

# The 4th International Engineering Design Challenge in Akita, Japan (IEDC2019)

## <Information for students>

1. **Venue** : Akita City and Semboku City, Japan

### 2. **Accommodation:**

(1) Youth Pal Akita Youth Hostel (4 nights stay)

3-1 Kamiyashiki Terauchi, Akita City, Akita, 011-0902, JAPAN

HP: <http://www.jyh.or.jp/e/i.php?jyhno=1412>

TEL: +81-18-880-23003

(2) Highland Hotel Sansou (1 night stay)

2-31 Komagadake, Tazawako Obonai, Semboku-Shi, Akita 014-1201, JAPAN

HP: <http://www.hh-sansou.com/> (English on right corner of site)

TEL: +81-187-46-2121

### 3. What to Bring

✓	Bring
	Passport/visa
	Souvenirs (Does not have to be expensive!)
	Personal ID/Student ID card
	Money
	PC (PowerPoint)
	Camera (smartphone is also fine)
	English Dictionary
	Warm Clothes (long-sleeved, jeans)
	Gloves, Hats, Scarfs
	Amenity (Toothbrush, Body cream, Brush)
	Bath Towel, Face Towel
Optional	General Medicine (headache, stomachache, diarrhea, etc.)
Optional	Medicine for Motion Sickness (we will transport by bus)

### 4. Weather:

March is winter season in Akita and it is likely to have SNOW.

Please bring warm cloth and shoes (you can buy in Japan too)

The estimated minimum temperature is around MINUS 2°C to 3°C in Akita

## 5. Workshop guidance:

(1) Student group: Divided into 5 groups (5 - 6 persons per group)

(2) Outcome from the workshop: After workshop, the students who participated can create or design the idea by using the tools from the lecture to propose prototypes of traditional craft by completely new ideas.

(3) Award:

- 1) Best conceptual design award
- 2) Team work award
- 3) Final Product award
- 4) Outstanding project award

(4) The others

As a reflection of everyday, students will create a wall newspaper.

## 6. Information :

### (1) For all students

Learn the following keyword before the workshop, please

\*Basic of Internet of things

### (2) For Thailand Students

- About souvenirs, it doesn't need to be expensive (around 100 yen or less than). Anime or small snack are also okay. It is better to prepare one souvenir for one.
- Please bring your note PC with presentation tool, e.g. Powerpoint, with your luggage if you have. If you need to use a projector, bring VGA connector with you too.
- Please bring your digital camera or smartphone for an interview.
- Please bring your English dictionary.
- If you have congenital disease, please prepare your own medicine. Moreover, if your stomach is sensitive, please prepare medicine for diarrhea (because Thai food is quit spicy). Just in case, for general disease (such as headache, stomach ache and so on), we can buy medicine easily and cheap.
- March is winter season in Akita, Japan. Generally, it is cold and snow. Please bring warm cloth, warm yarn hat, gloves and shoes (You can buy them in Akita City too.)
- In Akita City, the estimated minimum temperature is around -2 to -3 degree.
- We can drink water from tap in Japan. And we can buy drinking water easily and a cost is around 100 JPN for 0.5 liter.
- During city survey, all bag type is okay (depends on your favorite). But rucksack may be more convenient.
- You don't need to prepare any food. We can buy it in convenient store. So please don't worry about that.
- For electronic, you do not need electric plug adopter because Thai uses the same type of electric plug with Japan.
  - CAUTION: They provide 100V electric service. Check your electric device please.

### (3) Akita Souvenirs

You can buy them at the train stations or Airport. The prices are the same where ever you buy them.

#### Morokoshi (もろこし)

Azuki+Sugar Sweets! It melts in your mouth; there are various flavors and



#### Kinman (金萬 きんまん)

Sweet azuki bean filling bun.  
There is Hello Kitty version too!



#### Kiritanpo (きりたんぽ)

Pounded rice formed into cylinders.  
You can toast them and add sweet miso or add as dumpling in soups.



#### Akita Dog (秋田犬 あきたいぬ)

This dog special specie in Akita. It is famous not only for its fluffy cuteness, but it is known for its honesty.

Check out the movie “Hachi”.



### Namahage(なまはげ)

Kid-scaring oni, from the traditional Japanese folklore, in the New Years. Men dress as oni(orge) and go visit homes, admonishing children who may be guilty for bad behavior. It was approved for UNESCO Intangible Cultural Heritage list last year.



### (4)Places to Visit

Akita Prefecture Skate Link

Admission Fee	¥490
Shoe Rental Fee	¥300
Lock Rental Fee	¥100

### (5)Guide to Japanese Onsen

We will stay in hotels that have Japanese Onsen (温泉) . It might be challenging at first, but absolutely a relaxing experience! Here are some tips and manners of how to go in onsen. And if you need any help please do not hesitate to ask!

Videos

1) Japanese ONSEN Manners (Youtube)

<https://www.youtube.com/watch?v=hdjZoLHipQ0>

2) Hot Spring Manners -How to bathe in a hot spring – (Youtube)

<https://www.youtube.com/watch?v=dQrCwjtLT8A>

Step 1

**Wash your body before entering the bath.**

湯に入る前には必ず、湯い桶にて全身を洗って汚れを落とす。

You must wash yourself and rinse thoroughly before entering the bath. Please sit down on the chair and shower thoroughly in the washing space otherwise you may upset others.

Step 2

**Do *Kakuyu*, rinse your body with hot water.**

体の末端から顔に向かって「掛け湯」をして、お湯の温度に体を慣らす。

*Kakuyu* is like a warm-up for Onsen to get used to the water temperature. Pour hot water from the tip of your body (feet & hands → legs & arms → body → head). Getting your head wet before entering the hot bath is important especially during the cold winter.

How to Enjoy **ONSEN**

温泉の正しい入り方

Step 5

**Leave the bath without rinsing your body.**

顔が汗ばり程度で湯みから出る。湯湯効果を感じつつも、体は洗い流さない。

The appropriate timing to get out is when you have sweat on your forehead. Leaving the minerals of the Onsen water on your body is healthy and not rinsing means that you won't feel chilly after the bath. If you have sensitive skin, you can of course rinse off.

Step 4

**Try *Zenshin-yoku*, soak up to your shoulders.**

「全身湯」では身体を浮かせたり、手足を動かして血行を促進させる。

Soak up to your shoulders to do *Zenshin-Yoku* after *Hanshin-yoku*. You can put your head on the edge of the bathtub and let the rest of your body float to feel the buoyancy. Also, moving your hands and feet in the water helps your blood circulation.

Step 3

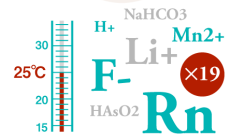
**Do *Hanshin-yoku*, soak half of your body.**

湯おねには腰かに入浴。最初はみぞおちまで湯に浸かる「半身湯」を。湯い桶に滑り込んで腰から肩まで湯に浸かる。リラックスして湯を満喫する。

Slip into the bath carefully up to your waist and get used to the water temperature. *Hanshin-yoku* is recommended if you have problem with heart or lungs. Relax and stay quiet while bathing.

What is **ONSEN**?

According to the Onsen Law, an Onsen is defined as hot water and water vapor that springs from the Earth either naturally or from artificially-bored holes. The Onsen water needs to be higher than 25°C or needs to contain one out 19 selected minerals and substances.



温泉法によると、温泉とは「地中から湧出する温水、鉱水及び水蒸気、その他のガス（酸化水素を主成分とする天然ガスを除く）で、温度摂氏 25℃以上、または別に定められた 19 種類の物質のうち一つが含まれている物」をいいます。

History of **ONSEN**

Japan is a volcanically active country, and as such, Onsen have been used since ancient times and are mentioned in Japanese legends and mythologies. The oldest descriptions are found in *Kojiki*, *Nihonshoki* and *Manyoshu* which are the Japanese historical sources compiled at the end of 7th century.



日本は古来より火山活動が活発で、温泉は古くより伝説や神話にも登場しています。最も古い記述は、7世紀後半より編纂された「古事記」「日本書紀」「万葉集」などに残っています。

Why are **ONSENS** Effective?

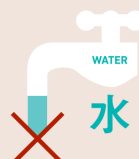
Onsens have various effects such as easing fatigue and keeping you in good health. The minerals contained in Onsen water are absorbed through your skin into your body and provide various medical benefits.



温泉には疲労回復や健康を促すなど、さまざまな効果が期待できます。温泉水に含まれるミネラル成分が肌に浸透し、体のいろいろな症状に効果があることが医学的にも証明されています。



Do not add cold water even if the Onsen is too hot for you.



温泉が熱くても、勝手に水で薄めてはいけません。

Put a cold towel on top of your head to avoid dizziness while you are in the bathtub.



のぼせ防止で、入浴中は冷たいタオルを頭の上にかざしましょう。

Do not put towels in the bathtub.



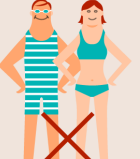
湯おねの中にタオルを入れてはいけません。

Long hair should be tied up so as not to soak in the water.



長い髪は束ねて、湯おねの中に落ちないようにしましょう。

No swimsuits are allowed.



水着の着用はできません。

Take plenty of rest and drink water after bathing.



入浴後は水分と休息をしっかりとしましょう。

No tattoos are allowed (as a general rule).



タトゥーが入っている人は原則、入浴できません。

Wipe your body before getting back to your locker.



湯あがりは体を拭いてから脱衣所へ。

Avoid bathing right after dining and drinking alcohol.



食後すぐや、飲酒後の入浴は避けましょう。

Do not bathe more than 3 times a day to prevent dizziness.



過剰な入浴はめまい防止のため、入浴回数は1日3回に留めましょう。