

JAPAN

PLANNING GUIDE

A flight attendant's guide to cuisine, hotels, airports, health, security, and country requirements in Japan.

Your creativity and knowledge make the trip.

As home to some of the largest and most technologically advanced producers of motor vehicles and electronics, Japan is a destination that is frequented, year-round, by business aircraft operators worldwide. Because of this, it is very possible that, at least once in your career, you will be a crewmember on a trip to Japan.

We recognize the critical role you play as a vital member of the crew. To help you avoid the unexpected and manage expectations when traveling to Japan, while delighting your passengers along the way, we have developed this planning guide.

Enclosed you'll find tips to help you plan for visas, airports, hotels, health, and security from Universal Weather and Aviation, Inc., as well as a guide to Japanese cuisine from Air Culinaire Worldwide, a Universal® company.

We hope this information helps you to successfully navigate the unique operating requirements and local cultures in Japan.

As always, please know that you are not alone. We are here for you whenever you need us.

Japan's name means "sun-origin", which is why Japan is often referred to as the "Land of the Rising Sun."



A Universal Weather and Aviation, Inc. company

You navigate a complex world. Avoid the unexpected. Manage expectations.

Below is a list of important operational considerations when planning a trip into, within, or out of Japan.

COUNTRY

When traveling internationally, be aware of the following requirements before operating:

- Visa requirements for crew and passengers, and if visas can be obtained on arrival
- Crew documentation needs upon arrival (licenses, IDs, passports, visas, etc.)
- Customs and immigration regulations, and clearance process for crew and passengers
- Pet entry regulations and documentation requirements
- Country regulations for de-catering and disposing of trash
- Country health briefing (should be obtained in advance)

AIRPORT

Confirm the following information prior to your trip:

- Airport operating hours
- Ground handler operating hours, meeting point, and phone numbers
- Customs, Immigration, and Quarantine (CIQ) clearance procedures
- Regulations for crew bringing aboard catering for departure
- Fluid limitations if bringing own catering (e.g., from a restaurant) for departure
- Restricted food items (e.g., agricultural restrictions)
- Ability to store food items on aircraft, with ground handler, or with caterer
- In-flight catering delivery time (particularly, how far in advance catering is recommended to be delivered)
- Ramp access availability (when needed during your stay and on day of departure)

HOTELS

Confirm the following with your hotel prior to booking:

- Meets western standard for 4- and 5-star accommodations
- Location
- Grocery stores or markets nearby
- Restaurant options at or near hotel
- Advance booking requirements (critical if stay coincides with major local events)
- Minimum number of stays needed for booking
- Down payment or pre-payment requirements
- Lead time to arrange direct bill for rooms through 3rd party
- Cancellation policy
- Availability of courtesy transportation
- Rate cap limitations on rooms
- Lead time required by hotel restaurant to order catering
- Room refrigerator requirements
- Rewards program information on file with hotel for elite status qualification and points

SECURITY

Research the following information prior to your trip:

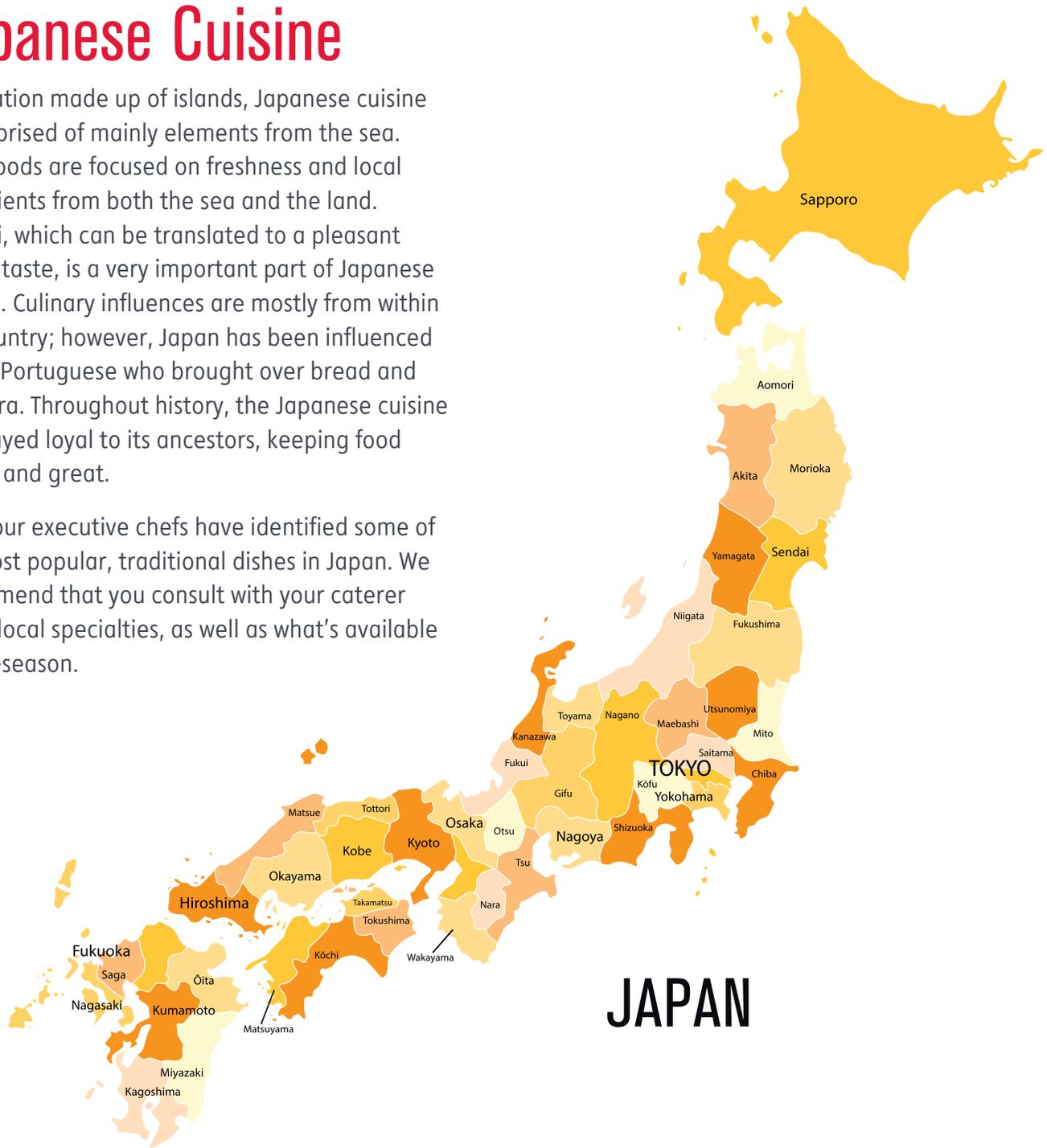
- Security considerations for city, including tourist destinations, restaurants, and markets
- Areas in city that should be avoided
- Public transportation (not recommended)
- Security intelligence reports you should acquire to understand potential risks (e.g., city, hotel, country)
- Local unrest or demonstrations planned during your time on ground
- Alternate payment methods, other than credit. Credit card fraud against foreigners is very high, especially in bars and restaurants.
- Vetted transportation methods to use if traveling after dusk or before dawn. Note that women should avoid traveling alone at night.
- Additional security precautions to take during your hotel stay regarding your safety and personal information (e.g., Keep all valuables and sensitive personal information locked in safe while not being used.)

This information was provided by Universal Weather and Aviation, Inc. If you have questions or need trip support assistance with any of the above, contact us at: **N. America** +1 (800) 231-5600, ext. 3300 or **Worldwide** +1 (713) 944-1622, ext. 3300.

Japanese Cuisine

As a nation made up of islands, Japanese cuisine is comprised of mainly elements from the sea. Their foods are focused on freshness and local ingredients from both the sea and the land. Umami, which can be translated to a pleasant savory taste, is a very important part of Japanese cuisine. Culinary influences are mostly from within the country; however, Japan has been influenced by the Portuguese who brought over bread and tempura. Throughout history, the Japanese cuisine has stayed loyal to its ancestors, keeping food simple and great.

Here, our executive chefs have identified some of the most popular, traditional dishes in Japan. We recommend that you consult with your caterer about local specialties, as well as what's available and in-season.



Meal Schedule

Breakfast often consists of yakizakana, which is grilled fish; tsukemono, which are pickled vegetables such as cucumbers, daikon, and baby carrots; natto, a dish of fermented soybeans; and/or miso soup and a bowl of rice.

Lunch is usually quick, and can take many forms. A popular lunch might consist of a bento-style meal that contains fish, rice and sashimi. A ramen noodle soup is also very popular.

Dinner is the biggest meal of the day, and can consist of anywhere from 6 to 15 different kinds of food.

This information was provided by Air Culinaire Worldwide. If you have questions or need catering assistance, contact us at: **N. America** +1 (800) 247-2433 or **Worldwide** +1 (813) 449-6000.

Traditional Dishes

- **Tonjiru** (豚汁): similar to Miso soup, with the addition of pork
- **Chawan mushi** (茶碗蒸し): meat (seafood and/or chicken) and vegetables steamed in egg custard
- **Nikujaga** (肉じゃが): beef and potato stew that is flavored with sweet soy
- **Shabu-shabu** (しゃぶしゃぶ): hot pot with thinly sliced beef, vegetables and tofu, cooked in a thin stock at the table and dipped in a soy or sesame-based sauce before eating
- **Yakizakana** (焼き魚): flame-grilled fish, often served with grated daikon. One of the most common dishes served at home. Fresh fish that are in season are highly preferable.
- **Karaage** (からあげ): bite-sized pieces of chicken, fish, octopus, or other meat, floured and deep fried
- **Anpan** (あんぱん アンパン): sweet roll filled with red bean (anko) paste
- **Ramen** (ラーメン): thin, light yellow noodles served in hot chicken or pork broth with various toppings; of Chinese origin, it is a popular and common item in Japan
- **Kamameshi** (釜飯): rice topped with vegetables and chicken or seafood, then baked in an individual-sized pot

SUSHI BASICS

Sushi is a Japanese style of cuisine which refers to rice, formed into various shapes, with seafood or vegetables. The worldwide popularity of sushi has led to the utilization of non-traditional ingredients and combinations. Although there are many varieties of sushi, below are some of the most common forms.

- **Maki – Roll:** Rice and ingredients are rolled together, with the help of a bamboo mat, in a seaweed wrapper (nori). Commonly ordered Maki rolls include: California Rolls, Philadelphia Rolls and Spicy Tuna Rolls.
- **Nigiri – Finger:** Fresh ingredients, usually fish, are draped over a “finger” sized clump of sushi rice. Common Nigiri include: Sake (Salmon), Unagi (Eel) and Hamachi (Yellow Tail).
- **Temaki – Cone:** Cone-shaped roll with rice and ingredients. Common ingredients include: Saba (Mackerel), Uni (Sea Urchin) and Ikura (Salmon Roe).
- **Sashimi – No Rice:** Very fresh raw meat or fish sliced into thin pieces. Most commonly ordered are varieties of Maguro (Tuna): Akami (Red, Lean Tuna), Toro (Pink, Fatty Tuna) and Otoro (Pink, Very Fatty Tuna).

AVERAGE MEALS

“**Shiizakana**” Appetizers Served with Japanese Sake

“**Mukouzuke**” Slices of Raw Fish

“**Kuchitori**” Small Appetizers

“**Suimono**” Clear Soup

“**Nimono**” Simmered Vegetables

“**Aemono**” Food Dressed with Sauce

“**Kounomono**” Japanese Pickles

“**Hassun**” Food From the Mountains and the Sea

“**Sunomono**” Food Marinated in Vinegar

“**Yakimono**” Grilled Fish

“**Mushimono**” Steamed Food

“**Nabemono**” Japanese Hot Pot

LOCAL INGREDIENTS

Bamboo shoots, daikon, ginger, seaweed, sake, miso, wasabi root, rice, shishito pepper, kobocho squash, yamanoimo, iyokan, Mutsu apple.

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