Last-updated: 13:00, Nov 19, 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: 500ml x 8 bottles + 2L x 6 bottles ⇒ 2L per person in total will be prepared by Zhao.
- If not enough to you, buy yourself please.

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
- Buy your lunch boxes individually at the supermarket near Sonobe Station (be careful of the expiration dates)

Dinner

- two: Nov 21 and Nov 22

common (Zhao buys at Gyomusuupa)

- 中国酢/black vinegar 1 bottle, ポン酢 1 bottle, 老干妈 1 bottle
- Rice: 200g x 8 packs (bought for optional. Zhao pays)

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

- flour 184 (1kg Strong) + 138 (mild) = 322 Yen, + spare (Zhao)
- dried shiitake mushrooms: 358 Yen
- salt, soy source, sesame oil, and other seasoning: (Zhao)
- 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)

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

- hot pot
- ???

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 (done)
- tissue boxes: 327 Yen (done)
- wet tissues: 360 Yen (done)
- ガスボンベ（Iwataniの3つ入り）: 767 Yen (done)
- 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)
- leisure sheets: Prepared (Zhao's property)
- insect repellent spray: Prepared (GSAIS's property)
- first aid kit: bandage will be prepared (Zhao's property)
- detergent: Prepared (Zhao's property)
- ~~garbage bags~~

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)
- (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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