Last-updated: 0:50, Nov 20, 2024

Ashiu/Miyama is 3-5°C **colder** than Kyoto (temperature broadcast: **1-16°C**) → Prepare **winter** clothes. AND, it is **sunny & cloudy & rainy** → Rain ware and shoes are considered necessary. See the broadcast.

User's manual (must read)

Service Learning B 2024, GSAIS

- Dates: Nov 20-22 (2 nights 3 days), 2024
- Place: Ashiu Forest Research Station: Students 6 x 550 = 3,300 Yen, Professors 2 x 1,150 = 2,300 Yen (total 5,600 Yen)
- Schedule in detail

(version: 2024/11/19)

Food & drink (Team M including Zhao)

drink

- Mineral water 1,040 Yen: 500ml x 8 bottles + 2L x 6 bottles (if not enough, buy yourself)

food

Faiqa prepares her food (except one rice on Nov 21). Other 7 persons share two breakfasts and two dinners but prepare/buy lunch boxes individually. See the following for detail.

Breakfasts (two: Nov 21 and Nov 22)

To be bought at the supermarket near Sonobe Station (Nov 20).

- sliced bread: 3 x 5 bags = 15 slices (2 meals x 7 persons + 1 spare)
- milk: 4 x 1L = 4L (250ml x 2 meals x 7 persons + 500ml spare)
- cheese: 14+ slices (2 meals x 7 persons)
- ham: 14+ slices (2 meals x 7 persons)
- instant miso soup 198 + 198 (less salt) = 396 Yen (bought)

Lunch (two: Nov 20 and 21)

- Prepare your lunch boxes individually. Be careful of the **expiration dates** and

chopping sticks. You can buy them at the supermarket near Sonobe Station.

Dinner (two: Nov 20 and 21)

**common (Zhao) **

- 中国酢/black vinegar 1 bottle → Zhao pays
- ポン酢 x 1: 438 x 1.08 = 473 Yen
- Hot pepper source x 2: 600 Yen (= (258 + 298) * 1.08)
- Rice: 200g x 8 packs (bought for optional. Zhao pays)

**Nov 21 (prepared by Zhao): Chinese dumpling (quantity: 200) **

- minced pork: 1kg (→ to buy at the supermarket)
- Chinese cabbage: 14 pieces (→ to buy at the supermarket)
- green onion: 2 (→ to buy at the supermarket)
- ginger: 1 (→ to buy at the supermarket)
- flour 184 (1kg Strong) + 138 (mild) = 322 Yen, + spare (Zhao)
- dried shiitake mushrooms: 358 Yen
- salt, soy source, sesame oil, and other seasoning: (Zhao)

**Nov 22 (prepared by Team M) **

- hot pot
- Big spicy hot pot base: 1 (1060yen);
- Small spicy hot pot base: 1 (620yen);
- Clear soup hotpot base: 1 (498yen);
- Mushroom hot pot base: 1 (498yen);
- Hot pot dipping sauce: 4 packs in 3 kinds (188*3+198*1=762yen);
- The materials are prepared in sufficient quantity, and any surplus will not be included in the expenses (brought back by Wang Likun).

Clothing

No need to wear suit. Since we will walk in the forest for several hours and work outside for several hours too, please wear easy-to-move clothing (including shoes) that are warm and can get dirty. Rain ware is considered necessary.

Items

Items Zhao prepares

- work gloves: 360 Yen
- tissue boxes: 327 Yen
- wet tissues: 360 Yen
- ガスボンベ（Iwataniの3つ入り）: 767 Yen
- food wrap: 217 Yen

- gifts 4,718 Yen: Ishihara sensei 520 Yen (Wine cookie), Unno san 520 Yen (Wine cookie), three staffs of Research center 3 x 445 = 1,335 Yen (Miso cookie), staffs of Wasabi 2,343 Yen (box of 阿闍梨餅, 15 pics)
- insect repellent spray: Prepared (GSAIS's property)
- leisure sheets: Prepared (Zhao's)
- first aid kit: Prepared (Zhao's)
- detergent: Prepared (Zhao's)
- ~~garbage bags~~ (no need)

Items you need to prepare for yourself

- towels (face and body)
- tooth brush and tooth paste
- clothing (long sleeves and long pants), socks, shoes, etc
- rain ware and umbrella
- smart phone for contact
- health insurance card
- residence card
- student card
- pen and notebook (for taking note)
- money: 9000 Yen (7000 Yen → Zhao at Sonobe Station on Nov 20th except for Faiqa 2000 Yen)
- shampoo and body soap (no need but you can bring)
- laptop/tablet (if needed)
- pajamas (if needed)
- hat (if needed)
- water bottle (if needed)

On the schedule

- ~~If you have not filled the form, please do it before 5pm, Sep 24. Thank you.~~ (done)

Information

- Students (5): WEN, MIN; WANG, LIKUN; CHEN, MENG; NUR FAIQA BINTI MOHD FUAD; LI, YUDI
- TA (1): Rojan Basnet
- Professors (2): Dimiter Ialnazov and Liang Zhao
- slides for orientation (April 2024)
- Plan for the trip (Updated: Oct 27, 2024)

Pre-learning

- Time/Date (fixed): 10:30-12:00, Oct 23th (guidance & lecture), 30th (discussion), and Nov 6th (lecture & presentation), all Wednesdays.
- Lecture room: 201 (fixed)

Final representation

- 16:45-18:15, Dec 6th (Friday).
- Lecture room 201 (fixed)

Deadline for the final report

- 5pm, Dec 13th (fixed)

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