

General Information for UK-APDBN Joint Meeting Participants

MEETING LOCATION

The meeting will be held at RIKEN Center for Developmental Biology (CDB) in Kobe, Japan.

Auditorium on the 1st floor of building C
RIKEN Center for Developmental Biology (CDB)
2-2-3, Minatojima-minamimachi, Chuo-ku
Kobe, Hyogo 650-0047
Japan
Tel: 078-306-0111
Fax: 078-306-3039
Website: <http://www.cdb.riken.jp/en/index.html>

ABOUT KOBE

The city of Kobe is located in the Western part of Japan in a unique setting between the Rokko Mountains and the Inland Sea. The city's port has historically played an important role in opening Japan up to international influence and the city retains a cosmopolitan and sophisticated air to this day. In addition to a bustling Chinatown and the more relaxed historical foreign settlement, there are a number of famous hot springs to the north of the city. Japan's renowned public transport system also means that Kobe is within easy reach of the ancient capitals of Kyoto and Nara, which contain over 1,000 historical temples and shrines.

The CDB is situated in the port island which is about 20 minutes ride by Port liner train from Sannomiya, a downtown city of Kobe.

PUBLIC TRANSPORTATION

For general transport, taxis are plentiful and train and bus services are convenient throughout Japan.

<How to access the CDB>

For your access to the CDB, most visitors find Kansai International Airport (KIX) to be the most convenient airport when arriving from overseas, the city of Kobe being only a 1.5 hours drive away. The CDB is also well served by the nearby Kobe and Itami (Osaka) airports, with flights to and from most major Japanese domestic destinations.

1) From Kansai International Airport to Sannomiya

Route 1: Airport Limousine Bus

Kansai International Airport >>> Sannomiya: Approximately 60 minutes (1,800 yen)

The bus to Sannomiya arrives at bus terminal number 6, on the first floor of the airport.

[Map of bus terminal at Kansai International Airport]

<http://www.kansai-airport.or.jp/en/access/bus/index.html>

[Time-table]

<http://www.okkbus.co.jp/eng/index.html>

Route 2: MK Skygate Shuttle

*MOST RECOMMENDED

Kansai International Airport >>> Accommodation: Depends on location - approximately 1 - 2 hours (2,300 yen)

MK Skygate Shuttle is a door-to-door shuttle service operating from Kansai International Airport to visitor's accommodation. The fare to most parts of Kobe for one person with one item of luggage is 2,300 yen, with each additional item charged at 500 yen. Although this service may take longer than the limousine bus it does have the advantage of dropping you off at your destination. Reservations must be made at least 48 hours in advance and can be made online at the following site:

<http://www.mk-group.co.jp/english/shuttle/index.html>

Route 3: High Speed Ferry

Kansai International Airport >>> Kobe Airport: 29 minutes

(Value ticket "Port-liner set ken" includes both the ferry and Port-liner train ticket: 1,600 yen)

A high speed ferry departs every 45 minutes from Kansai International Airport to Kobe Airport, which is only 2 stations away from the CDB by the Port-liner train. The bus taking passengers to Kansai Airport's ferry terminal leaves from bus terminal number 12, which will automatically take you to the ferry and on to Kobe Airport. Upon arrival at Kobe Airport a free shuttle bus is available to take passengers to the nearby Port-liner station (Kobe Airport station).

[Time Table]

No.	Depart Kobe	Arrive KIX	No.	Depart KIX	Arrive Kobe
1	6:30	6:59	2	7:15	7:44
3	7:15	7:44	4	8:00	8:29
5	8:00	8:29	6	8:45	9:14
7	8:45	9:14	8	9:30	9:59
9	9:30	9:59	10	10:15	10:44
11	10:15	10:44	12	11:00	11:29
13	11:00	11:29	14	11:45	12:14
15	11:45	12:14	16	12:30	12:59
17	13:30	13:59	18	14:15	14:44
19	14:15	14:44	20	15:00	15:29
21	15:00	15:29	22	15:45	16:14
23	15:45	16:14	24	16:30	16:59
25	16:30	16:59	26	17:15	17:44
27	17:15	17:44	28	18:00	18:29
29	18:00	18:29	30	18:45	19:14
31	18:45	19:14	32	19:30	19:59
33	19:30	19:59	34	20:15	20:44
35	20:15	20:44	36	21:00	21:29
37	21:00	21:29	38	21:45	22:14
39	21:45	22:14	40	22:30	22:59

2) From Sannomiya or Kobe Airport to the CDB

Port-liner train from Sannomiya

Sannomiya >>>Santan Iryo Center Mae Station: 12 minutes (240 yen)

* Take the Port-liner train bound for Kobe Airport

Port-liner train from Kobe Airport

Kobe Airport >>> Santan Iryo Center Mae Station: 6 minutes (240 yen)

Port-liner train is the most convenient transportation within the port island. Details of transportation from Sannomiya or Kobe Airport to the CDB can be found from below site:

http://www.cdb.riken.jp/en/08_contact/0802_directions01.html

TIME DIFFERENCE

All of Japan is in the same time zone, 9 hours ahead of G.M.T.

CLIMATE AND CLOTHING

The average temperatures in Kobe in wintertime is 5.9 Celcius (42.4 Fahrenheit) and 43.7 Precipitation.

Overcoats and sweaters etc. are appropriate clothing for this season.

MONEY

1) Currency and Money Exchange

The unit of Japanese currency is yen. Coins are available in 1, 5, 10, 50, 100 and 500 yen and banknotes in 1,000, 2,000, 5,000 and 10,000 yen. Exchange banks and money exchange counters can be found at Kansai International Airport for money exchange and purchasing of the travelers checks. A passport may be required for currency exchange service. Exchange bank is also available near Port-liner Sannomiya station.

2) Travelers Checks and Credit Cards

Travelers Checks are accepted by leading banks and hotels and stores in major cities.

International credit cards such as Visa, American Express, Diners Club and MasterCard are also acceptable at these major establishments. However, Credit card transactions are not always convenient outside big cities so obtaining cash beforehand is recommended when you travel Japan.

3) ATMs

Automatic Teller Machines (ATMs) are commonly available at banks and post office throughout Japan. However, many DO NOT accept foreign credit cards or cash cards and their service hours are very often restricted. For ATMs that accept credit cards, it is advised to contact each credit company beforehand and check the location of each ATM and its availability as these conditions vary from machine to machine.

Foreign credit, debit and cash cards can be used at Post Office ATMs in locations throughout Japan. Post Offices where this service is available display stickers indicating which cards are accepted. Cards from the Cirrus, Plus, Maestro and Visa Electron networks can be used. Accepted credit cards include Visa, MasterCard, American Express and Diners Club.

<Banks, Post Office and Convenience Stores near the CDB>

a) Mitsui Sumitomo Bank (Sannomiya)

8-1-2, Kumoi-Dori, Chuo-ku

Kobe 651-0096

Tel: 078-291-0070

Office hours: 11:00 a.m to 7:00 p.m on weekdays.

9:00 a.m. to 5:00 p.m. on Saturday, Sunday and National holidays

ATM: 7:00 a.m. to 11:00 p.m. on weekdays and Saturdays

7:00 a.m. to 9:00 p.m on weekdays and Sundays

b) Mitsui Sumitomo Bank (Port island – Shimin Byoin mae station)

ATM ONLY

3-1-2, Minatojima-nakamachi, Chuo-ku

Kobe 650-0046

Tel: 06-6534-2900

ATM: 8:00 a.m. to 11:00 p.m. on weekdays and Saturdays

8:00 a.m. to 9:00 p.m. on Sundays

c) Post Office (Port island- Park city nai)

6-2-1 Minatojima-minamimachi, Chuo-ku

Kobe, 650-0046

Tel: 078-302-3045

Office hours: 9:00 a.m. to 5:00 p.m. on weekdays (Closed on Saturdays and Sundays)

ATM: 9:00 a.m. to 7:00 p.m. on weekdays

9:00 a.m. to 5:00 p.m. on Saturdays

Closed on Sundays

d) Lawson (Convenience store in Port island)

ATM ONLY

1-5-2 Minatojima-minamimachi, Chuo-ku

Kobe, 650-0047

Tel: 078-302-0006

ATM: 24 hours

HEALTHCARE

1) Water

Tap water is safe to drink anywhere in Japan. Mineral water can be easily obtained at super markets, convenience stores and other similar places.

2) Hospitals

Medical systems and facilities in Japan are well established so that you can expect to receive a high standard medical treatment if you have any health problem during your stay.

ELECTRICITY

The voltage used throughout Japan is uniformly 100 volts alternating current at a frequency of 60 Hertz. A step-down transformer is required to convert the voltage. There are no columnar-shaped plugs or 3-pin plugs used in Japan but 2-flat pin plugs are used instead. It is therefore advised to purchase a plug adapter beforehand.

POSTAL SERVICE

Hotels and convenience stores often provide simple postage services. Post offices are open daily from 9:00 to 17:00 except Saturdays, Sundays and national holidays.

TELEPHONES

1) Domestic calls

Public telephones accept 10 yen and 100 yen coins and/or telephone cards. A local call costs 10 yen per minute. No change is given for partial use of a 100 yen coin. Prepaid telephone cards cost 1,000 yen at convenience stores and similar places.

2) International calls

A direct overseas call can be made from a public telephone displaying an International and Domestic Telephone sign. These phones can be found at airports, hotels and other key facilities. Direct dial calls can be made via a telephone company using the company's access number.

Direct dial access number

KDDI: 001-010

SoftBank Telecom: 0061-010

NTT Communications: 0033-010

TOURIST INFORMATION

Tourist Information Centers provide reliable information for your travel, accommodation and sightseeing in Japan.

1) Kansai Tourist Information Center (Kansai International Airport):

Arrival Floor, passenger Terminal Building, Kansai International Airport

Tel: 0724-56-6025

Office hours: 9:00 a.m. to 9:00 p.m. every day

2) Kobe Information Center (Hello Station Kobe)

Beside Sannomiya station

Tel: 078-322-0220

Office hours: Open from 9:00 a.m. to 7:00 p.m. every day

RESTAURANTS

There are many restaurants in Sannomiya, Kobe downtown which is about 20 minutes ride the port liner train from the CDB. You can enjoy various kinds of cuisine from Japanese traditional cuisine to Western cuisines.