

Online Resources for Female JETs: Information, Advice and Shopping

Information, Health, and Advice

www.being-a-broad.com

Information for women living in Japan. The organization does events in Tokyo from lectures and job-fairs to manicures and cocktail parties.

www.jhelp.com

This is a non-profit, non-government agency that supports the international community in Japan and abroad. They offer 24-hour emergency assistance and information. You can also call 0570-000-911 for advice.

www.jetsetjapan.com/

Provides living information and links for JETs, including official JET sites, prefectural JET sites, and special interest JET sites

www.runnet.jp/top

Lists road races in Japan. The site is written in Japanese.

www.about-face.org

Non-Japan related, but a website by an organization that promotes positive self-esteem in women and girls.

<http://homepage3.nifty.com/amdack/>

The Association of Medical Doctors in Asia (AMDA) provides telephone assistance and medical information.

Online Shopping with delivery to Japan

<http://www2.victoriassecret.com/>

Lovely bras, panties, lingerie, swimwear and clothes.

<http://www.jcrew.com/home.jhtml>

Clothing store and accessories.

www.shopinprivate.com

US site with anything from skin care to deodorant to sensual items. Delivery in 6-12 days.

www.blushingbuyer.co.uk

UK site, like shopinprivate.com, for personal care items (hair remover, feminine health products, etc.).

www.garden.co.uk

UK online pharmacy selling medicine, makeup, perfume, etc.

www.drugstore.com

US online pharmacist, selling medication, food, household goods, etc.

www.manymoons.biz

Sells eco-friendly women's personal care and household products.

<http://www.theflyingpig.com>

Sells imported groceries and goods from Costco in Japan.

<http://www.fbcusa.com>

The Foreign Buyers' Club based in Kobe. Delivers food, personal care products, etc. Carries a wide variety of US goods. Also has a Brit shop.

www.shoebuy.com

This online shoe store delivers to Japan. This site is especially good for those JETs who have trouble finding their shoe size in Japan.

<http://oyinhandmade.com/oyin/>

Natural hair products

www.hairsister.com

Offers a wide range of products, wigs, and weaves.

Important Numbers

Police.....	110
Fire/ambulance.....	119
International telephone operator.....	0051
CLAIR JETLINE.....	(03) 3591-5489 (M-F 09:00 – 17:45)
Japan Helpline.....	(0120) 461-997 (Toll-free 24h support)
Tokyo English Lifeline (TELL).....	(03) 5774-0992 (09:00-23:00 daily)
AJET Peer Support Group.....	(0120) 437-725 (20:00-07:00 daily)
Help.....	(03) 3368-8855 (Women's counseling service/ shelter 24h)
Sexual Harassment Counseling Network.....	(092) 725-7497
Association of Medical Doctors in Asia (AMDA).....	(03) 5285-8088

Vocabulary

Menstruation.....	seiri
Menstrual pad.....	napukin
Menstrual cramps.....	seiritsu
Tampon.....	tampon
Super.....	supaa
Regular.....	reguraa
Gynaecologist.....	fujinka-i
Gynaecological examination.....	fujinka kenshin
Condom.....	condom
Birth-control pill.....	hi'nin you piru
Emergency contraception (morning-after pill).....	jigo keikou hi'nin-yaku
Pregnancy testing kit.....	ninshin kensa yaku

Useful Phrases

I don't want to answer.....	Kotaetakunai.
That (question) makes me uncomfortable.....	Komarimasu.
Don't ask such a thing.....	Sonna koto o kikanaide kudasai.
Don't say things like that.....	Sonna koto o iwanade kudasai.
Stop it.....	Yamete kudasai.
Don't do that!.....	Dame desu!
That's not something to joke about!.....	Jodan janai!
That's rude.....	Shitsurei desu!
That's none of your business!.....	Anata ni kankei arimasen!
Leave me alone!.....	Hottoite kudasai! / hitori ni shite kudasai!
Stop following me!.....	Tsuite konaide kudasai!
That's sexual harassment.....	Sore wa seku hara desu.
Don't look at me!.....	Kochi minaide kudasai! / KOCHI MIRU NA!
Don't follow me!.....	Tsuite konaide kudasai! / TSUITE KURU NA!
Don't touch me!.....	Sawaranaide kudasai! / SAWARU NA!
Please help!.....	Tasukete Kudasai!
I'll call the police!.....	Keisatsu o yobimasu yo!