

Shopping in Japan

WHAT TO BUY AND WHERE TO GET IT!

THINGS COST MONEY

- * Things = money so budget carefully



JAPAN IS EXPENSIVE

- * Japan is one of the most expensive countries in the world.
- * But it doesn't mean you have to live like you did in university.



FORGET ABOUT IT!

- * The simple truth is that you simply won't be able to find many things you're used to in Japan.

What can you do?

- * Find a substitute
- * Get mummy to send it to you
- * Forget about it!

ME WANT FOOD!!!

- * Costs
- * Where to Eat
- * Cheap Eats
- * Where to find things to Eat



COSTS

- * Things you'd expect to be cheap are not and vice versa.
- * Food costs are higher in Japan because many things have to be imported.
 - + 1 apple = 100yen
 - + 100g Chicken = 100yen



WHAT TO EAT**?

- * Cup-noodle is not food, no matter what you may have survived on in university.
 - + Please eat healthy.



WHERE TO EAT

• Generally all food is 'Japanised'

• Good 'authentic' restaurants

Thai- Ashikaga (next to the school)

Brazilian-Ota (Don Quijote)

Oizumi Town (Brazilian Plaza)

Italian- Omama

Peruvian- Isesaki (close to station)

Indian- Kiryu, Ota, Maebashi

• Organic buffet**

Takasaki (on route?)

Maebashi

CHEAP EATS

* Kaiten Sushi

+ i.e. Sushi train (Kappa Sushi, Sushi ro etc)

Ramen Shops gallore!

ラーメン it's everywhere.

Some Izakayas are cheap too.



WHERE TO FIND THINGS TO EAT

* Kaldi

+ At your Aeon and Keyaki Walk

* Costco

- Closest in Saitama

* Don Quijote (ドンキホーテ)

- Ota, Isesaki, Takasaki

* Yama~

- Takasaki (route ?)

* Around Ota City & Oiizumi Town

- Brazilian, Halal, Indian

* Isesaki - Pakistani food Store

- close to shin Isesaki

* Your local Supaa

+ Many grocery stores have a foreign foods section. Especially Fressay and Marche in Maebashi.

CHEAP EATS

- * Your grocery store will discount foods about 1-2 hours before closing. Usually 30% then 50%.
- * Its still perfectly edible, but the store can't keep it overnight, due to lack of refrigeration.
- * Be wary of many other people trolling for food.
- * Pick up the Montres~ magazine. This contains money off coupons.
- * Many supermarkets have a 'sale day'. Look out for flyers in your local supermarket.



ONLINE

If there is something you can't live without:

- * www.expatexpress.com
- * www.flyingpig.com
- * www.fbcusa.com
- * www.themeatguy.jp
- * www.ebay.com



IT'S WHAT'S ON THE OUTSIDE THAT COUNTS.

- * Costs
- * Sizes
- * Where to find things that fit
- * Cheap buys
- * Online



COSTS

- * Clothes are also expensive, which can be attributed to import costs.
- * I hope you brought your leather hot pants with you cos they'll cost you a mint here!
- * Japanese clothes are all made in ... China! Thus the quality is a reflection of that! If you're OK with plastic shoes and polyester clothing, you're in for a treat!

SIZES

- * Japanese sizes probably won't fit you! (I'm sorry)
- * In particular chest, bottom and leg (width and length) sizes are not for those blessed in these areas
- * M=small
- * L=medium
- * LL=Larger (not Large)
- * EVERYTHING RUNS SMALL!!!



Misses

European	32	34	36	38	40	42	44	46	48	50
UK	4	6	8	10	12	14	16	18	20	22
Japan.	5	7	9	11	13	15	17	19	21	23
USA	2	4	6	8	10	12	14	16	18	20
UK/A	35	35	35	M	M	L	L	FL	FL	2F

Juniors

European	28	30	32	34	36	38	40	42
UK	5	5	7	9	11	13	15	17
JAPAN	0	2	4	6	8	10	12	14
USA	1	3	5	7	9	11	13	15

Bras

European	35A-35D	35B-P	35C-P	35D-P	35E-P	35F-P
UK	32B-30D	34B-31	36B-31	38B-31	40B-31	42B-31
JAPAN	A-37D	A-37D	A-38D	A-38D	A-39D	A-39D
USA	32A-30	34A-31	36A-31	38A-31	40A-31	42A-31

Shoes

European	35	35.5	36	37	37.5	38	38.5	39	40	41	42
UK	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5
JAPAN	21	21.5	22	22.5	23	23.5	24	24.5	25	25.5	26
USA	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10

LADIES

Suits

European	42	44	46	48	50	52	54	56	58
UK	32	34	36	38	40	42	44	46	48
Japan	3	5	5	6	7	8	9	10	11
USA	32	34	36	38	40	42	44	46	48

Shirts

European	36	37	38	39	41	42	43	44
UK	14	14½	15	15½	16	16½	17	17½
Japan	87	91	97	102	107	112	117	122
USA	14	14½	15	15½	16	16½	17	17½

Pants

US (Inch)	28	30	32	34	36	38	40	42	44	46	48
UK (cm)	71	76	81	86	91½	96½	101½	106½	112	117	122

Shoes

European	37½	38	38½	39	39½	40	41	42	43	44	45	46
UK	5½	6	6½	7	7½	8	8½	9	9½	10	10½	11½
Japan	23	23½	24	24½	25	25	25½	26	26½	27	27½	28
USA	6	6½	7	7½	8	8½	9	9½	10	10½	11	12

GENTS

WHERE TO FIND THINGS THAT FIT

- ✦ Gap
- ✦ Uniqlo
- ✦ H&M
- ✦ Top Shop
- ✦ Zara
- ✦ Wego
- ✦ Sano Outlet (Route 50)



CHEAP BUYS

✦ STORES

- + Forever21
- + H&M
- + Uniqlo

✦ SECOND HAND SHOPS

- + HARDOFF/OFFHOUSE
- + JUMBLE STORE
- + CLOVER
- + WEGO
- + DON DON DOWN ON WEDNESDAY



ONLINE

- ✦ www.victoriassecret.com
- ✦ www.forever21.jp
- ✦ www.stores.alloy.com
- ✦ www.oddball.com
- ✦ www.ae.com
- ✦ www.bluefly.com
- ✦ www.tailorstore.com
- ✦ www.asos.com
- ✦ www.karmaloop.com
- ✦ www.ebay.com
- ✦ <http://shopping.yahoo.co.jp>



OTHER STUFF: BED, BATH & BEYOND

- ✦ Nitori - Furniture and Bedding
- ✦ CainzHome - Home, Garden and Health
- ✦ Sekichu - Home, Garden and Health
- ✦ Costco and outlet mall in Saitama - Everything
- ✦ IKEA - Sitama (close to Costco)
- ✦ Joyful Honda (Ota City, Nita Town) - Everything
- ✦ Shimamura - Home and Clothing
- ✦ Don Quijote - Everything
- ✦ Body Shop - Aeon, Sano
- ✦ Lush

OTHER STUFF: BED, BATH & BEYOND - ONLINE

- ✦ www.amazon.co.jp everything
- ✦ www.play-asia.com video games
- ✦ www.strawberrynet.com cosmetics
- ✦ www.rakuten.com electronics
- ✦ www.alishan.jp/shop/nfoscomm/catalog/ organic foods
- ✦ www.e-pharmacy.com drug store/ chemist
- ✦ www.allstarhealth.com supplements



OTHER STUFF STILL: SALONS

- ✦ www.sinden.com
- ✦ www.watanabe-hair.com
- ✦ www.dude.jp
- ✦ www.shape-salon.com
- ✦ www.toniguy.co.jp
- ✦ www.aveda.co.jp



IF ALL ELSE FAILS

- ✦ Ask mummy to send it!
- ✦ www.myus.com lets you shop on sites that don't ship to Japan. It lets you use their US address, and then forwards the goods to you in Japan. Any credit card works.