

55th Annual Meeting of the Japanese Society of Neurology "Keep Pioneering"

55th Annual Meeting of the Japanese Society of Neurology

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第55回日本神経学会学術大会神経内科創設の志の経系と飛躍

http://www.congre.co.jp/neuro55/

Message from the President



Jun-ichi Kira, M.D., Ph.D.

Congress President
55th Annual Meeting of the Japanese Society of Neurology
Department of Neurology, Neurological Institute
Graduate School of Medical Sciences, Kyushu University

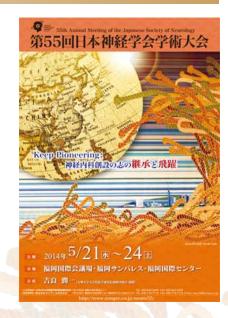
Dear Colleagues,

We are pleased to host the 55th Annual Meeting of the Japanese Society of Neurology, to be held at the Fukuoka International Congress Center and other venues from May 21st (Wednesday) to 24th (Saturday), 2014. It is a great honor for me to serve as the Congress President of this prominent meeting.

The aim of our society is not only to benefit physicians who specialize in neurology but also to bring about wellbeing for all of society by deciphering the mechanisms of neurological disease and developing novel treatments. Neurological disease is having an increasing influence on national health, and the responsibility and role of our society are rapidly growing every year. Therefore, I firmly believe that the purpose of this scientific meeting is to discuss the latest and most significant research achievements in the study of neurological disease and clinical neuroscience and to share the information among all members.

It was exactly 50 years ago that the first independent neurology department in Japan was established in Kyushu University Hospital, when a new history of neurology commenced in Japan. The motto of the first chairperson, the late Professor Yoshigoro Kuroiwa, was "Keep Pioneering". Physicians from the internal medicine and psychiatry departments, who believed that specialized neurologists were keenly required to catch up with neurology in Western countries, actively participated in the launch of the new department in 1963. After a half century has elapsed, I believe that we need to revitalize the spirit of these founders who established neurology in Japan and Asia, and to continue with efforts to solve existing medical issues through innovation with passion and dreams for the future.

For this scientific meeting, we have decided on the main theme of "**Keep Pioneering**". We are developing a variety of plans to further enrich the existing programs and also to conduct academic meetings that will be significant for all participating doctors. For the Special Lecture, we will invite Professor Richard Ransohoff from Cleveland Clinic, USA, who is a premier neurologist. We will also invite more than twenty leading experts in each field of neurology and clinical neuroscience from around the world, including Professor Steven G. Younkin (Mayo Clinic, USA), Professor Jorge Oksenberg (University of California San Francisco, USA), and Professor Hans Luders (Case Western Reserve University, USA).



The congress poster adopts the design of a famous textile of the city, Hakata-ori texture, which expresses waves from the Japan sea to Hakata Bay overlaid with the globe showing East Asia. Hakata is an ancient name of Fukuoka city, which has been Japan's gateway to Asian countries and the location of vigorous international exchange and interaction for more than 2000 years. Therefore, we eagerly wish for many neurologists from Asia to actively participate in the meeting. As the Congress President's special program, we will have International Sessions in collaboration with the American Academy of Neurology and the East Asian Neurology Forum, where not only international integrated neurological science symposia covering Clinical Neuroscience, Dementia, Stroke, Motor Neuron Disease, Parkinson Disease, Demyelinating Disease, and Epilepsy, but also international education sessions including. Telemedicine and International Hands-on will be held. These sessions, which will be carried out in English for entire days, will enormously facilitate the exchange of new information and novel ideas among international attendees. These international programs will be the keynote messages of "Keep Pioneering from Asia to the World". expect that they will also become footholds in the development of neurological research in Asia.

We are determined to offer a venue that encourages active exchange between physicians engaged in clinical neurology and neurological research in Asia and throughout the world, and to realize an inspiring scientific meeting worthy of the main theme of "Keep Pioneering". I, together with all my colleagues, will spare no effort in engaging in preparations over the next year. We greatly appreciate your active participation in the meeting and warm support.

We very much look forward to welcoming you to Fukuoka soon.

Congress Information

Meeting	55th Annual Meeting of the Japanese Society of Neurology									
Theme	Keep Pioneering									
President	Jun-ichi Kira, M.D., Ph.D. Professor Department of Neurology, Neurological Institute, Graduate School of Medical Sciences, Kyushu University									
Date	May 21 (Wed) to 24 (Sat) , 2014									
Venue	Fukuoka International Congress Center 2-1 Sekijo-machi, Hakata-ku, Fukuoka 812-0032, JAPAN TEL: +81-92-262-4111									
	Fukuoka Sunpalace 2-1 Chikkohon-machi, Hakata-ku, Fukuoka 812-0021, JAPAN TEL: +81-92-272-1123									
	Fukuoka Kokusai Center 2-2 Chikkohon-machi, Hakata-ku, Fukuoka 812-0021, JAPAN TEL: +81-92-272-1111									
Language	Japanese/English English sessions are scheduled everyday throughout the meeting. Simultaneous interpretation is available for educational programs and President Lecture.									

Registration

Registration for the 55th Annual Meeting of the Japanese Society of Neurology is available onsite at the Fukuoka International Congress Center.

Registration Fee (onsite)

Category	JPY
Participant from Abroad	6,000
Travel Grant Awardee	3,000
Students	Free of Charge

Method of Payment

We accept payment by Japanese Yen cash and credit card (VISA, Master Card, JCB, AMEX, Diners) only.

Program & Abstract Book

Copies of the Abstract Book are available at the registration desk. (JPY 4,000 per copy) A pocket-size program book (without abstracts) will be distributed to all participants.

Badges

For security reasons, name badges must be worn at all times during the meeting and at social functions.

Visa Requirements

Passport holders of China, India, Russia, Philippine, Indonesia, NIS countries and other nationalities that do not have visa exemption agreements with Japan require entry visa to Japan. Check to see if you require visa through "Guide to Japanese Visa" at the website of Ministry of Foreign Affairs of Japan.

http://www.mofa.go.jp/j_info/visit/visa/index.html

The 55th Annual Meeting of the Japanese Society of Neurology can issue visa support letters for speakers, chairs, guests, participants with abstract submissions, and their accompanying persons. If you require one, please fill out a "Visa Support Request Form" (available at the meeting website) completely, and send it to the congress secretariat office by e-mail.

Application deadline: April 23 (Wed.) 2014

Please note that we are unable to assist with any requests received after the deadline. As the visa application process requires minimum of 4-6 weeks, we suggest you to start the application procedure well in advance.

55th Annual Meeting of the Japanese Society of Neurology
Day 1

May 21 Wed, 2014 Symposium Educational Program Light Meal Simultaneous interpretation Wine & Cheese 13:00 14:00 15:00 50 0 10 20 30 40 50 0 10 Lifelong Education Lecture Program 2 Video recordings of Rest Abstract Room 1 Main Hall Session1 Welcome Reception Kyushu Night Palace General Meeting Luncheon Seminar Transient ischemic attack as Room 2 Oral 1 Room acute cerebrovascular syndrom Kyushu Special Lecture 1 History of neurology in Kyushu New Guideline 1 Overview of new MG guideline Room 3 201 Oral 2 Evening Seminar 1 Symposium (by non designated speakers) 202 Oral 3 Evening Seminar 2 Room 4 Symposium (by non designated speakers) Luncheon Seminar 203 Evening Seminar 3 Room 5 Dystonia and Parkinsonisn Update Oral 4 Fields around Seminar for Proper Use of Room 6 204 eminar for Board Examination Luncheon Seminar Room 7 Main Hall Award Ceremony Cer Symposium 3 Luncheon Semina Room 8 409+410 Oral 6 Various sleep disturbances in (by non designated speakers) neurological diseases Symposium 4 How can we manage to balance Work and Family life? Share the experience Room 9 411+412 Missina links in miaraine Oral 7 and other headaches Symposium (by non designated speakers) Luncheon Seminar Room 10 413+414 Neuroscience Frontier Symposium 1 International Session (International Session 2) Room 11 501 Light Meal Glia is No Longer Glue: New Roles of 11 Glial Cells in Neurological Diseases Symposium (by non designated speakers) 502+503 Room 12 Symposium 5 Hereditary spastic paraplegia-update 401+402+ Hands-on 1 Diagnosis of PD Room 13 Oral 8 403 Symposium 6 New clinical managements from Japan in Neuro-infections 04+405 Hands-on 2 Higher brain function Room 14 406 Symposium Room 15 (by non designated speakers) (by non designated speakers) Kyushu Special Lecture 3 Exhibition Arena Jananese Poster Session Poster Poster Preparation Poster Round Session English Poster Session 2F Lobby

Beginner

English Session or Session with English Interpretation

55th Annual Meeting of the Japanese Society of Neurology

May 22Thu, 2014 Symposium Educational Program Oral Session Public Program







		Venue		8:00 9:00 10 50 0 10 20 30 40 50 0 10 20 30 40 50		:00 12:		3:00	14:00	15:00	16:00	17:00	18:00	19:0		20:00	21:0	
Sunpalace	2F	Room 1	Main Hall	Symposium 7 Recent progress in management of acute ischemic stroke		nt Lecture Semiple	nary Lecture 1 lia and T cells	0 10 20 30 40	50 0 10 20 30	40 50 0 10 20 30	Oral 11	Oral 23	0 50 0 10 20	30 40 30 0	10 20 3	0 40 50 0 10 20 3	0 # 30 0	10 20 30
Fukuoka 9	Zr	Room 2	Palace Room	New Guideline 2 Muscular dystrophy Muscular dystrophy Lecture 4 Lecture for beginners on the examination and diagnostic imaging of myopathy patients	My Keep Pioneering: Integration of Neura and Immunology Cre New Paradigm of Int	Semiple Secience Lecture	enary	uncheon Seminar B			Oral 12	Oral 24	Evenin	g Seminar 4	NG			
		Room 3	201	My Lifework 3 My Lifework 4 Neurological Clinical symptomatology neurophysiology and I	Neurological Disease	2		uncheon Seminar			Oral 13	Oral 25	Evenin	g Seminar 5				
	2F	Room 4	202	Fields around Neurology 3 The link between pediatric and adult neurology; carry over epilepsy			S	uncheon Seminar 10			Oral 14	Oral 26	Evenin	g Seminar 6				
		Room 5	203	Progress of the Year 2014 2 Multiple system atrophy-update			5	uncheon Seminar 1			Oral 15	Oral 27	Evenin	g Seminar 7				
	Ц	Room 6	204	Lecture 3 Basic neuroscience for neurologists Basic Education Basic Education		2	nary Lecture	uncheon Seminar 12			Oral 16	Oral 28						
Congress Center	3F	Room 7	Main Hall	Program 3 To understand vertigo and dizziness Symposium 8		2	in Vascular S	Suncheon Seminar 13			Best Abst	ract Session2						
ational Congr (FICC)		Room 8	409+410	Assessment of autonomic dysfunction in autonomic disorders Symposium 9			5	uncheon Seminar 4			Oral 17	Oral 29						
Fukuoka Internati (F	4F	Room 9	411+412	New Frontiers in Inflammatory Neuropathies Symposium 10			1	uncheon Seminar 15			Oral 18	Oral 30						
	Ц	Room 10	413+414	Gene and cell Therapy for PD ENG International Session 4	【Satellite	e] 1	1	Seminar 66			Oral 19 ENG International	Oral 31	Internationa	l Session 6				
	5F	Room 11	501	Recent progress in ALS research; Features from genome- and population-based study ENG Symposium 11	Preside	ent Lecture ENG	S 1	uncheon Seminar .7			Workshop Session 4 Clinical Neurophysiology	Oral 32 ENG ENG International	Meet the Exp		NG			
	Ц	Room 12	502+503	Neuroinflammation in Dementia ENG Symposium 12			S 1	Juncheon Seminar 18	ENG		Oral 20	Workshop Session 5 Muscle						
	4F	Room 13	401+402+ 403	Cognitive impairment in multiple sclerosis; from clinical, pathological and radiological viewpoints in multiple sclerosis Symposium 13			5	uncheon eminar 9 uncheon			Oral 21	Oral 33						
	Н	Room 14	404+405+ 406	Big data analysis in Neurology for beginners – for innovation and next frontier Kyushu Special Lecture 2			S	Seminar 20		longy Dublia Last	Oral 32	Oral 34						
enter		Room 15	-	Neurologic diseases originated in Kyushu					Ері	epsy-Public Lecture								
a Kokusai Center (FKC)	1F	Exhibition	Arena	Kyushu Special Lecture 3														
Fukuoka	2F	Poster Session	Lobby	Poster Preparation		Poster Ro	ound		Free Discussion Japa		Poster Removal							
iera	4F	Cruise Sl	Lobby					Inte Mari	ernational Session 5	et the Expert Part1								
Мап	Cruise Ship (Hakata Bay Round) International Seeks in 5 Mariera Cruise Deck 2. Femule Neurologists and Neuroscientists in the World Part 2 ENG International Seeks in 5 Mariera Cruise Deck 2. Femule Neurologists and Neuroscientists in the World Part 2																	

55th Annual Meeting of the Japanese Society of Neurology

May 23Fri, 2014

Light Meal Symposium Educational Program Public Program Simultaneous interpretation Wine & Cheese 9.00 10.00 11.00 12:00 13.00 14.00 15:00 16:00 17:00 18.00 19:00 20:00 21.00 Venue 50 0 10 20 30 40 50 10 20 30 40 50 10 20 30 40 50 10 20 30 40 50 10 20 30 40 50 10 20 30 40 50 10 20 40 50 10 20 40 50 10 20 40 50 10 20 40 50 10 20 40 50 10 20 40 50 10 20 40 5 Prize Awards Awards Lectures New Guideline 3 Room 1 Main Hall Oral 35 Oral 47 Basic Education Program 7 How to cope wit advanced PD Prospects for the future of AOAN and neurology in Asia Palace Luncheon Seminar Oral 36 Oral 48 Room 2 Room Symposium 14 Recent advances in autoimmune Opening doors to novel therapeutics for Luncheon Semina 201 Oral 37 Oral 49 Room 3 Evening Seminar 8 encephalitis muscular dystrophy Evening Seminar 9 202 Oral 38 Oral 50 Room 4 Progress of the Year 2014 3 Cutting-edge research of demyelinating **Evening Seminar** Oral 39 Oral 51 Room 5 203 Brain Bank Network New Guideline 4 Lecture 5 Clinical tips of hereditary neuropathies for daily practice Luncheon Seminar Room 6 204 Oral 40 Oral 52 Super Expert Session 1 vmnosium 15 Neurological diseases diagnosed by Luncheon Seminar 3F Main Hall Oral 41 Oral 53 Room 7 Evening Seminar 11 stroke: a role of neurolog Symposium 24 Symposium 16 Cumulative impact of genetic risk factors Remote medicine and cooperation Luncheon Seminar Room 8 409+410 Oral 42 Oral 54 and sporadic neurological disorders system for epilepsy patient care ymposium 25 The role of infectious agents in Luncheon Seminar Room 9 411+412 Oral 43 Oral 55 yperexcitabilty demyelinating diseases are involved in motoneuronal death in ALS? Symposium 26 Symposium 18 Neuropsychology in daily clinical practice Innovation of rehabilitation based on nteractive Biofeedback technology -ew paradigm of human and device Luncheon Seminar Room 10 413+414 ENG ENG International Session 7 Acute Stroke Therapy in Asia International Session 9 Epilepsy (Telemedicine) nternational Session 10 Involuntary Movement Room 11 501 Ora<u>l 44</u> (Telemedicine) ENG ENG International Session 8 Symposium 27 New Trends in Therapeutics of Hot topics: Advances in PD Luncheon Semina 502+503 Oral 57 Room 12 Alzheimer's Disease ENG Symposium 19 Symposium 28 401+402+ Ethical issues in current neurology Luncheon Semina Development of therapeutic drugs Room 13 Oral 45 Oral 58 Contributions of Japan Symnosium 20 Symposium 29 104+405+ MG treatment, for higher Intractable neurological disease Oral 46 Room 14 Oral 59 patient satisfaction now and the future 406 Neurology Education: Room 15 Beginning with undergraduates Kyushu Special Lecture 3 1F Exhibition Free Discussio Poster Poster Round English Poster Session Session Poster Preparation 2F Lobby Get Together "Asian Night" Cruise Ship (Hakata Bay Round) 15 *

Beginner

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English Session or Session with English Interpretation

55th Annual Meeting of the Japanese Society of Neurology
Day 4

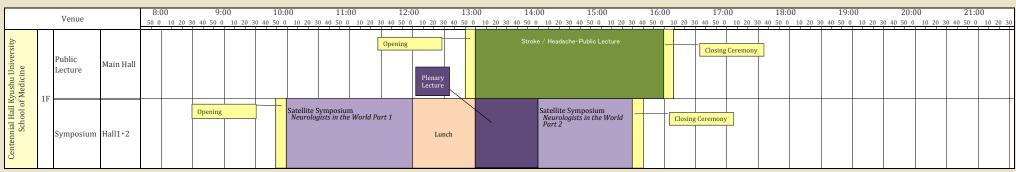
May 24_{Sat},2014 Beginner English Session or Session with English Interpretation Symposium Educational Program Light Meal Oral Session Public Program Wine & Cheese 14:00 16:00 Venue 50 0 10 20 30 40 50 0 10 Basic Education Program 9 Room 1 Main Hall Oral 60 Oral 72 2F Symposium 38 Palace Prospects of Japanese Society of Neurology based on new clinical guidelines New system of the hoard Oral 61 Oral 73 Room 2 Room certification: Career plan for neurologists Recent advances in understanding the Large-scale cohort studies of Luncheon 201 Oral 62 Oral 74 Room 3 pathogenesis of inflammatory myopathie stroke Seminar 33 in Japan Symposium 40 Sarcopenia: concept and Luncheon Room 4 202 Oral 63 Oral 75 Seminar 34 2F uper Expert Session 2 Regenerative therapy in neurology Room 5 Oral 76 Oral 64 Symposium 31 World Neurology: Its Horizon and Beyond Neuroinflammation in Luncheon (by non designated speakers) Room 6 204 Oral 65 neurodeaenerative diseases Seminar 35 rogress of the Year 2014 4 Award Ceremony How do novel oral anticoagulants (NOACs) change stroke management? 3F Room 7 Main Hall Oral 66 Oral 78 Seminar 36 FNG Symposium 32 The forefront of epilepsy research Luncheon 409+410 Room 8 Oral 67 Oral 79 Seminar 37 Symposium 33 Hands-on 4 New aspects of TDP-43 in motor neuron Room 9 411+412 Oral 68 Oral 80 eminar for Medical Staff 2 Nerve conduction study for beginners Symposium 34 Clinical Impact of Nerve Excitability 413+414 Room 10 Testina Frontiers in Dementia Research Luncheon Room 11 501 Seminar 38 ENG Symposium 35 Neuroscience Frontier Symposium Disease propagation and transmission in prion disease and other protein-misfolding disorders Luncheon Room 12 502+503 Oral 69 Oral 81 (International Session 13) Seminar 39 Neuroscience: RNA Biology Symposium 36 101+402+ Developments of home health care Room 13 Oral 70 Oral 82 for the neurological disease 4th Japanese Society of Super Expert Session 3 104+405+ Neurology Forum for Disaster Luncheon Room 14 Oral 71 Oral 83 Network Seminar 40 Students and Junior Residents Session Symposium 37 Debate session: Early induction of disease Room 15 modifying therapies in multiple sclerosis Kyushu Special Lecture 3 1F Exhibition ublic Lecture Japanese Poster Session Free Discussio Students and Junior Poster Poster Remova Poster Preparation Poster Round Session

> English Poster Session

Lobby

May 25sun, 2014 Symposium





Telemedicine

We are planning to try telemedicine sessions on epilepsy patients and those who with involuntary movement both on May 23. The aim of these telemedicine sessions is making correct diagnosis for the patients who have difficult seizure behavior or difficult involuntary movements. We can share case presentations including movie, slides and direct discussions among several different places (Seoul, Bangkok and Taipei) via Internet. It is one kind of WEB conference.

Video Streaming

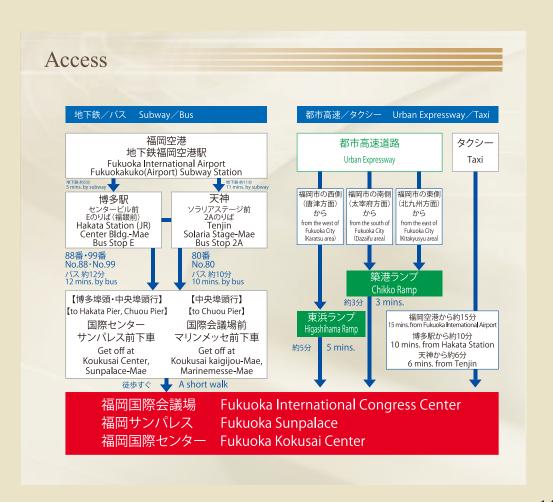
Some of the sessions during the meeting will be recorded for on-demand viewing. The videos will be available to watch on computers provided at a dedicated space at the congress venue.

Corporate Seminars (Luncheon Seminars & Evening Seminars)

Seminars sponsored by Corporate Partners are held every lunch time and evening from May 21 to 24. In order to attend these seminars, you are requested to obtain seminar ticket which will be issued at the ticket issuing desk at the meeting venue. Registered participants can only obtain a seminar ticket per day.

Exhibition

An Exhibition will be held alongside the meeting at Fukuoka Kokusai Center from May 21 to 24.



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Social Events

May21 Wednesday

Welcome Reception "Kyushu Night"

Time: 20:05-

Venue: Fukuoka Sunpalace, Palace Room

Fee: Free of charge

This reception is open to all meeting attendees and provides an opportunity to meet fellow attendees in an informal

setting with food, drinks and musical performances.

May23 Friday

Get Together "Asian Night"

Time: 19:15-

Venue: Bayside Place Hakata

Fee: Free of charge



This event will take place at Bayside Place Hakata, a waterfront complex overlooking Hakata Bay, which is just a 10-minute walk from the meeting venue. You can enjoy a buffet dinner while networking with colleagues from all over the world.

May22 Thursday

Mariera Cruise (International Session 5) Meet the Expert Part 1 / Female Neurologists and Neuroscientists in the World Part 2

This session is being offered to provide researchers with the opportunity to exchange research information. A number of female neurologists and neuroscientists from Japan and other Asian countries, and from around the world, will participate. We hope you enjoy the luncheon cruise and fruitful discussions while taking in the panoramic view the cruise offers of the city of Fukuoka. We are looking forward to your participation.



Time: 13:00-16:00

Venue: MARIERA (Hakata Bay restaurant cruise ship)

*The boarding pier is located at Bayside Place Hakata, a 10-minute walk from the main venue of the meeting.

Fee: Free of charge

Capacity: 50 people for Deck 1 "Meet the Expert Part 1"
13 people for Deck 2 "Female Neurologists and

Neuroscientists in the World Part 2"

Registration is required for these sessions. For details, please visit the meeting website.

Hotel Accommodation

JTB KYUSHU Corp. has been appointed as the official travel agent for the 55th Annual Meeting of the Japanese Society of Neurology. Hotel rooms at special rates are being held for meeting participants in various hotels of different categories near the meeting venue. Reservations can be made online at https://amarys-jtb.jp/neuro55/.

Deadline for online reservations: 23:59 of April 25, 2014, Japan Standard Time (GMT+9)

Inquiries

JTB Kyushu Corp., Communication Department 55th Annual Meeting of the Japanese Society of Neurology Desk

FAX: +81-92-751-9200

E-mail: travel_neuro55@kys.jtb.jp

Office Hours: 10:00-18:00 (weekdays only)

Cancellations

In the event of any cancellation, written notification should be sent to JTB. The following cancellation fees will be deducted before making any refunds.

8 or more days prior to the first night of stay	No charge
2 to 7 days before the first night of stay	20% of total/daily room rate
1 day before the first night of stay	50% of total/daily room rate
The first night of stay or no notice given	100% of total/daily room rate

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About Fukuoka



太宰府 Dazaufu Tenmangu Shrine

The shrine is dedicated to Sugawara Michizane who is known as the god of learning, it is busy all through the year with a lot of visitors praying for success in exams and academic achievement. 6000 plum trees are planted on the site and they start to decorate the shrine beautifully around early February to mid-March.



キャナルシティ CANAL CITY Hakata

Canal City Hakata attracts a lot of tourists from abroad as one of the most popular tourist spots in Fukuoka. This commercial complex is built around an artificial canal and consists of hotels, theater, movie theater, shops, restaurants, specialty stores and showrooms. Besides the fountain show and other events held every day.

福岡タワー Fukuoka Tower

This tower of 234 meters above sea level is the tallest beach tower in Japan. This symbolic building of Fukuoka's western subcenter, covered by as many as 8000 half-mirrors and boasting a sharp appearance with its triangular structure, is known by the name of Mirror Sail. The panoramic view of Fukuoka city from the observation room on the 5th floor of 123 meters high is fantastic. The room is equipped with up-to-date telescopes.



屋台 Yatai (Food Stalls)

Fukuoka is renowned for the great variety of street stalls. After 6 o'clock in the evening, street stalls with colorful entrance curtains will be set up on the streets and bustle with people on their way back from work. There are also very unique street stalls which offer French and other western style cuisines, tempura and Okinawan dishes. The quality of the dishes is no less authentic than that of refined restaurants. Find your favorite stall and indulge yourself with delicious dishes and enjoy the night in Fukuoka!





明太子 Karashi Mentaiko

Mentaiko is the most popular and regular souvenir from Fukuoka. Mentaiko is cod ovum slowly marinated in chili pepper sauce. Many companies boast their original tastes. Its spicy and rich flavor is very appetizing and go well with rice. You can also enjoy it with drinks. They are also popular as special ingredient for spaghetti and pizza.

博多ラーメン Hakata Ramen

A top the list of Hakata's famous cuisines is Hakata ramen. The special features of Hakata ramen are rich pork-based soup and firm texture of the noodles. Besides the basic toppings of roasted pork slice and chopped welsh onions, you can choose additional toppings such as pickled ginger, sesame and pepper. At many shops of Hakata ramen, Kaedama system is available and you can order a noodle refill to eat with the remaining soup.



General Information

Climate

Average temperatures in Fukuoka in May range between 15°C and 24°C.

Currency and Money Exchange

The unit of Japanese currency is the Yen. You can buy Yen at foreign exchange banks, major hotels, and other authorized money exchangers. At international airports, currency exchange counters are usually open during normal office hours. The exchange rate fluctuates daily depending on the money market.

Banks, Credit Cards, and ATMs

Banks are open from Monday to Friday, 9:00-15:00 (closed on Saturdays, Sundays, and national holidays). International credit cards such as American Express, VISA, Diners Club, and MasterCard are widely accepted at hotels, department stores, shops, and restaurants. Foreign credit cards and cash cards can be used to make withdrawals in Japanese Yen at post office ATMs and Seven Bank ATMs throughout Japan:

- Post Offices Cash cards from the Cirrus, PLUS, Maestro, and Visa Electron networks can be used. Accepted credit cards include VISA, MasterCard, American Express, and Diners Club.
- Seven Bank ATMs are placed at 7-Eleven convenience stores throughout Japan, and service
 is available 24 hours a day in English, Korean, Chinese, and Portuguese. Cash cards from the
 PLUS and Cirrus networks can be used.

Accepted credit cards are VISA, MasterCard, American Express, JCB, and China UnionPay.

Electricity

The voltage used throughout Japan is uniformly 100 volts, AC with frequency of 60Hz in Western Japan (including Fukuoka) and 50Hz in Eastern Japan (including Tokyo). 2-flat-pin plugs are used in Japan.

Taxes

Consumption tax is a flat rate across the country of 8% on all purchases. (The rate will apply from April 2014.)

Telephones & Mobile Phones

The mobile phone protocol in Japan is different from that in other countries; it is best to check with your current provider whether or not you can use your mobile phone in Japan. Mobile phones are available for rental at airports.

Tipping

Tipping is not practiced in Japan - impeccable service is expected and delivered always. Some restaurants and hotels include a service charge in the bill that you pay.

Time Zone

All of Japan is in the same time zone, 9 hours ahead of G.M.T. Daylight Saving Time is not practiced in Japan.