

# Guide to Life in Tokyo for a Short Term Stay Researcher or Student

## 1. Sleeping

There are many kinds of places you can live at depending on how long you will stay in Japan, what your budget is, and what you want your home environment to be like.

### 1.1. One Week Mansion

These are apartments that you rent on the weekly basis. They do not have the necessary deposits that usually come with a normal apartment in Japan. They are convenient since they are set up for people that come to Japan for a short period of time. One week mansions are also cheaper than most hotels on a nightly basis. Here is a website link for just one company that offers this style of accommodation.  
<http://www.wmt.co.jp/en/>

### 1.2. Share houses/Guesthouse

These are places that rent single rooms in a house and will usually be the cheapest accommodation option. There is a lot of variance with these houses, even within the company that rents. Things that vary within the houses are the number of people in a room (1-4), who the house is cleaned by, and the environment in the house. Pay attention to how old, what country, and how long the people have lived in the house to get an idea of what it will be like. These houses usually have fully equipped kitchens, laundry (sometimes, not always, even a dryer), and a TV. Borderless House is an example of a share house company.  
<http://www.borderless-house.com/>

## 2. Eating

### 2.1. Restaurants

There are many restaurants around O-okayama campus such as Chinese restaurants and noodle places. Here link to a map of the O-okayama campus with nearby restaurants and other nearby places marked (convenience store, post office, etc.).

[http://www.google.co.jp/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&ved=0CFUQFjAA&url=http%3A%2F%2Fwww.ryu.titech.ac.jp%2F~ysep%2Fguide%2F%3Fcategory%3DYSEP%2520Homepage%26key%3D11%26subkey%3D13&ei=boz\\_T5vhKIq8rAf82KCrBg&usg=](http://www.google.co.jp/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&ved=0CFUQFjAA&url=http%3A%2F%2Fwww.ryu.titech.ac.jp%2F~ysep%2Fguide%2F%3Fcategory%3DYSEP%2520Homepage%26key%3D11%26subkey%3D13&ei=boz_T5vhKIq8rAf82KCrBg&usg=AFQjCNEAa29_9Oey5JkvD8cin08B9jrN7Q)

[AFQjCNEAa29\\_9Oey5JkvD8cin08B9jrN7Q](http://www.google.co.jp/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&ved=0CFUQFjAA&url=http%3A%2F%2Fwww.ryu.titech.ac.jp%2F~ysep%2Fguide%2F%3Fcategory%3DYSEP%2520Homepage%26key%3D11%26subkey%3D13&ei=boz_T5vhKIq8rAf82KCrBg&usg=AFQjCNEAa29_9Oey5JkvD8cin08B9jrN7Q)

On the map in the link, there is a store marked 1; they sell take-out lunches for 500yen (~5Euros). These lunches have a lot of food in them and they are pretty tasty.

As far as finding restaurants in other locations, this is a convenient website for looking up places to eat. It's only in Japanese though.

<http://www.hotpepper.jp/index.html>

If you use chrome it will automatically try to translate the website from Japanese to the default language for the browser which is pretty handy, if you don't know Japanese yet. There is a different website that is a restaurant search engine. This one has an English page.

<http://www.gnavi.co.jp/en/>

### 2.2. Grocery Store

The stores here are basically like grocery stores everywhere, except in Japanese. They sell food that is precooked and package. This is cheap, quick, and easy food. It's also not too unhealthy.

Of course you can always buy ingredients to make your own food. Stir fry (put veggies and sauce in a pan stir over heat until done) is really delicious and cheap, albeit more time consuming.

## 3. Things to Bring

If you are a person that needs sunscreen but doesn't wear ones with high SPF, bringing your own is recommended. Of course you can buy sunscreen in Japan, but it is only really found in SPF 30 and SPF 50.

<http://www.ryu.titech.ac.jp/~ysep/guide/?category=YSEP%20Homepage&key=11&subkey=13>

Medicines are a bit different here so bring the ones you anticipate using.

Everything you need can be bought here. It just may be difficult without knowing the language, or the products may be different. You can get lots of help finding these things by asking though.

#### **4. Travel /Sight Seeing**

If you have a weekend or two to travel, Nikko is beautiful place with temples and hiking opportunities. The temples can be seen in a day; however, it is recommend to take two days so you can see a little more of the area and not be exhausted at the end of the day.

There are a lot of things to see and do in Tokyo too!

There are cafes where you can go and play with animals (dogs, cats, rabbit, etc), there is an electronics district Akihabara, the crazy fashion district Harajuku, there are museums (Tokyo National Museum, The Ghibli Museum and The Tokyo-Edo Museum), there is a zoo near Ueno. You can also go to Yokohama, which is fun and relatively nearby. You don't have to leave Tokyo to keep yourself entertained for a whole month only traveling on the weekends.

Please enjoy your time in Tokyo!