ANNEX 1

Accommodation & Living Guide (生活のしおり)

Seinen-no-Shiro (青年の城)



0 Welcome

Welcome to Seinen-no-Shiro, located in Shiga Kibougaoka Cultural Park. This guide explains daily life at the accommodation facility and provides practical information for participants. Please follow the instructions of the facility and staff.

1 Facility Information

Facility: Seinen-no-Shiro (training and education center) [Google Map]

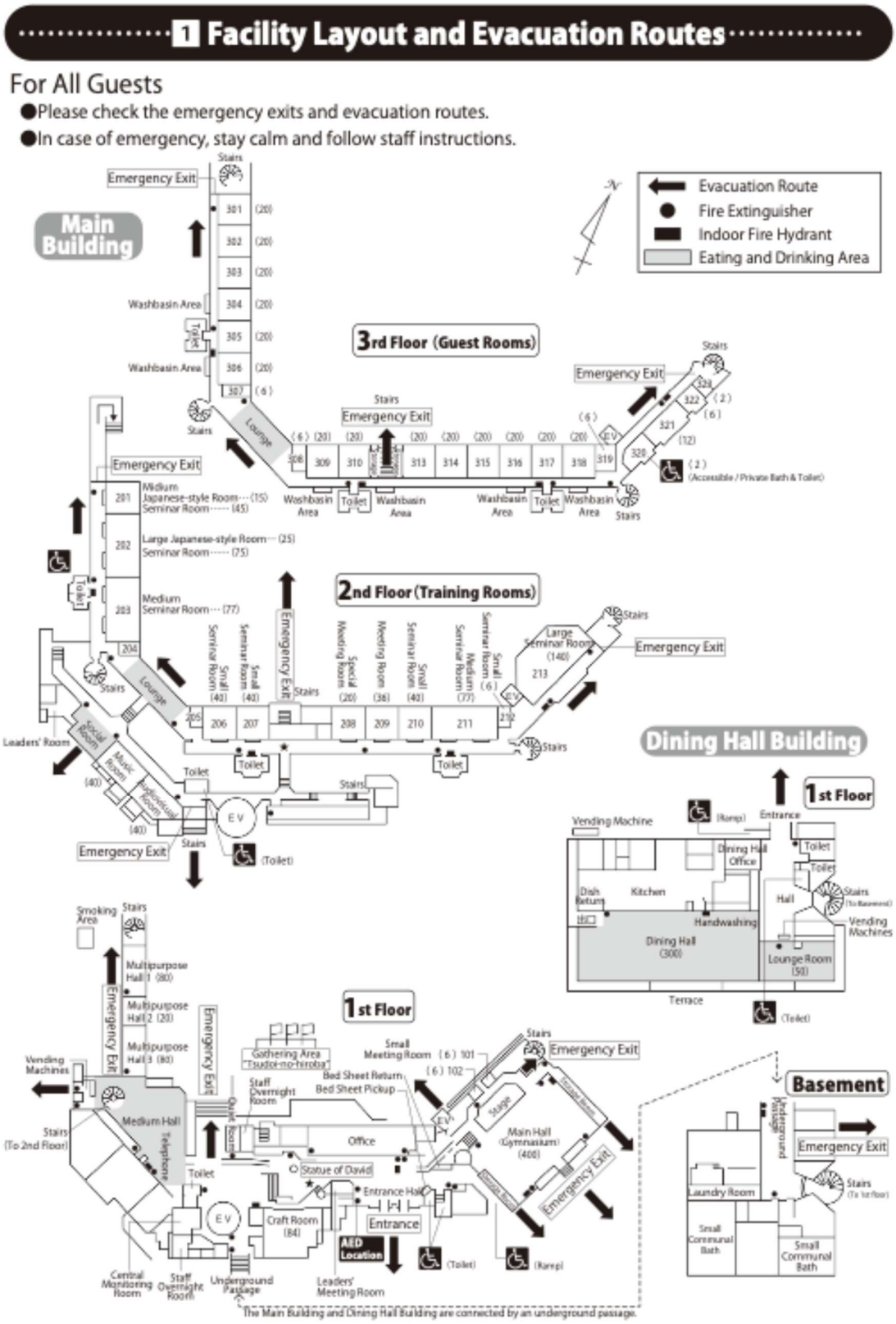
Address: 1178 Yakushi, Ryuo Town, Gamo-gun, Shiga Prefecture, 520-2551, JAPAN

Telephone: +81-77-586-2111



2 Building Guide (フロアマップ)

The sleeping rooms are located primarily on the third floor. Dining, laundry, and baths are in the Dining Building. The Multipurpose Hall on the first floor will be used as a designated clothes-drying area for the championships.



3 Where to Go – Facility Guide (フロアマップの補足)

The table below shows where to go for daily activities and championship events. Please refer to the floor map to find each location.

What you want to do	Where to go	Floor
Take a bath or shower	Bathing Facilities (Dining Building)	Basement
Have breakfast, or dinner	Dining Hall (Dining Building)	1st Floor
Eat your own food or snacks	Eating and Drinking Areas (Shaded in Gray on the floor map)	1st Floor
Attend the Opening/Closing/Awarding Ceremony	Main Hall (Gymnasium)	-
Attend the Banquet	Dining Hall (Dining Building)	-
Join the Evening Shopping Tour (Please refer to the Bulletin)	Entrance (Main Building)	1st Floor
Wash or dry clothes	Laundry Room (Dining Building)	Basement
Hang clothes to dry	Multipurpose Hall (Main Building)	1st Floor
Buy drinks	Vending Machines (Main Building / Dining Building)	1st Floor
Refill your water bottle	Water Dispensers (Main Building)	1st Floor
Ask for help or information/ **Room Key Management**	Room 211	2nd Floor
Operate the Special Event Amateur Radio Station (8J3ARDF)	Room 210	2nd Floor

Tip: Your room number is shown in the 4th, 5th, and 6th digits of your participant ID number.

4 Shared-Room Equipment, Regulation, and Etiquette (部屋の設備、規則、マナー)

- **Indoor Footwear:** Outdoor shoes are not permitted inside the facility. We strongly recommend bringing your own slippers or indoor shoes.
- **Refrigerators:** Refrigerators and freezers are NOT available in guest rooms. Please do not bring or purchase food that needs to be kept refrigerated.
- **Clocks:** Clocks are available in guest rooms, but alarm clocks are not provided. Please bring your own alarm clock if needed.
- **Power Outlets:** Each shared room has ONLY two electrical sockets, even in rooms accommodating up to 20 people. Please bring your own extension cord or power strip if needed.
- **Electricity:** The power supply is 100 V / 60 Hz, Type A. Extension cords, power strips, and plug adapters are not provided by the facility or the organizer.
- **Charging Devices:** Power outlets in guest rooms should be used only for charging competition receivers, mobile phones, and other small electronic devices. Do not overload the outlets.
- **Hair Dryers:** Hair dryers and other high-power electrical appliances must not be used in guest rooms due to limited electrical capacity. If you bring your own hair dryer, please use it at the washbasin areas.
- **Valuables:** Please take care of your valuables and personal belongings. We recommend keeping valuables in a locked suitcase.
- **Room Cleaning:** Please keep your room tidy. Do not leave luggage or personal belongings on or around the beds, so that cleaning staff can work smoothly.
- **Shared-Room Etiquette:** Please respect other guests and keep noise to a minimum. Do not leave luggage or footwear in corridors, walkways, or emergency exits.
- **Eating and Drinking:** Eating and smoking are not permitted in guest rooms. Drinking water for hydration is allowed. Please use the designated common areas, such as the ground-floor lobby, for eating and drinking.
- **Air Conditioning and Heating:** Standard operating hours are from 16:00 to 09:00 the following morning.

5 Room Key Management (ルームキーの管理)

- ONLY one key is provided for each shared room.
- Room keys must not be taken outside the facility.
- **When leaving the facility**, please lock your room and leave the key with the staff at the designated **key management room** (Room No. **211**, 2nd floor).
- To collect your room key, please show your participant ID card or competition bib number for identification.
- Please do not leave your room key unattended or lend it to others.

6 Bedding and Linen Service (寝具について)

- Japanese-style rooms use floor bedding called futon.
- Bedding and linen will be prepared by a professional cleaning service.
- The cleaning staff will change the bed sheets and pillowcases on **12 November**.
  >Please keep your bed and the surrounding area clear of personal belongings, especially on 12 November, to allow the cleaning staff to change the sheets.
- If you wish to change your sheets on any other day, please inform staff. You may replace them yourself using fresh sheets.
- If your sheets, futon, or pillow become stained or soiled, please inform staff immediately.
- There is no need to return used sheets or pillowcases at check-out.

7 Step-by-step preparation (ベッドメイキングの方法)

If you will replace the sheets with fresh ones yourself, please refer following:

1. Find the mattress, lower futon (Shikibuton), upper comforter (Kakefuton) and pillow in your assigned room.
2. Lay the Shikibuton on the designated sleeping area or bed; place the Shikibuton sheet on the Shikibuton.
3. Put the Kakefuton inside Kakefuton cover, and fit the pillowcase on the pillow.
4. Arrange your bedding so you do not block pathways, doors or other guests' sleeping areas.



8 Toilets: Western-style & Japanese-style (お手洗いの使用方法)

Two types of toilets may be encountered in Japan. Please use each type as described below.

Western-style toilet (sitting type)

- Sit on the toilet seat. Do not stand or squat on the seat.
- Use the flush control after use; its position may vary.

Japanese-style toilet (squat type)

- Stand with one foot on each side of the toilet, facing the raised front end (hood).
- Squat over the toilet without sitting on or stepping onto the fixture.
- Flush after use.

For both types: You can flush toilet paper down the toilet. **Do not flush empty toilet paper rolls (cardboard tubes), sanitary products, wet wipes, or any other items**. Please keep the toilets clean.



Table: Toilets information for the start and finish areas

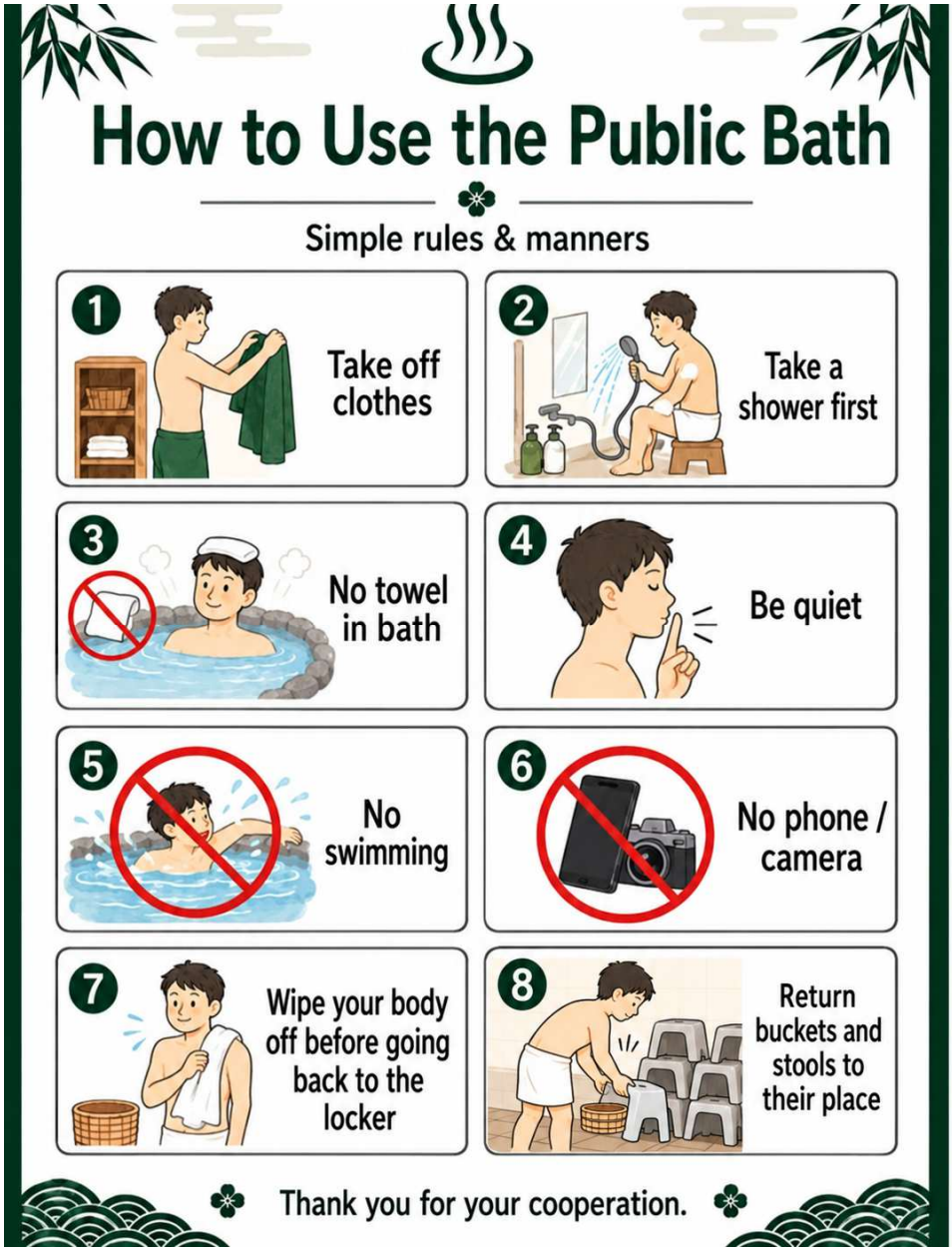
	10 Nov		11 Nov		12 Nov		13 Nov	
	START	GOAL	START	GOAL	START	GOAL	START	GOAL
Men	W & J	**J only**	W & J	**J only**	W & J	W & J	W & J	W & J
Women	W & J	**W only**	W & J	**W only**	W & J	W & J	W & J	W & J

W= Western-style toilet / J= Japanese-style toilet

9 Bathing Facilities (大浴場)

Men's and women's communal bathing facilities are separate. Guest rooms do not have individual showers. The opening time is **ONLY 17:00–22:00**. You cannot use them in the morning.

- Remove clothing in the changing area. Bring your own towel. We recommend that you bring 2 towels for use in the bathroom and for drying off your body.
- We do NOT provide shampoo, conditioner, facial cleanser, or body soap. **Please bring your own.**
- Wash and rinse your body at the washing station before entering the shared bathtub.
- Do not put towels into the communal bathtub.
- After use, rinse your washing space and tidy stools/buckets.
- The hair dryer will be located in the changing area; you can use it for free.
- Please do not remove the hair dryers from the changing rooms.
- We apologize for the limited opening hours. Even if you finish early or get wet in the rain, please wait until 17:00 because the facility needs time to clean.



10 Laundry, Drying Area (洗濯について)

- Coin-operated washing machines are available near the bathing facilities. Please prepare JPY 100 coins.
- **Washing machine:** JPY 100 per cycle (approx. 60 minutes)
- **Dryer:** JPY 100 per 60 minutes
- There are only four washing machines and four dryers, so you may need to wait during busy periods.
- Please bring your own laundry detergent. If needed, detergent can be purchased at the facility office (50 yen).
- The Multipurpose Hall (1st floor) is planned for use as a clothes-drying area.
- It will be separated into men's and women's areas.
- Please keep track of your belongings and collect your laundry promptly when it is dry.
- **Laundry Hours:** 9:00-22:00 (it might be changed)



Washing machines and dryers



The Multipurpose Hall for clothes-drying area
(We will prepare the clothes-drying pole)

11 Internet Connection / Wi-Fi (インターネット環境)

- Free Wi-Fi is available only near the entrance hall on the ground floor (1F).
- Wi-Fi is not available in guest rooms or the dining hall.
- We strongly recommend purchasing a SIM card at the airport upon arrival in Japan or arranging an eSIM before traveling to Japan to ensure internet access during your stay.

12 Meals, Vending Machines(食事とゴミについて)

Meal	Published competition schedule
Breakfast	07:30–08:30
Lunch	Varies by competition day and location
Dinner	17:00–19:00
9 Nov lunch	Not included; please arrange your own lunch before arrival.

- **Dining Hall:** Meals are generally self-service. Please follow the instructions of the dining hall staff and return used dishes to the designated area.
- **Cutlery:** Chopsticks are normally provided. If you need a fork or spoon, please ask the staff.
- **Free Tea:** Tea will be provided at the dining hall (approximately 1 liter per person per day). Please bring your own reusable bottle.
- **Drinking Water:** Two water dispensers are available on the ground floor (1F) and can be used at any time.
- **Vending Machines:** Drink vending machines are available. Please prepare JPY 10, 100, or 500 coins, or a JPY 1,000 banknote.
- **Shops:** There are no shops within the facility. Please refer to the Shopping Tour section for information about purchasing daily necessities.
- **Free Bottled Water & Sports Drinks:** The following drinks will be provided free of charge:
  - **Before the competition:** No drinks will be provided. Please prepare your own drinking water if you need.
  - **At the finish area:** One 500 mL bottle of sports drink per person.
  - **With lunch:** One 500 mL bottle of tea per person.

13 Waste Disposal (ごみの捨て方)

- Please separate waste into the designated categories:



- **Lunch Box Waste:** Please dispose of used lunch boxes in the designated bags at the collection point (dining hall) specified by the staff. Separate PET bottles from lunch box waste. Collection is free of charge.
- Do not leave rubbish in guest rooms, corridors, or shared spaces.
- **Waste Disposal Bags:** Designated garbage bags will be provided free of charge in each guest room. Please separate your waste into **the five categories** listed above and place it in the appropriate bags.

14 Quiet Hours, Smoking & Safety (消灯時間と緊急時の案内)

- **Lights out is at 22:30.** Please keep noise to a minimum after this time. The main entrance and park gate will also be locked at 22:30.
- Smoking is not permitted inside the facility.
- In case of an emergency, please contact the event staff or the facility office (+81-77-586-2111).

15 Departure & Check-out (14 November)

- Breakfast: 07:30–08:30
- **Check-out: 08:00–9:00**
- Buses to Kyoto Station: Please refer to the latest Bulletin for departure times and details.
- Make sure you have all belongings and return room keys.
- No need to return used sheets or pillowcases at check-out.

16 Before Your Stay: What to Bring (持ち物リスト)

- Indoor shoes or slippers (outdoor shoes are not permitted inside).
- Towels, shampoo, soap, toothbrush and other personal toiletries.
- Laundry detergent if you intend to use the coin-operated machines.
- Japanese yen coins for washing machines and vending machines.
- Clothing suitable for cool mornings and evenings (typically 5–15°C in November).