

## Guides on Photos

This is an important guide on how to take photos for Asia Kakehashi application form. Please read thoroughly and follow the instructions. Your photos will be shared with your potential hosts in Japan. Surely you want to look good and appropriate for the scholarship awardee selection!

### I. Cover Photo

For Asia Kakehashi Cover Photo, please use **a passport / ID type photo**.  
The detailed requirements are as follows.



#### Basics

1. Prepare a full color photo, taken between January and April 2024.
2. Take a clear image of your face. No shadows on the face nor in the background.
3. Have someone else take your photo. No selfies.
4. Use plain color background without any other objects or people in the back.

#### Resolution, Photo Size, and Quality

1. Prepare a high-resolution photo, at least 600 pixels wide and 800 pixels tall, at least 700 KB and no more than 5 MB (in case of digital photo).
2. Do not digitally change the photo.
3. Prepare a clear photo without any damages such as holes, creases, or smudges. (in case of paper photo)

#### Pose, Expression, and Attire

1. Face forwards and look straight at the camera with full face in view.
2. Have a neutral, plain expression, open both eyes and close your mouth.
3. Preferably taken in school uniform. If not, in clothing normally worn at school.
4. You cannot wear glasses unless you wear them for medical reasons. In case you wear glasses, your eyes must be visible without any glare or reflection. Do not wear sunglasses nor tinted glasses.
5. No beard, no colored hair, no tattoo, no piercing, as these are prohibited in Japanese schools.

### II. Photo Album

1. Prepare full color photos with clear images.
2. Limit the number of photos to maximum of six (select the best ones!).
3. Use photos from the last three years.
4. At least one photo each of the followings should be in the album:
  - a) photo of you and your family members together;
  - b) photo of you in club/extracurricular/voluntary activities;
  - c) photo that best introduces your town/local community to your hosts in Japan.
5. Write a short description of the event/scene and describe where you are in the photo.



**Thank you for your cooperation!**

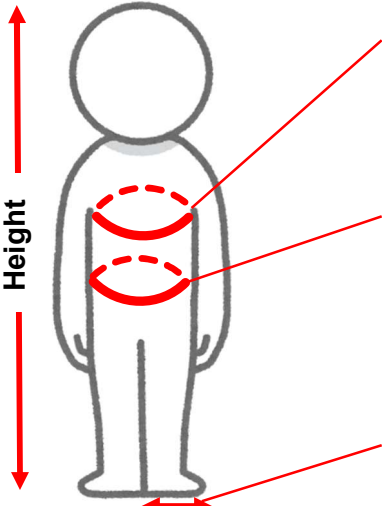
## Guides on Body Measurements (Addendum Form)

This is an important guide on how to take measurement for school/project uniform in the Addendum Form for Placement. Please read carefully.

- Make sure to take accurate measurements using a measuring tape or a piece of string. Do NOT copy from size labels of your clothing.
- Ideally, you should be measured wearing only your underwear. Do not measure yourself wearing jeans or other bulky clothing.
- We want you to feel comfortable and look good in your uniform. Please let us know your correct size.




### How to measure your body



**Chest/Bust:**  
Measure the chest at the fullest part.  
Measure all around the body (360 degree).  
Do not puff up.

**Waist:**  
Measure around the waist where the body bends (360 degree). It helps to bend side to side to identify exactly where to measure.  
  
Do not suck in your stomach, or you will get a false measurement.

**Foot:**  
Measure the heel-to-toe length.



**IMPORTANT!** Japan uses the **metric system** of measurement (the meter for length). Make yourself familiar with the system now, so that you will be able to communicate your clothing size in centimeters in Japan.

To convert inches to centimeters:

**1 inch = 2.54 cm**

Multiply the number in inches by 2.54 to get the number in centimeters.

\_\_\_\_\_ inch x 2.54 = \_\_\_\_\_ cm

To convert feet to centimeters:

**1 ft = 30.48 cm**

Multiply the number in feet by 30.48 to get the number in centimeters.

\_\_\_\_\_ feet x 30.48 = \_\_\_\_\_ cm

cm ?

inch ?



Below are quick and ready metric conversion tables for your reference.  
The numbers in centimeters are rounded to whole numbers.

### Height (results rounded)

ft/inch	5'	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"
cm	152	155	157	160	163	165	168	170	173	175

ft/inch	5'10"	5'11"	6'	6'1"
cm	178	180	183	185

Find the converted numbers shown in the second line and write it in the addendum form.

### Chest (results rounded)

inch	27	28	29	30	31	32	33	34	35
cm	69	71	74	76	79	81	84	86	89

inch	36	37	38	39	40	41	42	43	44
cm	91	94	96	99	102	104	107	109	112

Find the converted numbers shown in the second line and write it in the addendum form.

### Waist (results rounded)

inch	22	23	24	25	26	27	28	29	30
cm	56	58	61	64	66	69	71	74	76

inch	31	32	33	34	35	36	37	38	39
cm	79	81	84	86	89	91	94	96	99

Calculate by yourself if you cannot find your size here.

### Foot (shoe size)

If possible, the ideal is the actual heel-to-toe length. If not, please let us know your Japanese shoe size using the conversion tables below.



#### Men's Shoe Sizes

US	UK	Europe	Japan
6	5	40	24
6.5	5.5	40	24.5
7	6	41	25
7.5	6.5	41	25
8	7	42	25.5
8.5	7.5	42	26
9	8	43	26.5
9.5	8.5	43	27
10	9	44	27.5
10.5	9.5	44	27.5
11	10	45	28
11.5	10.5	45	28.5



#### Women's Shoe Sizes

US	UK	Europe	Japan
4	2	35	21
4.5	2.5	35	21.5
5	3	36	22
5.5	3.5	36	22.5
6	4	37	22.5
6.5	4.5	37	23
7	5	38	23.5
7.5	5.5	38	24
8	6	39	24.5
8.5	6.5	39	25
9	7	40	25.5
9.5	7.5	40	26

**Thank you for taking the time to fill in the form carefully!**

## **Guide on Food in Japan**

To students who have religious affiliation, and their parents;

AFS Japan has been hosting students with different religious backgrounds and students in different religious beliefs, while our society is still not familiar with most of them except for our major religions, Shinto and Buddhism. In order to avoid misunderstanding and misguided expectation, please read the following explanations to find out realities in Japan for your preparation.

- Buying food that processed by certain religious means such as Halal and Kosher is almost impossible. Please do not expect your host family to buy such food for you. AFS Japan encourage host families to share what they usually eat with their hosted students. Food is an important part of the Japanese culture, and it is highly expected for you to eat whatever served.
- If there is anything you are not allowed to eat religiously, such as pork for Muslim and Jewish, and beef for Hindu and Mahayana Buddhism, please make sure to write them clearly in your AFS applications so that AFS Japan can inform your host family of your religious diet. Please be tolerant enough that your host family may eat what you are not allowed to, at the same table.
- Japanese host families will not use separate pans, pots, frying pans, cutting board, plates, forks, knives, spoons, and other kitchen utensils for you. You are expected to share the same kitchen utensils and dishes with your host family.
- If you are not able to eat meat in Japan due to religious reasons, but you will commit to eat fish, seafood, vegetables, eggs and dairy products in Japan, AFS Japan will look for your host families. This is as best as AFS Japan can do for you.
- You may be placed in a school with different religious background. If your host school is a Buddhist or Christian school, you may be asked to take part in their religious activities such as Christmas events. Your host school never expects you to convert your religion to theirs, but the school wants you to spend your school life with your classmates and take it as an opportunity to learn about different religions.
- You are not allowed to be excused from classes for prayers at school. You may pray at your host family and make up for your prayers, but not at school.

If you have any questions or concerns, please contact AFS office in your country.