

Welcome Meeting

Updated 2024-05-10

THEORETICAL SCIENCES VISITING PROGRAM



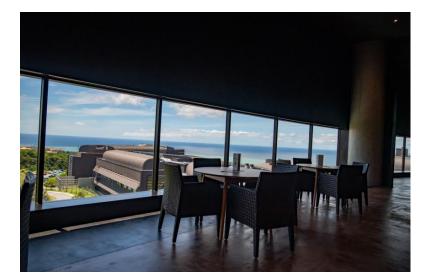
Haisai and <u>Welcome to OIST</u>!

- Mensore = Welcome, Haisai = Hello / Good day
- About the local language of Okinawa: Uchinaaguchi

https://groups.oist.jp/ja/resource-center/introduction-uchinaaguchi

Further Examples:

Shima – Can mean both Island and Community Ichariba choodee – A saying that means "Once we meet, we are all family"



All files from the welcome email are available for download here (incl. this presentation): https://groups.oist.jp/tsvp/welcome-oist FAQ: https://groups.oist.jp/faq/faq-12





Photo credit: https://www.travelvoice.jp/



OIST Campus

- Lab buildings
- Restaurants
- AEON Convenience store (open daily 8am to 8pm)
- ATMs









First Steps

- Did you receive your Visitor/OIST ID card to enter OIST buildings?
- Your office (key?, ID card)

> Cleaning staff may enter any office, usually in the early morning. Please let us know if you do not want that

- Did you already get OIST account? You will receive information about (research) events and talks at OIST. It is also needed for printing and making room reservations. Note: your OIST account will only be active until the last day of your tenure. If your visit dates have changed on short notice, it will *not* automatically be extended. Visitors coming less than 1 month will not receive an OIST account.
- About per-diem/reimbursement payments etc.
 Payment usually takes 6-8 weeks, recently delays occurred due to staff member shortage in the accounting section
- Should we introduce you to someone at OIST?
- **TSVP Thursday** (Talks and/or Teatime)



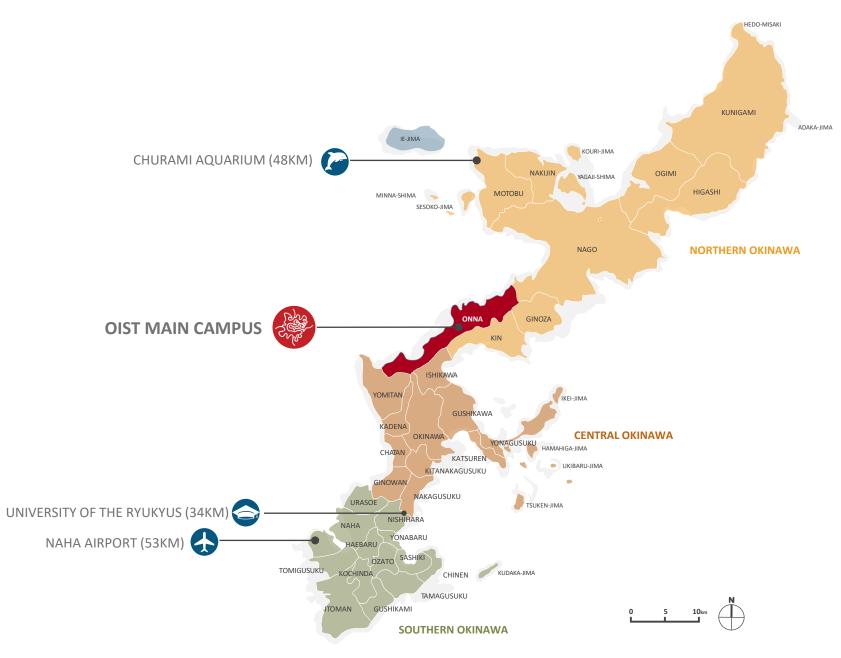




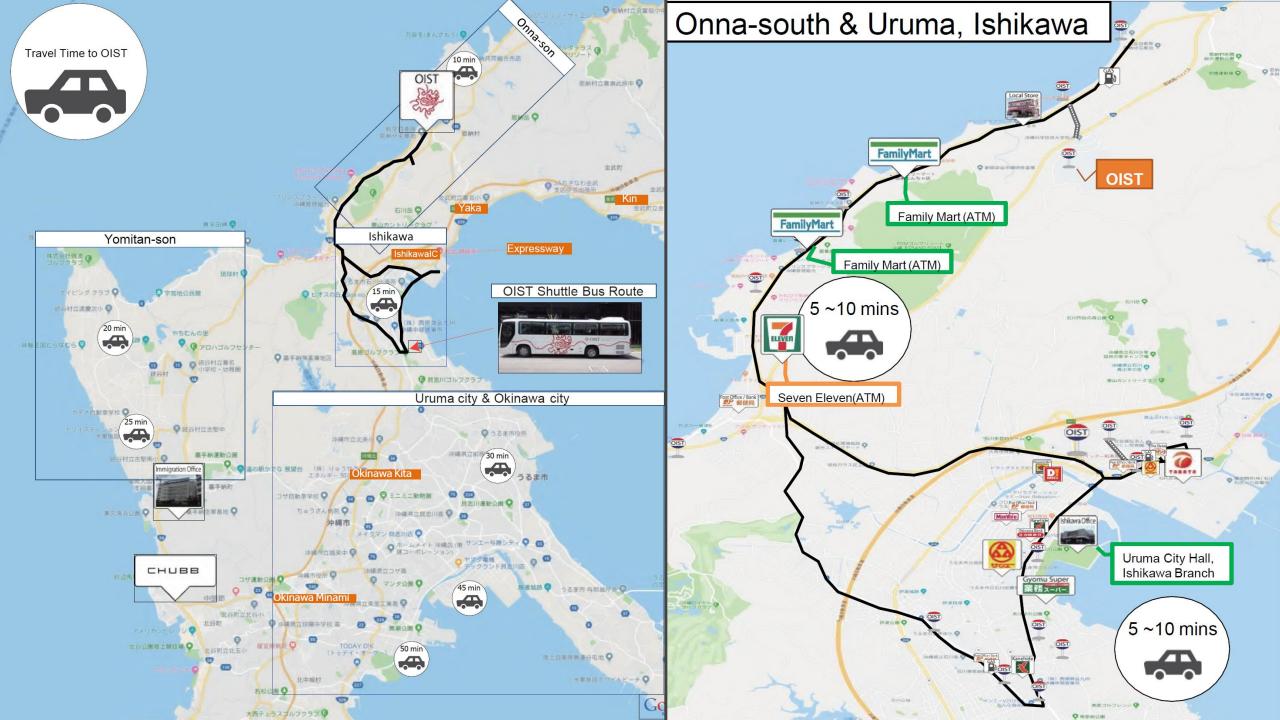
Okinawa encompasses around 150 islands in the East China Sea and resides between Taiwan and the Japan's mainland. With a subtropical climate, coral reefs and rain forest, it is the southern most prefecture in Japan.



Okinawa Main Island







Getting around Okinawa

For TSVP visitors who live on campus the closest opportunity for grocery shopping is a 20-30 minute walk away (aside from the small convenience store on campus).

Driver's License

If you plan to drive a car in Okinawa/Japan, please check whether you need an international driver's permit or a Japanese translation of your license.

Rental Car

You can find more information about renting a car at OIST's Resource Center <u>https://groups.oist.jp/resource-center/renting-car-okinawa</u>

OIST also has an **internal rental car service** which visiting researcher can use. It requires prior registration and can only be used for 22h consecutive hours, but it is rather affordable.

https://groups.oist.jp/bfm/rental-car-service (accessible on campus only)

Shuttle Bus

-> following pages (with links to schedule)





Getting around Okinawa

OIST Bicycles

Bicycles are another way to move around the island, although getting up the OIST hill can be quite the challenge, especially in summer. There are several electric bicycles reserved for visitors of the TSVP so please ask if you would like a bicycle (free for visitors).

Usage is at your own risk and there is no insurance. You may have to fix a punctured tired or pay for a repair if you caused it. You have to agree to the <u>Bike Share Club by-laws</u> before riding (by signature or email confirmation).

More information: <u>https://groups.oist.jp/bike</u> please also join the <u>Bike Share Club MS Teams</u> to report any issues



Press power switch before Starting to cycle



 \triangle Stronger assist/ Power mode Middle setting is automatic mode ∇ Eco/Long-range mode



Bicycle/ tire lock key is needed to remove battery (there may be an additional, external lock)

Getting around Okinawa / SIM Card

Public Transport

There are not many bus lines in Okinawa, but you can use them to go to Naha (airport), Nago (aquarium), etc. You will need some coins or 1000 JPY notes to pay the fare (credit cards and mainland IC cards are not accepted). You can find bus information <u>here</u>, or use Google Maps or similar apps. Buses are often delayed for 10-20min so expect a little bit of waiting time at the bus stops. An alternative are buses that run directly from the big hotels in Onna village to Naha airport or Nago, these go on the highways and are thus less likely to be delayed due to traffic, information here: <u>https://okinawabus.com/en/ls/ls_timetable_fares/</u>. Within Naha city the Monorail is a convenient way to get around.

Taxi/Daiko

Occasionally you might want to call a taxi, which can be a challenge in Japanese. Often restaurant staff can help you, in other cases you can ask the OIST Resource Center, or check this website for information about taxis in Okinawa: https://visitokinawajapan.com/plan-your-trip/getting-around-okinawa/taxis-in-okinawa/. They recommend the DiDi or JapanTaxi apps as a convenient way to reserve taxis in advance. Uber can also be used to request (regular) taxis in Okinawa, but there might be long wait times. Okito Taxi also has an English reservation website where you can request a taxi pickup until noon the day before: https://en.okito.or.jp/reservation/ (pick the empty, last entry for "Selected sightseeing course").

In Japan and Okinawa there is also a service called "Daiko", where a driver comes and drives your car home. This substitute driving service is convenient if you drink alcohol since the limit in Japan is 0 and the punishment for drinking and driving is strict. The way it works is that two drivers with a car will come to pick you up. One of them drives you home in your car, and the other driver follows behind to pick up the first driver when you get to your destination.

You will see a Daiko Service list at restaurants that offer alcoholic drinks and at pubs. Please ask the establishment's staff to call Daiko Service for you or have a Japanese-speaking friend to do so. More information on Daiko (and other public transportation) at the bottom of this page: https://groups.oist.jp/resource-center/transportation

On how to get SIM cards, see here: <u>https://groups.oist.jp/tsvp/arrival</u>







OIST Shuttle Bus schedules

2022 version of shuttle bus timetables (revised October 2022): https://groups.oist.jp/bfm/shuttlebus

Ishikawa Line (Weekdays) Important Stop: Tabata/Akasaki: Local Produce at Tabata, San-A Supermarket, Home Center Tabata, and small Electronics Shop (also Tabata)

Ishikawa IC Line

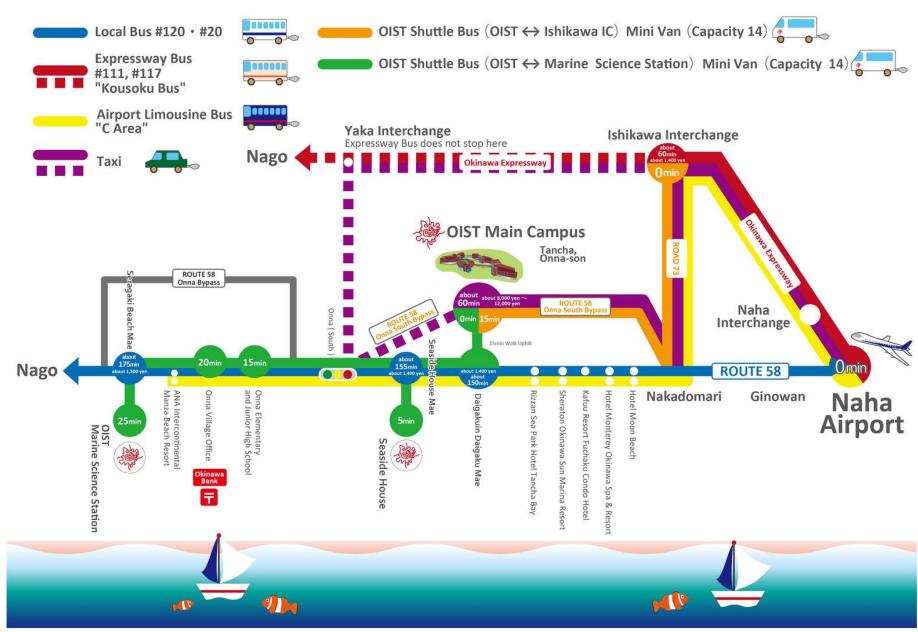
Important Stop: Highway Bus stop to Naha (Airport)

Seragaki Line

Important Stop: Onna Village Office, OIST Seaside House

Weekend Shuttle

Important Stop: Onna no eki (local produce and souvenirs)





TSVP Infrastructure and Team



Aerial view of 'The Gardens' housing



TSVP Offices and Discussion Area in Lab 5 (opened April 2023)

- Dedicated on-campus housing at 'The Gardens' and 'Village Center': 10 apartments, up to 14 visitors at one time
- Dedicated office space in Lab 5 building, open discussion area surrounded by offices. Access
- The program is managed by TSVP Team (part of the Dean of Research Office Academic coordinator: Dr Jonas Fischer
 staff members: Chiyo Eto, Haruka Furukawa, Yu-Jhen Lin, Hiroko Oi (cleaning staff)







 \rightarrow TSVP is growing from 20 visitors in FY2022 to about 100 visitors in FY2023 and more from 2024 (20 Visiting Scholars, 10 Domestic Visitors, 60+ through Thematic Programs)



Documents to Sign

Please sign/send us:

- Visiting Researcher Agreement (long-term visitors)
- (In some cases: Service Agreement)
- Visiting Program accommodation rules : 07TSVPAccommodationRules_20240401.pdf

>> Please let us know right away if there is any damage or issues in the apartment!

- -> Digital Signature/ by email is fine!
- -> Can be downloaded here:

https://groups.oist.jp/tsvp/welcome-oist (bottom of the page)

Please give us your **(paper) boarding passes** now if you brought them



* We have a small amount of items donated by previous visitors that we can lend you, e.g. hair dryes, snorkeling fins, or an iron. If you notice items in your apartment that are not listed on the furniture list, they were likely donated. We cannot replace them, but you might be able to find something appropriate in the <u>OIST Marketplace (on TIDA, the</u> OIST intranet).



Visiting Programs at OIST

The Visiting Program (TSVP) makes regular open calls for <u>Visiting Scholars</u> (since 2021) and <u>Thematic</u> <u>Programs</u> (since 2022). A program for <u>Domestic Visitors</u> was created in 2023 in recognition of the constraints faced by scientists working at Japanese institutes, who often cannot travel for extended periods, but are in a position to make repeated visits to Okinawa (since 2023). Finally, the <u>Experimental Visiting Scholars Program (EVSP)</u> is intended for senior experimental researchers on sabbatical and was established in 2021.

Visiting Scholars: individual visitors, staying at OIST for 3 to 12 months

Thematic Programs: several visitors reach OIST at one time (1-2 months), hosted by 2+ researchers acting as academic coordinators a symposium linked to the program can be hosted at OIST

Calls for Visiting Scholars usually open in the Summer







- Visitors in the program have no host unit. They can collaborate with as many OIST research units as they want. Usually they have 1-5 "Units of Interest".
- Visitors come from a wide variety of fields
- Through the visitors new connections between OIST units emerge
- In their feedback, visitors have mentioned the ability to interact with OIST researchers outside their main field and exchanging ideas as great benefits of the program
- Often unexpected connections emerged after general-audience talks



→ Visitor List: <u>https://groups.oist.jp/tsvp/tsvp-visitors</u>

Name	Arrival	Departure	Field	Units of Interest
Visitors in FY2024 to be added soon	2024/04/01	2025/03/31	All fields	
THEMATIC PROGRAM Response Diversity and Ecosystem Stability	2024/03/01	2024/03/28	Ecology	Armitage, Pigolotti, Dieckmann, Ravasi, Economo, Husnik, Kondrashov, Sallan, Bandi, N. Luscombe, De Schutter, Doya, Froese, Fukai
Nick Dorey	2024/02/29	2024/07/14	Theoretical High Energy Physics	Hikami, Neiman, Toriumi
Izaak Neri	2024/01/30	2024/04/25	Mathematics, Physics	Dieckmann, Pigolotti
Bianca Dittrich	2024/01/20	2024/03/15	Physics	Höhn, Neiman, Toriumi
Travis Scrimshaw	2024/01/15	2024/02/28	Mathematics, Combinatorial Representation Theory	Liu, Speyer
Sylvester Eriksson-Bique	2024/01/08	2024/03/28	Mathematics	Liu, Zhou
Jana Björn	2024/01/08	2024/08/15	Mathematics	Abdulla, Liu, Zhou
Anders Björn	2024/01/08	2024/08/15	Mathematics	Abdulla, Liu, Zhou
Keiko Aoki	2023/11/29	2024/02/27	Material Science, Mathematics, Physics, Molecular dynamics simulation	Bandi, Chakraborty, Hikami, Husnik, Liu
Raquel Fernandez	2023/11/23	2023/12/03	Computer Science, Computational Linguistics	Doya, Yamada
Rachel Wheatley	2023/11/14	2024/02/09	Life Sciences, Evolutionary Biology, Microbiology	Armitage, Bourguignon, Husnik Pigolotti
Shinichi Aizawa	2023/11/14	2024/02/22	Biology, Physics, Bacterial flagella	Kusumi, Wolf
Charles Fosseprez	2023/10/01	2023/10/22	Cybernetics, Collective behaviors, Protist Ethology	Armitage, Fukai, Husnik, Miller, Shen
Lucy Lai	2023/10/01	2024/01/22	Computational Cognitive Neuroscience	Tripp, Doya



Visitors Profiles on Website

Please send us via email:

Template Word File for the Information: <u>https://groups.oist.jp/system/files/Poster%20Template</u> <u>%20v20221005.docx</u>

- Your Field
- A Photo (high-resolution for poster printing)
- Short Profile
- (Optional) Personal website or a link to Google Scholar, etc.
- (Later) Details about your talk: title, abstract, date
- Also please suggest Chair for your talk (collaborating OIST PI?)
- May we record your talk and put it on Youtube?
- If yes, we will ask you to sign a release form

→ Visitor List: https://groups.oist.jp/tsvp/tsvp-visitors

Takashi Ikegami

Visit from 2022/08/08 - 2022/12/19

Takashi Ikegami is a Professor at the Department of General Systems, Graduate School of Arts and Sciences of the University of Tokyo. He works in the area of artificial life research. His simulation and experimental research interests include open-ended evolution in artificial life models, experiments with self-moving droplets, large-scale Boids models, and new theories of collective intelligence. He also conducts experiments on consciousness using an android (ALTER-3). At the same time, he has presented performance art (Kugutsu Kagura2020) with ALTER-3 and VR (SnowCrash at WhiteHouse 2021, Reverse Destiny Bridge at AICHI2022). Personal Homepage

TSVP Talk: "Collective Intelligence in Living/Nonliving Systems" on September 29 at 4pm

Sebastiano Nicolussi Golo Visit from 2022/08/05 - 2022/10/31

Sebastiano Nicolussi Golo is a postdoc in mathematics at the University of Jyväskylä in Finland (EU). He works on the interface between metric analysis and Lie group theory. He has worked in sub-Riemannian geometry and later he expanded his interests to geometric measure theory on Lie groups equipped with non-Riemannian distances. He completed his Ph.D. from the University of Jyväskylä in 2017. Personal Homepage

TSVP Talk: "Sub-Riemannian Geometry Is Everywhere!" on September 9 at 10:40am Office at OIST: L4E25j

Mog Stapleton Visit from 2022/06/10 - 2023/03/31

Mog Stapleton is a researcher at East China Normal University. Her background is in cognitive science and philosophy (with master's degrees in both). She received her PhD from the University of Edinburgh in 2012. Her research focuses on embodied, embedded, enactive, and extended (so-called "4E") approaches and on the importance of affect for cognitive science. She is co-editor-in-chief of the journal Cognitive Systems Research. Google Scholar

TSVP Talk on November 17 at 4pm Office at OIST: L4F22d





Talks and other activities

- TSVP Talks: general-audience lectures. Usually held on Thursdays at 3pm in Lab 4 Room E48
- Research seminar: contact researcher at OIST to schedule a talk in their group seminar, etc. (TSVP can help organize and advertise to OIST community)
- Lecture (series) for students/Career talks/mentoring/open-topic talks: targeted at students or young researchers at OIST. This is highly encouraged to strengthen ties to the OIST community (organized together with OIST Grad school). Lecture for credits are also possible but require a little more preparation
- Outreach/school visits: OIST occasionally hosts outreach or science introduction events (for children), if you would be interested be sure to let us know (usually organized with OIST Community relations team)

Academic Careers

expected

highly

encouraged

Academic Careers in Europe with Dr. Kerstin Lenk

2022-08-10 L4E48

Dr. Kerstin Lenk, Graz University of Technology. Language: English (no interpretation). Target audience: Young Researchers. Freely accessible to all OIST members and guests without registration.



Graduate School

Career Talk by Dr. Jochen Steil 2023-07-10

2023-07-10 Lab3 C700

Looking back to my career, nothing was expected and many unforeseen twists found me moving from mathematics, through neural networks and AI to (humanoid) robotics, control and industrial applications, ending up finally as an entrepreneur as latest development. I will highlight a few pivotal points in my career and try to explain some of the decisions leading up to them in a rather informal



[Mini-course] BV functions in Carnot groups | Speaker Dr. Sebastiano Nicolussi Golo, University of Jyväskylä

2022-08-22 to 2022-08-24 L4E48 | B700 | Zoom Speaker: Dr. Sebastiano Nicolussi Golo, University of Jyväskylä Title: BV functions in Carnot groups Language: English, no interpretation.



2024/5/13

General-audience Talks

- 32 talks so far, 1766 total participants (55 average)
- Most talks uploaded to Youtube (6000+ total views, 220 average, 320 for FY22)





Courses for Students at OIST

 OIST has a three-term academic year, starting in September each year. Term 1: September 1 to December 31
 Term 2: January 1 to April 30
 Term 3: May 1 to August 31



- **Mini Courses** are flexible in terms of content, timing and delivery. It's also straightforward to set these courses up, and the lecturer can determine the scope, the audience, requirements, etc.
- Credit-bearing PhD courses are a little complicated and require that the lecturer work with an OIST faculty member to host the course, as only OIST faculty are currently MEXT (Ministry of Education) approved for teaching. Such course also has to be formalized and go through an approval process at OIST, which takes a few weeks.
- This form contains a list of topics that have been requested by students: Mini Courses

OIST internal Link with more information

Social activities

- We have a <u>Twitter</u> and <u>LinkedIn</u> pages to promote our events Recently, we also started a <u>Facebook group</u> for previous, current, and upcoming visitors to get in touch with each other
- **TSVP Teatime**: Informal meetings and discussion over tea / coffee in the TSVP area (usually in weeks without talks Thursday at 4pm)







OIST Visiting Programs









Campus Information

The offices are usually shared with one other visitors of the TSVP and located in Lab 5 EF03.

You will be provided an OIST ID card and email address.

-> Outlets and LAN/Ethernet are below the silver insert of the desk

Printing

-> print from USB stick* directly at the printer in L5EF03a *FAT32 file format

OR install network printer (requires OIST account)

In Windows, use the file explorer's address bar to go to: \\printer.oist.jp

double click Printer L5EF03A, this is the printer in the Visiting Programs office area. Another one is in the main hall.

The drivers should be automatically installed, after which you will be able to print

(if not check these <u>detailed instructions</u> and / or download the below drivers first): <u>Instructions for Mac</u> The printer is an ApeosPort-VII C3373, drivers are available here:

https://www.fujifilm.com/fb/download/eng/apeosport/7_c3373

- OIST/Microsoft username is xxx-yyy@oist.jp, while the email is xxx.yyy@oist.jp (this often leads to errors) Use of wired LAN/Ethernet requires OIST username and configuration in the system IT Knowledge Base - OIST Networks and Connectivity Services (service-now.com)
- Outlook and other OIST services require the setup of Multi-factor Authentication (MFA): <u>https://oist.service-now.com/sp?id=kb_article_view&sysparm_article=KB0014173</u> MFA is requested per device when accessing **from outside** the OIST network (campus wired LAN, Wi-Fi : OIST, OIST-2.4G
- If you have any questions or concerns, please contact the IT Division at <u>https://oist.service-now.com/sp</u> or <u>it-help@oist.jp</u>.







Campus Information

Meeting Rooms

If you got your OIST email address, you should be able to book rooms via Outlook calendar (app or online version),

by adding the room as "Location" when creating a meeting in the calendar.

Please use this ability sparingly and contact us if you want to reserve a larger seminar room!

Note that the **OIST/Microsoft username** is required.

Here is a list of Meeting rooms with zoom/AV function: <u>https://groups.oist.jp/av/av-rooms</u>

Meeting rooms near the Visiting Program Office area : L5EF02: small room for 6 people, zoom/AV L5EF06: small classroom, zoom/AV, projector, blackboard, large window L5EF11: classroom, projector, zoom/AV, large **blackboards on two long walls** L5EF12: 12 people, zoom/AV, large table, large screen, zoom features L5D23 is the large seminar room (60 people) on D floor with projector and camera/zoom

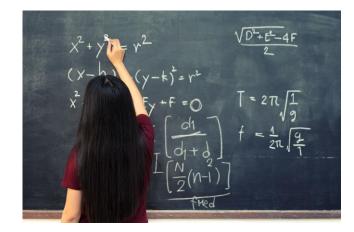
Library

The library can be accessed by all visitors and is open Mon-Fri, 9-17:30. Your OIST-ID card may not work to enter - in that case, please ask the receptionist to open the door for you.

If you plan to visit the library regularly you can get a 24-hour access card.

Coffee

There are coffee makers in our Visiting Program Office area (Lab 5 EF03), feel free to use and make a pot of coffee for yourself and other visitors (free of charge). Please wash used cups and return them to the shelf. In addition, there is an espresso machine for single cups in the little tea kitchen on F floor, up the stairs from the TSVP area (please deposit 100JPY when you use it). Alternatively, you can find <u>vending machines</u> in various locations, e.g. the Lab 5 Level D atrium area (drinks) and the Lab 4 level D lounge area (which also has table tennis) and many other locations.





Campus Information

Shops and restaurants on campus can be found here: <u>https://www.oist.jp/visitors-center-shops-restaurants</u> (the Cafeteria is mainly only open for lunch and sells leftovers as boxed dinners after. The café is open later but does not sell hot meals)

A convenience store called "**AEON**" (formerly Jimmy's) is located in the Village Center (near the gym) and offers a variety of foods and daily necessities. Open: Monday through Sunday, 8am-8pm

Several **food vendors** come to OIST on weekdays to sell baked goods, lunch boxes (Japanese: *bento*): <u>https://groups.oist.jp/csd/food-vendors</u>

Onna no eki **farmer's market** usually comes every Friday 12:30-13:30, to the Guest parking lot near the pond/AEON to sell fresh locally grown vegetables and fruits.

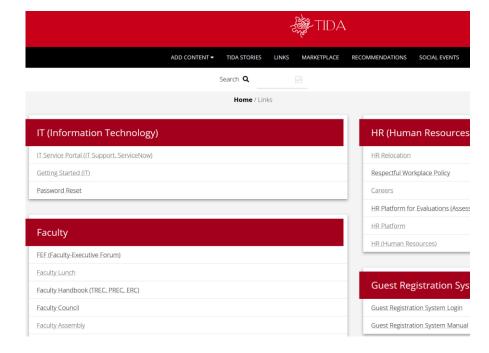
Other IT and campus-related information

For other information you can check: <u>https://tida.oist.jp/links</u> TIDA = OIST intranet (accessible on campus or if logged in).

The **TSVP website** strives to list all relevant information for our visitors: <u>https://groups.oist.jp/tsvp/visitors-information</u>

Note: The search function on the OIST website does not reliably find information, neither does Google since it cannot index OIST-internal websites.





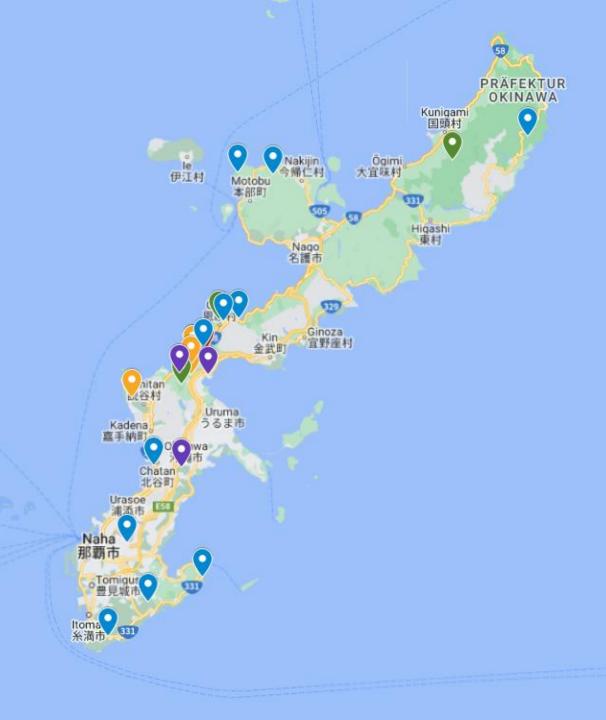
Recommended spots

Ser Contraction

The following Google map contains recommendations from previous visitors as well as shops near OIST (not intended as endorsement):

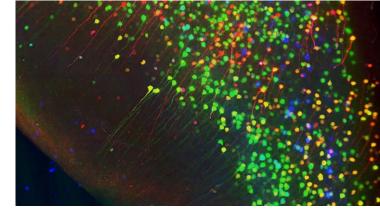
https://www.google.com/maps/d/edit?mid=1FgkGPjdXGUqs9sujL5rUPZZt5GrLlk





Acknowledgements





Please list TSVP/OIST as one of your affiliations when publishing research (partially) conducted during your visit.

Please also include a short phrase in the acknowledgements, see below.

• Affiliation:

Theoretical Sciences Visiting Program, Okinawa Institute of Science and Technology Graduate University, Onna, 904-0495, Japan

• Acknowledgement in case of per diem:

This research was conducted while visiting the Okinawa Institute of Science and Technology (OIST) through the Theoretical Sciences Visiting Program (TSVP).

• Acknowledgement in case of salary:

This research was conducted while funded by the Theoretical Sciences Visiting Program (TSVP) at the Okinawa Institute of Science and Technology (OIST).

*EVSP visitors please replace accordingly with "Experimental Visiting Scholar Program (EVSP)"



Exit Report/Feedback



Please describe your stay and give us feedback about the program via this short form:

https://forms.office.com/r/TGDCC35hPK

You can also leave recommendations for other visitors.





Who should I contact for...?





TSVP Team: Anything related to the program: visa, duration of your stay, your TSVP Talk, check-out procedures,... **The Gardens Office /Village Office**: Anything related to your on-campus apartment. Problems like defect furniture or

appliances, questions regarding how to use the washing machine, or how to separate the trash,...

<u>Resource Center</u> (located down the hill from AEON in the Village Center): Any questions about living in Japan. The resource center can help you to make (private) rental car, taxi, or restaurant reservations, as well as give you information about sights in Okinawa, etc. You can go there directly or e-mail/call them.

<u>Recreation Services</u> (located in the same office as Resource Center): OIST Gym, rooms for social gatherings at OIST or the Seaside House (non-academic events), OIST Clubs, Activities, and key/battery pickup for rental bicycles.

OIST Researchers/RUAs (Research Unit Administrators): If you want to schedule a discussion or seminar in a research unit please approach researchers directly or by asking the unit's RUA.

* if you live in an apartments *not* located in the Gardens, contact the Village Office (located opposite of AEON) Village Office Phone number: 098-982-3150 (Weekday 9:00-18:00, Weekend until 17:00)



How can I find ...?

Unfortunately, the search function on the OIST website often does not deliver the required answers. We recommend browsing the TSVP page, which contains a lot of links and information that we included after previous visitors asked about those topics. Be sure to login with your OIST account to see pages visible only to OIST community members (e.g., the shuttle bus schedule, or On-Campus info).

In addition, the below page which lists links to useful OIST resources is often helpful (use "Find in Page" function/Ctrl+F): https://tida.oist.jp/links



Can I leave Okinawa during my visit?

Travel during term of appointment

While it is encouraged for all visitors to stay in Okinawa during the whole term of appointment, travel might be permitted for important reasons like attending a conference, meeting a collaborator, or teaching duties. Documentation, like invitation letters, and adherence to OIST travel rules are required.

The visitor has to inform OIST *before* departure on any trips.

In general, the following applies:

(a) Visitors agree at the onset on the total number of days they will spend at OIST and are free to make other arrangements respecting that number, as long as it does not impact their research and OIST rules are adhered to.
(b) Changes in the committed number of days are exceptional, requiring special circumstances and approval.
(c) **OIST payments are limited to days spent at OIST**, this includes travel insurance. I.e. visitors will have to arrange their own travel/health insurance if they intend to spend time away from OIST during their term of appointment for private or non-OIST business.

Can I get...?

All offices are equipped with monitors. If you require a cable or adapter we may be able to help. We might also be able to help get you a keyboard and/or mouse, or you can check the "Reuse Corner" next to the Supply Store in Lab1 B107 for cables and electronics you might need.

... for the apartment

We have a limited amount of items donated by previous visitors that we can lend you, e.g. a hair dryer, an iron, or snorekling fins. If you notice items in your apartment that are not listed on the furniture list, they were likely donated. We cannot replace them, but you might be able to find something appropriate in the **OIST Marketplace (on TIDA, the OIST intranet)**.



When will I get paid?

We usually start the procedures for your payment at the end of each month, after which payments to your registered bank account are issued around the 15th of the following month (also depending on the OIST accounting section's workload). Therefore, depending on your arrival day, it might take six weeks or more for your first payment to be issued.

In case you booked your flights to come to Japan by yourself, we unfortunately cannot reimburse you until we get a scanned copy of your return trip boarding pass (as well as the booking invoice and outgoing boarding pass).

Where can I withdraw money?

There is an Okinawa Bank ATM in the center building not far from the cafeteria, however, it does not accept most international cards. In the Aeon convenience store in the Village Center on campus (close to the tunnel/main entrance) there is an ATM that accepts international cards. You can also withdraw money from almost all ATMs at convenience stores, the post office, and supermarkets for a small fee, on the other hand ATMs at most banks will probably not work with international cards.

What should I do in case of natural disasters (typhoons)?

Here is the emergency information from the OIST resource center: <u>https://groups.oist.jp/resource-center/emergency</u> OIST itself is an emergency evacuation point with an electric generator, so there should be power even after a natural disaster. OIST Typhoon guidelines (mainly for employees but contains weather tracking info): https://groups.oist.jp/coo/typhoon-guidelines

Can I go to the gym / sport / cultural courses and activities?

Visiting Researchers can use the gym. Please register via this form. After that you will need to schedule an appointment with <u>recreation.services@oist.jp</u> to pay for a month use in Yen to activate your OIST ID card for entry to the gym.

Unfortunately, the process is a bit inconvenient for our visitors. For regular OIST employees the fee can be deducted from the salary, but that is not (yet) possible for TSVP visitors.

There are many other sports courses at OIST which you can find on the OIST Recreation Services website. Many of them are free. OIST employees and students also get together in clubs for various activities (e.g. Ballet, Climbing, Frisbee, Martial Arts, Soccer, Yoga...) As for other gyms and pools in the area please check here: <u>https://groups.oist.jp/resource-center/gyms-and-swimming-pools</u>





Can I book a meeting room?

Using Outlook calendar with your OIST account you can book meeting rooms at OIST. Here is a list of rooms in the various building: <u>https://groups.oist.jp/av/av-rooms</u>

Especially for big rooms, please use this sparingly and consult with us before you plan any bigger events (meeting rooms >16 people).

Can I get accommodation for guests I am inviting?

In general, it is not possible that we provide accommodation for your guests. In some cases when we have an opening and the guest is participating in a seminar etc it might be possible. Please ask the TSVP Team about this.

For all other cases, here is a list of hotels near OIST:

https://groups.oist.jp/oes/hotel-information

This PDF includes some price information (in Japanese, OIST-internal) <u>https://groups.oist.jp/sites/default/files/imce/u302/Accomodation%20in%20Onna.pdf</u>

Many of the Hotels are somewhat expensive (15,000 - 20,000 JPY per night).

Kafuu Hotel is a popular choice. **Peridot Smart** is not listed there but **is the closest hotel to OIST**.

In general, we recommend Hotels near Fuchaku/Tiger Beach/Moon Beach in Onnason or in Ishikawa (near Akasaki/Tabata) where the OIST shuttle bus is running which might be convenient (for you to visit the guests or for them if they received an OIST guest card and are allowed to use the shuttle bus).





Health

For emergency

If you or anyone is in a crisis, please call

- OIST Help Line: 098-966-8989 [24hrs/ 7days]
- Fire Engine / Ambulance: 119
- Police: **110**
- Health Center (see below)

OIST Health Center

- Location Lab4 C12 (next to Lab 4 entrance)
- Open hours Monday to Friday 10:00 15:00
- Phone 098-966-8945 [ext. 28945]
- Fax 03-6368-3671
- Email <u>health@oist.jp</u>
- Website https://groups.oist.jp/health

Other Health related information (from resource center)

https://groups.oist.jp/resource-center/health-care-0

List of clinics around OIST

https://groups.oist.jp/living-guide/list-clinic





The Ocean / Marine Sports

Many visitors are interested in the ocean / marine sports and it is highly recommended. There are plenty of beaches near OIST, the closest being Tancha Beach (down the hill), Diamond Beach, Nabee Beach, and Tiger/Moon beach - the latter two have life guards during swimming season. Swimming, snorkeling, diving, SUPing, kayaking, surfing and many more things are just a few minutes away.

However, recently an OIST student tragically died at Apogama beach. Please **take good care, check the conditions and wear a life jacket before going into the ocean**.

A rather safe option are guided snorkeling tours, e.g. to the Blue Cave at Cape Maeda, just 20min from OIST. Tours are available for around 3000 JPY per person, sometimes discounted to just 1000 JPY (one example: <u>https://en.activityjapan.com/feature/okinawa_aonodokutsu_snorkeling_rankin</u> g/ this website is largely machine translated look for "English guide" in title or description).

The **OIST Resource center** can also recommend (safe) water activities and help make reservations.

If you find yourself in need of **emergency assistance**, call 118 for the coast guard and 119 for an ambulance Visit Okinawa Safety Information website:

https://visitokinawajapan.com/plan-your-trip/useful-information/enjoying-okinawa-safely/

Marine Leisure Hazards 5 factors of Marine leisure accidents

Weather

Weather is an important factor in marine condition and it can change quickly and unexpectedly. Always check weather information before going to the sea

Drinking Alcohol

Drowning accidents of intoxicated people are often reported. Never drink alcohol before and during marine activities.

Tide

Changes in tide level strongly affect marine conditions. Always pay attention to the tide.

Venomous Animals

There are some venomous marine animals in Okinawa, and related fatalities are often reported.



Rip Current

A rip current is a strong current that moves away from shore. It is impossible to swim against the current. Swim parallel to the shore across the current to escape.

Marine accident fatalities reported around OIST

Cape Manzamo	3	Blue Cave	1
Apogama	7	Seragaki	1
Cape Maeda	5	Kibougaoka Beach	1

Public Beaches Notified to the Public Safety Commission in Accordance with Prefectural Ordinance



To save your life

- Always wear a life-jacket
- Carry your phone in a waterproof pouch
- Call 118 in case of emergency



Encounters in the ocean/on land

	Yearly Encounters/Injuries	Yearly Deaths
Habu snake	60	0
Marine life	248 158 jellyfish, 30 stonefish/scorpion fish, 20 sea urchins, 40 unknown	1 death since 1983 picked up stone fish to play
Marine activity	93 about 50% swimming/snorkeling, 20% diving, 10% fishing, 10% walking on rocks	25 -> most common problem is rip currents
Traffic accidents	6600 -> Okinawa has 4x more drunk driving arrests than national average	53 mostly early morning within 5km of home

*rough numbers from various sources/different years

Water Safety Information from the OIST Resource Center

OIST Online Water Safety Training

Link: <u>https://learn.oist.jp/catalog/view/course/id/702/title/</u> Water%20Safety%20Training

Note: Family members can access this training using the account listed below.

- Login URL : <u>https://learn.oist.jp/start/op/login</u>
- Username : externalmembers
- Password : oist

Venomous Animals

There are some venomous marine animals in Okinawa, and related fatalities are often reported.



Rip Current

A rip current is a strong current that moves away from shore. It is impossible to swim against the current. Swim parallel to the shore across the current to escape. The most venomous animal in Okinawa is the blue ringed octopus whose venom can kill a human in seconds. However, there have been only 4 cases worldwide since the beginning of records.



にふえーでーびる!

nifee deebiru = Thank you in Okinawan