 9:20 - 9:40 AM | Kyoko Ikeda | Host: Prof. Helge Gonnerman, Earth & Planetary Sciences |
| 9:40 - 10:00 AM | Ayaka Kasamatsu | Host: Prof. Peter Lwigale, BioSciences |
| 10:00 - 10:20 AM | Mana Kawashima | Host: Prof. James Tour, Chemistry |
| 10:20 - 10:40 AM | Natsuki Minakawa | Host: Prof. Ashu Sabharwal, Electrical & Computer Engineering |
| 10:40 - 11:00 AM | Mariko Mizogami | Host: Prof. Devika Subramanian, Computer Science |
| 11:00 - 11:20 AM | Yurina Nakazato | Host: Prof. Frank Geurts, Physics & Astronomy |
| 11:20 - 11:40 AM | Haruka Sumi | Host: Prof. Yizhi Jane Tao, BioSciences |
| 11:40 - 12:00 PM | Masami Tsukagoshi | Host: Prof. Natasha Kirienko, BioSciences |

12:00 - 1:00 PM **Lunch Break**

1:00 - 1:20 PM **Yukina Chiba** Host: Prof. Bryan Denny, Psychological Sciences

12:00 - 12:50 PM OISS English Conversation Class: "English Idioms & Slang"

Evening Free - Dinner on Your Own

6:00 - 8:00 PM Optional: "The Astronaut Maker: How One Mysterious Engineer Ran Human Spaceflight for a Generation", Space Policy Center, Baker Institute for Public Policy
 Online Registration Required: <https://www.bakerinstitute.org/events/1984/>

Tuesday, March 5, 2019

Work in Research Host Labs

4:00 PM **Meet in Wyndham Hotel Lobby**
 Bring your Houston Metrorail card, money for dinner/drinks and souvenirs, and an umbrella in case of rain.

Evening **Required: Rice Night at the Houston Rodeo!**
16 Tickets: 10 TOMODACHI Students, Sarah Phillips, Naoko Ozaki, Natsumi Komatsu + 3 Other Guests



Show your Rice pride and cheer President Leebron, Sammy the Owl and other Rice notables as they saddle up and ride out into the NRG Stadium rodeo arena to kick off this special night of celebration. The musical performer for the evening is Camila Cabello.

- ~4:45 PM: Arrive NRG Stadium
- 5:00 - 6:30 PM: Tour Exhibit Hall and Eat Dinner
- 6:45 PM: Rodeo Begins in NRG Stadium
- ~8:30 PM: Rodeo Ends and Camila Cabello concert begins
- Students can stay for the concert or leave to eat at the food stalls or visit the carnival/fair.

Return to Hotel You can return to the hotel on your own at any time via the Houston Rodeo Hotel Shuttle or Houston Metrorail. The carnival area officially closes at midnight.

WEEK THREE: RICE UNIVERSITY / 39

Wednesday, March 6, 2019

Work in Research Host Labs

| | |
|-----------------|--|
| 2:00 - 3:00 PM | OISS English Conversation Class: "Advanced/Intermediate English" [REDACTED] |
| 5:15 - 6:00 PM | Included Dinner: Pizza Come early to Brockman Hall, Room 200 (Bldg. 72) for pizza before our evening talk. |
| 6:00 - 7:30 PM | <p>Seminar: "Messaging: How to Highlight & Build On Your Message" Speaker: Kuriko Hasegawa Wong, Accenture (U.S.-Japan Council Member) Location: Brockman Hall, Room 200 (Bldg. 72)</p> <div style="display: flex; align-items: flex-start;">  <p>Based in Houston, Kuriko Hasegawa Wong is a seasoned communications and public relations practitioner. She currently works for Accenture, managing media relations efforts for the U.S. Southwest region. Before joining Accenture, Kuriko was Vice President at FleishmanHillard, an international public relations agency, where she provided communications counsel to clients in the U.S. and Japan. Outside of work, she has been a long-time member of Pensadores de Houston Toastmasters, a Spanishspeaking public speaking professional organization, where she assumed various leadership positions including President and Vice President of Public Relations. Kuriko is also a former foreign exchange student originally from Hamamatsu, Shizuoka, Japan, and graduated from the University of Houston with double-majors in corporate communications and Spanish.</p> </div> |
| 7:30 - 10:00 PM | Optional: Rice Shepherd School Opera Susannah by Carlisle Floyd Location: Opera Theater, Alice Pratt Brown Hall (Bldg. 44) Alternate Dates: Monday, March 4 or Friday, March 8 |

Thursday, March 7, 2019

Work in Research Host Labs

| | |
|-----------------|--|
| 11:30 AM | Meet in Front of Cohen House/Faculty Club (Bldg. 9) Students will have their choice of included lunch options from the daily buffet. |
| 12:00 - 1:00 PM | <p>Included Lunch with the Dean of Graduate & Post Doctoral Studies Prof. Seiichi Matsuda, Dean and Professor of Chemistry and Professor of Biochemistry & Cell Biology Website: https://graduate.rice.edu/ Location: Cohen House: Rice Faculty Club (Bldg. 9)</p> <div style="display: flex; align-items: flex-start;">  <p>Prof. Seiichi Matsuda has been Dean of Graduate and Postdoctoral Studies at Rice University since 2014. Matsuda joined the Rice faculty in 1995 as an assistant professor of chemistry and of biochemistry and cell biology. He was promoted to associate professor with tenure in 2001, full professor in 2004 and department chair in 2007. As chair of the Department of Chemistry, Matsuda focused the graduate program on promoting the highest level of achievement for each doctoral student. Due to Prof. Seiichi's kind support, all TOMODACHI alumni are eligible to receive graduate application fee waivers if they choose to apply for admission to graduate school at Rice University in the future. Come prepared with your questions to ask the Dean!</p> </div> |
| Evening | Free - Dinner on Your Own |

40 / WEEK THREE: RICE UNIVERSITY

Friday, March 8, 2019

Work in Research Host Lab

Evening

Free - Dinner on Your Own

Saturday, March 9 and Sunday, March 10, 2019 ~ Last Weekend in Houston!

Free - Enjoy Exploring Houston On Your Own

Students are free to explore Houston on their own this Saturday and Sunday. Enjoy Houston!

Sunday:

2:00 A.M. -->

3:00 A.M



Daylight Saving Time Begins - Spring Ahead One Hour on Sunday!

Daylight saving time in the United States is the practice of setting the clock forward by one hour during the warmer part of the year, so that evenings have more daylight and mornings have less. *Fun Fact:* Not all states in the U.S. observe Daylight Saving time. The time does not change in Arizona and Hawaii and some U.S. territories.

Fun Things to See/Do at Rice University



James Turrell Skyspace at Rice University for Sunrise or Sunset

Website: <http://skyspace.rice.edu/>

Located adjacent to the Shepherd School of Music on the Rice University campus is the Suzanne Deal Booth Centennial Pavilion, James Turrell's Twilight Epiphany Skyspace. The Skyspace structure is open and available to the public throughout the day. Light sequences occur daily at sunrise and sunset. Make a reservation on the website or simply walk up. Please arrive 10-15 minutes early.



Work Up a Sweat at the Rice University Gym or Loop Running Trail

Gym Website: <https://recreation.rice.edu/>

Gym Hours: Mon. - Thurs. 6AM-Midnight, Fri. 6AM-10 PM, Sat. 8AM-10PM, Sun. 10AM-10PM

The Rice Gym offers weight and cardio area, basketball courts, squash and racquetball courts, two pools, and group fitness classes including yoga (additional fee). With your student ID, you have free admission/use of the gym. Purchase yoga class passes at the front desk. If you prefer outdoor exercise, check out the 2.9 mile long Rice University Loop, a shaded gravel walking/running path around the edge of campus. See <http://houstonwalks.blogspot.com/2013/04/rice-loop.html>



Attend a Performance at the Shepherd School of Music

Website: <https://music.rice.edu/>

Founded in 1975, The Shepherd School of Music at Rice University in Houston, Texas. In just over forty years, it has become one of the most prominent music schools in the country, attracting an international student body of 300 music majors. Our illustrious faculty of artist-teachers is dedicated to the highest possible cultivation of the talents and skills of each individual student.



Take a Self-Guided Public Art Tour of Campus and Visit the Moody Center Galleries

Website: <https://moody.rice.edu/about-rice-public-art>

Art expands our capacity to perceive, understand and represent the world. Rice Public Art seeks to generate encounters with art that advance the culture of inquiry that characterizes our university. By incorporating site specific works into the campus landscape and interior spaces, the program aims to challenge and inspire the community to imagine its work and lives from unconventional and potentially transformative perspectives.



Check out the 'Moon Shot' Speech Podium and Moon Rock in Fondren Library

Read More: <https://tinyurl.com/Rice-Hidden-Symbols>

The connections between NASA and Rice, especially through the Lyndon B. Johnson Space Center (JSC), over the last half-century, have helped sustain scientific research at these institutions individually, but they have also contributed on a larger scale to making Houston world-renowned as Space City, U.S.A. The speech given on Sept. 12, 1962 by newly elected President John F. Kennedy at the Rice University Stadium is just one example. In Fondren Library, you can stand at a reproduction podium, see a moon rock, and view the photo gallery of all Rice University astronauts to date. *"We choose to go to the moon. We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard, because that goal will serve to organize and measure the best of our energies and skills, because that challenge is one that we are willing to accept..." ~ John F. Kennedy*

WEEK THREE: RICE UNIVERSITY / 41

Other Fun Things to See/Do in Houston: Most require using Uber/Lyft or going with a friend who has a car.



Houston Zoo (Free with Rice Student ID!)

Website: <https://www.houstonzoo.org/>

Founded in 1922, the Houston Zoo is an exciting live animal adventure that provides a unique educational and conservation resource serving more than 1.9 million guests annually. Set in a 55-acre lush tropical landscape, the zoo is home to more than 6,000 exotic animals representing more than 800 species. The zoo is located in Hermann Park and you can ask the hotel shuttle for drop-off/pick-up during their normal shuttle hours.



Texas Medical Center (TMC) Events & Architecture Tours

TMC Events Calendar: <http://www.tmc.edu/news/tmc-events/>

Tour Hours: Saturdays at 10:00 AM and Thursdays at 6:00 PM

Tour Website: <https://aiahouston.org/v/site-page/ArCH-Walking-Bicycle-Tours/Texas-Medical-Center-Walking-Tour/43/>

The Texas Medical Center is the largest medical center in the world. The TMC has over 33.8 million square feet of patient care, education, and research space. 160,000+ individuals visit the Texas Medical Center each day with more than 6 million patients treated annually. Check out the TMC events calendar for public talks and activities. You can also join a walking tour highlighting TMC architecture.



Visit Buffalo Bayou Park and the Cisterns

Park Website: <https://buffalobayou.org/visit/>

Cistern Website & Tickets: <https://buffalobayou.org/visit/destination/the-cistern/>

Just north of Downtown Houston, this is a 160 acre stretch of park that run along the Buffalo Bayou. Home to many walking and biking trails, it also has special locations such as the Buffalo Bayou Cisterns where you can take a tour and learn about the history of water infrastructure in Houston. If you're in the park near sunset, head down to the Waugh Bridge to see Houston's resident colony of bats take flight each evening. You can also get some amazing views of the Downtown Houston skyline from the park.



Galleria Shopping Mall and Uptown Neighborhood

Hours: 10 AM - 9 PM (Mon. - Sat.) and 10 AM - 7 PM (Sundays)

Website: <https://www.visithoustontexas.com/about-houston/neighborhoods/galleria-uptown/galleria-uptown-things-to-do/>

Plan to take an Uber/Lyft to the Galleria for a fun day full of shopping, dining, and even ice skating on their indoor rink. There are tons of great restaurants in the Galleria/Uptown so search Yelp to see which one/s you might want to try. Just across the street from the mall, you can also visit the Water Wall for one of the iconic Houston photo shots!



Explore Other Neighborhoods in Houston

Check out some of these great neighborhoods in Houston for even more great shopping and dining options. Consult Google-sensei or Yelp for more great ideas and restaurant/store hours.

- **Hit up a Coffee Shop or Independent Store in Montrose!** Known as a hipster neighborhood, this is the place to go for coffee shops, restaurants, and artsy stores like 'Space' that usually has a good array of Houston/Texas merchandise produced by local artists. See <https://www.visithoustontexas.com/about-houston/neighborhoods/montrose/>
- **Check out upscale shopping in Highland Village!** Also, be sure to check out Central Market Grocery Store across the street. See <https://www.visithoustontexas.com/listings/highland-village/19709/>
- **Antique shop and check out the great restaurants in the Houston Heights!** See <https://www.visithoustontexas.com/listings/historic-houston-heights-shopping-district/20725/>
- **Eat til you can't move in Asiatown!** For 5 'Must Do' things see <https://365thingsinhouston.com/2018/05/08/5-must-do-things-in-chinatown-houston-tx/> and Houstonia Magazine's Guide to Asiatown at <https://www.houstoniamag.com/features/chinatown-houston>.



Day Trip to Galveston Island

Website: <https://www.galveston.com/>

You'll need a car to take this trip as it's about an hour drive from central Houston. So, ask your friends at Rice or in your host lab who have cars if they might want to do a beach day with you! Things to see/do include the Seawall Beach (but don't be surprised if the water looks brown due to the Gulf's proximity to the Mississippi River watershed), ride the Galveston Trolley to explore the town, tour Victorian-era Mansions, visit the Moody Gardens Aquarium, or spend the day getting soaked at Schlitterbahn Waterpark in Galveston! A great way to beat the summer heat!



42 / WEEK FOUR: RICE UNIVERSITY

Monday, March 11, 2019 ~ Draft Research Poster Due!

This is **Rice University's Spring Break** week. No university classes, including OISS English classes, will be held this week. Most undergraduates and some graduate students may be gone this week. Be sure you check with your lab mentor/s and lab group members about their schedule and availability this week.

Work in Research Host Labs

by 2:00 PM

Assignment Due: Submit Draft Version of Final Research Poster in Canvas

See Canvas for assignment details. You must upload your first draft of your research poster by 2:00 PM today and bring an electronic copy of your poster with you on a flash/thumb drive to the afternoon poster presentation and coaching session.

3:00 - 4:00 PM

Required : "How to Present your Research Poster"

Speaker: Dr. Gayle Moran, Rice Center for Engineering Leadership

Location: Abercrombie Lab, 2nd Floor ECE Conf. Room AL-227 (Bldg. 11)

4:00 - 5:00 PM

Required: Poster Presentation Practice/Coaching Session

Practice presenting your draft poster and get tips/feedback from Dr. Moran & coaches.

Group 1: AL-227, ECE Conf. Room

Group 2: RCEL Conf. Room (1st Floor)

Yukina Chiba

Natsuki Minakawa

Mei Fukuda

Mariko Mizogami

Kyoko Ikeda

Yurina Nakazato

Ayaka Kasamatsu

Haruka Sumi

Mana Kawashima

Masami Tsukagoshi

Evening

Free - Dinner on Your Own

Tuesday, March 12, 2019

Work in Research Host Labs

Evening

Free - Dinner on Your Own

Wednesday, March 13, 2019 ~ Final Research Poster Due!

Work in Research Host Labs

Suggestion: Mail Heavy Books/Items Home to Japan from Rice University Post Office

Website: <https://delivery.rice.edu/overview/us-post-office/>

Hours: Monday - Friday, 8:00 AM - 4:00 PM Location: Behind RUPD (Bldg. 43)

If you have a lot of heavy items to bring back, visit the Rice University Post Office to mail these items home. For example, if you have a lot of heavy books, it will be cheaper to mail these back using the 'Media Mail' rate than to pay an overweight baggage fee in your checked luggage.

Evening

Free - Dinner on Your Own

by Midnight

Assignment Due: Submit Final Version of Research Poster in Canvas

The final version of your research poster must be submitted in Canvas by midnight tonight. No late submissions will be accepted. You will not be able to make any changes to your final poster after submission. Ensure that your host professor and research mentor/s have reviewed and approved the final version of your poster prior to submission. These posters will be printed on your behalf by our assistant on Thursday during our trip to Dow Chemical.

WEEK FOUR: RICE UNIVERSITY / 43

Thursday, March 14, 2019 ~ Day Trip to Dow Chemical in Houston

8:45 AM

Rice University Shuttle Departs Wyndham Hotel

Day

Company Site Visit to Dow (Tentative, Pending Dow Confirmation)



Drop-off Address: 270 Abner Jackson Pkwy, Lake Jackson, TX 77566

Website: <http://www.dow.com/>

Attendees: 10 students + Sarah Phillips

Attire: Casual. Wear your TOMODACHI STEM T-shirt.



- 10:00 – Attendees Arrive at Dow Diamond Center, Room 1123
- 10:05 – Introductions
- 10:15 - Welcome to Dow Texas Operations presentation/Q&A about Dow
- 11:00 – Dow Leader Panel Discussion Introductions
- 11:15 – Leadership Panel Discussion and Lunch
- 12:30 – Depart Via Rice Shuttle for Pack Studios
- 12:45 – Tour of Pack Studios
- ~2:00 - Depart to for Wyndham Houston Hotel

Evening

Free - Dinner on Your Own

Friday, March 15, 2019

Free and/or Work in Research Lab

Before leaving Houston/Rice University be sure to return/complete the following:

- Return any library books you checked out to Fondren Library.
- If you picked up lab/office keys at RUPD, return them to the RUPD (Bldg. 43).
- If you picked up lab/office keys from your academic department/research group, return them directly to your academic department/research group.
- Complete the OISS Check-out Form (see email from OISS/Sarah)
- If you will be graduating soon, be sure to give your host professor/lab and the TOMODACHI STEM program a personal email address we can continue to use to contact you at. (e.g. a Gmail, Hotmail, Yahoo or other personal account)

3:15 - 3:30 PM

Students Set-up Posters

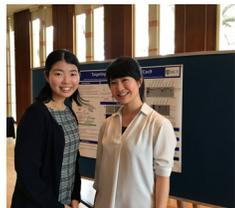
Location: RMC/Student Center, Grand Hall (Bldg. 21)

Attire for the poster session is business casual. Bring a bottle of water and be sure to wear comfortable shoes as you will be standing by your poster for 1 1/2 hours.

3:30 - 5:00 PM

TOMODACHI STEM Final Research Poster Symposium

Location: RMC/Student Center, Grand Hall (Bldg. 21). Light refreshments will be served.



The 2019 TOMODACHI STEM students will present research posters on the projects they have conducted in their Rice University lab. All host professors, mentors, lab group, members, and friends of the program are invited to attend.

Evening

Free - Dinner on Your Own

Allow time to pack tonight and be sure to empty out your fridge and hotel room of any remaining food or other items you do not want to bring with you. Be sure to put your phone, laptop, chargers, money, passport, and other valuables in one place so you do not forget any important items when leaving the hotel on Saturday morning.

Final Week on the East Coast

44



WEEK FIVE: TRAVEL TO PHL / 45

Saturday, March 16, 2019

by 10:20 AM **Hotel Check-out:** Students must be waiting in the lobby with their luggage.

10:30 - 10:40 AM **Super Shuttle Van Pick-up at Wyndham Hotel**

by 11:15 AM **Check-in at United Counter (Terminal A) and Clear Security**

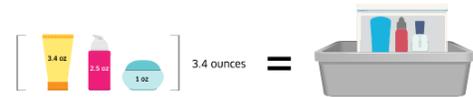
Be sure you take all food out of your carry-on and place in the bin for screening. To make this easier, place all food, snacks, gum, and candy in a plastic bag that can be easily removed from your carry-on bag. After clearing security, you can eat breakfast on your own at one of the airport restaurants or buy last minute souvenirs in the airport gift stores. Be sure to be at our gate by the boarding time printed on your boarding pass.

Standard Screening



Carry-On Bag

3.4 ounces (100 ml) or smaller sized containers that fit in 1 quart-sized, resealable bag may go in carry-on and through checkpoint security.



Checked Bag

Containers that are larger than 3.4 ounces (100ml) regardless of amount inside must be in checked baggage.



12:12 PM

Departs IAH for Philadelphia

4:35 PM

Arrival in Philadelphia

After de-planing, walk to baggage claim to collect checked luggage.

~5:30 PM

Walk to SEPTA Regional Train Line and Purchase Key Quick Trip Ticket from Kiosk (\$9.25)

We will take the train for about 30 minutes to Jefferson Station and walk ~1 minute to the hotel.

~6:00 PM

Hotel Check-in:

Room 1: Yukina Chiba & Mei Fukuda

Room 4: Mariko Mizogami & Yurina Nakazato

Room 2: Kyoko Ikeda & Ayaka Kasamatsu

Room 5: Haruka Sumi & Masami Tsukagoshi

Room 3: Mana Kawashima & Natsuki Minakawa

Room 6: Sarah Phillips

Evening

Free - Dinner on Your Own

Suggestion: Check out the Down Home Diner which is right next to the hotel in Reading Terminal Market. Most of the other shops/restaurants here close at 6:00 PM but the Down Home Diner stays open until 9:00 PM. Consult Yelp for other nearby restaurant ideas but we recommend students do not walk alone at night; use the buddy system. You can also use Uber Eats to order food delivered to the hotel or there is a hotel restaurant on the top floor.

46 / WEEK FIVE: PHILADELPHIA

Sunday, March 17, 2019 - Happy St. Patrick's Day!

Remember to wear green or the leprechauns might pinch you!

Morning

Breakfast Included at Hotel Or Eat on Your Own at Reading Terminal Market (opens at 8 AM)

by 8:30 AM

Check-out of Hotel & Store Luggage & Walk to Independence Hall

All students must check-out and store your luggage with the hotel front desk. Once luggage is stored, depart hotel to walk to Independence Hall (~15-20 minutes). We will need to visit the desk to secure our group tickets and exact time is TBA. While waiting for our tour time, you may browse the exhibits and visit the Liberty Bell.

Visit Liberty Bell & Tour of Independence Hall

Address: 599 Market Street, Philadelphia, PA 19106



The **Liberty Bell** bears a timeless message: "Proclaim Liberty Throughout All the Land Unto All the Inhabitants thereof" Go beyond the iconic crack to learn how this State House bell was transformed into an extraordinary symbol. Abolitionists, women's suffrage advocates and Civil Rights leaders took inspiration from the inscription on this bell.



Independence Hall is the birthplace of America. In this building, the Declaration of Independence and U.S. Constitution were both debated and signed. The legacy of the nation's founding documents - universal principles of freedom and democracy - has influenced lawmakers around the world and distinguished Independence Hall as a UNESCO World Heritage Site.

Afternoon: Free Sight-Seeing in Philadelphia Hop-on/Hop-Off Bus

There is a Big Red Bus Stop right near Independence Hall.



You will be given a Hop On-Hop Off Bus Ticket and map and can use this to explore Philadelphia on your own. You must return to the hotel by the designated time on your own for our bus departure to Bethlehem, PA. With this pass you can visit many sites throughout Philadelphia and just hop-on/hop-off at one of their designated stops. Some museums and locations require admission fees, others are free.

Eat and Shop 'Til you Drop at Reading Terminal Market

Address: 51 North 12th Street Philadelphia, PA 19107

Website: <http://www.readingterminalmarket.org/>

Nearest Bus Stop #6 - Reading Terminal Market/Convention Center



Plan to get back to the hotel at least an hour early to eat and shop at Reading Terminal Market. This is a great place to buy souvenirs and gifts for family and friends back home. A perfect place to try an iconic Philly Cheesesteak! Mouth-watering aromas. Locally grown and exotic produce. Fresh meats, seafood, and poultry. Handmade confections and baked goods straight from the oven. Everything you need to create a memorable meal, from cookbooks, to table linens, to kitchen ware, to fresh cut flowers, and more. Plus the widest variety of restaurants under one roof.

by 5:45 PM

Return to Hilton Garden Inn Hotel and Collect Luggage from the Front Desk. Board Bus.

6:00 PM

Chartered Bus Departs for Bethlehem, PA

There is no bathroom on the bus. Use the rest room before boarding.

~7:30 PM

Hotel Check-in: Comfort Suites, University

Address: 120 W. 3rd St., Bethlehem, PA 18015

Phone: (610) 882-9700

Website: <https://www.choicehotels.com/pennsylvania/bethlehem/comfort-suites-hotels/pa209>

Same roommate assignments as before. Free wi-fi & included hot breakfast. Sarah will not be staying at the hotel. She will meet you in the mornings for start of program activities at Lehigh.

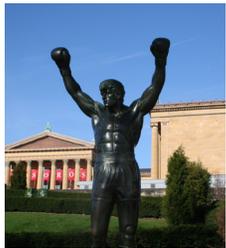
~7:30 PM

Dinner - Pizza & Salad in the Lobby

Lehigh University will deliver pizza and salads to the lobby for dinner and space has been reserved for students to eat in lobby/restaurant area. Or, you can take food to your rooms.

Philadelphia Sight-Seeing Suggestions

For even more great ideas see the Visit Philly website at <https://www.visitphilly.com/>



Pose with the Rocky Statue & run up the “Rocky Steps” next to the Philadelphia Museum of Art
 Website: <https://www.philamuseum.org/>
 Nearest Bus Stop: #15 “Rocky Steps”

Steps & Statue: Since Rocky’s triumphant run, the steps of the Philadelphia Museum of Art have become an international destination. Travelers from around the world embark on their own jog up the stairs, pumping their fists in the air as they cherish the spectacular view. To finish off the experience, head to the bottom of the stairs and snap a photo with the bronze statue of Rocky, originally created for Rocky III.

Museum: Like Philadelphia’s own Parthenon, the Philadelphia Museum of Art sits majestically on a rise at the end of the Benjamin Franklin Parkway. The vast collections of this temple of art make it one of the largest art museums in the country and an absolute must-see on the city’s cultural circuit. Admission fee is \$14 for students with a valid ID.



Take in an Epic View of City Hall from South Broad Street
 Nearest Bus Stop: #7 City Hall/Convention Center

The largest municipal building in the United States, Philadelphia’s City Hall is an architectural treasure inside and out that’s served as the home for Philadelphia’s government for over 100 years. You’ll find one of the best perspectives of City Hall from South Broad Street on the Avenue of the Arts. Then, head to the nearby Macy’s at 1300 Market Street to view the amazing Wanamaker Grand Court Pipe Organ. Designed by renowned organ architect, George Ashdown Audsley, and built by the Los Angeles Art Organ Company for the 1904 St. Louis World’s Fair, the Wanamaker Organ originally incorporated more than 10,000 pipes. The Organ found a permanent home with John Wanamaker, the Philadelphia merchant who founded the groundbreaking Wanamaker’s department store. A firm believer in music’s capacity to benefit civic life, he purchased the organ in 1909 and had it installed over a two-year period in the palatial seven-story atrium of his Philadelphia emporium. Today, the Organ weighs in at 287 tons, incorporates an astounding 28,500 pipes, six ivory keyboards, 729 color-coded stop tablets, 168 piston buttons (under the keyboards) and 42 foot controls. The largest pipe, made of three-inch-thick Oregon sugar pine, is more than 32 feet long and the smallest is a quarter-inch long. Then, take a short walk to Love Park to get a photo in front of the iconic LOVE statue.



Explore Independence Hall/Historic Philadelphia by Foot

- Take a stroll down **Elfreth’s Alley**: Home to 18th-century artisans and tradespeople who were the backbone of Colonial Philadelphia. The nation’s oldest continuously inhabited street preserves three centuries of evolution. Most of the homes are still occupied by Philadelphia citizens, but two adjacent houses, built in 1755, are now a museum (small fee for admission).
- **Explore the Boardwalk**: Facing the Delaware River, Spruce Street Harbor Park creates the ultimate hangout – and hammock-lounging – spot, at absolutely no cost. For a few dollars, score a bite to eat from one of the many food vendors set up on the boardwalk. Arcade games, an over-sized chess board and other free-to-play activities also fill the space.
- **Take a Break in Tree-Lined Franklin Square**: There are countless reasons to love Philadelphia’s best square for kids. And while most of them require a small fee — including the carousel, mini-golf and SquareBurger burger-and-fries outpost — hanging out in Franklin Square is free. It makes for a nice resting point while walking around.
- **Visit the Franklin Institute Science Museum**: An innovator in designing hands-on exhibits before “interactive” became a buzzword, The Franklin Institute offers an experience as unique as its namesake, Benjamin Franklin. Its eminently touchable attractions explore science in disciplines ranging from sports to space. General admission is \$23 but ask if there is a student discount.
- **View a 100,000 Piece Tiffany Mosaic**: The lobby of the Curtis Center (601 Walnut Street) across from Washington Square houses an unexpected treasure: the astounding Dream Garden, a mosaic of more than 100,000 pieces of favrile glass. Color and light, masterfully combined by the studios of Louis Comfort Tiffany, bring to life the luminous vision of Philadelphia native Maxfield Parrish, who created the painting on which the mosaic was based.
- For more ideas see ‘**Top 20 Free Things to do in Philadelphia**’ at <https://www.visitphilly.com/articles/philadelphia/free-things-to-do-in-historic-philadelphia>



48 / LEHIGH AT A GLANCE

Lehigh at a Glance

Recognized among the nation's premier research universities, Lehigh offers a rigorous academic community for more than 7,000 students. Our small size, ideal student-to-faculty ratio and vibrant campus allow students to collaborate on projects in and out of the classroom.



Founded:

1865 by Asa Packer, an industrial pioneer, entrepreneur and philanthropist

Accreditation:

Regionally Accredited, Middle States Association of Colleges and Schools

Student Body:

5,075 undergraduates (55% men, 45% women)
1,979 graduate students (55% men, 45% women)

4 Colleges:

College of Arts and Sciences, College of Business and Economics, P.C. Rossin College of Engineering and Applied Science and College of Education

Lehigh Endowment:

\$1.3 billion
[Learn more about the endowment >](#)

Athletics Program:

| LOCATION | ACADEMICS | STUDENT PROFILE | CAMPUS LIFE & COMMUNITY |
|--|--|--|---|
| <p>9 AVERAGE CLASS of classes 35 or fewer students</p> | <p>9:1 STUDENT-TO-FACULTY RATIO</p> | <p>2,300+ COURSES OFFERED 100+ Undergraduate degree programs</p> | <p>5,075 UNDERGRADUATES ENROLLED AT LEHIGH THIS FALL</p> <ul style="list-style-type: none"> ● College of Arts & Sciences - 33% ● P.C. Rossin College of Engineering & Applied Sciences - 30% ● College of Business & Economics - 25% ● Intercollegiate Programs - 11% ● Arts & Engineering - 1% |

| FACTS & RESEARCH | COSTS & AID | INTERNATIONAL | AFTER GRADUATION |
|--|---|---|--|
| <p>The Lehigh University United National Partnership offers 56 U.N.-related programs every year. Lehigh was just the 6th university in the world to have earned NGO (non-governmental organization) status from the U.N.'s Office of Public Information.</p> | <p>1,600 NUMBER OF ALUMNI WHO LIVE OVERSEAS SPANNING SIX CONTINENTS</p> <p>103 students served distinctive, individually designed internships in 15 countries through the Iacocca International Internship program.</p> | <p>250 STUDY ABROAD PROGRAMS IN</p> <p>74 COUNTRIES</p> | <p>43% INTERNATIONAL EXPERIENCE</p> <p>43% of the Class of 2016 studied overseas at least once.</p> |

Adapted from <https://www1.lehigh.edu/about/glance>

| FACULTY & RESEARCH | COSTS & AID | INTERNATIONAL | AFTER GRADUATION |
|--|---|--|--|
| <p>LEHIGH FACULTY MEMBERS ARE WORLD-CLASS SCHOLARS WHO ARE KNOWN FOR THEIR EXCELLENCE IN RESEARCH.</p> <p>540 full-time professors teach at Lehigh.</p> <p>96% of Lehigh faculty hold the terminal degree in their field.</p> <p>65% of full-time faculty are tenured.</p> | <p>FACULTY COLLEGE BREAKDOWN</p> <ul style="list-style-type: none"> College of Arts & Sciences - 49% P.C. Rossin College of Engineering & Applied Sciences - 28% College of Business & Economics - 16% College of Education - 7% | <p>1,050+ UNDERGRADUATES TAKE PART IN RESEARCH EVERY YEAR</p> | <p>117 RESEARCH GRANTS AWARDED TO LEHIGH FACULTY BY EXTERNAL FUNDING AGENCIES</p> <p>784 students were employed in faculty projects (undergraduate and graduate)</p> <p>45 STUDENT PROJECTS were supported from Spring 2012-Spring 2013 by the Dale S. Strohl '58 Awards for Research Excellence in Humanities and Social Sciences</p> <p>55 students received grants for their own projects</p> |

| LOCATION | ACADEMICS | STUDENT PROFILE | CAMPUS LIFE & COMMUNITY |
|--|---|--|-------------------------|
| <p>5,075 UNDERGRADUATES</p> <p>1,979 GRADUATES</p> | <p>MIDDLE 50% OF STUDENTS OFFERED ADMISSIONS TO THE CLASS OF 2021</p> <p>SAT RANGES*</p> <p>640-715 Verbal</p> <p>660-755 Math</p> <p>ACT RANGES</p> <p>30-33</p> <p>*New SAT redesigned scale.</p> | <p>ETHNICITY</p> <ul style="list-style-type: none"> White - 64% Nonresident Alien - 11% Hispanic of any race - 9% Asian - 8% Black or African American - 4% Race/ethnicity unknown - 4% Two or more races - 3% American Indian or Alaska Native - <1% Native Hawaiian or Other Pacific Islander - <1% <p>GEOGRAPHY</p> <ul style="list-style-type: none"> PA - 25% NJ - 24% NY - 15% Other U.S. states and territories - 12% Other countries - 9% MA - 5% CT - 4% CA - 3% MD - 2% FL - 1% | |

50 / WEEK FIVE: LEHIGH UNIV.

Monday, March 18, 2019 (TENTATIVE SCHEDULE BASED ON 2018 PROGRAM)

Morning

Included Breakfast at the Hotel. Attire for today is casual.

8:30 AM
(Tentative)

Depart Lobby to Walk to Lehigh University
Guide: (Name), Will Meet Us in Hotel Lobby

Walking Tour of Lehigh Campus



Lehigh University is located in Bethlehem, Pennsylvania, just 50 miles north of Philadelphia and 90 miles southwest of New York City. The university comprises three contiguous campuses encompassing 1,600 acres. The original or main campus, Asa Packer, contains most of Lehigh's academic and residential buildings and sits on the north slope of South Mountain overlooking Bethlehem's Southside. The 742-acre Mountaintop Campus overlooks the Lehigh Valley. This site was originally built up as the Homer Research Labs of Bethlehem Steel. Mountaintop was acquired by Lehigh in 1986 and is home to the College of Education and numerous facilities for the Civil Engineering, Chemical Engineering, and Biological Sciences departments.

Linderman Library: Architectural Digest has named Linderman Library one of the 12 most stunning university libraries in the world. The Linderman Library opened in 1878 on the South Side Bethlehem school's campus. Lehigh's library houses an impressive rare books collection, including Darwin's "Origin of Species". A beautiful stained glass sky-light formed a dome over the center of the reading area, known as the Rotunda

10:00 - 11:45 AM
(Tentative)

Welcome & Hofstede Cultural Dimension: A Framework for Cross-Cultural Communication
Dr. Cheryl Matherly, Vice President and Vice Provost for International Affairs
Location: TBA



Cheryl Matherly is Vice President and Vice Provost for International Affairs at Lehigh University, where she has responsibility for the strategic leadership of the university's portfolio of international education programs. She most recently served as Vice Provost for Global Education at the University of Tulsa. Dr. Matherly led the development and implementation of Tulsa's Strategic Plan for Comprehensive Internationalization, which included the development of the Global Scholars leadership program and creation of dual degree programs with universities in China. Dr. Matherly's research has focused on the impact of education abroad on the development of students' global competencies. She has received four National Science Foundation grants to specifically examine the impact of international experiences on learning outcomes for students in STEM fields. She is the recipient of two Fulbright grants for international education administrators (Germany and Japan.) She has an Ed.D. in Education Leadership and Culture Studies from the University of Houston.

WEEK FIVE: LEHIGH UNIV. / 51

| Monday, March 18, 2019 | |
|--------------------------------|--|
| 11:50 AM | Walk to University Center for Lunch |
| 12:00 - 1:30 PM (Tentative) | <p>The Culture of Research in the U.S. and Abroad: Lunch with Lehigh Faculty Location: UC 308 <i>Participants will go through the buffet line in Asa Packer dining room</i></p> <p>During this lunchtime discussion session, students will sit in small groups with Lehigh University science and engineering faculty members. This will provide students with the opportunity to talk and ask questions you may have about international research collaboration, the culture of research in the U.S., your shared research interests, and/or possible graduate study and career paths for science & engineering students in the U.S.</p> <ul style="list-style-type: none"> • Faculty TBA • 1 grad. student from each faculty member's group may also be invited to join. |
| 1:30 PM | Walk back |
| 2:00 - 3:00 PM (Tentative) | <p>Understanding and Interpreting Your CliftonStrengths Assessment Carol Ham, Director, Iacocca International Internship Program</p>  <p>The CliftonStrengths assessment measures your natural patterns of thinking, feeling and behaving, so when you're done you'll have discovered your talents. Each CliftonStrengths theme sorts into one of four domains. These domains describe how people and teams use their talents to work with information, make things happen, influence others and build relationships. Use CliftonStrengths to answer the following questions:</p> <ul style="list-style-type: none"> • How do you absorb, think about and analyze information and situations? • How do you make things happen? • How do you influence others? • How do you build and nurture strong relationships? |
| 3:15 PM | Ride shuttle to Mountaintop Campus for Tour of ATLSS Research Center |
| 3:30 - 5:00 PM (Tentative) | <p>Tour of ATLSS Engineering Research Center Website: http://www.atlss.lehigh.edu/</p>  <p>Lehigh University's Advanced Technology for Large Structural Systems (ATLSS) Engineering Research Center, under the direction of Joseph T. Stuart Professor of Structural Engineering Richard Sause, Ph.D., P.E, is a national center for research and education on structures and materials of the infrastructure. Established in May 1986 under the direction of emeritus faculty John W. Fisher, Ph.D., P.E., with a grant as part of the National Science Foundation's (NSF) Engineering Research Center (ERC) program, the Center now addresses the research goals of the NSF, the United States Department of Transportation, the United States Department of Defense, the Commonwealth of Pennsylvania, and numerous additional national, state, and local industry and government organizations and agencies. Significant research has been performed to develop data on fatigue resistance, fracture resistance, strength evaluation of various components and configurations, proof testing, design verification, high performance materials, and product evaluation for a wide variety of transportation structures.</p> |
| 5:30 PM | Lehigh Shuttle to Dinner and then Return to Hotel |

52 / WEEK FIVE: LEHIGH UNIV.

Tuesday, March 19, 2019 (TENTATIVE SCHEDULE BASED ON 2018 PROGRAM)

| | |
|--------------------------------|---|
| Morning | Included Breakfast at the Hotel. Attire for today is casual. |
| TBA | Check out of Hotel & Store Luggage |
| TBA | Pick-Up From Comfort Suites and Travel to Global Union, Coxe Hall |
| 9:30 - 11:30 AM (Tentative) | Company Tour (TBA) |
| 11:30 AM | Lehigh Shuttle to Included Lunch (Tentative) |
| 12:00 - 1:30 PM | Lunch: Details TBA |

WEEK FIVE: TRAVEL TO D.C. / 53

Tuesday, March 27, 2018 (cont.)

2:00 PM **A-1 Chartered Bus Departs** **Confirmation #B304965-2**
 There is no rest room on the bus. Use the rest room at the hotel. We will ask the driver to stop about halfway there at a rest area so students can use the rest room & buy snacks.

~ 6:00 - 6:30 PM **Check-in to Hampton Inn & Suites, Navy Yard** [REDACTED]
Arrival time will vary based on traffic & weather/road conditions.
Address: 1265 First Street SE, Washington, District of Columbia 20003
Phone: (202) 800-1000
Website: <https://hamptoninn3.hilton.com/en/hotels/district-of-columbia/hampton-inn-and-suites-washington-dc-navy-yard-WASNYHX/index.html>

| | Room Number | Roommate 1 | Roommate 2 |
|-------------------------------|-------------|-----------------|-------------------|
| Free Wi-fi in Rooms and Lobby | | Yukina Chiba | Mei Fukuda |
| Complimentary Hot Breakfast | | Kyoko Ikeda | Ayaka Kasamatsu |
| | | Mana Kawashima | Natsuki Minakawa |
| Coin Laundry | | Mariko Mizogami | Yurina Nakazato |
| | | Haruka Sumi | Masami Tsukagoshi |
| | | Sarah Phillips | |

Evening **Walking Tour of Navy Yard (Weather Permitting) & Have Dinner on Your Own**
 The hotel is just 3 blocks from the Navy Yard Metro Station (Green Line) and there are a number of restaurants within a 10 - 15 minute walk. Use the Yelp or Open Table app to look up reviews of some of the nearby restaurants which include:

Open Table: Best Restaurants in Navy Yard
<https://www.opentable.com/n/washington-dc/district-of-columbia/navy-yard-restaurants>

- | | |
|---|---|
| <ul style="list-style-type: none"> • Scarlet Oak • Justin's Cafe • The Big Stick • Shake Shake • Takorean (Korean BBQ Tacos) • Bluejacket Brewery • Kruba Thai and Sushi • Ice Cream Jubilee • Due South • Osteria Moreni • Whaley's Oyster & Seafood • Agua 301 • The Salt Line Seafood • Bardo Riverfront | <ul style="list-style-type: none"> • Gorden Birsch Brewery • Nado's Peri Peri Chicken • Potbelly Sandwich Shop • Sweetgreen Salads • Buffalo Wild Wings • Subway Sandwich Shop • Bonchon Navy Yard (Korean Fried Chicken) • Five Guys Burgers • Roti Modern Mediterranean • Chop't Salads |
|---|---|

Wednesday, March 20, 2019

| | |
|------------------|--|
| Morning | <p>Breakfast at Hotel Please wear your TOMODACHI T-shirt today with walking shoes. Spring weather is unpredictable. You may need to wear a jacket, hat, scarf, and/or mittens depending on how cold it is. Bring your DC Metro card, a bottle of water, sunglasses, and umbrella in case of rain. You will need money to pay individually for lunch.</p> |
| 9:00 AM | <p>Depart Hotel Lobby to Travel to USJC From the Navy Yard-Ballpark Station, take the Green line to the Gallery Place/Chinatown Metro station. Transfer to the Red line to Farragut North station and then walk ~2 minutes to USJC building.</p> |
| 10:00 - 11:30 AM | <p>U.S. - Japan Council Visit & Discussion Session with Irene Hirano Website: http://www.usjapancouncil.org/</p> <div data-bbox="370 716 570 940">  <p>U.S.-JAPAN COUNCIL</p> </div> <p>The U.S.-Japan Council is a 501(c) 3 nonprofit educational organization that contributes to strengthening U.S.-Japan relations by bringing together diverse leadership, engaging stakeholders and exploring issues that benefit communities, businesses and government entities on both sides of the Pacific.</p> <div data-bbox="370 957 537 1167">  </div> <p>Irene Hirano, President, U.S.-Japan Council Irene Hirano Inouye is President of the U.S.-Japan Council, a position she has held since the founding of the Council in late 2008. Through her work at the Council, she also administers the TOMODACHI Initiative, a public-private partnership with the U.S. Embassy in Tokyo and the Government of Japan that invests in young Japanese and Americans through educational and cultural exchanges and leadership programs. She is the former President and founding CEO of the Japanese American National Museum in Los Angeles, a position she held for twenty years. A recipient of bachelor's and master's degrees in Public Administration from the University of Southern California and an honorary doctorate degree from SMU, Ms. Hirano Inouye has extensive experience in nonprofit administration, community education and public affairs with culturally diverse communities nationwide.</p> |
| 11:30 - 12:45 PM | <p>Lunch at Vapiano Italian Restaurant (Pay Individually) Address: Vapiano M Street, 1800 M St NW, Washington, DC 20036 From the USJC office, we will walk ~3 minutes to Vapiano. This is a self-serve Italian restaurant. Upon check-in you will be given a card to show when you choose your food. When done, you must return to card to the cashier and pay for your meal individually.</p> |

56 / WEEK FIVE: WASHINGTON, DC

Wednesday, March 20, 2019 (cont.)

12:45 PM

Depart Lunch and Walk ~ 6 minutes to JSPS

1:00 - 2:30 PM

Japan Society for the Promotion of Science (JSPS): Overview of Programs and Funding for International Research for Japanese Students

Speaker: Kohji Hirata, Deputy Director of JSPS

Website: <http://jspsusa.org/wp/>



JSPS is an independent administrative institution, established by way of a national law for the purpose of contributing to the advancement of science in all fields of the natural and social sciences and the humanities by disbursing research grants, fostering the next generation of scientists, promoting international scientific collaboration, and advancing university reform.



Dr. Kohji Hirata, Director, JSPS Washington, DC

Kohji Hirata received his Ph.D. in the theory of the magnetic monopoles from the University of Tsukuba in 1979. He then worked in KEK, the High Energy Accelerator Research Organization. He also conducted research CERN (European Laboratory for Nuclear Physics) and SLAC (Stanford Linear Accelerator Center). He also served as the chairman of the beam dynamics panel of the ICFA (International Committee for Future Accelerators). He moved to SOKENDAI, the Graduate University for Advanced Studies in 1988 and served as the director of its center for the promotion of integrated sciences as well as a professor of the school of the advanced sciences. His interest moved to social studies of science and technology and he was one of the founders of the Japanese Society for Science and Technology Studies. He was its president for the term 2007-2009. At present, he is the director of the JSPS Washington Office. His mission is to enhance the academic collaboration between Japan and USA.

Late Afternoon

Walk to White House/National Mall Area for Group Photos (Weather Permitting)

After leaving JSPS, we will walk ~15 minutes to the front of the White House where we will take a group photo. We will not tour the White House, but will be able to take photos outside the front fence.



Our first president, George Washington, selected the site for the **White House** in 1791. The cornerstone was laid in 1792 and a competition design submitted by Irish-born architect James Hoban was chosen. After eight years of construction, President John Adams and his wife, Abigail, moved into the unfinished house in 1800. During the War of 1812, the British set fire to the President's House in 1814. James Hoban was appointed to rebuild the house, and President James Monroe moved into the building in 1817. Every president since John Adams has occupied the White House, and the history of this building extends far beyond the construction of its walls. From the Ground Floor Corridor rooms, transformed from their early use as service areas, to the State Floor rooms, where countless leaders and dignitaries have been entertained, the White House is both the home of the President of the United States and his family, and a museum of American history.

Wednesday, March 20, 2019 (cont.)

Late Afternoon

Walk to National Mall and Group Photo Near Washington Monument

After visiting the front of the White House, we will continue walking ~15 minutes to the National Mall and take a group photo with the Washington Monument in the background.



Built to honor George Washington, the United States' first president, the **Washington Monument**, a 555-foot marble obelisk towers over Washington, D.C. George Washington's military and political leadership were indispensable to the founding of the United States. As commander of the Continental Army, he rallied Americans from thirteen divergent states and outlasted Britain's superior military force. As the first president, Washington's superb leadership set the standard for each president that has succeeded him. The monument, like the man, stands in no one's shadow.

Optional: Walking Tour of National Mall with Sarah (Weather Permitting)

After a group photo in front of the Washington Monument, students have the option of continuing to explore the National Mall with Sarah, go sight-seeing on their own, or return to the hotel on their own. The National Mall is huge and students who stay for the optional portion should be prepared for a ~45 minute walk to the Einstein Memorial and then a ~20 minute walk to the Lincoln Memorial.



Optional: Visit Einstein at the National Academy of the Sciences

The **memorial to Albert Einstein** was unveiled at the Academy's annual meeting, April 22, 1979, in honor of the centennial of the great scientist's birth. Einstein is depicted seated on a three-step bench of Mount Airy (North Carolina) white granite. In its left hand, he holds a paper with mathematical equations summarizing three of Einstein's most important scientific contributions: the photoelectric effect, the theory of general relativity, and the equivalence of energy and matter.



Optional: Visit the Lincoln Memorial

The grand **Lincoln Memorial** towers over the Reflecting Pool, anchoring the western end of the National Mall. "In this temple, as in the hearts of the people for whom he saved the Union, the memory of Abraham Lincoln is enshrined forever." Beneath these words, the 16th President of the United States, who led the nation during the 1861 - 1865 Civil War, sits immortalized in marble as an enduring symbol of unity, strength, and wisdom. The stairs are also where **Dr. Martin Luther King Jr. gave his famous "I Have A Dream Speech"** in 1963 during the Civil Rights era.

Evening

Free - Return to Hotel and Dinner on Your Own

Use the DC Metro to return to the hotel on your own when done sight-seeing.

- **From the Washington Monument**, walk to the Smithsonian station and take the Orange line (going towards New Carrollton) to L'Enfant Plaza Metro station. Transfer to the Green line (going towards Branch Ave.) and get off at the Navy Yard/BallPark station. Walk ~5 minutes from the station to the hotel.
- **From the Lincoln Memorial**, walk ~20 minutes to the Foggy Bottom-GWU metro station. Take the Orange line (going towards New Carrollton) to L'Enfant Plaza Metro station. Transfer to the Green line (going towards Branch Ave.) and get off at the Navy Yard/BallPark station. Walk ~5 minutes from the station to the hotel.

58 / WEEK FIVE: WASHINGTON, DC

Thursday, March 21, 2019 (cont.)

Morning **Breakfast at Hotel**
Attire for today is casual.

Morning **Site Visits (TBA)**

Details TBA

Lunch TBA - Pay Individually

1:30 - 3:30 PM

JAXA Washington DC

Website: <http://global.jaxa.jp/about/centers/resident/index.html>

Address: 2120 L St., N.W. Ste. 205 Washington, D.C. 20037 **Phone:** +1-202-333-6844



The **Washington D.C. Office serves as JAXA's** liaison with the headquarters of the National Aeronautics and Space Administration (NASA) and the National Oceanic and Atmospheric Administration (NOAA). Other operations include the monitoring of relevant activities of the Office of the President, of Congress, and of local aerospace-related industries, as well as public relations and the introduction of JAXA's activities to the U.S.



Isao Kotani, Deputy Director, Washington DC Office, JAXA

Mr. Isao Kotani is a specialist for cooperative relations with JAXA and relevant organizations of US government and industries. Prior to joining Washington DC Office, Mr. Kotani worked at Program Management and Integration Office, Space Transportation Directorate to manage the planning and funding of current and future programs such as Enhanced Epsilon, H-IIA Upgrade, H3 project and the research programs throughout the directorate (2014-2016). Having granted from M.S. in Aerospace Engineering at University of Southern California and B.S. in Mechanical Engineering at Waseda University, Mr. Kotani had been working as an engineer for launch facilities and solid rocket booster (SRB-A) at Range Technology Development Office, specialized in the solid rocket developments and operations for H3, H-IIB and Epsilon project team until 2014.



Tomoyuki Urabe, JAXA Visiting Researcher at NASA GFSC

Introduction of his current research work at Goddard.

NASA's Goddard Space Flight Center (GSFC) in Greenbelt, Maryland, is home to the nation's largest organization of scientists, engineers and technologists who build spacecraft, instruments and new technology to study Earth, the sun, our solar system and the universe. Just outside Washington, Goddard is home to Hubble operations and the upcoming James Webb Space Telescope. Goddard manages communications between mission control and orbiting astronauts aboard the International Space Station. Goddard scientists stare into the sun, grind up meteorites for signs of life's building blocks, look into the farthest reaches of space, and untangle the mysteries of our own changing world. Goddard engineers construct sensitive instruments, build telescopes that peer into the cosmos, and operate the test chambers that ensure those satellites' survival.

WEEK FIVE: WASHINGTON, DC / 59

Thursday, March 21, 2019 (cont.)

| | |
|----------------|--|
| 3:30 - 4:45 PM | Free Time for Coffee or Shopping/Sight-seeing |
| 4:45 PM | Walk to Darcy Hotel at 1515 Rhode Island Avenue, NW Meet Sarah back at the designated meeting spot to walk ~18 minutes to the hotel. |
| 5:30 PM | <div data-bbox="358 380 1568 464" style="background-color: #003366; color: white; padding: 5px;"> Dinner with TOMODACHI MetLife Women's Leadership Program Science Students Casual Attire. Pay Individually. Coordinator: Michelle Kulikauskas Phone: (203) 560-0384 </div> <p data-bbox="358 470 1568 688">On Thursday night, we will join the science students who are participating in this program for a casual dinner. This will allow you the opportunity to meet and network with other female Japanese STEM students and learn more about their experience on this program. You can also share information with them on the TOMODACHI STEM @ Rice University Program. There will be approximately 21 students in this group and we will walk from the Darcy Hotel to a nearby restaurant.</p> <div data-bbox="358 695 537 1157" style="display: inline-block; vertical-align: top; padding-right: 10px;">  </div> <p data-bbox="548 695 1568 1157">The U.S. Embassy Tokyo and the U.S. Japan-Council's TOMODACHI Initiative launched the TOMODACHI MetLife Women's Leadership Program (TMWLP) in Tokyo and Kansai in 2013 and expanded to two more cities in 2014. This ten-month mentorship program pairs highly-motivated Japanese female university students with Japanese female mid-career professionals to encourage networking among a select corps of Japanese women who show promise as Japan's next generation of leaders. Participants attend regular group sessions hosted by the U.S. Embassy that provide training in leadership development and financial empowerment and provide opportunities for personal growth and networking. Participants are also invited to attend special seminars with members of government and business leaders. Student participants are also offered the opportunity to visit Washington, DC and New York City.</p> |
| ~ 7:30 PM | Return to Hotel via DC Metro From the Darcy Hotel, walk ~20 minutes to the U St/African-American Civil War station. Take the Green line (towards Branch Ave.) to the Navy Yard/BallPark station and walk ~5 minutes to the hotel. |

60 / WEEK FIVE: WASHINGTON, DC

Friday, March 22, 2019

Morning

Complimentary Hot Breakfast in Hotel Lobby

8:00 AM

Depart Lobby for Travel via Metro to Library of Congress

From the Navy Yard/BallPark station, take the Green line (towards Greenbelt) to L'Enfant Plaza Metro station. Transfer to the Blue line (towards Largo Town Center) to Capitol South Station. Walk ~9 minutes to the group tour entrance.

9:00 - 10:00 AM

Guided Tour of Library of Congress

Website: <https://washington.org/visit-dc/library-of-congress-washington-dc>

Enter via the Thomas Jefferson Building: 10 1st St. SE



The Library of Congress is the largest library in the world, with millions of books, recordings, photographs, newspapers, maps and manuscripts in its collections. The Library is the main research arm of the U.S. Congress and the home of the U.S. Copyright Office. The Library was founded in 1800, making it the oldest federal cultural institution in the nation. On August 24, 1814, British troops burned the Capitol building (where the Library was housed) and destroyed the Library's core collection of 3,000 volumes. On January 30, 1815, Congress approved the purchase of Thomas Jefferson's personal library of 6,487 books for \$23,950. Approximately half of the Library's book and serial collections are in languages other than English. The collections contain materials in some 470 languages. The Library's Asian Division collection holds more than 3 million items, the largest assemblage of Chinese, Japanese and Korean materials outside of Asia, and one of the largest Tibetan collections in the world. This introductory guided tour explores the art, architecture, and history of the building.

Optional: Get a Library of Congress ID Card and Visit the Main Reading Room
Pre-Register Online 2 Weeks Prior At: <https://www.loc.gov/readerreg/remote/>
Must Have Passport With You on Day of Visit!

During the tour, we will get to view the Main Reading Room but cannot enter as it is a working library and tour groups are not allowed. However you can get your own, free (!) Library Card and visit the Main Reading Room on your own. Before arriving in DC, pre-register online up to two weeks in advance of the visit or register in person on the day of your visit. Then, after the tour ends, you will need to go to the Reader Registration Station located in the Madison Building, Room LM 133 (in the Newspaper & Current Periodicals & Newspaper Reading Room) or the Jefferson Building, Room LJ 139 (in the Microform and Electronic Resources Center) and show your passport. Once your ID and pre-registration have been verified, they will take an identification photo, have you provide a digitized signature, and give you your library card. You can then visit the Main Reading Room. You cannot bring food/drinks, coats, or bags into the Reading Room.

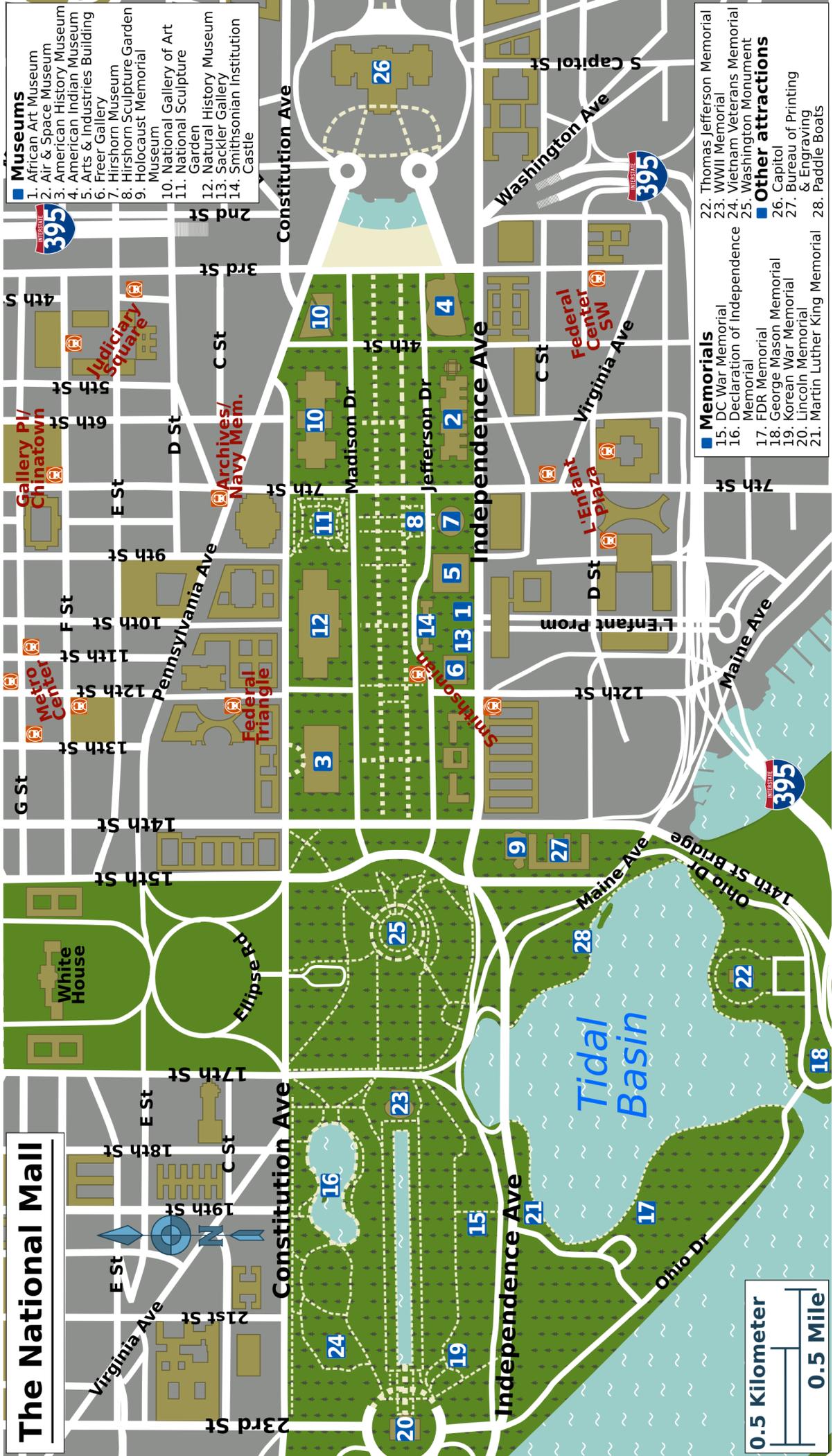
Day & Evening

Free - Enjoy Sight-seeing in DC

Website: <https://washington.org/dc-neighborhoods/national-mall>

Today would be a great day to explore the many free (!) Smithsonian Museums or other sites along the National Mall such as the Botanical Gardens. Have a quick lunch on your own at the food carts or visit the *Misitum Cafe* at the American Indian Museum.

The National Mall



- Museums**
- 1. African Art Museum
 - 2. Air & Space Museum
 - 3. American History Museum
 - 4. American Indian Museum
 - 5. Arts & Industries Building
 - 6. Freer Gallery
 - 7. Hirshorn Museum
 - 8. Hirshorn Sculpture Garden
 - 9. Holocaust Memorial Museum
 - 10. National Gallery of Art Garden
 - 11. National Sculpture Garden
 - 12. Natural History Museum
 - 13. Sackler Gallery
 - 14. Smithsonian Institution Castle

- Memorials**
- 15. DC War Memorial
 - 16. Declaration of Independence Memorial
 - 17. FDR Memorial
 - 18. George Mason Memorial
 - 19. Korean War Memorial
 - 20. Lincoln Memorial
 - 21. Martin Luther King Memorial
 - 22. Thomas Jefferson Memorial
 - 23. WWII Memorial
 - 24. Vietnam Veterans Memorial
 - 25. Washington Monument
- Other attractions**
- 26. Capitol
 - 27. Bureau of Printing & Engraving
 - 28. Paddle Boats



62 / DC SIGHTSEEING SUGGESTIONS

[National Gallery of Art & Sculpture Garden \(National Mall - Free\)](#) Hours: 10:00 AM – 5:00 PM

The National Gallery of Art's collection spans two major buildings – one classical, the other modern – and encompasses a six-acre sculpture garden containing a rotating display of permanent works and traveling exhibitions. The permanent collection spans ancient to contemporary art, including the likes of da Vinci, Degas and Calder, while the museum offers public programming (think art history movies and classical concerts) and hands-on activities for kids. And if you're visiting during the winter, be sure to hit the outdoor ice-skating rink located in the center of the sculpture garden.

[U.S. Botanic Gardens \(National Mall - Free\)](#): Hours: 10:00 AM – 5:00 PM

George Washington, Thomas Jefferson and James Madison shared a dream of a national botanic garden in the late 18th century, and the three were successful in establishing one on the southwest corner of the National Mall by 1820. Today, visitors can enjoy this living, indoor-outdoor museum and its impressive collection of plant life. Fan favorites include the charming 19th century hothouse conservatory and the butterfly garden.

[National Air & Space Museum \(National Mall - Free\)](#): Hours: 10:00 AM – 5:30 PM

The National Air and Space Museum boasts the world's largest collection of historic aircraft and spacecraft, including Charles Lindbergh's Spirit of St. Louis, the Wright brothers' original 1903 flyer, astronaut space suits and a lunar rock sample. In fact, the collection has grown so large that a dedicated annex, the Steven F. Udvar-Hazy Center, was opened in 2003 in Centreville, VA.

[U.S. Holocaust Museum \(National Mall - Free - Timed Ticket Required\)](#): Hours: 10:00 AM – 5:20 PM

One of history's most important events, and one of its greatest tragedies, is the focus of this expansive museum. Learn the narrative of the Holocaust through artifacts, videos and personal stories in the Permanent Exhibition, and go deeper at special exhibitions such as Remember the Children: Daniel's Story, recommended for kids ages 8 and up. Admission to the museum is free, but entry to the Permanent Exhibition is done via timed pass March through August – you can reserve online beforehand. Special exhibitions do not require a timed pass.

[National Museum of Natural History \(National Mall - Free\)](#): Hours: 10:00 – 5:30 PM

The most visited natural history museum in the world, the National Museum of Natural History boasts an incredible rotating collection of 127 million items including dinosaur bones, the Hope Diamond, ancient Egyptian mummies and so much more.

[National Museum of American History \(National Mall - Free\)](#): Hours: 10:00 – 5:30 PM

Over four million people make their way to the vast National Museum of American History each year. No surprise, since the museum's collection boasts more than three million objects that tell the American story. Among these, a few crowd favorites include the flag that inspired the "Star-Spangled Banner," the Greensboro lunch counter, Julia Child's kitchen, Dorothy's ruby slippers from The Wizard of Oz and Abraham Lincoln's stovepipe hat.

[Hirshhorn Museum & Sculpture Garden \(National Mall - Free\)](#): Hours: 10:00 – 5:30 PM

The Hirshhorn Museum is known for its extensive collection of modern and contemporary art from around the world, including significant works by Pablo Picasso and Henry Moore. The sculpture garden is a must-see, as it includes the famous Wish Tree by Yoko Ono.

[National Museum of the American Indian \(National Mall - Free\)](#): Hours: 10:00 – 5:30 PM

One of the more recent permanent additions to the National Mall, the National Museum of the American Indian expresses the diversity of culture, language, history, tradition and futures of indigenous peoples of North and South America, from the Arctic Circle to the tip of Patagonia. The museum hosts engaging public programming year-round, but the most exciting time to visit is during Native American Heritage Month in November. *Recommendation: This museum has one of the best café's on the National Mall. It is a great place to eat a very good lunch but gets very busy!*

[National Museum of African American History \(National Mall - Free - Timed Entrance Ticket Required!\)](#): Hours: 10:00 – 5:30 PM

The only national museum devoted exclusively to the documentation of African American life, art, history and culture opened on the National Mall in Sept. 2016. Sporting a sleek design and a wealth of new exhibits, the National Museum of African American History and Culture is a powerful, inspiring experience for all who visit. Admission is free but you must reserve a free, timed entrance ticket online at <https://nmaahc.si.edu/visit/passes!>

[Sackler Gallery \(National Mall - Free\)](#): Hours: 10:00 – 5:30 PM

One half of the National Museum of Asian Art - the Freer Gallery is the other half - the Sackler houses decorative and devotional objects from across Asia. Together, the collections hold more than 25,000 objects spanning 6,000 years.

[National Museum of African Art \(National Mall - Free\)](#): Hours: 10:00 – 5:30 PM

The Washington Post called the National Museum of African Art the most "important research facility for African art in America." The museum boasts a broad collection of 9,000 pieces, including sacred objects, textiles, ancient Egyptian carvings and musical instruments.

[Newseum \(National Mall – Tickets \\$24.95 + Tax but 15% discount with College ID\)](#): Hours: 9:00 AM – 5:00 PM

The mission of the Newseum, located in Washington, D.C., is to increase public understanding of the importance of a free press and the First Amendment. Visitors experience the story of news, the role of a free press in major events in history, and how the core freedoms of the First Amendment — religion, speech, press, assembly and petition — apply to their lives. Considered one of the most interactive museums in the world, the Newseum has seven levels with 15 galleries and 15 theaters. Exhibits include the 9/11 Gallery Sponsored by Comcast, which displays the broadcast antennae from the top of the World Trade Center; the Berlin Wall Gallery, whose eight concrete sections are one of the largest displays of the original wall outside Germany; and the Pulitzer Prize Photographs Gallery, which features photographs from every Pulitzer Prize-winning entry dating back to 1942.

DC SIGHTSEEING SUGGESTIONS / 63

Washington, D.C. Sight-Seeing Suggestions ~ For more ideas, see the DC Tourism website at <https://washington.org/>!



Visit the National Zoo! Free!

Hours: 8:00 AM - 5:00 PM. Last entrance is at 4:00 PM

Nearest DC Metro Station: Woodley Park-Zoo/Adams Morgan (Red Line)

Always free of charge and open 364 days a year, the Smithsonian's National Zoo is one of Washington D.C.'s, and the Smithsonian's, most popular tourist destinations, with more than 2 million visitors from all over the world each year. Founded in 1889, the Zoo sits on 163 acres in the heart of Washington, D.C.'s Rock Creek Park and is home to 2,700 animals representing more than 390 species.



Visit the National Arboretum! Free!

Hours: 8:00 AM - 5:00 PM

Best Accessed by Car (Uber/Lyft). Nearest DC Metro Station is Stadium-Armory (Blue Line)

Discover a stunning collection of plants and Instagram-worthy sights with our guide to the best things to see and do at this free outdoor museum. The U.S. National Arboretum is located at 3501 New York Avenue NE in Washington, DC. The grounds are open to the public from 8 a.m. to 5 p.m. The Arboretum's popular National Bonsai & Penjing Museum is open from 10 a.m. to 4 p.m. The gorgeous, 446-acre property makes for an inspiring and visually captivating visit at any time of the year. If using Metrorail, exit at the Stadium Armory station on the Blue and Orange lines. Then, use the B-2 Metrobus and exit on Bladensburg Road. From there, walk two blocks to R Street, where you will make a right. Two blocks further, you'll find the Arboretum gates.



Eat Your Way Through the Union Market Food Hall!

Hours: Tues.-Wed. 8 AM - 8 PM. Thu. - Sat. 8 AM - 9 PM. Sun. 8 AM - 8 PM. Not open Mondays.

Nearest DC Metro Station is NoMa-Gallaudet U New York Ave (Red Line)

This gourmet food hall dishes up made-in-DC sausages, Chesapeake oysters and kitchenware boutiques in the revitalized NoMa neighborhood. Since it was restored and reopened in 2012, the industrial-cool space has grown to include 40-plus vendors, from pop-up dumpling stands to permanent fixtures like Buffalo & Bergen, a throwback, Brooklyn diner-inspired spot where you can munch bagels and slurp egg creams at a long bar. Other businesses offer takeout to eat at indoor or outdoor tables; try TaKorean for addictive bulgogi beef tacos and Puddin' for decadent shrimp 'n' grits. Just know that, on weekends, the place is very busy/full. See <https://washington.org/visit-dc/cant-miss-food-experiences-union-market>.



Explore the Georgetown Neighborhood!

No DC Metro station, only bus service or use Uber/Lyft. Consult Google Maps for directions and bus route/time and bus stop locations.

Home to Georgetown University, the beauty of Georgetown's cobblestone sidewalks, grand homes and peaceful C&O Canal are only part of the draw to this tree-lined historic neighborhood – as home to some of the city's top shops, and tastiest restaurants. Georgetown is a favorite of tourists and locals alike. And it's easy M Street is a great place to find a wide range of retail shops. If you are looking for a sweet treat, check out Georgetown Cupcakes, Baked & Wired, or eat at one of the many restaurants. If you want to learn more about the history of the area, DC's oldest, tour the Tudor Palace or visit the Old Stone House, the oldest unchanged building in Washington, D.C., United States. The house is also Washington's last Pre-Revolutionary colonial building on its original foundation. Built in 1765, Old Stone House is located at 3051 M Street, Northwest in the Georgetown neighborhood open from 12:00 - 5:00 PM (Wed. - Sun.).



Explore the Penn Quarter - Chinatown Neighborhood!

Nearest DC Metro Station: Gallery Place/Chinatown (Red Line)

Satisfy your appetite for hip restaurants and culture in this diverse 'hood where museums like the National Portrait Gallery and the International Spy Museum keep company with eateries by celebrity chefs. Foodies, culture vultures, shoppers and sports fans all find something to dig into in these neighborhoods north of Pennsylvania Avenue NW, which is as hopping at night as during the day. Museum fans can wander the Smithsonian Institution's National Portrait Gallery and American Art Museum (both housed in the same neoclassical building), explore the ever-changing world of journalism at the Newseum or have the ultimate fan experience when you see the incredible wax figures at Madame Tussauds. If you're a history buff, Ford's Theatre, where President Abraham Lincoln was assassinated in 1865, is restored to look much as it did that night, and also holds an artifact-filled museum.

64 / RETURN TO JAPAN

Saturday, March 23, 2019

| | |
|------------|---|
| by 8:00 AM | Meet in Lobby with Luggage for Hotel Check-out Be sure to bring your passport, laptop, and money/valuables in your carry-on luggage. Double check your room to be sure you have not left anything behind. |
| 8:10 AM | Super Shuttle Van Pick-Up Two Super Shuttle Vans have been reserved for airport transportation to DCA (Reagan National) airport for the domestic flight departure to Chicago. [REDACTED] |
| ~8:30 AM | Arrive Washington National Airport (DCA) and Check in at American Airlines Counter You will need to show your passport to check-in for this flight and to clear TSA security screening. Once you have cleared security, put your passport away. Keep your boarding passes in a safe, easily accessible place. |
| 10:00 AM | [REDACTED] Departs for Chicago O'Hare Airport |
| 11:10 AM | Arrive Chicago O'Hare After de-planing, proceed to your connecting gate. If you are unsure where to go, ask an AA gate agent for assistance. After finding your connecting gate, you can eat or shop in the terminal if time allows. |
| 12:15 PM | [REDACTED] Departs Chicago for Narita Airport (NRT) Lose 1 day as you cross the international date line. |

Sunday, March 24, 2019 ~ Safe travels home and we hope to see you in Japan or the U.S. again in the future!

| | |
|---------|---|
| 3:30 PM | Arrive Narita Airport (Terminal 2) and Travel on Your Own Back Home After arriving at Narita airport, following the signs to immigration and go to the lines for Japanese citizens. Collect your luggage and then clear customs. After clearing customs, transfer to your own flights or trains back home. You must arrange/pay for travel home individually. |
|---------|---|

Final Assignments - Complete After Returning to Japan

| | |
|-------------|--|
| by April 5 | <ul style="list-style-type: none">Final Week in the U.S. Report & Updated Copy of Your U.S. Style ResumeComplete Post-Program Assessments for TOMODACHI STEM & U.S. Japan Council |
| by April 26 | <ul style="list-style-type: none">Final Report, Follow-on Project Plan, and Tips for Future Participants |

Join the TOMODACHI Generation/Alumni Groups

The TOMODACHI Generation develops new friendships and connections through TOMODACHI programs and activities. Make those relationships last! Keep in touch with other participants, continue expressing your ideas, and keep finding ways to lead and make a difference. Stay connected by:

- TOMODACHI Facebook Page: "Like" our page and get the latest on news and activities at <http://www.facebook.com/USJapanTOMODACHI>
- Bookmark the TOMODACHI Website: <http://www.usjapantomodachi.org>
- Follow us on Twitter: <http://www.twitter.com/JapanTomodachi>

Living in the U.S.

65



Help Us Tell The
Houston Story



HOUSTON
NO LIMITS

HOUSTON

#TEAMHOUSTON

THE MOST DIVERSE CITY IN AMERICA

M O S T
DIVERSE CITY
NEARLY 1 IN 4



RESIDENTS ARE
FOREIGN BORN

145+ LANGUAGES
SPOKEN

N O ETHNIC

37%

37%

17%

9%

HISPANIC

ANGLO

BLACK

ASIAN

M A J O R I T Y

HOUSTON IS FUN AND AFFORDABLE

HIGH VALUE CITY
COST OF LIVING IS
BELOW

THE NATIONAL
AVERAGE

TOP 5
BEST FOOD CITY
IN AMERICA



-ACCORDING TO
THE WASHINGTON POST

ANYTHING IS POSSIBLE IN HOUSTON

AMERICA'S
FASTEST GROWING
METRO



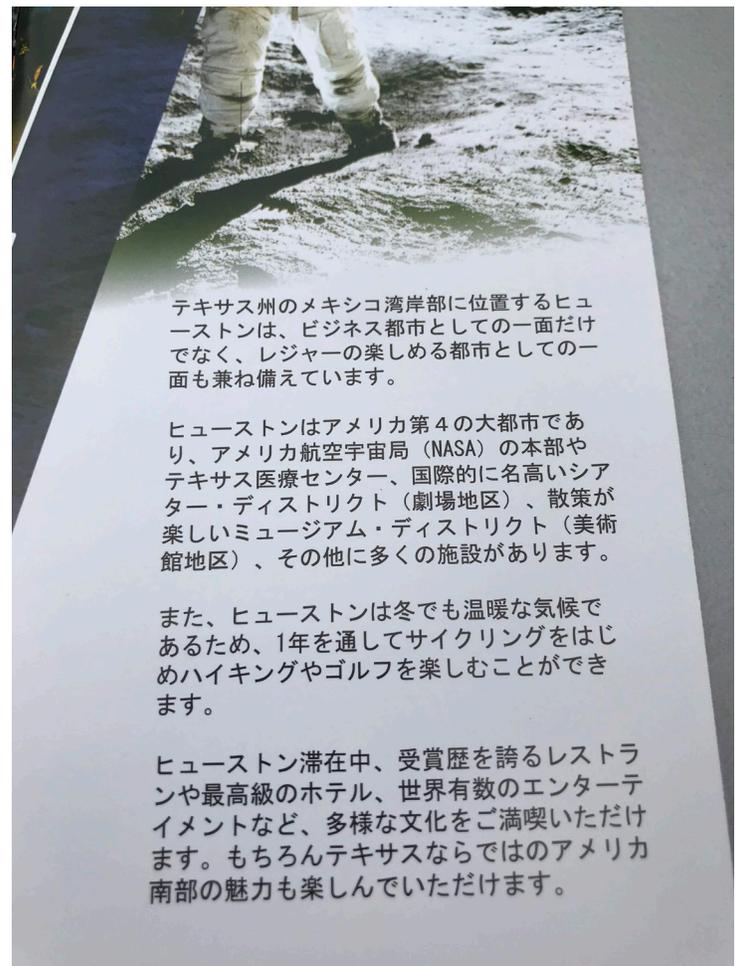
-ACCORDING TO
U.S. CENSUS BUREAU

4TH



LARGEST
U.S. ECONOMY

PASS IT ON & USE #TEAMHOUSTON





交通機関

ヒューストンへの旅は、ますます便利になっています。毎週6,000便以上がジョージ・ブッシュ・インターコンチネンタル空港およびウィリアム P. ホビー空港にから離発着し、国内・海外からの旅行者は、数ある航空会社の中からお得な便を選ぶことができます。

このヒューストン空港システムは、191都市からの直行便を受け入れており、北米における最大級の空港システムの1つにあげられます。

ヒューストンには海外からの旅行者や貨物のアメリカ中南部へのゲートウェイであり、またラテンアメリカへの主要なゲートウェイの1つでもあります。

到着後、移動手段としてレンタカーやタクシー、シャトルバスまたはメトロレールがご利用になれます。

この23マイルをつなぐ鉄道システムは、ダウントウン、ミッドタウン、ミュージアム・ディストリクト、テキサス医療センターそしてイーストエンド地区を結んでいます。

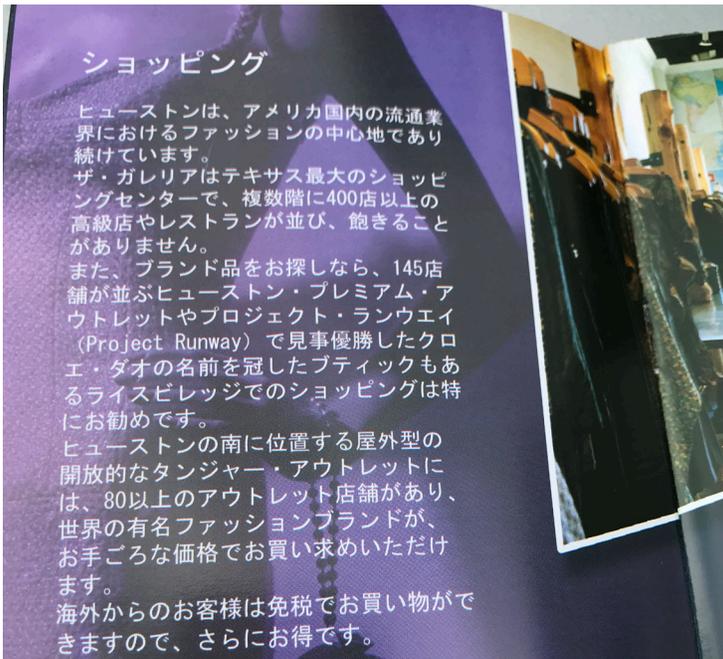
ヒューストンへの旅は、ますます便利になっています。毎週6,000便以上がジョージ・ブッシュ・インターコンチネンタル空港およびウィリアム P. ホビー空港にから離発着し、国内・海外からの旅行者は、数ある航空会社の中からお得な便を選ぶことができます。

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ショッピング

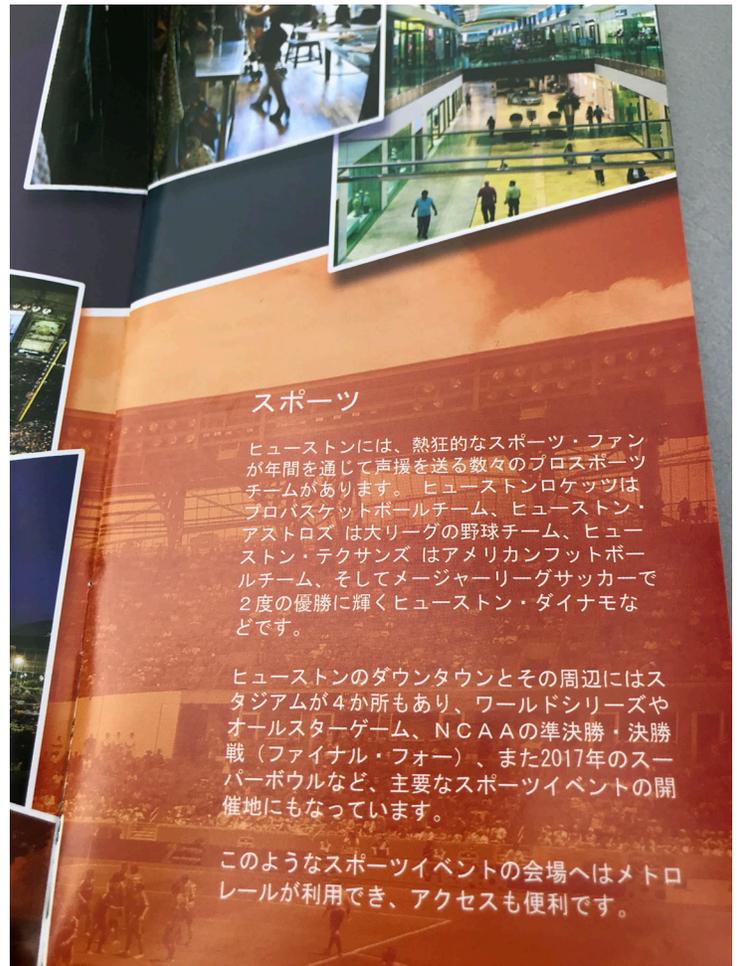
ヒューストンには、アメリカ国内の流通業界におけるファッションの中心地であり続けています。

ザ・ガレリアはテキサス最大のショッピングセンターで、複数階に400店以上の高級店やレストランが並び、飽きることがありません。

また、ブランド品をお探しなら、145店舗が並ぶヒューストン・プレミアム・アウトレットやプロジェクト・ランウェイ (Project Runway) で見事優勝したクロエ・ダオの名前を冠したブティックもあるライスビレッジでのショッピングは特別にお勧めです。

ヒューストンの南に位置する屋外型の開放的なタンジャー・アウトレットには、80以上のアウトレット店舗があり、世界の有名ファッションブランドが、お手ごろな価格でお買い求めいただけます。

海外からのお客様は免税でお買い物ができますので、さらにお得です。

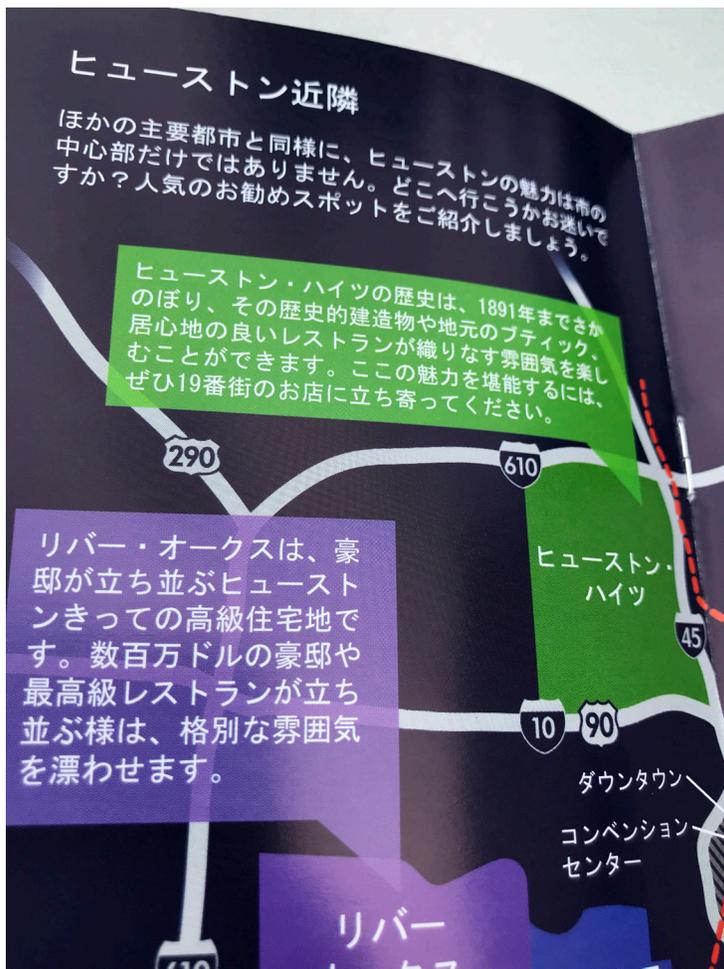


スポーツ

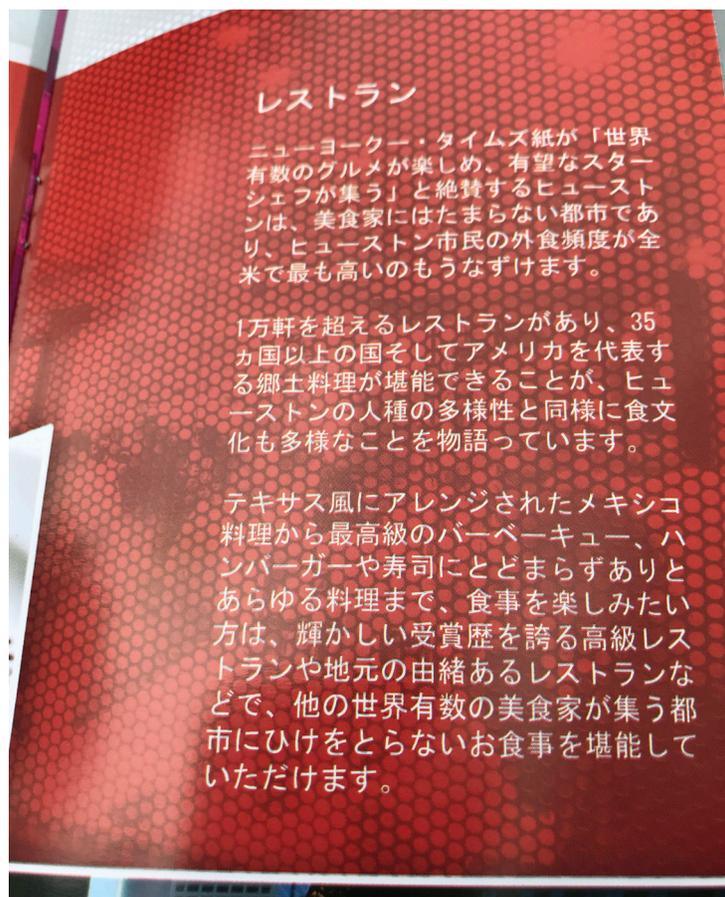
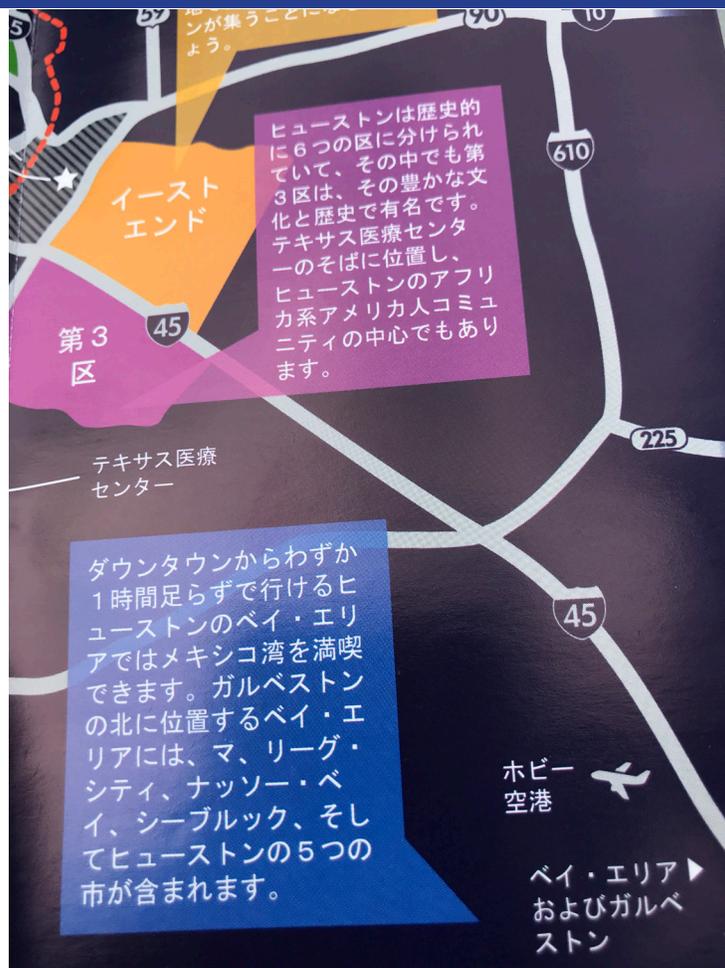
ヒューストンには、熱狂的なスポーツ・ファンが年間を通じて声援を送る数々のプロスポーツチームがあります。ヒューストンロケッツはプロバスケットボールチーム、ヒューストン・アストロズは大リーグの野球チーム、ヒューストン・テクサンズはアメリカンフットボールチーム、そしてメジャーリーグサッカーで2度の優勝に輝くヒューストン・ダイナモなどです。

ヒューストンのダウントウンとその周辺にはスタジアムが4か所もあり、ワールドシリーズやオールスターゲーム、NCAAの準決勝・決勝戦 (ファイナル・フォー)、また2017年のスーパーボウルなど、主要なスポーツイベントの開催地にもなっています。

このようなスポーツイベントの会場へはメトロレールが利用でき、アクセスも便利です。



70 / VISIT HOUSTON: IN JAPANESE



アトラクション

観光はしたいけれども、お財布が心配ですか？そんな方にはヒューストン・シティパスがおすすめです。この冊子は、必見のアトラクション5ヶ所の割引券がついていて、下記サイトから、オンラインでご購入いただけます。
VisitHouston.com

ヒューストン・スペースセンターでスペースシャトルの着陸を体験したり、ヒューストン動物園で6,000頭もの動物とふれあったり、ヒューストンでは様々な冒険を楽しめます。ダウンタウンの水族館で海中の神秘をのぞいてみたり、キーマ・ボードウォークのスリル満点の絶叫マシーンを楽しむのもおすすめです。他にもシティ・パスがご利用になれるアトラクションがあります。下記のサイトをご覧ください。
VisitHouston.com/CityPass



クルーズ

ヒューストン発のクルーズを楽しみたい方には、ダウンタウンからわずか1時間以内には2つの港があり、ご希望に応じて選んでいただけます。

ベイポート・クルーズ・ターミナルでは、クルーズ出発前から旅の後までも、行き届いた最高級のサービスをお楽しみいただけます。総床面積9,600平方フィートという広大かつ最先端のターミナル施設で、クルーズのお客様は、簡単に出発手続きを済ませ出発できるのです。クルーズのスケジュールは、下記サイトをご覧ください。
PortofHouston.com/Cruise

ガルベトン港も人気があり、ここから大手クルーズ会社がカリブ海行きのクルーズを運航しています。ガルベトンの歴史あるダウンタウンから1ブロックのところにあるガルベトン島へのツアーは、クルーズ前後のオプション・ツアーとして楽しまれています。クルーズのスケジュールは、下記のサイトをご覧ください。
GalvestonCruises.com

穴場のスポット

ヒューストンを何度も訪れているリピーターでも見落としがちな穴場的スポットがあります。そんな穴場のスポットも行ってみたいと思いませんか。ぜひ足を運んでください。

ガラージ・マハールとも呼ばれるアート・カー博物館は、ユニークな鑄鉄製のバスやホンダ製のオートバイから作ったピン・ヒールなどが展示されています。

ライス・ミリタリーにあるビール缶ハウスは、ヒューストンで最も愛されているフォーク・アート作品であり、潰したビール缶5万個によって覆われています。

100年以上にもわたるテキサスの歴史をジョージ・ランチ・ヒストリカルパークで学ぶこともできます。総面積480エーカーの体験型の歴史博物館では、牧場での仕事を体験することができます。

また、国立葬儀歴史博物館では、1920年代に作られた6種類の本製霊柩車や、カラフルな「夢の棺桶」が多く展示されています。

ジェフ・マッキサック氏が20年以上もかけて完成させた迷路のようなオレンジ・ショーモニュメントも見ものです。総面積3,000平方フィートの民芸スペースには、池やステージ、博物館、ギフトショップがそろっています。

他にも地元の観光スポットはまだあります。下記サイトをご覧ください。
VisitHouston.com/CityFile

アウトドア

300マイルにおよぶトレイルや公営・私営合わせて計174のゴルフコース、そして総面積50,632エーカーに相当する公園の数々。ヒューストンには、アウトドアを満喫するチャンスが無数にあります。

この地域の冬の気温が温暖なため、年間を通じてアウトドアを楽しむことができます。カヌーツアーに参加し、バッファロー・バイユーでパドルを漕いだり、ヒューストン植物園でハイキングを楽しんだり、メモリアルパークでジョギングしたり、ヒューストン・バイシクル・プログラムで自転車をレンタルしヒューストン市をサイクリングで楽しむこともできます。

ダウンタウンからわずか数分のところにあるハーマン・パークの中では、ミラー屋外劇場があり、プロフェッショナルによるバレエ公演、演劇および音楽の公演が無料で楽しめます。

ヒューストンでの楽しみはこれだけではありません。下記のサイトをご覧ください。
VisitHouston.com/Outdoors



72 / VISIT HOUSTON: IN JAPANESE



BIKE SHARE - HOUSTON BCYCLE



Houston BCycle's bike share stations are dotted all across Rice University. The bright red bikes (pictured above) are intended for short trips around campus, but they also connect students, staff, and visitors to the growing network of BCycle stations across neighboring areas.

[Click here](#) to see a map of Houston BCycle stations.

Students, staff, and visitors can try the bikes out at the stations for a fee of \$3 per 30 minutes. Unlimited Memberships are available at [Houston BCycle's website](#) for \$9/month, \$25/semester, or \$99/year.

As a member, you can take as many trips as you want throughout the entire Houston BCycle network. Members are charged overage fees for any rides over 60 minutes, and can track their trips and health data on the BCycle mobile app.

Bike share is a sustainable, eco-friendly, healthy, convenient, and fun way to travel on and off Rice's campus. Visit the website link above or call Houston BCycle at (713) 865-3662 if you have any questions about using the bikes!

Download the free BCycle mobile app on the Apple or Android Store for a station map on the go with real-time bike and dock availability.

74 / MONEY IN THE U.S.

Costs Paid by TOMODACHI STEM Program

- Airfare (NRT - IAH - PHL and DCA - NRT)
- Airport shuttle in Houston & DC and Bus Transportation (PHL - Lehigh - DC)
- Hotel lodging in Houston, Lehigh University, and DC
- Supply stipend for your lab
- Seminars & Meetings
- Some cultural activity costs
- Health insurance policy that meets minimum Dept. of State requirements for J-1 Visa Holders

Costs Paid by You Individually

- Passport, visa & SEVIS fees
- Meals (All hotel rooms in Houston have full kitchen and free hot breakfast during final week on East Coast)
- U.S. Cell Phone & Minutes
- Daily Transportation (free hotel shuttle in Houston to/from Rice)
- Free-sightseeing
- Personal Expenses
- Any Medical Care Costs over and above the amount paid for or reimbursed by your health insurance.

Use of Credit Card

The U.S. is a credit/debit card based society. Check to see if you can use your credit card or debit/cash/ATM card in the U.S. and how you can withdraw money from an ATM in the U.S. from your Japanese banking account. Be sure to ask if there are any daily withdrawal limits, how they compute the currency conversion rate, and if you will be charged any fees for withdrawing money in the U.S.



Cash Passport/Debit Cards

For more Info see 'Money in the U.S.' at <http://kono.rice.edu/resources-for-students-and-faculty/japanese-students-life-in-the-u-s/>.

Using a pre-paid money/credit card while in the U.S. can be a helpful way to budget for your personal spending. Simply sign up for your preferred card, add money to it before you go, and then you can use like a regular credit/debit card in the U.S. Some cards have options where you can transfer/add more money to your card online through a direct link to your Japanese bank account. These cards also typically have lower or no transcription fees and may not charge ATM withdrawal fees. If you lose your card or it is stolen you should be able to contact the company and ask them to cancel your existing card and send you a new card.

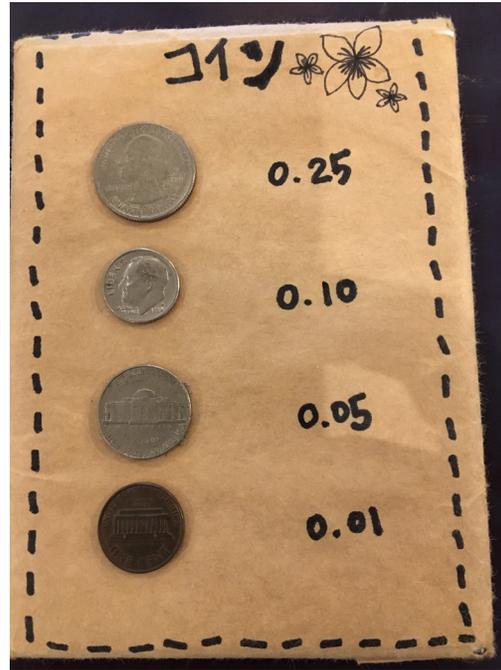
How Much Money to Bring?

In terms of money to bring with you consider that you will be in the U.S. for 35 days. If you spend about \$15 per day that would come out to ~\$525. If you budget to spend about \$30 per day that would come out to \$1,050. If you budget to spend \$50 per day that would come out to \$1,500. If you plan to eat out a lot, shop, or buy many souvenirs be sure to budget accordingly. If you plan to cook all your meals on your own and not spend much on shopping or sight-seeing (e.g. you only stay in the lab or at the hotel) then your personal spending costs may be lower.

MONEY IN THE U.S. / 75

U.S. Currency

Paper bills in the U.S. are all the same size and color. The most commonly used are \$1, \$5, \$10, and \$20 denominations. When you withdraw money from an ATM in the U.S. you will almost always receive \$20 notes. It is less common for people to use the larger \$50, \$100 or above notes and if you are only buying a small item (say \$5 or so) if you use a \$100 bill the store may have to get extra cash to give you change. Again, most people in the U.S. use a debit or credit card for almost all purchases.



Coins: The most common U.S. coins come in denominations of \$0.01 (a penny), \$0.05 (a nickel), \$0.10 (a dime), and \$0.25 (a quarter). The coin that will be most helpful to you is the \$0.25 (quarter) as you will need quarters to do your laundry at the hotel. When you get a quarter, save it, so you have enough but you can also ask the hotel front desk if they can make change for you from a \$1 or \$5. In vending machines in the U.S. you can use quarters, dimes, and nickels but not pennies.

Vending Machines in the U.S. typically only accept \$1 or \$5 bills and quarter, nickels, and dimes. If they give change, it will likely be in quarters and vending/ticket machines for public transportation typically do not give change! Check the signs on the machines carefully before putting in money with the expectation you will receive change back.

76 / TIPPING IN U.S. & TRAVEL TIPS

WANDERSHARE
TRAVELING THE USA

Passport & Visa

Routine

No Official Language

U.S. Dollar

where to go

When to Go

Overall
April - June
Sept - Nov

Alaska
June - August

Ski Season
Nov - March

tipping

15-20%
Waitstaff

\$1/drink
Barenders

10-15%
Tour Guides

\$1-2
Porters per bag

10-20%
Taxi Drivers

Bring a hostess gift if invited to someone's home.

Avoid discussing politics, religion or money.

table manners

The knife is held in the right hand & the fork in the left to cut food.

After cutting food, the knife is laid down, and the fork switches to the right hand.

When finished eating, lay the knife & fork across the right side of the plate.

foods to try

TexMex Chili Con Carne

Southern Fried Chicken

New Orleans Jambalaya

New England Clam Chowder

Maine Lobster Rolls

Coney Island Chili Dogs

Oysters Rockefeller

Key Lime Pie

U.S. UNITS OF MEASURE

Americans typically use customary units instead of metric units. To convert:

Offer a firm handshake & eye contact for a formal greeting. A casual greeting is as simple as a smile and "hello."

TEMPERATURE
0 °C = 32 °F
10 °C = 50 °F
20 °C = 68 °F
30 °C = 86 °F

Americans are informal & friendly. They may start conversations without being introduced.

WEIGHT/VOLUME
1 kilogram = 2.2 lbs
30 grams = 1 ounce
1 liter = 2.6 gallons

DISTANCE
1 kilometer = .62 miles
1 meter = 3.3 feet
1 centimeter = .4 inches

Be on time when meeting someone. It is acceptable to be up to 30 minutes late to large gatherings.

Americans can be direct in speech & are generally very curious about people from other countries.

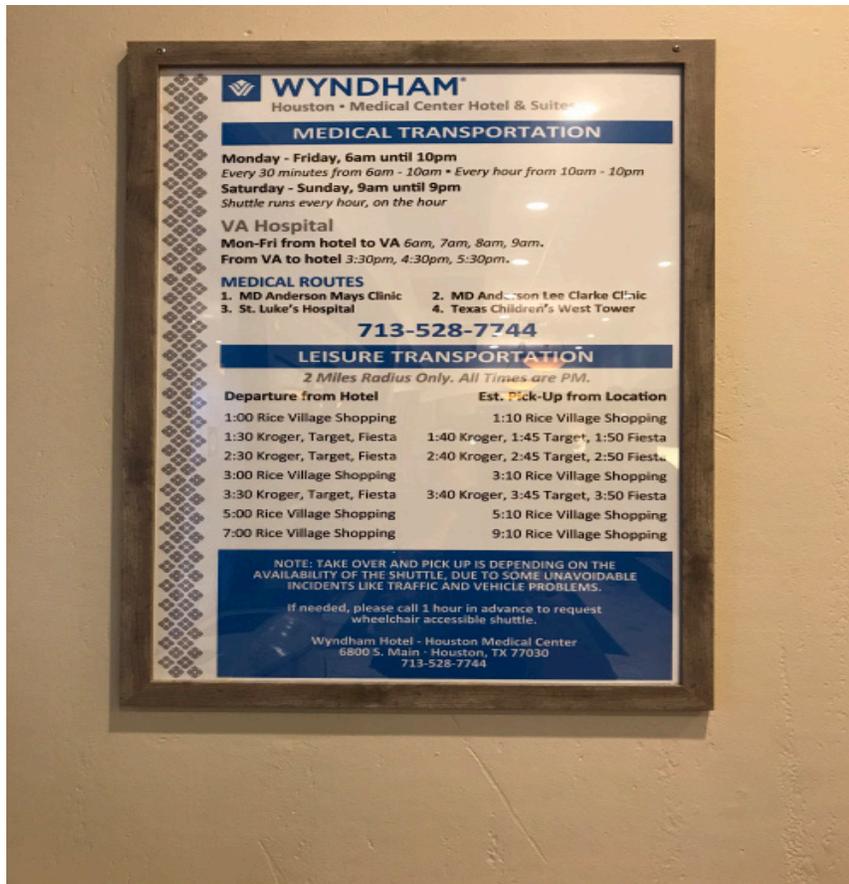
Tipping Statistics

| Tipping Situation | Percentage of Customers Who Tip Them | Low Tippers Give | Average Tippers Give | High Tippers Give | If You Don't Tip, You're... | Tips Are What Percent of Their Salary? | Other Notes |
|---------------------------------------|--------------------------------------|---|---|---|-----------------------------|--|---|
| WAITER | 99.5% | < 17% | 17-20% | > 20% | The worst | 85-100 % | Even if service sucks, never go below 15%; If there's an 18% automatic gratuity added and you normally would have tipped higher, add in the extra. If you have a coupon, tip on the pre-coupon price. |
| RESTAURANT DELIVERY | 95% | < \$2 | \$2 or \$3 | \$4 or 20% | The worst | 30-70% | Add a little extra in bad weather. |
| RESTAURANT TAKEOUT | 35% | \$0 | \$0-1 | 10-20% | Fine | N/A | Not necessary, but if you order for 10 people and it's all carefully packaged, that took time. Tip. |
| BARTENDER | 98% | \$1/beer; \$1/cocktail; <15% of larger tabs | \$1/beer; \$2/cocktail; 15-20% of larger tabs | \$2/beer; \$2-3/cocktail; >20% of larger tabs | The worst | 70-100 % | The longer they spend making you a drink, the more you should tip. |
| BARISTA | 60% | \$0 | Loose change | \$1 or more | A little cheap but fine | 20-40% | You're more obligated to tip if your drink took time to make, but it's nice to tip anyway, especially if you're a regular. |
| CAB DRIVER | 90% | <10% | 10-18% | >18% | Super cheap | 15-30% | Tip more if you get off somewhere where they're unlikely to find a customer. |
| VALET GUY | 90% | \$1 | \$2-4 | \$5 or more | Super cheap | 50-75% | N/A |
| HOTEL BELLMAN | 85% | \$2-5 total, depending on number of bags | \$2/bag; \$5 minimum in total | \$4-5/bag | Super cheap | 50-75% | Apparently they'll stand and wait for a tip for three seconds, but that's the max before they're being rude. |
| APARTMENT DOORMAN | 95% (only on Christmas) | \$20-50 | \$50-100 | \$100-500 | Not nice | 10-20% | Almost no one tips for anything other than Christmas; you'll be remembered if you do. |
| HAIR OR NAIL SALON/ BARBERSHOP | 90% | <15% | 15-25% | >25% | Super cheap | 25-50% | If the owner serves you, tip as normal. It's antiquated not to. |

waitbutwhy.com

Wyndham Hotel Free Shuttle & Rice University Shuttle

- There is a free Hotel Shuttle that will take you within 2 miles of the hotel. This includes Rice University campus, Rice Village shopping/dining area, Randall's Grocery Store, Kroger Grocery Store, Target, and some nearby locations in the Medical Center, Hermann Park or the Museum District. Check the posted schedule in the lobby.
- This shuttle is a shared shuttle that is available/used by all hotel guests. Arrival and departure times are approximate and depend on how many other guests must be dropped off/picked up before your stop. You will need to tell the driver a specific location of where you wish to be dropped off or picked up.
- To arrange for a shuttle to pick you up (w/in 2 miles only) call the hotel front desk at 713-528-7744.
- Available Hours are: M-F 6:00 AM - 10:00 PM and Sat. - Sun. 9:00 AM - 9:00 PM



Other Transportation Options in Houston

- **Rice University Shuttle:** The Rice Bioscience Research Collaborative is two blocks from the hotel. From there, you can take the free BRC Express Shuttle to main campus (weekdays only).
- We recommend using [Google Maps](#) to get public transportation information. You enter in the departure and destination address and can select an icon for walking, bus/public transport, biking, or driving directions.
- **Houston Metrorail:** The hotel is within walking distance of the Dryden/TMC Metrorail Station. This makes it very convenient for you to take the Metrorail north to Downtown or south to Reliant Stadium. See <http://www.ridemetro.org/Pages/Rail.aspx> for more information or <https://www.visithoustontexas.com/travel-planning/maps-and-transportation/metro-rail/>. Hermann Park/Rice Univ. is the closest stop to campus.
- **UBER/Lyft:** This is a car sharing/taxi like service that is relatively inexpensive (depending on the times you need a ride). You must download the app and enter a debit or credit card for payment. Keiko Kato can give you an introduction to using this service in Houston. Search in the app store and download to your phone.
- **Yellow Cab Taxi:** You can make a taxi pick-up request online at <http://www.yellowcabhouston.com/> or call 713-236-1111 if needed.
- **Houston Public Bus:** There are multiple bus stops within walking distance of the hotel with many different bus routes. Use Google Maps to determine the best route and which time you should leave and then what bus station you should walk to. However, buses in Houston are often late due to heavy traffic and they have more limited hours in the evenings and on weekends.

78 / RICE UNIVERSITY SHUTTLE

Where are the Rice University Bus Stops?

Look down on the curb for the stops! **The bus stops are marked in black and white on the curb. The Inner Loop bus stops are:**

- Continuing Studies
- Rice Police Dept.
- Tudor Field
- Baker Institute
- Baker College
- Herring Hall
- Rayzor Hall
- Allen Center/Entrance 3 Driveway
- Allen Center
- Wellness Center (Brown College)
- Corner of Huff House
- Duncan Hall
- Chemistry Lecture Hall
- Student Center (RMC)
- Jones Graduate School of Management
- Shepherd School of Music
- Bus Shelters A, B, and C (West Stadium parking lot)

Rice University Shuttle Etiquette and Safety Rules:

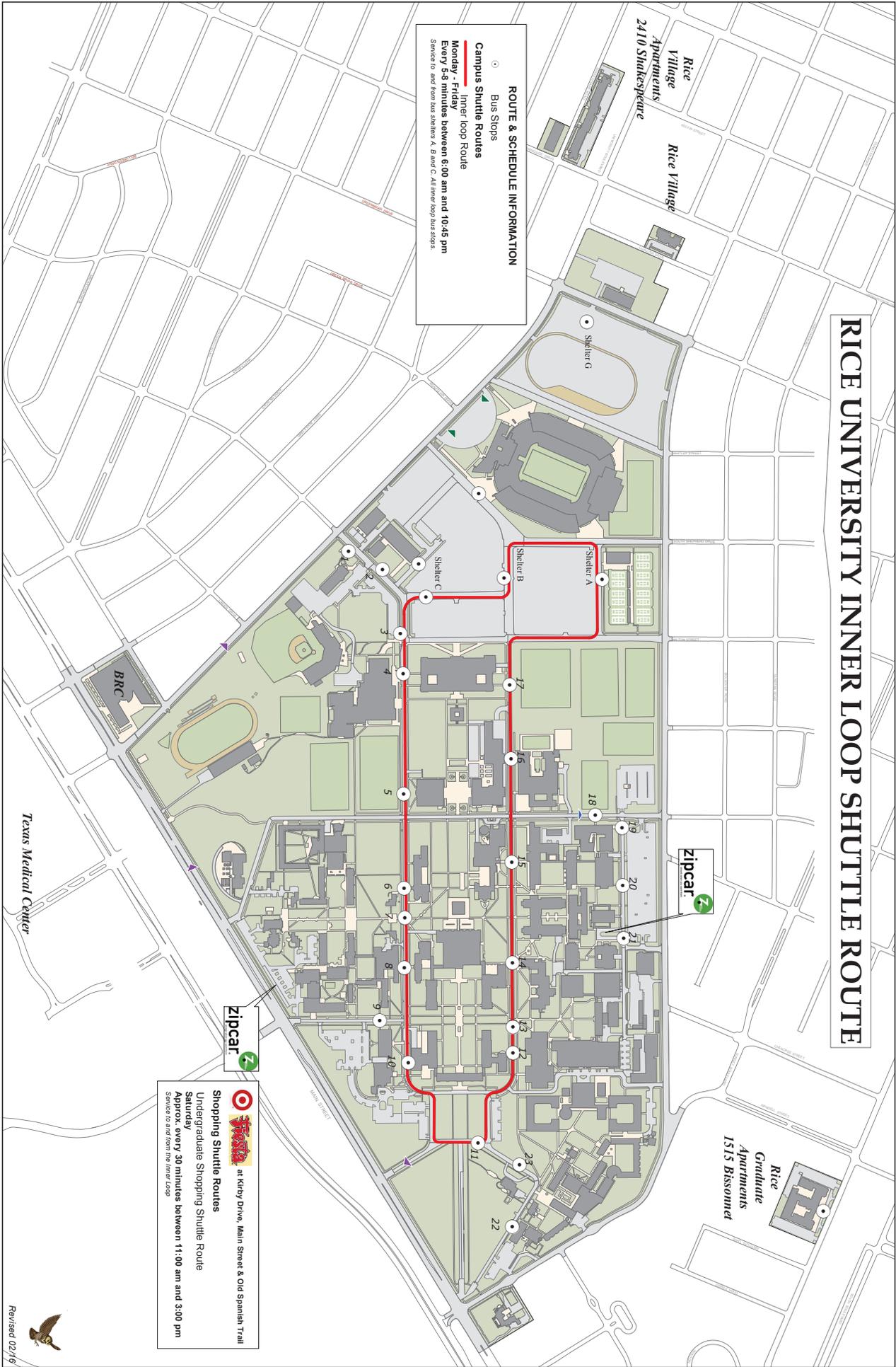
- allow passengers to get off before boarding
- do not stand in the front of the bus
- keep noise to a minimum
- no open food or drink, pets, bicycles, horseplay, littering, or smoking
- do not park at bus stops
- do not pass a stopped bus
- no loud cell phone use

| Station | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|---|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--|--|----------------------|
| Inner Loop | 6:00am - 10:45pm 8-10 minutes | | |
| Greater Loop | 6:00am - 5:00pm 10-15 minutes | | |
| BRC/Texas Medical Center | 7:45 am - 5:45 pm, every 30 minutes | 7:45 am - 5:45 pm, every 30 minutes | 7:45 am - 5:45 pm, every 30 minutes | 7:45 am - 5:45 pm, every 30 minutes | 7:45 am - 5:45 pm, every 30 minutes | | |
| Greenbriar/RVA & Rice Village | 7:30 am - 10:30 pm, every 15 minutes | 7:30 am - 10:30 pm, every 15 minutes | 7:30 am - 10:30 pm, every 15 minutes | 7:30 am - 10:30 pm, every 15 minutes | After 5:30 pm the route serves the Inner Loop and the Rice Village until 12:30 am. | Route serves the Inner Loop and Rice Village 5:30 pm - 12:30 am | |
| RGA Route | 7:30 am - 10:30 pm every 15 minutes | 7:30 am - 10:30 pm every 15 minutes | 7:30 am - 10:30 pm every 15 minutes | 7:30 am - 10:30 pm every 15 minutes | 7:30 am - 10:30 pm every 15 minutes | Graduate Shopping Shuttle: 10:00 am - 3:00 pm, every 45 minutes | |
| *Night Escort | 10:00 pm - 6:00 am * | 10:00 pm - 3:00 am * | 10:00 pm - 3:00 am * | 10:00 pm - 6:00 am * |
| BRC Express | 8:00 am to 6:30 pm, every 10 minutes | 8:00 am to 6:30 pm, every 10 minutes | 8:00 am to 6:30 pm, every 10 minutes | 8:00 am to 6:30 pm, every 10 minutes | 8:00 am to 6:30 pm, every 10 minutes | | |
| Rice Village Lunch | 11:30-2:30 every 15 minutes | | |

* Night escort available on Rice University campus only. Will not take you to the hotel as this is off-campus but they can walk you to the edge of the BRC. For the Night Escort service, call the dispatcher at 713-348-6000.

80 / Rice Shuttle: Inner Loop

RICE UNIVERSITY INNER LOOP SHUTTLE ROUTE



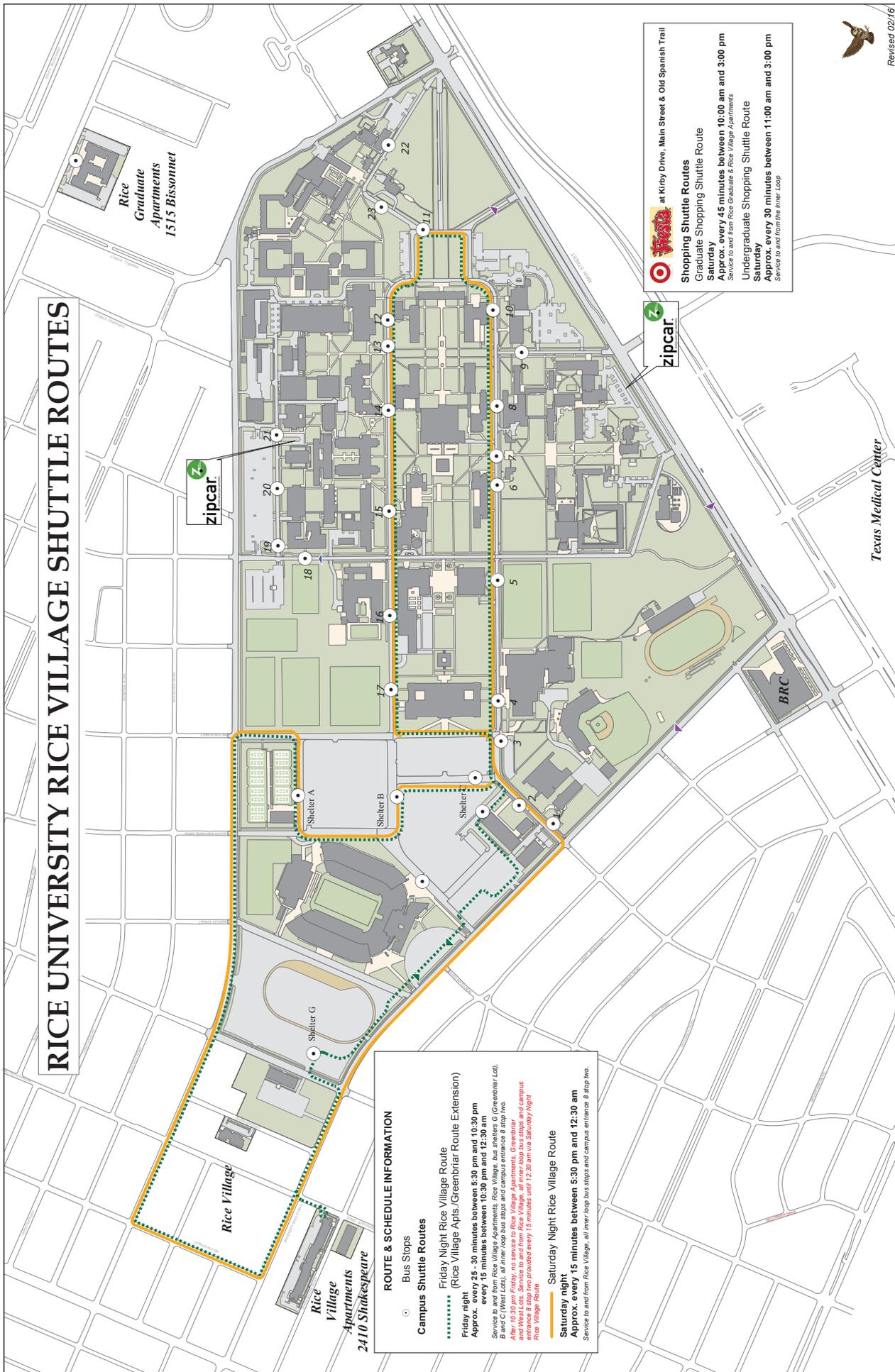
ROUTE & SCHEDULE INFORMATION

- Bus Stops
- Campus Shuttle Routes
- Inner Loop Route
- Monday - Friday
- Every 5-8 minutes between 6:00 am and 10:45 pm
- Service to and from bus shelters A, B and C. All inner loop bus stops.

Target
at Kirby Drive, Main Street & Old Spanish Trail

Shopping Shuttle Routes
Undergraduate Shopping Shuttle Route
Saturday every 30 minutes between 11:00 am and 2:00 pm
Service to and from the main loop

RICE UNIVERSITY RICE VILLAGE SHUTTLE ROUTES



ROUTE & SCHEDULE INFORMATION

- Bus Stops
- Campus Shuttle Routes
- Friday Night Rice Village Route (Rice Village Apts./Greenbriar Route Extension) Approx. every 25 - 30 minutes between 5:30 pm and 10:30 pm
- Friday night Approx. every 15 minutes between 5:30 pm and 12:30 am
- Service to and from Rice Village, all inner loop bus stops and campus entrance 8 stop box.
- After 10:30 pm Friday, no service to Rice Village Apartments, Greenbriar and West Lakes. Service to and from Rice Village, all inner loop bus stops and campus entrance 8 stop box provided every 15 minutes until 12:30 am via Saturday Night Rice Village Route.
- Saturday Night Rice Village Route Saturday night Approx. every 15 minutes between 5:30 pm and 12:30 am
- Service to and from Rice Village, all inner loop bus stops and campus entrance 8 stop box.

Shopping Shuttle Routes
 at Kirby Drive, Main Street & Old Spanish Trail

Graduate Shopping Shuttle Route
 Saturday, every 45 minutes between 10:00 am and 3:00 pm
 Service to and from Rice Graduate & Rice Village Apartments

Undergraduate Shopping Shuttle Route
 Saturday, every 30 minutes between 11:00 am and 3:00 pm
 Service to and from the Inner Loop



Revised 02/16

82 / FOOD: DINING AT RICE

Rice University Public Dining Options: <http://dining.rice.edu/public-dining/>

In Rice Memorial Center (RMC)/Ley Student Center (Bldg. 21 on map)

- **Rice Coffeehouse (Student Run)** Hours: Mon. - Thurs.: 7:30 AM - 1:00 AM, Fri. 7:30 AM - 5:00 PM, Sat. 10:00 AM - 5:00 PM, and Sun. 2 PM - 1:00 AM.
- **4.Taco (Mexican/Tacos)** Hours: Mon.-Fri. Breakfast: 7:30 - 9:30 AM, Lunch: 11:00 - 4:00 PM (2:00 on Fri.)
- **@Sammys/Whoo Deli (American/Sandwiches/Burgers/Grill)**: Hours: Mon. - Fri. 11:00 AM - 2:00 PM & 5:00 - 6:30 PM
- **Ambassador Chinese (In Basement/Willy's Pub)**: Hours: Mon. - Fri. 11:00 - 1:30 PM
- **The Hoot Late Nite Cafe/Deli (Student Run)**: Hours Sun. - Wed. 8:00 PM - 1:00 AM, Thurs. 8:00 PM - 1:45 AM
- **Campus Store (Snacks/Drinks)**: Soda, Bottled Water, Chips, Candy, and Misc.
- **Campus Bookstore & ATM also located in Student Center**

Flo Paris @ Brochstein Pavilion (Bldg. 61 on map)

- Coffee/tea, pastries, sandwiches, and salads.
- Hours: Monday - Friday 7:30 AM - 7:00 PM and Sat./Sun. 9:00 AM - 6:00 PM

Valhalla (In front basement of Keck Hall, Bldg. 8 on map)

- At lunch time, from 11:30 AM - 1:00 PM you can purchase a sandwich, chips and a drink for ~\$6. Go early though as these sell out fast! A graduate student in your lab can show you the way.
- You must be 21 or older to purchase or consume alcohol.

Hollywood Cafe (BioScience Research Collaborative, Bldg. 63 on map)

- Hours: Monday - Friday 8:30 AM - 4:30 PM

Rice Farmers Market (By Stadium Visitor Parking, Entrance 13B on map)

- The Rice University Farmers Market supports activities, goods and services that promote community education about the benefits of eating fresh, locally produced food.
- The Rice Farmers Market is open every Tuesday, rain or shine, from 3:30 p.m. until 6:30 p.m. at Entrance 13B off of Greenbriar Dr (5600 Greenbriar Dr, Houston, TX 77005). Parking is free!
- No cash? Not a problem. The market has tokens that can be purchased with a check and used for purchases with our vendors.

Food in the U.S.

<http://kono.rice.edu/resources-for-students-and-faculty/resources-japanese-students-food-in-the-u-s/>

- Houston is home to more than 10,000 restaurants representing more than 70 different countries and types of American cuisine. If there is a type of food you've wanted to try you can probably find it in Houston!
- Check out our Food in the U.S. page for lots of tips on eating out, shopping, and cooking while you are in Houston!

84 / FOOD: GROCERY STORES

Grocery Stores in Houston

Your hotel room kitchens do not have ovens. If you purchase refrigerated or frozen foods, be sure they can be prepared in the microwave or on the stovetop. (e.g. Do not buy frozen pizzas or other foods that require an oven to bake.)

Kroger on Kirby and S. Main (Can use free hotel shuttle)

Address: 7747 Kirby Dr, Houston, TX 77030



Kroger is a major grocery store chain that can be found all throughout Houston. Sections include: Produce, Bakery, Meat, Dairy, Canned/Boxed Foods, Frozen Foods, Pharmacy, Deli including salad/soup bar and small prepared food section. You can also buy toiletries, paper goods, and other miscellaneous household items. They have a small sushi section (American style sushi) and a very small section of Japanese items in their Asian food aisle.

Tip: Ask for a 'Kroger' card when you first check out to get discounted prices on sale items. Show this card every time you buy groceries here.

Randall's on Holcombe (Can use free hotel shuttle)

Address: 3131 W Holcombe Blvd, Houston, TX 77025



Randall's is a major grocery store chain and can be found all throughout Houston. Sections include: Produce, Bakery, Meat, Dairy, Canned/Boxed Foods, Frozen Foods, Pharmacy, Deli including salad/soup bar and small prepared food section. You can also buy toiletries, paper goods, and other miscellaneous household items. They have a small sushi section (American style sushi) and a very small section of Japanese items in their Asian food aisle.

Tip: Ask for a 'Randalls' card when you first check out to get discounted prices on sale items. Show this card every time you buy groceries here.

HEB – Two Locations Equidistance from Hotel (Must use Uber or Lyft)

West Alabama: 1701 W. Alabama St., Houston, TX

Buffalo Speedway: 5225 Buffalo Speedway, Houston, TX



HEB is a major grocery store chain in Texas and can be found all throughout Houston. It is known for having a very large/good prepared foods section including fresh made guacamole and salsa. It is also known for many made in Texas and Texas-shaped items. You won't find these in one section in the store though. Instead, you must look in the aisles for the 'Made in Texas' signs/labels. Some favorites include Texas coffees (especially pecan coffee), BBQ sauce, honey, Texas-shaped tortilla chips, Texas shaped dry pasta, Blue Bell Ice Cream, and Whataburger items. Sections include: Produce, Bakery, Meat, Dairy, Canned/Boxed Foods, Frozen Foods, Pharmacy, Deli and prepared foods section. You can also buy toiletries, paper goods, and other miscellaneous household items.

- Totally Texas Online Store: 300+ Items: <https://www.heb.com/totally-texas>
- Made in Texas Items at HEB: <https://www.heb.com/static-page/article-template/Made-in-Texas>



Trader Joes in Alabama Shepherd Shopping Center (Must use Uber or Lyft)

Address: 2922 S Shepherd Dr, Houston, TX 77098

This is an old movie theater that has been converted into a Trader Joe's; a major specialty grocery store chain in the U.S. It is a smaller grocery store but a favorite of 'foodies' as they have a neat selection of specialty Trader Joe's items that you can only find here. They have a wide array of prepared food items in the refrigerated section that you just need to heat. They also have an excellent frozen food section. You can usually purchase reusable grocery bags for the city/region that make good omiyage.

- Kitchn: What to Buy at Trader Joes: <https://www.thekitchn.com/our-readers-favorite-products-from-trader-joes-205344>
- 34 Trader Joe's Products That are Totally Worth It: <https://www.thekitchn.com/our-readers-favorite-products-from-trader-joes-205344>



Central Market on Westheimer (Must use Uber or Lyft)

Address: 3815 Westheimer Rd, Houston, TX 77027

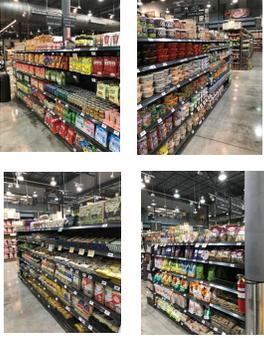
From the best in Texas to global goodies from all over the world, Central Market sources some of the finest foods to bring back to your local store. So shop our aisles and meet our experts, and you'll see that Central Market is really, really into food. Central Market has a huge prepared food section, bakery, a wide array of cheeses, its own in-house chocolate bar, and produce from around the world. It also has a slightly larger Japanese food section than other major grocery stores. They also have a cooking school with classes throughout the week that you can sign up for (paid) but they fill up quickly so reserve early if you are interested.

- A Look at Central Market's \$10 Million Renovation:

<http://www.houstonpress.com/restaurants/central-market-houstons-10million-renovation-2017-9448097>

- Central Market Cooking School – Houston Westheimer:

<https://centralmarket.turnstilesystems.com/LocationDetail.aspx/Houston>



Whole Foods on Bellaire (Must use Uber or Lyft)

Address: 4004 Bellaire Blvd, Houston, TX 77025

Whole Foods is a major grocery store chain in the U.S. that only sells organic foods. It is a great grocery store for vegetarians or vegans (though all major grocery stores have many vegetarian/vegan options now too). It is known for having a large prepared food section and their Whole Foods 365 store brand is usually a good value for organic food items (which tend to be more expensive than non-organic). The joke is that that the store should be called 'Whole Paycheck' because if you do a week's worth of grocery shopping here at one time you will likely spend your whole paycheck in one store. They usually have fun bags that have the local city/region name on them which make good omiyage.



Seiwa Market (Far Out – Could be an expensive Uber or Lyft)

Address: 1801 S Dairy Ashford Rd #116, Houston

One-stop solution to home makers, Seiwa Market offers various Japanese items including fruits, sake, frozen food items, sauces and other imported seasonings and condiments to make a complete meal.

Nippon Daido (Far Out – Could be an expensive Uber or Lyft)

Address: 11146 Westheimer Rd, Houston, TX 77042

This was the very first Japanese grocery store in Houston as is very small. It has many of the key/main Japanese grocery items but a smaller selection than Seiwa Market due to its size.



H-Mart (Must use Uber or Lyft)

Address: 1302 Blalock Rd. Houston, TX 77055

This is a large Korean grocery store chain that can be found in many states throughout the U.S. It is a very popular grocery store for many people in Houston to shop at, particularly for Asian food, as it is not as far out as Seiwa or Daido, and has a wide array of Korean, Japanese, and Chinese food items. It is a great place to go to purchase thinly sliced meats, refrigerated noodles, Asian sauces and spices, a wide array of instant ramen, kimchi, frozen food items like gyoza, Asian produce, some bentos and prepared food, bulk rice, and an Asian-style bakery. There is also a small food court.



86 / FOOD: GROCERY VOCABULARY

| Item | Kanji Reading | Kana Reading | Romaji Reading |
|------------------|---------------|--------------|----------------|
| Bamboo shoots | 竹の子 | たけのこ | takenoko |
| Bean sprout | | もやし | moyashi |
| Beef | 牛肉 | ぎゅうにく | gyuuniku |
| Buckwheat Noodle | 蕎麦 | そば | soba |
| Chicken | 鶏肉 | とりにく | toriniku |
| Crab | 蟹 | かに | kani |
| Cucumber | 胡瓜 | きゅうり | kyuuri |
| Dairy products | 乳 | にゅう | nyuu |
| Egg | 卵 | たまご | tamago |
| Fish | 魚 | さかな | sakana |
| Gluten | 麩質 | ふしつ | fushitsu |
| Lamb | 羊肉 | ようにく | youniku |
| Milk | 牛乳 | ぎゅうにゅう | gyuunyuu |
| Miso Paste | 味噌 | みそ | miso |
| Miso Soup | 味噌汁 | みそしる | misoshiru |
| Oil | 油 | あぶら | abura |
| Onion | 玉葱 | たまねぎ | tamanegi |
| Peanuts | | ピーナッツ | peanuts |
| Pepper | 胡椒 | こしょう | koshou |
| Pork | 豚肉 | ぶたにく | butaniku |
| Pumpkin | | カボチャ | kabocha |
| Ramen | | ラーメン | ramen |
| Rice Cake | 餅 | もち | mochi |
| Rice Wine | お酒 | おさけ | osake |
| Salt | 塩 | しお | shio |
| Shrimp | 海老 | えび | ebi |
| Soy Milk | 豆乳 | とにゅう | tonyuu |
| Soy Sauce | 醤油 | しょうゆ | shouyu |
| Sugar | 砂糖 | さとう | satou |



Shopping Words

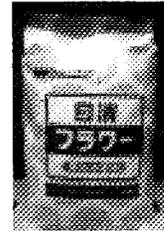
| | | | |
|--|------------------------------------|------------------------|----------|
| 1. Milk | Gyūnyū | ぎゅうにゅう | 牛乳 |
| 2. Low-fat milk | Teishibōnyū | ていしぼうにゅう | 低脂肪乳 |
| 3. Condensed milk | Kondensu miruku | コンデンスミルク | |
| 4. Soybean milk | Tōnyū | とうにゅう | 豆乳 |
| 5. Fresh cream | Nama kurīmu | なまクリーム | 生クリーム |
| 6. Butter | Batā | バター | |
| 7. Unsalted butter | Muenbatā | むえんバター | 無塩バター |
| 8. Yogurt | Yōguruto | ヨーグルト | |
| 9. Low fat yogurt | Teishibō yōguruto | ていしぼうヨーグルト | 低脂肪ヨーグルト |
| 10. Salt | Shio | しお | 塩 |
| 11. Pepper | Koshō | こしょう | |
| 12. Sugar | Satō | さとう | 砂糖 |
| 13. Granulated sugar | Guranyūtō | グラニューとう | グラニュー糖 |
| 14. Powder sugar | Konazatō | こなざとう | 粉砂糖 |
| 15. Raw sugar (Brown sugar) | Kurozatō | くろざとう | 黒砂糖 |
| 16. Soy sauce | Shōyu | しょうゆ | |
| 17. Low salt soy sauce | Gen' enshōyu | げんえんしょうゆ | 減塩しょうゆ |
| 18. Vinegar | Su | す | 酢 |
| 19. Rice vinegar | Komezu | こめず | 米酢 |
| 20. Grain vinegar | Kokumotsusu | こくもつす | 穀物酢 |
| 21. Soba soup | { Sobatsuyu | そばつゆ | |
| | { Mentsuyu | めんつゆ | |
| 22. Ajinomoto | Ajinomoto | あじのもと | 味の素 |
| 23. Instant bouillon | Dashinomoto | だしのもと | だしの素 |
| 24. Consomme | Konsome | コンソメ | |
| 25. Bouillon, Broth | Buiyon | ブイヨン | |
| 26. Oyster sauce | Oisutā sōsu | オイスターソース | |
| 27. Mayonnaise | Mayonēzu | マヨネーズ | |
| 28. Low fat mayonnaise (Calorie half) | Teishibō mayonēzu (Karorī hāfu) | ていしぼうマヨネーズ (カロリーーフ) | 低脂肪マヨネーズ |



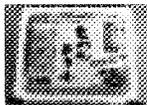
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MILE Meguro Language Center BP1-00

| | | | |
|----------------------------|----------------|-----------|-------|
| 29. Ketchup | Kecchappu | ケチャップ | |
| 30. Sour cream | Sawā kurīmu | サワークリーム | |
| 31. Margarine | Māgarin | マーガリン | |
| 32. Japanese horseradish | Wasabi | わさび | |
| 33. Japanese mustard | Karashi | からし | |
| 34. Mustard | Masutādo | マスタード | |
| 35. Shortening | Shotōningu | ショートニング | |
| 36. Yeast | Īsuto | イースト | |
| 37. Baking powder | Bēkingu paudā | ベーキングパウダー | |
| 38. Vanilla essence | Banira essensu | バニラエッセンス | |
| 39. Vanilla oil | Banira oiru | バニラオイル | |
| 40. Gelatin | Zerachin | ゼラチン | |
| 41. Flour | Komugiko | こむぎこ | 小麦粉 |
| 42. Strong powder | Kyorikiko | きょうりきこ | 強力粉 |
| 43. Soft flour (for cakes) | Hakurikiko | はくりきこ | 薄力粉 |
| 44. Tempura powder | Tempurako | てんぷらこ | てんぷら粉 |
| 45. Potato starch | Katakuriko | かたくりこ | 片栗粉 |
| 46. Cornstarch | Kōnsutāchi | コーンスターチ | |
| 47. Bread crumbs | Panko | パンこ | パン粉 |
| 48. Agar-agar | Kanten | かんてん | 寒天 |
| 49. Japanese tea | Nihoncha | にほんちゃ | 日本茶 |
| 50. Green tea | Ryokucha | りょくちゃ | 緑茶 |
| 51. Roasted green tea | Hōjicha | ほうじちゃ | ほうじ茶 |
| 52. Coarse tea | Bancha | ばんちゃ | 番茶 |
| 53. Oolong tea | Ūroncha | ウーロン茶 | |
| 54. Brown rice tea | Genmaicha | げんまいちゃ | 玄米茶 |
| 55. Powdered green tea | Maccha | まっちゃ | 抹茶 |
| 56. Dust tea | Konacha | こなちゃ | 粉茶 |
| 57. Rice | Kome | こめ | 米 |
| 58. Sweet rice | Mochigome | もちごめ | もち米 |
| 59. No-rinse rice | Musenmai | むせんまい | 無洗米 |



MLC Meguro Language Center BP1-00

| | | | | |
|---|----------------|----------|-------|---|
| 60. Tofu | Tōfu | とうふ | 豆腐 |  |
| 61. Cotton tofu | Momendōfu | もめんどうふ | 木綿豆腐 | |
| 62. Silk tofu | Kinudōfu | きぬどうふ | 絹豆腐 | |
| 63. Oil | Abura | あぶら | 油 | |
| 64. Salad oil | Sarada oiru | サラダオイル | | |
| 65. Olive oil | Orību oiru | オリーブオイル | | |
| 66. Sesame oil | Goma abura | ごまあぶら | ごま油 | |
| 67. Tempura oil | Tempura abura | てんぷらあぶら | てんぷら油 | |
| 68. Rapeseed oil | Nataneabura | なたねあぶら | なたね油 | |
| 69. Linoleic acid | Rinōrusan | リノールさん | リノール酸 | |
| 70. Chicken | Toriniku | とりにく | 鳥肉 | |
| 71. Beef | Gyūniku | ぎゅうにく | 牛肉 | |
| 72. Pork | Butaniku | ぶたにく | 豚肉 | |
| 73. Minced meat | Hikiniku | ひきにく | ひき肉 | |
| 74. Combination minced meat (Beef and pork) | Aibikiniku | あいびきにく | 合挽肉 | |
| 75. Rice ball | Onigiri | おにぎり | | |
| <ul style="list-style-type: none"> Pickled <i>ume</i> [plum] Salmon Seaweed Spicy fish eggs(cod roe) Bonitoflakes Tuna flakes | Ume(boshi) | うめ(ぼし) | 梅(干) |  |
| | Syake | しゃけ | 鮭 | |
| | Konbu | こんぶ | 昆布 | |
| | Mentaiko | めんたいこ | 明太子 | |
| | Okaka | おかか | | |
| | Shī chikin | シーチキン | | |
| 76. Bread (Loaf) | Syokupan | しょくパン | 食パン |  |
| 77. Peanut butter | Pīnattsu batā | ピーナッツバター | | |
| <ul style="list-style-type: none"> Smooth type Crunchy type | Sumūsu taipu | スムースタイプ | | |
| | Kuranch itaipu | クランチタイプ | | |
| 78. Soup stock | Sūpusutokku | スープストック | | |
| 79. Throat candy | Nodoame | のどあめ | のど飴 | |
| 80. Sugarless | Nonsyuga | ノンシュガー | | |

90 / FOOD: GROCERY VOCABULARY

MLC Meguro Language Center BP1-00

| | | | |
|-----------------------------|----------------|----------|-------|
| 81. Chemical-free vegetable | Munōyaku yasai | むのうやくやさい | 無農薬野菜 |
| 82. Draft beer | Namabīru | なまビール | 生ビール |
| 83. Low-malt beer | Happusyu | はっぼうしゅ | 発泡酒 |

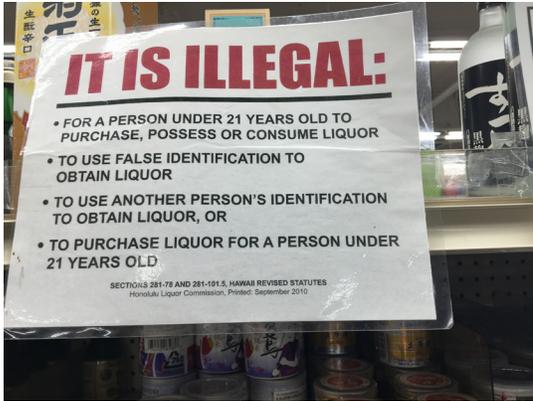


| | | | |
|-----------------------------|--------------------------|----------------|--------|
| 84. Detergent | Senzai | せんざい | 洗剤 |
| 85. Detergent (for clothes) | Sentaku yō senzai | せんたくようせんざい | 洗濯用洗剤 |
| 86. Dishwasher detergent | Shokkiarraiki yō sennzai | しょつきあらいきようせんざい | 食器用洗剤 |
| 87. Wash-up requid | Shokki yō sennzai | しょつきようせんざい | 食器用洗剤 |
| 88. Toilet bowl cleaner | Toire yō senzai | トイレようせんざい | トイレ用洗剤 |
| 89. Bathroom cleaner | Ofuro yō senzai | お風呂ようせんざい | お風呂用洗剤 |
| 90. Softner | Jūanzai | じゅうなんざい | 柔軟剤 |



Useful structures

1. Is this _____? Kore wa _____ desuka. これは_____ですか。
2. Where is _____? _____ wa doko desuka. _____は どこですか。
3. Does this contain beef? Gyūniku, haitte imasuka. 「牛肉、^{ぎゅうにく}入^{はい}っていますか」



The legal drinking age in the U.S. is 21. Students who are 20 or younger may not, for any reason, drink or be in possession of alcohol in the U.S.

- If you are 20 or younger, it is illegal for you to drink or be in possession of alcohol in the U.S.
- If you are 21 or older, you can legally drink/possess alcohol but will need to show your passport for 'proof of ID'.
- If you are 21 or older, it is illegal for you to purchase or provide/give alcohol to someone who is 20 or younger.
- If it is a required program event, highlighted in blue on the program schedule, students are not permitted to drink alcohol - even if you are 21 or older.

Purchasing Alcohol at a Grocery Store: Each state has different rules regarding when and where you can purchase alcoholic beverages. In Texas, you can purchase beer or wine at a grocery store but must be 21 or older and must show your passport or U.S. driver's license. Beer is typically sold in a six-pack or 12-pack carton and you cannot purchase single cans. At some convenience stores (gas stations) you may be able to purchase a single can of beer. Hard liquor (e.g. vodka, whiskey, etc.) can only be purchased at liquor stores in Texas. If you visit other states, the rules on where and when you can purchase alcohol will be different.

Safer Drinking alcohol can make us more likely to make poor decisions or take risks that we would not take when sober. Some common safety tips to keep in mind if you are drinking include:

- Drink alcohol only in moderation; especially when with people you do not know well or in a new place/location.
- Not everyone in America or at Rice University drinks. If you are at a party or restaurant and don't want to drink alcohol, simply order a non-alcoholic beverage. No one will think anything of this.
- When going out to bars/clubs, we recommend using the buddy/friend system and not drinking alone. That way, if you need to go to the rest room, your friend can watch your drink to make sure no one puts anything in it (spikes it). You should watch out for each other and make sure you both get home safely.
- In the U.S., it is legal to have 1 or 2 drinks and still drive so long as the driver is under the legal 'Blood Alcohol Limit'. This is different than in Japan where it is illegal to drive if you have consumed any alcohol. However, the challenge in the U.S. is that *how much* each individual can drink and still be 'okay' to drive (within the legal BAH) does vary. If someone you are with has had more than 1 or 2 drinks, they may no longer be okay to drive.
- Designated Driver: Therefore, if a group of friends goes out usually one person will be the designated driver and they do not consume any alcohol or only a very, very small amount.
- Do not ever get in the car with someone who you believe has had too much to drink or may be drunk. Call for an Uber/Lyft/Taxi or take public transportation instead. Even if you think this may offend the other person, your safety is most important.

Best Ethnic Cuisine in Houston

Adapted from *Texas Monthly*. See <https://www.texasmonthly.com/article/best-ethnic-cuisine-houston/> for original article.

Though it's only the fourth most populated American city, Houston recently surpassed New York City as the most racially and culturally diverse metropolis in the nation. A product of the city's diversity is an abundance of ethnic food. If your palate is adventurous and you're thinking about making Houston your new home, here are the cuisines, and restaurants, you'll want to check out.

European

British: British food often gets a bad rap for being too starchy, but there is nothing quite as satisfying as a hearty meat pie or a crispy order of fish n' chips. Try the bangers and mash (sausage and potatoes) or the full english breakfast (sausage, beans, tomatoes, egg, ham, toast and more) at **The Red Lion Pub** (2316 Shepherd Dr, Houston, TX 77019) or **The Queen Vic** (2712 Richmond Ave, Houston, TX 77098).

Polish: Polish food also tends to be pretty meat and starch heavy. Signature dishes include Polish sausage, pierogi (savory or sweet filled dumplings), golabki (cabbage rolls), bigos (hunter stew) and golonka (pork shank). Houston's most popular Polish restaurant is **Polonia** (1900 Blalock Road, Houston, TX 77080).

German: Texas cuisine has its fair share of German influence, so if you're a fan of barbecue link sausage, than you'll probably love bratwurst. Get an order of schnitzel and a side of sauerkraut at **Rudi Lechners** (2503 S Gessner Rd, Houston, TX 77063).

Asian

Sichuan Chinese: The staple of Sichuan Chinese cuisine is the sichuan peppercorn, an item so spicy it leaves a lingering numbness on the tongue. Sichuan incorporates a lot of heat into its dishes. Popular ones include kung pao chicken, twice cooked-pork, and hot pot. Try them all at **Mala Sichuan Bistro** (9348 Bellaire Blvd Houston, TX 77036).

Dim Sum: Dim Sum is another Chinese cuisine, this one from the Canton region, though the dim sum restaurants we have in America today originated in Hong Kong in the 1950s. These days, dim sum is often consumed as a brunch, and features a variety of small dishes, like steamed buns and dumplings of many flavors. Houston has several dim sum restaurants, some of them more traditional and some incorporating pan-asian flavors that reflects the city's diversity. For a classic dim sum experience, try **Fungs Kitchen** (7320 Southwest Fwy #115, Houston, TX 77074) or **Golden Dim Sum** (10600 Bellaire Blvd, Houston, TX 77072).

Korean: Korean food should be popular with many Texans, since it uses a lot of beef. Popular dishes include bulgogi (Korean barbecue), bibimbap (rice, vegetables and meat) and kimchi (fermented cabbage). Try it yourself at **Lucky Palace Korean Restaurant** (8508 Bellaire Blvd, Houston, TX 77036).

Vietnamese: Vietnamese is one of Houston's most popular ethnic foods, since the city has one of the largest Vietnamese populations in the country. Popular dishes include spring rolls (soft rice paper wraps filled with meat, vegetables and noodles), pho (a rice noodle soup), bahn mi (a sandwich served on french baguette), and bun (a vermicelli noodle bowl). You can find them in restaurants around the city, though **Pho Saigon Vietnamese Noodle House** (2808 Milam St Ste D, Houston, TX 77006-3599) and **Les Ba'get Vietnamese Cafe** (1717 Montrose Blvd, Houston, TX 77006-1241) are two good choices.

South Asian

Indian: Indian cuisine is flavorful, rich and aromatic, but it can be daunting to navigate a menu without some guidance. Popular dishes include tandoori chicken (roasted, spiced chicken) and samosas (a crispy pastry filled with potatoes, onions, peas and spices). Indian cuisine is also known for its curries, like masala (tomato-based), paneer (spinach-based), korma (cream-based) and vindaloo (the spiciest). Make sure to order a side of naan, a soft, fluffy flatbread. Try it all at **Biryani Pot** (6509 Westheimer Rd B, Houston, TX 77057). If you want South Indian cuisine, which is vegetarian, go to **Shri Balaji Bhavan** (5655 Hillcroft St, Houston, TX 77036).

Pakistani: Pakistani cuisine is similar to North Indian food, though it usually incorporates more meat and is influenced by cuisines from other regions in Asia. Kebabs (grilled meats) are typical on a Pakistani menu, often involving spicy and flavorful ground meats. You can find some at **DDK Kabab & Grill** (9348 Bellaire Blvd Houston, TX 77036).

Middle Eastern

Mediterranean: Mediterranean fare uses a lot of whole grains, olives, grapes, vegetables, fruits, seafood, and poultry or lamb. Many mediterranean dishes have made their way into mainstream diets, like falafel (fried chickpeas), hummus (chickpea spread), and schwarma (marinated lamb or chicken). Try some at **Aladdin Mediterranean Cafe** (912 Westheimer Rd, Houston, TX 77006).

African

Ethiopian: When most people think of Ethiopian food, they think of injera, the sourdough flatbread that accompanies every meal. Made with iron and protein-rich teff flour, injera is like a pancake that functions as both both a utensil and a plate. Try it with doro wat (chicken stew) or kifta (minced and seasoned beef) at **Blue Nile** (9400 Richmond Ave, Houston, TX 77063).

Nigerian: The flavors of Nigerian food should be familiar to anyone who has grown up on soul food and cajun cuisine. Pepper soup is the cousin of gumbo and akumi is reminiscent of grits. Often flavored by guinea and alligator peppers, Nigerian dishes are typically served with fufu, a yam-flour starch that has the consistency of dumpling dough. Try some at **Finger Licking Bukateria** (9811 Bissonnet St. Houston, TX 77036).

South American

Argentine: Argentina has a booming cattle industry, which means that, like Texans, Argentinos know a thing or two about grilling beef. Their barbecue is called asado, and it's usually served on a parrillada, a portable grill brought to the table loaded with different types of meats. Try that with empanadas and choripán at **Pampa Grill** (10111 Hammerly Blvd, Houston, TX 77080).

Venezuelan: Venezuelan cuisine has been influenced by flavors from Europe, Africa and the Caribbean and relies heavily on corn, plantains and meat. Popular dishes include arepas (a corn-based flatbread used for sandwiches), asado negro (tangy roasted beef) and fried plantains. Check out the food truck **Sabor Venezolana** (8621 Westheimer Rd, Houston, TX 77063).

94 / FOOD: ESSENTIAL 25 RESTAURANTS

Houstonia Magazine: Houston's Essential 25 Restaurants

Adapted from <https://houston.eater.com/maps/best-houston-restaurants-38-essential>

Houston, the fourth-largest city in America, offers well over 12,000 restaurants to choose from. We have the most diverse food scene in the country, and we're not just talking barbecue and Tex-Mex. We're also talking soul food and thali and dim sum; Vietnamese, Cajun, and—yes— Viet-Cajun. Overwhelmed? Wondering where to start? These eateries are your gateway in.

[Ninfa's on Navigation](#)

The matriarch of Tex-Mex in Houston is still going strong in its original home on Navigation, where Mama Ninfa Laurenzo started a 10-table restaurant in the front of her tortilla factory in 1973. The tortillas, naturally, are still made by hand here, although much else has changed. The expansive space offers an attractive patio, updated cocktail menu, and slate of dishes from chef Alex Padilla that impress thanks to the addition of a wood-fired oven, which turns out whole fish and flame-blistered panela cheese.

[Frenchy's](#)

Those with a craving for spice would argue that the sensational cayenne-spiked fried chicken at the original Frenchy's on Scott St. is the best in town. Percy "Frenchy" Creuzot, a friend of New Orleans legend Austin "The Godfather of Fried Chicken" Leslie, brought the spicy Creole fried-chicken tradition of Louisiana to Houston in 1969. (Incidentally, the drive-thru restaurant also serves a remarkable rendition of red beans and rice.)

[Helen Greek Food & Wine](#)

Helen is fascinated by the shared passions of Greek and Texan cuisine—and there are many, it turns out, including a love for such ingredients as quail and okra and even octopus, imported from the Mediterranean and grilled to perfection. Chef William Wright takes chances in exploring the two cuisines, while still cooking up more traditional dishes such as the horiatiki. Make sure to pair the meal with a bottle from the entirely Greek wine list, a well-curated accomplishment from sommelier Evan Turner.

[Giacomo's Cibo e Vino](#)

Owner/chef Lynette Hawkins has succeeded in keeping her cozy Italian café both casual and high-quality since opening in 2009. Her small plates and accompanying small prices encourage you to order, experiment, and share (don't miss the eggplant involtini), though the restaurant is perhaps best known for its exemplary spaghetti carbonara with guanciale and a farm-fresh egg. A progressive bottle list features plenty of biodynamic selections and spotlights Italy's myriad female winemakers.

[Nielsen's Delicatessen](#)

A Houston landmark, this no-frills deli may be most famous for its house-made mayonnaise. The condiment is sold by the pint and used in the delicious egg and potato salads. If the egg salad is sold out, which tends to happen if you're looking at a late lunch, the thinly sliced pastrami or the corned beef sandwiches are the way to go. Plan on takeout—seating is limited to six counter-side bar stools.

[Pondicheri](#)

Anita Jaisinghani's fast-casual café has been an unqualified hit since day one, offering Gulf Coast–Indian fusion fare at breakfast, lunch, and dinner. Have you ever had a saag paneer omelet? Or uppuma, the Indian version of grits? You should. Just want to pick up some of Pondicheri's famous pastries? Head upstairs to the Bake Lab + Shop, where you can grab chili-chocolate-oatmeal cookies as well as sandwiches, fresh juices, and more to go.

[Calthare](#)

Morgan Weber and chef Ryan Pera's handsome Heights eatery is perfect for both dates and groups. Outdoor tables sit practically in picking distance from the raised-bed gardens, where the restaurant grows most of its herbs and some of its salad ingredients. Appetizers include seasonal produce like radishes with butter and sea salt, and Italian spicy pickles. Don't miss the pizzas, seafood pastas, or fish dishes; other standouts include fried sweetbreads with anchovies and grilled chicken with pine nuts and pickled grapes.

1

[Kata Robata](#)

This is, quite simply, the best sushi restaurant in Houston. Sitting at chef Manabu Horiuchi's counter and ordering the omakase—Japanese for "I'll leave it to you"—is an experience that every serious food-lover should have at least once. Chef Hori-san will dazzle you with whatever is freshest that day and create a personalized menu that will make buying grocery-store sushi rolls an incredibly tough proposition in the future. Not sitting at the counter? Try Kata's rightfully famous lobster-miso mac 'n' cheese or the richly flavored ramen.

[Himalaya](#)

Chef-owner Kaiser Lashkari's fried chicken platter (affectionately known as "HFC") is a local treasure. A whole eight-piece bird soaked in spices like garam masala mix before being fried to a flawless crisp, the dish is fusion cuisine at its best. Tack on the goat biryani (think of it as Indian paella) and the hunter's beef plate, a by-the-pound Pakistani pastrami served either hot with butter and spices or cold with sliced tomato and house mustard.

[Tiger Den](#)

This may be the city's best ramen joint, with freshly made noodles that taste as good as they look and a tonkotsu broth that develops a deep flavor and milky color after simmering for a day and a half. The grilled hearts, gizzards, and tongues on the yakitori menu are authentically gnarly, and even better washed down with a cold beer. Located in Chinatown's popular Dun Huang Plaza, the restaurant is open only for dinner and late-night dining. You might have to wait a few minutes for a seat—the busy kitchen usually serves around 400 bowls of ramen a day.

[Crawfish & Noodles](#)

The mudbugs here are served one way—with plenty of garlic and butter. The seasoning range may be limited, but the restaurant compensates with an impressive, surprising variety of Vietnamese dishes, and the kitchen excels at the most unconventional combinations. The menu runs the gamut from goat hot pot to banana bulb chicken salad to rare beef salad marinated in lemon juice. There's also a wide variety of rice and egg noodles, as well as savory stewed beef served with your choice of noodles or French bread.

[Mala Sichuan](#)

Born in China and educated at the University of Texas at Austin, Cori Xiong, the young co-owner of Mala Sichuan, played it safe when the restaurant first opened, offering such standbys as sweet-and-sour chicken. But it was cutting-edge items like "garlic bacon" rolls, part of the Chinese charcuterie trend, and "funky chicken sticks" (right), shredded chicken and green onions tossed in the spicy orange mala dressing, that she really wanted the restaurant to be known for. The marriage of ma (the numbing tingle of Sichuan peppercorns) and la (the fire of chile peppers) is the signature flavor of Sichuan cooking. As more customers came looking for mala, the sweet-and-sour chicken went south, replaced by some of the most exciting Chinese food in America.

[Seaside Poke](#)

The chefs left jobs at Uchi and MF Sushi to start this poke business last year, so these aren't your everyday bowls. Produce is local and herbs, including cilantro and baby shiso, are clipped to order. You can go with the build-your-own option, but why would you when offered choices like the truffle yellowtail (right), speckled with black puffed rice and crimson chile threads?

[Hugo's](#)

Chef/owner Hugo Ortega is one of only four Houston chefs ever to receive a James Beard Award; no surprise, as his Montrose restaurant has been the city's top choice for upscale interior Mexican cuisine since it opened in 2002. Sunday brunch is a lively fiesta, and the best way to experience a wide variety of Ortega's menu items. Showstoppers here include the chapulines, pan-sautéed grasshoppers; pulpo al carbón, or grilled octopus; mole poblano with braised duck; and just about anything with seafood. This is also a great spot for an elegant dinner with a margarita on the rocks or some top-shelf tequila.

2

[Kitchen 713](#)

We need a whole new category to describe the modern soul food/New American Creole cuisine that chefs James Haywood and Ross Coleman—2018 Beard Award semifinalists—are serving at their Washington Corridor restaurant. Look for Thai ceviche sweetened with white grapes; black vinegar–braised oxtails; shrimp and grits; and the boudin of the day on the ever-changing menu. Whatever you get, save room for the irresistible individual servings of peach cobbler in cast-iron skillets.

[BB's Café](#)

Though this Crescent City–inspired eatery has multiple locations, it's the neon-lit Montrose one that has become an after-hours mecca. The fan favorite is open 24/7, cranking out a craveable mess of po-boys and Cajun-style plates that somehow taste even better after midnight. Locals follow one cardinal rule: an order of Tex-Cajun Virgin Fries smothered with roast beef, gravy, and chile con queso is mandatory.

[Pho Binh](#)

Pho is an essential Houston dish, and this cult classic makes one of the most sought-after versions around. Get the aromatic noodle soup loaded with rare steak, fatty brisket, tendon, and tripe. Then throw in unctuous, rich bone marrow. Or just go for a grilled pork banh mi or vermicelli noodle bowl at lunch—they're equally as impressive as the pho.

[Gatlin's BBQ](#)

Greg Gatlin was raised in Houston, graduating from St. Thomas High School and Rice University. The self-taught pitmaster left his office job after deciding he wanted to make barbecue for a living. He and his family began catering in 2008, opened a Heights location for Gatlin's BBQ in 2010, and then moved into slick new Garden Oaks digs in 2016. The brisket is consistently great, the St. Louis–cut ribs are some of the best in the city, and the pulled pork with vinegar barbecue sauce is bringing a taste of the deep South to Houston.

[Tacos A Go-Go](#)

The GOOF (Garden Oaks/Oak Forest) spot is entirely family-friendly, but the Midtown location of this taco temple is the perfect destination for an after-hours snack. Breakfast tacos are available all day and night—that's until 2 a.m. on the weekends—and the kitchen's slow-cooked lamb barbacoa and tangy pork pastor tacos rival those of the best taco trucks in town. There's even a taco stuffed with "Mexican" tater tots, which might not be authentic but is fantastic, nonetheless.

[Weights + Measures](#)

This dual restaurant and bake shop draws rave reviews for its breakfast, lunch and dinner options, including oven-fired pizza and scratch-baked pastries such as donuts. But the gloriously retro, '70s-inspired cocktail bar inside the restaurant is worth a visit on its own. Take advantage of its proximity to the kitchen by ordering Wagyu beef tartare or the famous roasted carrot pizza (right).

[Noble's](#)

Chef Martin Stayer's grandmother was the inspiration for this comfortable restaurant inside a Montrose home, but the food is anything but old-fashioned. Try the beer-battered sweet tots served in harissa-dusted goat cheese, but don't forget to share the day's extra-large protein—often Fred Flintstone's Ribeye—with your friends.

[Killer's STQ](#)

Make reservations well in advance for chef Ronnie Killen's first restaurant within Houston city limits. The cuisine fuses the successes of his Pearland barbecue and steak restaurants into one temple of meat. We recommend ordering anything flavored with smoke, from his filet mignon to his chocolate cake.

3

[Rainbow Lodge](#)

A short drive into Shady Acres can feel like a million miles away when you arrive at this 100-year-old log cabin featuring three fireplaces, a beautiful view onto owner Donnette Hansen's gardens, and exceptional modern Texan fare. Ease into your meal with the smoked duck gumbo or dive right into something even more unique, such as Texas antelope tenderloin. This is also one of the few restaurants in town cooking truly old-school classics like lobster thermidor.

[Fung's Kitchen](#)

At this Hong Kong–style seafood restaurant, the fish, including such rare and delicate species as turbot and ling cod, swim around in tanks. It's brought to your table alive for viewing, rushed to the kitchen, and then returned to the table—steamed, relieved of bones, and in a light ginger and scallion sauce. Once you've eaten fish this fresh, you'll never forget it. The dim sum, served on Saturday and Sunday from 10 a.m. until 3 p.m., is particularly well-regarded.

[Kolache Shoppe](#)

Head to this Houston classic for kolaches filled with the Bayou City's finest locally sourced ingredients, including brisket from [Pinkerton's Barbecue](#) in the Heights, boudin from Hebert's (the Cajun specialty butcher just down the street), and sausages from Houston's Luling City Market in Houston and San Antonio's Kiobassa Smoked Meats. There's even bourbon cajeta made with goat's milk from Blue Heron Farm, just northwest of Houston.

4

FOOD: RICE VILLAGE RESTAURANTS / 95

Local Foods

2424 Dunstan Rd Houston, TX 77005 Phone: (713) 521-7800

Healthy and fresh fare is served all day long at the Rice Village outpost of this popular local chain. Try the Gulf shrimp and crab roll, or keep it fresh with a vegan Caesar salad tossed in a cashew-based dressing.



Punk's Simple Southern Food

5212 Morningside Dr, Houston, TX 77005 (713) 524-7865

As its name might imply, Punk's serves up a menu of Southern-inspired Gulf Coast favorites like fried chicken, broiled catfish, and shrimp and grits. But the weekend brunch at this Rice Village spot is really where it's at. Stop in on Saturday or Sunday for crispy chicken wings drenched in maple syrup and the kind of bacon-egg-cheese biscuits that make dreams come true.



Croissant Brioche

5555 Morningside Dr suite #150 Houston, TX 77005 Phone: (832) 538-1317

You'll feel right at home at this quaint café, especially when tucking into an enormous, buttery almond croissant. Busy students and hungry families descend here for the superior baked goods, soups, and sandwiches

Oh My Gogi

5555 Morningside Dr Houston, TX 77005 Phone: (832) 509-5999

This mobile eatery fuses together the flavors of Mexico and Korea, and the results are pretty damn delicious. Kimchi quesadillas, patty melts made with Korean beef, and a burger with actual ramen noodles for a bun are on offer, making Oh My Gogi **an excellent late-night option**. Pro-tip: pay attention to Oh My Gogi's Twitter account for details on the truck's location.



D'Amico's Italian Market Café

5510 Morningside Dr #140 Houston, TX 77005 Phone: (713) 526-3400

Since 1996, D'Amico's has been one of Houston's favorite spots for a bowl of pasta, wood-fired pizza, or a perfectly pressed panini. The cozy, no-frills atmosphere is relaxing and unpretentious, but the pasta (made in-house) is just as good as pricier bowls found elsewhere in the city.



Istanbul Grill & Deli

5613 Morningside Dr Houston, TX 77005 Phone: (713) 526-2800

Billing itself as Houston's "first and most authentic" Turkish restaurant, there are plenty of Space City diners that would totally agree with that assessment. The dining options here are abundant, ranging from Turkish-style pizzas to grilled meat skewers, and there's plenty of dishes that vegetarians and folks with other dietary restrictions can enjoy.



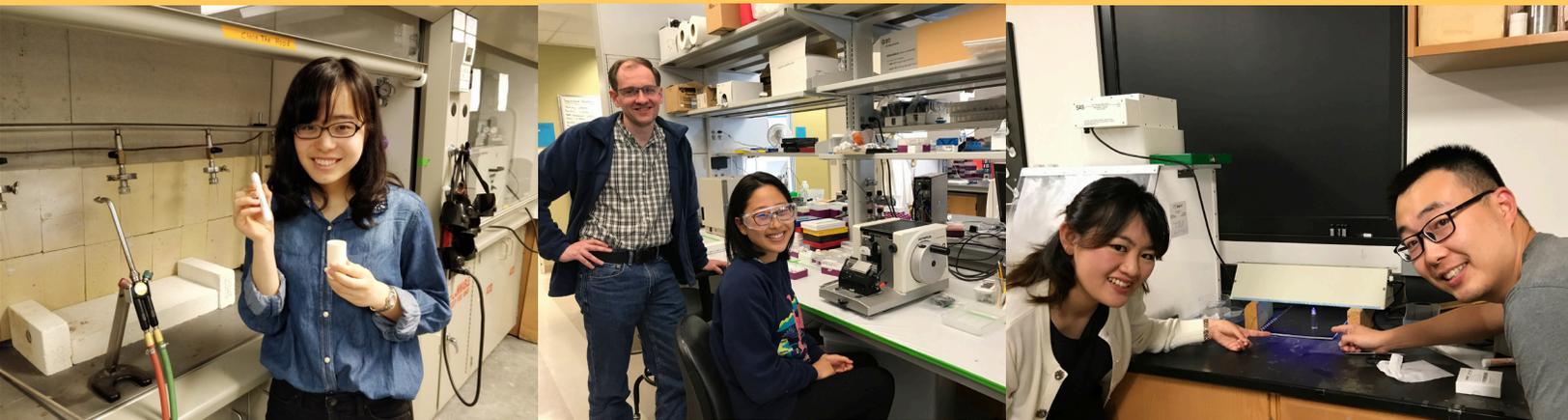
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|--|--|--|---|--|--|
| | <p>BENJY'S New American - Rice Village - \$\$ FOOD 4.4 4.3 ★★★★★ (418) Trendy joint serving innovative New American dishes along with a bustling happy hour & brunch.</p> | | <p>HUNGRY'S Bistro - Rice Village - \$\$ ZAGAT RATED 4.2 ★★★★★ (564) Family-friendly American eatery drawing on cuisines of many countries, with a patio & a 21+ lounge.</p> | | <p>HOPDODDY BURGER BAR Burger - Rice Village - \$\$ ZAGAT RATED 4.0 ★★★★★ (200) Bustling, eco-minded burger joint serving all-natural meats, homemade buns, shakes & craft beers.</p> |
| | <p>LOCAL FOODS RICE VILLAGE Sandwich - Rice Village - \$ FOOD 4.5 4.6 ★★★★★ (480) Counter-service deli using local & housemade ingredients in its soups, salads & giant sandwiches.</p> | | <p>TORCHY'S TACOS Mexican - Rice Village - \$ FOOD 4.4 4.4 ★★★★★ (1216) Local chain serving Mexican-street-food-style tacos in inventive varieties, including for breakfast.</p> | | <p>MERCANTILE Coffee - Rice Village - \$\$ ZAGAT RATED 4.5 ★★★★★ (33) Upscale coffee shop/espresso bar & specialty food store carrying gourmet gifts & ingredients.</p> |

This is just a **partial list**. For more great Rice Village restaurant recommendations see:

https://www.zagat.com/search?location_id=hood:houston:Rice%20Village

Health and Safety Resources

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Safety in the U.S. Tips for International Students

You have made an important and exciting decision to study in the U.S. and as you begin your planning to start your studies, there are some very important safety tips that will keep you safe.

Despite what you may have heard or have seen, the U.S. is not a dangerous country, in fact it is safe. No matter where you travel be it the U.S. or abroad there are common threads of safety that you can string along in all your travels.

We are very fortunate that the majority of U.S. educational institutions have coordinated safety plans in place to protect you. Once you arrive on your campus you should check-in with the international student office. This office will provide you with orientation session(s) that will give you specific information that will enhance your educational, cultural, social and safety experience while studying in the U.S.

Safety Tips for Students

Observant

First, let me say regardless of where you travel you should always be "alert," always observing your surroundings indiscreetly determining who is in front and behind of you. Law enforcement states that many crimes could be avoided if people would just be "alert."

Night Company

You should avoid walking alone at night because most crimes that are committed are crimes of opportunity. Most campuses have campus police and are safe. However, when you leave the campus at night you should walk in groups or pairs. Many campuses have escort services connected with the campus police. Make sure when you arrive you ask if your campus have a campus safety escort service. If so, you should not hesitate to use it when you have to leave the library or lab late at night.

Valuables

One of the most popular crimes on and off campus is larceny, which is the "crime of theft." Never, ever leave your personal belongings (i.e. purse, personal computer, books, cell phone, etc.) unattended and walk away. It only takes seconds for someone to steal these while you walked to the rest room or to a vending machine. This rule also applies to automobiles—you should never leave wallets, purses, or computers visibly on your seat while you leave your car to get gas or go into a store. Even if your door is locked, people can break your car window and grab your valuables.

Housing

Many campuses have different housing choices. Whether you live in a campus dormitory or off-campus, always lock your door and windows while you are away and at home. Never

open the door for strangers—it is a part of the American culture to talk through doors without opening them if we don't know the person. If you didn't invite the person, don't open the door unless it is a law enforcement official. You will be able to tell when you look out of your window or through the door's "peep" hole. Even then, have the officer show you his or her official badge.

Personal Information

Always protect your personal information like social security numbers, and credit card numbers. You are aware that identity theft is a worldwide problem. Identity theft comes in many forms. One major form is "scams." You may receive e-mails from phony companies asking for your personal information. Always remember that your bank and credit card company will always communicate to you in an honest, legitimate way. Remember, they already have your credit card and bank information, and they will never ask you for your password (except when you log on to your online banking site or telebank system). Secondly, if someone comes up to you and asks you if you want to learn how you can make some money, say "no," and quickly walk away.

Keep copies of your passports, visa, I-94 and other important documents. Remember you have a lot of belongings to keep track of and it's easy to leave something behind during your travel. So, take your time and don't feel rushed. You do not want to accidentally leave your important documents at the airport, in the taxi or at one of the many places you will visit when you arrive.

My final tip is for you is to remember that you are ultimately responsible for yourself. If safety information is not addressed as detailed as you prefer, don't hesitate to contact your international student office or the campus police directly. Your university is there to serve and help you. Many students have questions but are afraid to ask because they feel they are a burden. Remember, your university is in business to serve their students, and it is their pleasure and obligation to provide you with the information and resources you need to have a pleasant and successful study experience in the U.S.

Editorial provided by Linda Seatts, Director of the Office of International Students and Scholars at Wayne State University in Detroit, Michigan.

Life Threatening Medical Emergencies in the U.S.

- If you are experiencing a medical emergency and your are ON-CAMPUS at Rice University you should call RUPD at (713) 348-6000
- If you are experiencing a medical emergency and your are off-campus you should call 911 which is the emergency number for ambulance, fire, and police.
- As soon as possible, call Aki Shimada or Sarah Phillips to notify us that you have sought emergency medical care. You will also need to call your Japanese health insurance to inform them you have sought emergency treatment and so they can work with the hospital regarding payment.
- **The Tokio Marine preferred Hospitals/ER in Houston is Memorial Hermann Hospital which is very close to Rice University campus.**

Illness or Accident (Non-Life Threatening) in the U.S.

- If you are sick and need to see a doctor, please call Sarah Phillips as soon as possible. If this is not an emergency situation, you should go to the nearest Urgent Care clinic and, if possible, we will arrange for someone to go with you.
- If you are injured while working in a Rice University lab, immediately notify your host professor and/or mentor as there may be additional paperwork you need to complete to report that an injury has occurred in a campus lab. Depending on the severity of the injury, they can call Rice Emergency Medical Services (EMS) for you or provide you with general first-aid (e.g. Band-Aids, etc.) for minor injuries.
- The most convenient place to seek medical care for most basic issues will be an Urgent Care Clinic. There are a number of options near Rice campus that are preferred clinics for the Tokio Marine policy.

SHOULD YOU GO TO THE EMERGENCY ROOM?!

Good Reasons to Go to an ER:

Loss of consciousness.

Signs of heart attack that last two minutes or more. These include: pressure, fullness, squeezing or pain in the center of the chest; tightness, burning, or aching under the breastbone; chest pain with lightheadedness.

Signs of a stroke, including: sudden weakness or numbness of the face, arm or leg on one side of the body; sudden dimness or loss of vision, particularly in one eye; loss of speech, or trouble talking; sudden, severe headaches with no known cause; unexplained dizziness, sudden falls, especially when accompanied by any other stroke symptoms.

Severe shortness of breath.

Bleeding that does not stop after 10 minutes of direct pressure.

Sudden, severe pain.

Poisoning (Note: If possible, call your local poison control center first and ask for immediate home treatment advice-certain poisons should be vomited as soon as possible while others should be diluted with water as soon as possible.)

A severe or worsening reaction to an insect bite or sting, or to a medication, especially if breathing is difficult.

A major injury, such as a head trauma.

Unexplained stupor, drowsiness or disorientation.

Coughing up or vomiting blood.

Severe or persistent vomiting.

Suicidal or homicidal feelings.

Bad Reasons to Go to an ER:

Earache.

Minor cuts where bleeding is controlled.

A minor dog or animal bite where bleeding is controlled (but see your doctor--a rabies shot may be necessary).

A broken bone (call your doctor to see if he/she can treat you the same day, if not--or if bone is showing, limb is deformed--go to the ER).

A sprain.

A sunburn or minor burn from cooking.

An insect sting or delayed swelling from a sting (if there is breathing difficulty, go to the ER).

A skin rash.

Fever (if there is a convulsion, go to the ER).

Sexually-transmitted diseases.

Colds and cough, sore throat, flu.



100 / HEALTH INS.: TOKIO MARINE



TOKIO MARINE
HCC

██████████
6100 Main St. MS-378
Houston, TX 77005
United States

Medical Insurance Services Group
251 North Illinois Street, Suite 600, Indianapolis, IN, 46204 USA
Tel: 317-262-2132 Fax: 317-262-2140 Toll Free: 800-605-2282
orders@hccmis.com
hccmis.com

InternationalStudentInsurance.com
<http://www.internationalstudentinsurance.com>
877-758-4391
info@internationalstudentinsurance.com

StudentSecure®

THANK YOU!

Thank you for purchasing a StudentSecure insurance plan. Please read the Description of Coverage for a full explanation of your benefits and exclusions using the link at the bottom of the following page.

In this fulfillment:

[Link to the Description of Coverage](#) • [YourCoverageDetails](#) • [Instructional Information](#) • [ID Card\(s\)](#) • [YourReceipt](#)

IMPORTANT

This insurance coverage, offered by Tokio Marine HCC – Medical Insurance Services Group, is not subject to and **does not meet the minimum standards** required by the Affordable Care Act (PPACA). The policy contains the plan benefits you have selected, including a lifetime maximum. Please review your choices to ensure you have sufficient coverage to meet your medical needs.



Getting Medical Treatment:

- Show your ID card to the medical attendant
- Pay the deductible or copay (if applicable)
- The medical office may submit bills directly
- After the visit, you will need to submit a Claimant's Statement.



Filing a Medical Claim:

- Submit original, itemized bills, and any payment receipts, and claim form
- Claims must be filed within 60 days of the termination date of your policy.

http://www.hccmis.com/downloads/hccmis_claimants_statement.pdf



Student Zone

<https://zone.hccmis.com/clientzone/>

- Print a Visa Letter
- Reprint an ID card
- Extend coverage
- Update your info



Contact Us

- 1-800-605-2282
- Worldwide toll-free numbers:

http://www.hccmis.com/docs/worldwide_numbers.pdf



Pre-Existing Conditions Coverage

Coverage for pre-existing conditions is excluded:

- During the first six (6) months of coverage under StudentSecure Elite and Select, and
- During the first twelve (12) months of StudentSecure Budget coverage.
- StudentSecure Smart includes coverage for the acute onset of pre-existing conditions ONLY.
- Read the Description of Coverage for a full list of policy exclusions and details.



Renewals, Extensions and Cancellation

- Renew up to 6 months in advance for a 12-month certificate period. Deductible and coinsurance must be re-satisfied as of each renewal date.
- Extend and renew policies online in the Student Zone with payment by credit card.
- Free to cancel before effective date.
- \$25 fee to cancel on or after effective date.
- Monthly policies will receive a refund for unused whole months only.
- Policies paid up-front must be cancelled within first 60 days, and will receive a prorated refund on unused days only.



Student Guide for the Student Secure

Introduction

This insurance guide has been designed to provide you with an overview of how the Student Secure plan works, covering areas such as how to seek treatment and how to submit claims. Please also make sure you review the full benefits and exclusions of the plan, a copy can be found in your Student Zone.

Seeking Treatment

If you need to seek medical treatment, please follow these simple steps:

Step 1 - Locating a Provider

Non-Emergency Care

For any non-emergency situations (examples would be the flu, a cold, and minor injuries and illnesses), please visit a local doctor, urgent care center or walk-in medical clinic. Providers can be located using our [online provider search tool](#), or you can call the assistance number for help locating one nearest to you.

Emergency Care

If you need emergency care, go to the nearest hospital emergency room or call the emergency services (911 in the US) for immediate assistance. Please remember, your plan includes an additional Emergency Room deductible, so please make sure you use this in an emergency situation only.

Step 2 - Insurance ID Card

Hand over your ID card at the time of treatment to the provider as this will tell them all the details about your insurance plan, and whether they can bill direct, in-network.

Step 3 - Billing/Claims

In-network providers should be able to bill direct, so students will just need to pay their deductible if their plan has one, and the bills will be sent direct for processing by the claims team.

Out-of-network providers (or if you do not show your insurance ID Card) may ask for payment upfront, in which case students will need to pay the provider and then submit for reimbursement.

Prescription Medications

If a doctor prescribes you medications, you will need to pay for this medication upfront, at the pharmacy, and then submit a fully completed [claim form](#) to be reimbursed for these expenses.

Claims

When you have sought treatment at an in-network provider, the bills should be submitted to the claims team directly. We do however recommend that you complete a claim form for each injury/illness you have and submit that via email to the claims team to help speed along the processing of your claims



Claimant's Statement and Authorization

Your claim should be processed within 30 days, however if you would like to find out the status of your claim please contact the insurance helpline for more information.

Tip - If you have received a bill directly from a provider showing your total due amount, please complete a claim form and submit that to the claims team so they have that on file.

Explanation of Benefits

Once your claim has been processed, you will receive a document called an Explanation of Benefits or EOB for short. This will outline the charges from the provider, how those charges were paid and any outstanding balance that you would need to pay (for example your deductible or any excluded charges). This will arrive to you via regular mail, however you can also request your EOB's to be emailed to you by contacting the insurance helpline.

Student Zone

You can manage your insurance plan directly online through the student zone. The zone will allow you to locate providers online, obtain a replacement ID card, learn how to file a claim and much more. To visit the zone, please go to:

www.internationalstudentinsurance.com/student-zone/

Insurance Helpline

If you need assistance with your insurance plan, such as locating a provider, claims status or need to access any of the travel insurance services included with your insurance plan, please contact HCC Medical Insurance Services on:

Toll Free (800) 605-2282
Direct +1 317-262-2132
service@hccmis.com



- 1) Understand your health insurance policy terminology**
 - Premium = the amount that you pay to purchase your insurance coverage
 - Deductible = the amount that you must pay before the insurance company starts to pay.
 - Co-payment/Co-insurance = the percentage that you must pay after the deductible is paid.
 - Example: If your deductible is \$100, your co-insurance amount is 10%, and your total medical bill is \$2000. You will be responsible for \$290 (\$100 deductible + 10% of the remaining \$1900).

- 2) Be prepared:**
 - **Carry your insurance ID card with you at all times!**
 - Learn the details of your insurance plan by looking at the explanation of benefits, so you best understand how to use your policy.
 - Know the name and location of network providers/hospitals near Rice and your home (see <http://health.rice.edu> "Obtaining Care")
 - Do your best to live a healthy lifestyle to minimize your chances of illness or injury that may require medical treatment while you are studying in the United States.

- 3) Seeking medical care (<http://health.rice.edu/Content.aspx?id=41>):**
 - Minor illness or injury = Go to urgent care centers
 - Major emergencies = Go to Memorial Hermann Hospital emergency room
 - Life-threatening emergency = Dial 911 (off-campus) or x6000 (on-campus) for an ambulance to be sent to your location.

- 4) Paying your medical bills**
 - A claim must be filed with your insurance company to get the process started. The hospital/clinic may offer this service or you may need to contact your insurance company for assistance in filing a claim.
 - Remember, your insurance will pay a portion of your expenses. Any remaining expenses are your responsibility to pay to the doctor/hospital/medical care provider.

- 5) Getting assistance with your particular insurance questions:**
 - Tokio Marine Phone: 1-800-605-2282
 - Tokio Marine In-Network Doctor/Clinic Search: <http://www.hccmis.com/find-a-doctor/index.php>
 - If you seek medical treatment, show your ID card to the medical attendant/receptionist. See your ID card for ID# and Group Number.
 - Pay the deductible or co-pay
 - The medical office may submit bills directly
 - After the visit, you will need to submit a Claimant's Statement so the insurance can process your billing. See the Tokio Marine website at https://service.hccmis.com/service-request.php?help_request_type=claims

TX**HOUSTON****Urgent Care****Concentra Urgent Care**

9321 Kirby Dr , HOUSTON 77054 TX
Phone: 7137970991

Doctors Express

5568 Wesleyan St , HOUSTON 77005
TX
Phone: 7136667050

**Healthcare Clinic at select
Walgreens**

1701 W Southlake Blvd , HOUSTON
77019 TX
Phone: 8559254733

**Healthcare Clinic at select
Walgreens**

1919 W Gray St , HOUSTON 77019
TX
Phone: 8559254733

Houston Medical Care, PA

5568 Wesleyan St , HOUSTON 77005
TX
Phone: 7136667050

Houston Optic, PLLC.

2855 Gramercy St , HOUSTON 77025
TX
Phone: 7136686828

**Medspring Urgent Care -
Midtown**

2707 Milam St , HOUSTON 77006 TX
Phone: 8322600650

**MinuteClinic Diagnostic of
Texas LLC**

3939 Bellaire Blvd , HOUSTON 77025
TX
Phone: 8663892727

**MinuteClinic Diagnostic of
Texas LLC**

1003 Richmond Ave , HOUSTON
77006 TX
Phone: 8663892727

**MinuteClinic Diagnostic of
Texas LLC**

5402 Westheimer Rd Ste K,
HOUSTON 77056 TX
Phone: 8663892727

NextCare Urgent Care 1960

10906 FM 1960 West, HOUSTON
77027 TX
Phone: 2814777490

**US HealthWorks Medical Group
of Texas Inc**

1414 S Loop W Ste 200, HOUSTON
77054 TX
Phone: 7137976106

PA

ALLENTOWN

Urgent Care

Airport Road Emergicenter

1791 Airport Rd , ALLENTOWN 18109
PA
Phone: 6102645844

BETHLEHEM

Urgent Care

MinuteClinic Diagnostics of
Pennsylvania, LLC

2434 Catasauqua Rd , BETHLEHEM
18018 PA
Phone: 8663892727

Patient First Bethlehem

2310 Schoenersville Rd ,
BETHLEHEM 18017 PA
Phone: 4844037560

CENTER VALLEY

Urgent Care

Saucon Valley Medical Center

4801 Saucon Creek Rd Ste 110,
CENTER VALLEY 18034 PA
Phone: 6106259090

HELLERTOWN

Urgent Care

Premier Immediate Medial Care
LLC

15 Main St , HELLERTOWN 18055 PA
Phone: 6104568000

Premier Immediate Medical
Care LLC

15 Main St , HELLERTOWN 18055 PA
Phone: 6104568000

DC

WASHINGTON

Urgent Care

Healthcare Clinic at select
Walgreens

801 7th St NW , WASHINGTON 20001
DC
Phone: 8559254733

Medics USA

1700 17th St NW Ste A,
WASHINGTON 20009 DC
Phone: 2024834400

Medics USA

2750 14th St NW Ste C,
WASHINGTON 20009 DC
Phone: 2025958813

Medics USA Medical Center

1700 17th St NW , WASHINGTON
20009 DC
Phone: 2024834400

MedStar Prompt Care

1805 Columbia Rd NW ,
WASHINGTON 20009 DC
Phone: 2027974960

MedStar PromptCare Capital
Hill

228 7th St SE , WASHINGTON 20003
DC
Phone: 2026980795

MinuteClinic Diagnostic Medical
Group of California Inc

1275 Pennsylvania Ave NW ,
WASHINGTON 20004 DC
Phone: 8663892727

MinuteClinic Diagnostic of the
District of Columbia

845 Bladensburg Rd NE ,
WASHINGTON 20002 DC
Phone: 8663892727

MinuteClinic Diagnostic of the
District of Columbia

320 40th St NE , WASHINGTON
20019 DC
Phone: 8663892727

MinuteClinic Diagnostic of the
District of Columbia

2240 M St NW , WASHINGTON 20037
DC
Phone: 8663892727

MinuteClinic Diagnostic of The
District of Columbia

6 Dupont Cir NW , WASHINGTON
20036 DC
Phone: 4012163854

VA

ARLINGTON

Urgent Care

MinuteClinic Diagnostic of
Virginia, LLC

1201 S Hayes St , ARLINGTON 22202
VA
Phone: 8663892727

Pentagon Health, LLC

1409 S Fern St , ARLINGTON 22202
VA
Phone: 7035212121

Medical Vocabulary and Phrases

(1) Useful structures

1. I have a pain in my _____.

_____ ga itai desu.
 が痛いです。



2. My _____ itches.

_____ ga kayui desu.
 が痒いです。

Body Parts

| | | [kana] | [kanji] |
|------------------|-----------|--------|---------|
| (1) head | atama | あたま | 頭 |
| (2) eyes | me | め | 目 |
| (3) eyelid | mabuta | まぶた | 瞼 |
| (4) teeth | ha | は | 歯 |
| (5) ears | mimi | みみ | 耳 |
| (6) ear lobe | mimitabu | みみたぶ | 耳たぶ |
| (7) nose | hana | はな | 鼻 |
| (8) chest•breast | mune | むね | 胸 |
| (9) back | senaka | せなか | 背中 |
| (10) bone | hone | ほね | 骨 |
| (11) shoulder | kata | かた | 肩 |
| (12) neck | kubi | くび | 首 |
| (13) stomach | i | い | 胃 |
| (14) arm | ude | うで | 腕 |
| (15) hand | te | て | 手 |
| (16) wrist | tekubi | てくび | 手首 |
| (17) fingers | yubi | ゆび | 指 |
| (18) nails | tsume | つめ | 爪 |
| (19) hip | oshiri | しり | 尻 |
| (20) leg•foot | ashi | あし | 脚•足 |
| (21) toes | tsumasaki | つまさき | 爪先 |

[Common expression]

(1) Onaka ga itai desu. お腹が痛いです。
 have a pain
 abdomen, stomach, bowel, (tummy)



(2) Koshi ga itai desu. 腰が痛いです。 I have a backache.



(2) Name of disease

| | | | |
|----------------------------|--------------------|------------|---------|
| (1) measles | hashika | はしか | 麻疹 |
| (2) chicken pox | mizubōso | みずぼうそう | 水疱瘡 |
| (3) mumps | otafuku | おたふく | |
| (4) whooping cough | hyakunichizeki | ひやくにちぜき | 百日咳 |
| (5) tetanus | hashofū | はしょうふう | 破傷風 |
| (6) atopy | atopī | アトピー | |
| (7) ulcer | kaiyō | かいよう | 潰瘍 |
| (8) stomach ulcer | ikaiyō | いかいよう | 胃潰瘍 |
| (9) influenza | infuruenza | インフルエンザ | |
| (10) melancholy | utsubyō | うつびょう | うつ病 |
| (11) stiff shoulder | katakori | かたこり | 肩こり |
| (12) backache | yōtsū | ようつう | 腰痛 |
| (13) hepatitis | kan'en | かんえん | 肝炎 |
| (14) liver cirrhosis | kankōhen | かんこうへん | 肝硬変 |
| (15) cancer | gan | がん | 癌 |
| (16) eyestrain | ganseihirō | がんせいひろう | 眼精疲労 |
| (17) high blood pressure | kōketsuatsu | こうけつあつ | 高血圧 |
| (18) cavity | mushiba | むしば | 虫歯 |
| (19) canker sore | kōnaien | こうないえん | 口内炎 |
| (20) hemorrhoid | ji | じ | 痔 |
| (21) slipped disc | tsuikamban herunia | ついかんばんヘルニア | 椎間板ヘルニア |
| (22) petit mal | tenkan | てんかん | |
| (23) diabetes | tōnyōbyō | とうによびょう | 糖尿病 |
| (24) sunstroke | nisshabyō | にっしやびょう | 日射病 |
| (25) stroke | nōsocchū | のうそっちゅう | 脳卒中 |
| (26) cataract | hakunaishō | はくないしょう | 白内障 |
| (27) glaucoma | ryokunaishō | りよくないしょう | 緑内障 |
| (28) leukemia | hakketsubyō | はっけつびょう | 白血病 |
| (29) asthma | zensoku | ぜんそく | |
| (30) constipation | bempi | べんぴ | 便秘 |
| (31) burn | yakedo | やけど | 火傷 |
| (32) athlete's foot | mizumushi | みずむし | 水虫 |
| (33) anemia | hinketsu | ひんけつ | 貧血 |
| (34) a menopausal disorder | kōnenkishōgai | こうねんきしょうがい | 更年期障害 |

(3) Other useful expressions

- | | | |
|--|-----------------------------|-------------|
| (1) I have a fever. | Netsu ga arimasu. | 熱があります。 |
| (2) I have a fever of <u>38 degrees</u> . | 38 do desu. | 38°Cです。 |
| <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>How to covert Fahrenheit to Celsius</p> $5F-9C=160 \quad \therefore F = \frac{160+9C}{5} \quad \therefore C = \frac{5(F-32)}{9}$ </div> | | |
| (3) I have an allergy. | Arerugī ga arimasu. | アレルギーがあります。 |
| (4) I don't have an appetite. | Shokuyoku ga arimasen. | 食欲がありません。 |
| (5) I have a cough. | Seki ga demasu. | 咳がでます。 |
| (6) I have been sneezing. | Kushami ga demasu. | くしゃみが出ます。 |
| (7) I have a runny nose. | Hanamizu ga demasu. | 鼻水が出ます。 |
| (8) I feel nauseous. | Hakike ga shimasu. | 吐き気がします。 |
| (9) I have been having chills. | Samuke ga shimasu. | 寒気がします。 |
| (10) I feel dizzy. | Memai ga shimasu. | めまいがします。 |
| (11) I feel sluggish. | Karada ga darui desu. | 体がだるいです。 |
| (12) I have diarrhea. | Geri desu. | 下痢です。 |
| (13) I'm constipated. | Bempi desu. | 便秘です。 |
| (14) I feel itchy. | Kayui desu. | 痒いです。 |
| (15) I have bad teeth. | Mushiba desu. | 虫歯です。 |
| (16) I have a cold. | Kaze desu. | 風邪です。 |
| (17) I have the flu. | Infuruenza desu. | インフルエンザです。 |
| (18) I have a hangover. | Futsukayoi desu. | 二日酔いです。 |
| (19) I'm sick at my stomach. | I ga mukamuka shimasu. | 胃がむかむかします。 |
| (20) Sharp pain in his stomach. | I ga kirikiri shimasu. | 胃がきりきりします。 |
| (21) I feel dizzy. | Atama ga kura kura shimasu. | 頭がくらくらします。 |
| (22) My head is throbbing. | Atama ga zukizuki shimasu. | 頭がずきずきします。 |
| (23) I have a prickly pain. | Chikuchiku shimasu. | ちくちくします。 |
| (24) I have a burning pain. | Hirihiri shimasu. | ひりひりします。 |





(4) At the hospital or drugstore

Please give me _____.

_____ o kudasai.

をください。



| | | | |
|-----------------------|------------|--------|------|
| (1) headache specific | zutsūyaku | ずつうやく | 頭痛薬 |
| (2) painkiller | chintsūzai | ちんつうざい | 鎮痛剤 |
| (3) sleeping pill | suiminyaku | すいみんやく | 睡眠薬 |
| (4) antipyretic | genetsuzai | げねつざい | 解熱剤 |
| (5) band aid | bandoeido | バンドエイド | |
| (6) eye drops | megusuri | めぐすり | 目薬 |
| (7) compress | shippu | しっぷ | 湿布 |
| (8) mouth wash | ugaigusuri | うがいぐすり | うがい薬 |



MLC Meguro Language Center

Email: info@mlcjapanese.co.jp

<http://www.mlcjapanese.co.jp>

Special thanks to
David Wollard, RN, BSN
Arkansas, United States of America

Fire Evacuation

In the event of a fire alarm, all persons including, students, RA's, staff and visitors are expected to evacuate the facility as quickly and safely as possible. Never use the elevator during the evacuation. Exit the building using the most direct and closest stairwell evacuation available. If you smell smoke or see a fire in the building activate the fire alarm system and exit the building closing doors along the exit path when possible to contain the spread of flames and smoke; at no time should the closing of doors or the activation of the alarm delay the exit from the building.

- [Read more about Fire Safety here](#)

Flu Outbreak

Students who have flu-like symptoms should call Student Health Services at 713-348-4966 before going to the clinic. The staff will determine if testing or treatment is necessary. To avoid spreading the illness to others, don't return to class and social activities until at least 24 hours after you no longer have a fever (without fever-reducing medications). Faculty or staff who have flu-like symptoms should contact their physician if they are in one of the higher-risk groups for complications, such as pregnant women, people over 65 years of age and people with chronic illnesses like heart disease, diabetes, kidney disease and asthma. Notify your supervisor that you are sick and stay home from work until at least 24 hours after you no longer have a fever (without fever-reducing medications).

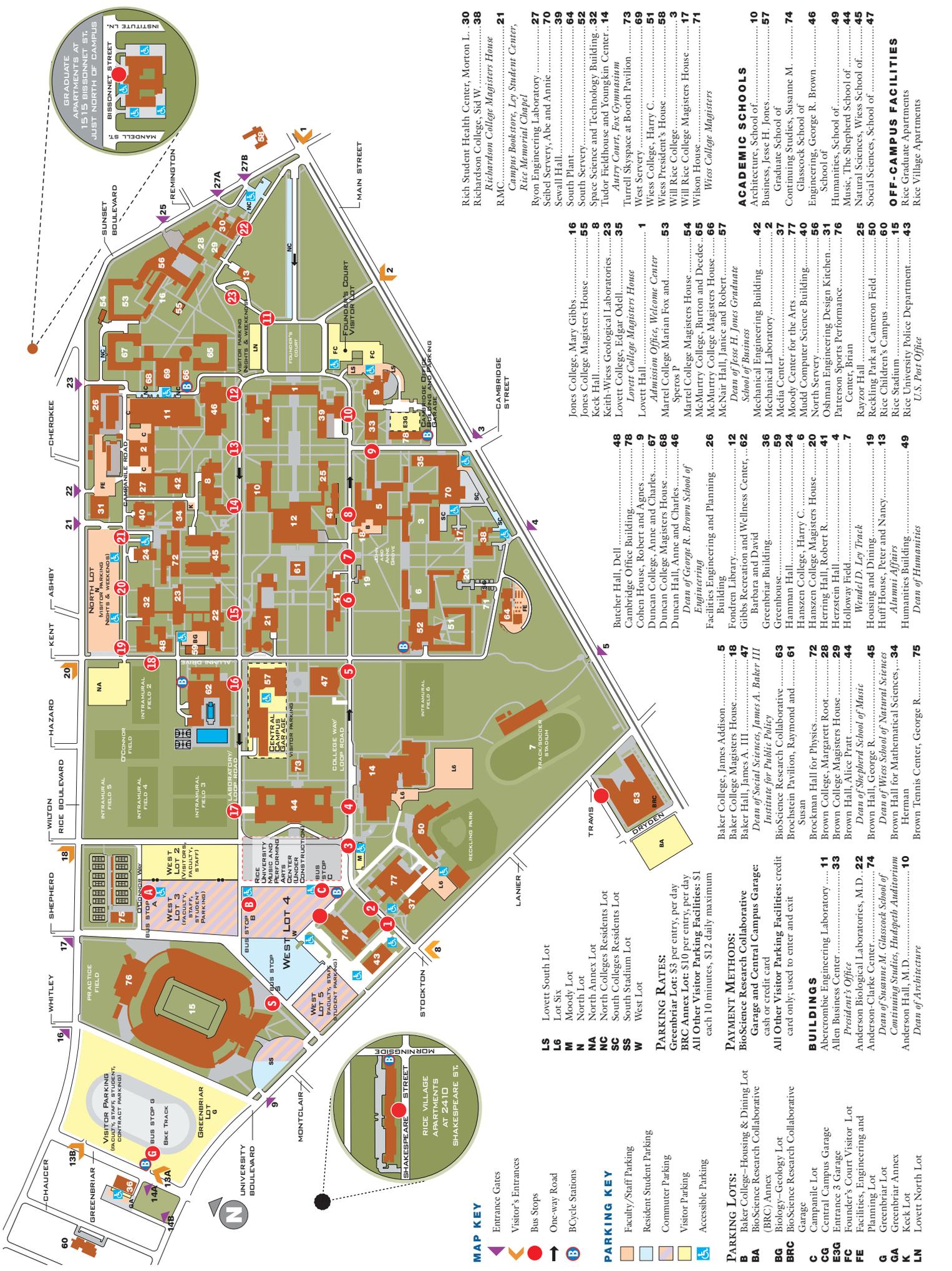
- [Read more about Flu Season here](#)
- [Read more about Hand Washing Tips here](#)

Hurricane Preparedness

During hurricane season, the university continually monitors weather patterns in the Gulf of Mexico and will make preparations in case any storm develops into a hurricane. If a tropical storm or hurricane warrants closure of the university, the Crisis Management Team will make use of e-mail, cell phone, text messages and rice.edu to communicate critical information. Updates will be posted at rice.edu. Call Rice's emergency hotline at 713-348-8888 for recorded messages about the university's operating status.

- [Read more about General Hurricane Preparedness here](#)
- [Read more about Personal Hurricane Preparedness Checklists here](#)
- [Read more about Laboratory Hurricane Preparedness here](#)
- [See "Are you Ready?" video provided by the City of Houston here](#)

RICE UNIVERSITY CAMPUS MAP



MAP KEY

- Entrance Gates
- Visitor's Entrances
- Bus Stops
- One-way Road
- Bicycle Stations

PARKING KEY

- Faculty/Staff Parking
- Resident Student Parking
- Commuter Parking
- Visitor Parking
- Accessible Parking

PARKING LOTS:

- B** Baker College-Housing & Dining Lot
- BA** BioScience Research Collaborative Garage and Central Campus Garage;
- (B)C** Annex
- BG** Biology-Geology Lot
- BRC** BioScience Research Collaborative Garage
- CC** Campanile Lot
- CG** Central Campus Garage
- ESG** Entrance 3 Garage
- FC** Founder's Court Visitor Lot
- FE** Facilities, Engineering and Planning Lot
- G** Greenbriar Lot
- GA** Greenbriar Annex
- KA** Keck Lot
- LN** Lovett North Lot

PARKING RATES:

- Greenbriar Lot: \$3 per entry, per day
- BRC Annex Lot: \$10 per entry, per day
- All Other Visitor Parking Facilities: \$1 each 10 minutes, \$12 daily maximum

PAYMENT METHODS:

- BioScience Research Collaborative Garage and Central Campus Garage: cash or credit card
- All Other Visitor Parking Facilities: credit card only; used to enter and exit

BUILDINGS

- Abercrombie Engineering Laboratory 11
- Allen Business Center 33
- President's Office 74
- Anderson Biological Laboratories, M.D. 22
- Anderson-Clarke Center 74
- Dean of *Susanne M. Glasscock School of Continuing Studies, Huddspeth Auditorium* 10
- Anderson Hall, M.D. 10
- Dean of *Architecture* 75

- Rich Student Health Center, Morton L. 30
- Richardson College, Sid W. 38
- Richardson College Magisters House* 21
- RMC 21
- Campus Bookstore, Ley Student Center, Rice Memorial Chapel* 27
- Ryon Engineering Laboratory 70
- Sebel Servery, Abe and Annie 39
- Sevall Hall 64
- South Plant 64
- South Servery 52
- Space Science and Technology Building 32
- Tudor Fieldhouse and Youngkin Center 14
- Avery Court, Fox Gymnasium* 14
- Turrell Skyspace at Booth Pavilion 73
- West Servery 69
- Wiess College, Harry C. 51
- Wiess President's House 58
- Will Rice College 3
- Will Rice College Magisters House 17
- Wilson House 71
- Wiess College Magisters* 71

- Jones College, Mary Gibbs 16
- Jones College Magisters House 55
- Keck Hall 8
- Keith-Wiess Geological Laboratories 23
- Loyett College, Edgar Odell 35
- Lovett College Magisters House* 1
- Lovett Hall 1
- Admission Office, Welcome Center* 53
- Marlet College Marian Fox and Spross P 53
- Marlet College Magisters House 54
- McMurry College, Burton and Decade 65
- McMurry College Magisters House 66
- McNair Hall, Janice and Robert 57
- Dean of Jesse H. Jones Graduate School of Business* 42
- Mechanical Engineering Building 42
- Mechanical Laboratory 37
- Media Center 37
- Moody Center for the Arts 77
- Moody Computer Science Building 40
- North Servery 51
- Oshman Engineering Design Kitchen 31
- Parterson Sports Performance Center, Brian 76
- Rayzor Hall 25
- Reckling Park at Cameron Field 50
- Rice Children's Campus 60
- Rice Stadium 15
- Rice University Police Department 43
- U.S. Post Office* 43

- Butcher Hall, Dell 48
- Cambridge Office Building 78
- Cohen House, Robert and Agnes 9
- Duncan College, Anne and Charles 67
- Duncan College Magisters House 68
- Duncan Hall, Anne and Charles 46
- Dean of George R. Brown School of Engineering* 26
- Facilities Engineering and Planning Building 5
- Fondren Library 12
- Gibbs Recreation and Wellness Center 62
- Barbara and David Greenbriar Building 36
- Greenhouse 59
- Hannan Hall 24
- Hansen College, Harry C. 6
- Hansen College Magisters House 20
- Herring Hall, Robert R. 41
- Herzstein Hall 4
- Holloway Field 7
- Wendell D. Ley Track* 19
- Housing and Dining 13
- Huff House, Peter and Nancy 13
- Alumni Affairs* 49
- Humanities Building 49
- Dean of Humanities* 75

- Baker College, James Addison 5
- Baker College Magisters House 47
- Baker Hall, James A. III 18
- Dean of Social Sciences, James A. Baker III Institute for Public Policy* 63
- BioScience Research Collaborative 61
- Brochstein Pavilion, Raymond and Susan 72
- Brockman Hall for Physics 28
- Brown College, Margaret Root 29
- Brown College Magisters House 44
- Brown Hall, Alice Pratt 45
- Brown Hall, George R. 45
- Dean of Susanne M. Glasscock School of Continuing Studies, Huddspeth Auditorium* 10
- Brown Hall for Mathematical Sciences, Herman 34
- Brown Tennis Center, George R. 75

- LS Lovett South Lot
- L6 Lot Six
- M Moody Lot
- N North Lot
- NA North Annex Lot
- NC North Colleges Residents Lot
- SC South Colleges Residents Lot
- SS South Stadium Lot
- W West Lot