

Check list of your belongings

| Item | Selling in the HIDA Training Centers | Remarks |
|---|--------------------------------------|--|
| Valuables | | |
| <input type="checkbox"/> Passport | | |
| <input type="checkbox"/> Cash | | You are strongly recommended to exchange some money to Japanese Yen at the airport when you arrive in Japan. |
| <input type="checkbox"/> T/C | | |
| <input type="checkbox"/> Air Ticket | | An official receipt is necessary to receive your subsidy from HIDA. (*) |
| <input type="checkbox"/> Credit Card | | You cannot use any credit card at the HIDA training centers. |
| <input type="checkbox"/> Overseas Travel Insurance | | HIDA provides insurance cover(*) while you are in Japan (from the end of immigration examination to departure, excluding while you are in flight). |
| *Please refer to http://www.hidajapan.or.jp/en/ikusei/life.html . | | |
| <input type="checkbox"/> Medicine | | The Reception Desk of each HIDA training center has some medicines for emergencies only. Therefore, please bring your own medicines if you need. |
| Amenity goods | | |
| There is no provision of towels and soap at the HIDA training center. HIDA trainees are advised to bring their own. Otherwise, they may purchase such daily necessities at the Reception Desk of the centers. | | |
| <input type="checkbox"/> Bath Towel | ○ | |
| <input type="checkbox"/> Towel | ○ | |
| <input type="checkbox"/> Soap | ○ | |
| <input type="checkbox"/> Shampoo | ○ | |
| <input type="checkbox"/> Toothbrush / toothpaste | ○ | |
| <input type="checkbox"/> Shaver / razor | ○ | |
| <input type="checkbox"/> Detergent | ○ | |
| Clothes | | |
| <input type="checkbox"/> Business suit / shoes | | |
| <input type="checkbox"/> Casual clothes | | |
| Daily necessities | | |
| <input type="checkbox"/> Stationery | ○ | |
| <input type="checkbox"/> Umbrella | ○ | |
| Others (if necessary) | | |
| <input type="checkbox"/> Camera | | |
| <input type="checkbox"/> Video camera | | |
| <input type="checkbox"/> Personal computer | | |