

# Information for New International Students Fall 2020



- 1. About Us**
- 2. Academic Affairs & Campus Life**
- 3. Immigration & My Number**
- 4. Housing & Daily Life**
- 5. Emergency, Health & Insurance**
- 6. Threats & Earthquakes**

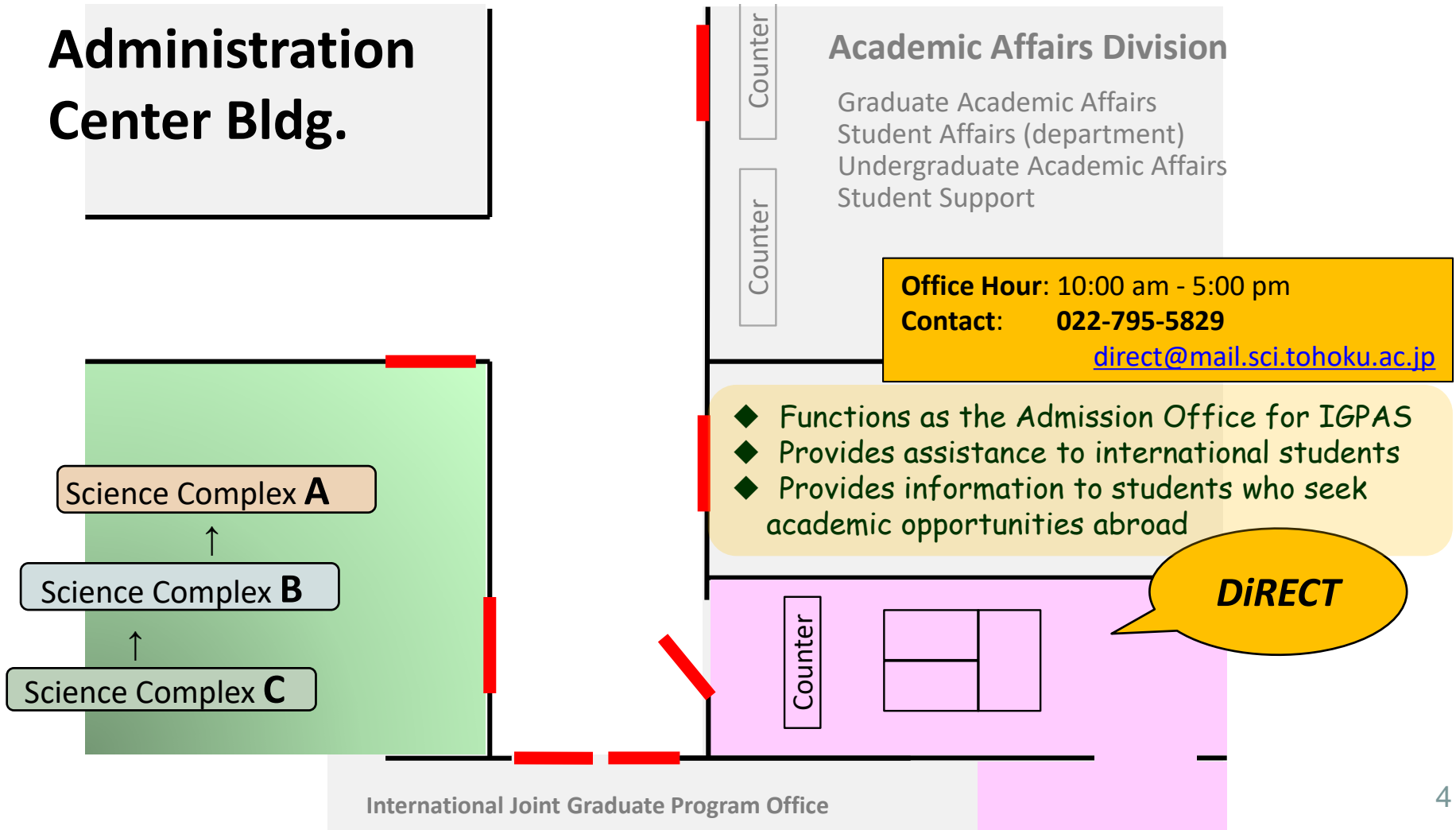


# 1. About Us



### Science

### Administration Center Bldg.



- ◆ Functions as the Admission Office for IGPAS
- ◆ Provides assistance to international students
- ◆ Provides information to students who seek academic opportunities abroad



# 2. Academic Affairs & Campus Life



## Academic Affairs Division (Kyomu 教務)

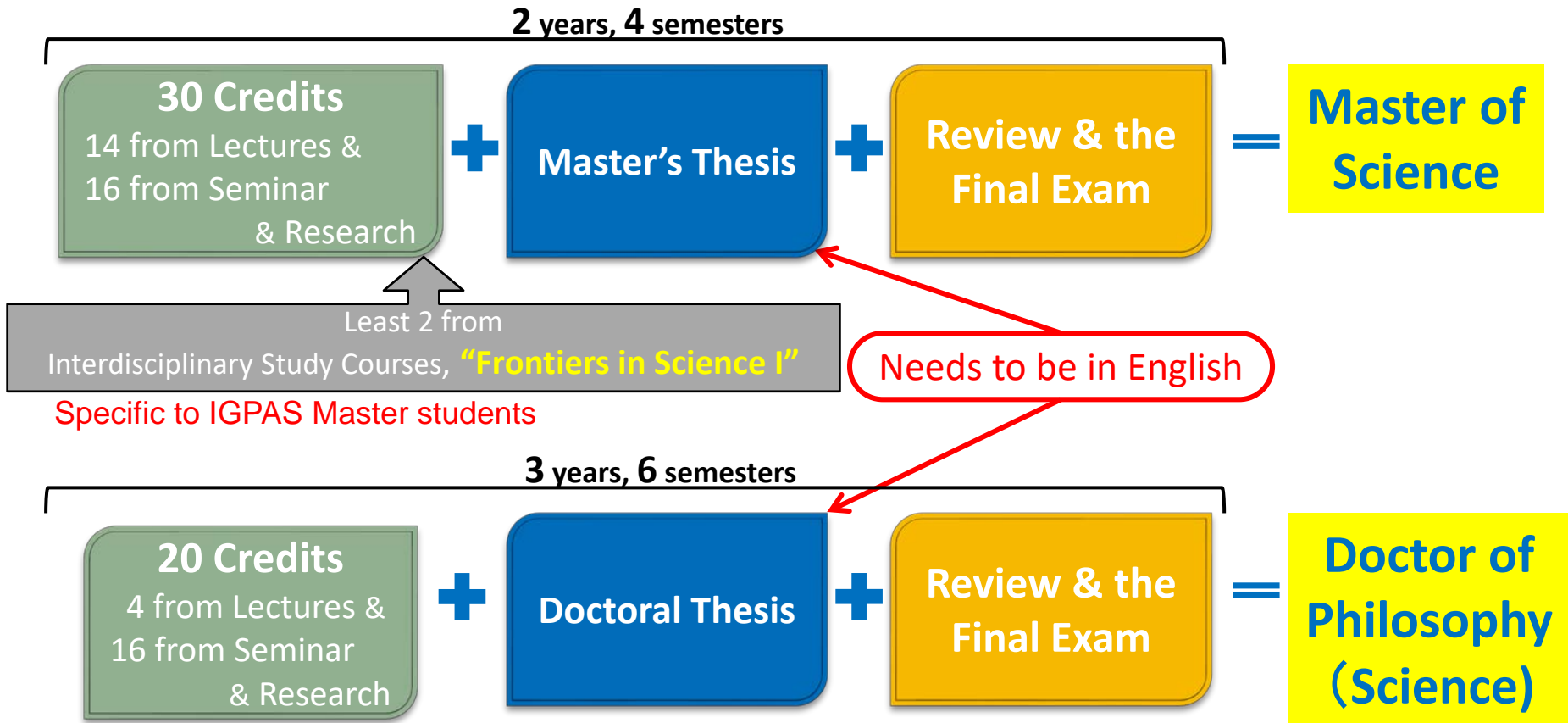
- ① Graduate Academic Affairs Section **Science Administration Center Bldg.**  
→ courses, registration, grades, etc.
- ② Undergraduate Academic Affairs Section
- ③ Student Support Section  
→ certificates, scholarships, etc.
- ④ Student Affairs Planning Section  
→ student services for each department
  - Physics (Physics, Astronomy & Geophysics)
  - Chemistry
  - Earth Sciences
  - Biology (undergraduate only)

Monday to Friday  
8:30 - 17:15

[Closed]  
12:45-13:45 (lunch), Saturdays,  
Sundays, and holidays

- Mathematics ►► office located in the **Mathematics Bldg.**

# Degree Requirements 修了要件



**IGPAS Master's students:** Required

Other Master's students: Optional (can be used for degree)

**IGPAS Doctoral students:** Optional (can NOT be used for degree)

Course Title	Course Style	Credits
<b>Frontiers in Science I</b> (科学の最前線Ⅱ)	<b>Lecture</b>	<b>2</b>
Frontiers in Science II (科学の最前線Ⅰ)	Lecture	2

← **Fall 2020**

← **Fall 2021**



# Course Registration 履修登録(1)



## Student Handbook *Gakusei Binran* 学生便覧

graduate course list (English courses have “※” mark)  
degree requirements, regulations, student services  
list of laboratories and faculty  
members, etc.



Translated version for 2020 will be available shortly!

## Course Syllabus *Jyugyo Gaiyo* 授業概要

Course descriptions, credits, semester, instructor, course, etc.



## Course Schedule *Jyugyo Jikanwari* 授業時間割表

With **Course Registration Manual**

\*Course Registration Manual: pp. v-vii & forms  
Course Schedule in English: pp. 45-48



# Course Registration 履修登録(2)



Handout

## Registration Period:

**Spring Semester: In early–mid April**

**Fall Semester: October 1–October 14**

\*Needs to be made at EVERY semester

\*Registration period: informed on the website

▶ <http://www.sci.tohoku.ac.jp/english/student/#a22>

## How to Register:

**Via Online Registration System** (from student portal site)

<https://www.srp.tohoku.ac.jp/>

- Need Tohoku-dai ID (or Student ID) & password to log in.
- Access to the System from LAN-connected computers ON CAMPUS
- Upon setting up your ‘secret key’, you are allowed to access the system from outside the campus

▶▶ [https://www.dc.tohoku.ac.jp/guide/SRP/index\\_SRP-e.html](https://www.dc.tohoku.ac.jp/guide/SRP/index_SRP-e.html)

## Student ID Card

Handout

- Name indicated in **Alphabet or Kanji** (Chinese Characters) AND **Katakana**
- Can use **Automatic Certificate Issuing Machines**
- Access to **University Library** on campuses.
- Must be returned on your graduation or leaving from School.
- Will not be in use if it is deformed or exposed to strong magnetic fields.

\*Request [Kyomu#1](#) for re-issuance when lost or deformed

## Tohokudai ID

- Assigned by the University

## Tohokudai ID (default) Password

- Necessary to log in to Online Registration System.
- Necessary to use Automatic Certificate Machines.
- Advised to change immediately for security purpose.

Given to you in a  
**confidential letter**

\*Ask [Student Support Section](#)  
if lost or to reset

<< Sent to your lab in several days; no application needed >>

# Course Registration 履修登録(3)



How to change languages for operation (once you logged in):  
(The top page of the new Student Portal Site will originally appear in Japanese).

東北大学 学務情報システム 運用テスト環境  
TOHOKU UNIVERSITY Student Affairs Information System

HOME 教務 履修/成績 学生支援 就職支援

週間スケジュール  
2013/09/26~2013/10/02

9/26 (木)	9/27 (金)	9/28 (土)	9/29 (日)	9/30 (月)	10/1 (火)	10/2 (水)

大学からのお知らせ  
あなた宛のお知らせ

Events  
Information

メッセージ  
スケジュール  
Myページ  
リンク

- メッセージ受信一覧
- 公開お知らせ一覧
- イベント一覧
- オフラインマニュアル
- スケジュール登録
- オフラインマニュアル
- キャンパスツアー一覧
- 個人種別選択
- メッセージ転送設定
- 配置/言語設定**
- オフラインマニュアル
- 東北大学
- 教育系情報システム
- オンラインガイド
- 全学教育

Select the fifth  
from the bottom:  
**配置/言語設定**

# Course Registration履修登録(4)



1. Select English and Update **更新** at the bottom.

2. Select logout at the right top corner:

**ログアウト**

The screenshot shows the '東北大学 学務情報システム 運用テスト環境' (Tohoku University Student Affairs Information System Operation Test Environment) interface. A red circle highlights the 'ログアウト' (Logout) button in the top right corner. A red arrow points from this button towards the 'ログアウト' text in the adjacent text box. At the bottom, a red circle highlights the '更新' (Update) button, and another red circle highlights the 'English' radio button in the language selection area.

0	1	2
	スケジュール表示(週間)	
お知らせ表示(全体)	お知らせ表示(個人宛)	
イベント表示		
公開お知らせ表示		

コンテンツ名	掲載	掲載数	掲載数	許可度
イベント表示	1	0	2	<input type="checkbox"/>
公開お知らせ表示	1	0	3	<input type="checkbox"/>
お知らせ表示(全体)	1	0	1	<input checked="" type="checkbox"/>
お知らせ表示(個人宛)	1	1	1	<input checked="" type="checkbox"/>
スケジュール表示(週間)	3	0	0	<input type="checkbox"/>

言語設定

言語  Japanese  English

検索設定に戻す クリア 更新

# Course Registration 履修登録(5)



Login again for English display. Select Courses/Grades>Confirm Course. Courses available are to appear in the time table.

2013 Second Semester

Class Period	Mon	Tue	Wed	Thu	Fri
1 Class Period					
2 Class Period					
3 Class Period					
4 Class Period					
5 Class Period					
6 Class Period					

	First Semester	Second Semester	Yearly
Upper Limit	-	-	-
Lower Limit	2	0	2

Confirm Entry

Ref. English manual   



# Course Registration 履修登録 (6)



Special Occasions you can not register online/needs forms

sci-in@grp.tohoku.ac.jp

➔ Submit the required forms to the Graduate Academic Affairs Section

	Online Registration オンライン登録	Course Registration Form 履修科目登録願	Request for Credit Approval for Courses Other than Those from Affiliated Department 他専攻及び他研究科等科目に係る履修・関連科目認定願	Change of Course Registration Form 履修科目訂正願
Special seminar, Intensive course (Schedule: TBA after registration period)	N/A	✓		
Courses of other department	Available		✓*	
Courses of other school	N/A		✓	
Missed registration or needs modification	N/A		.	✓

\* If the courses are offered by the department closely related to yours, no need to submit the form.

Physics ▶ Astronomy, Astronomy ▶ Geophysics & Earth Science,  
Geophysics ▶ Astronomy & Earth Science, Earth Science ▶ Geophysics

# Course Registration 履修登録 (7)



## Registration for Seminar and Research

Department	Master's		Doctoral	
	Seminar	Research	Seminar	Research
Mathematics	Every Spring	Final Spring		
Physics	Every Spring			
Astronomy	Final Spring			
Geophysics	Every Semester			
Chemistry*	Every Semester			
Earth Science	Final Spring			

- Throughout-a-year course -> "Every Spring"
- Throughout-a-program course -> "Final Spring"
- Regular course -> "Every Semester"

\*Chemistry majors: student affairs planning section (chemistry team) make registration for the students.



## (追加情報: 学務情報システム)

### “Message Forwarding Setup” メッセージ転送設定 to receive information by your most handy e-mail address

- ▶ Important information (e.g. result notification of your tuition fee waiver) is often notified to **DCmail** via the system,
- ▶ Information you need immediate attention (e.g. class cancellation) is sent to the relevant students via the system

\*In **Math** department, the office prefer using ‘real’ bulletin board

DCmail

[...][@dc.tohoku.ac.jp](mailto:[...]@dc.tohoku.ac.jp)

- E-mail address assigned to each student by the University
- Sent to you with **Tohokudai ID** in a confidential mail

# Program Completion etc. 修了・進学等



## Graduate Thesis: Rough Timeline

\*Information below comes from previous years; exact schedule should be made sure for the year of your completion

Department	Announcement released within department	Submission of relevant items	Thesis submission	Presentation /defense**
Mathematics	Late April	Thesis title: late May	Late July	Early August
Physics	Early June	Abstract: late June	Tentative version: Mid-June Final version: Mid-August	Late July
Chemistry	Early May	Thesis title: end of May Abstract (for presentation) : mid-July	Tentative version (for sub-examiner): late July Final version: late August	Early August
Earth Science	Early May	Early June	Late August	

**\*\*Official result announcement : early September**

## Advancement to Doctoral Program

**Announcement:  
Late May**

Documents to submit:  
1. Application form  
2. Student ID Card photo mount

**Deadline:  
Late June (or early July)**

Fulfilling requirements  
defending master thesis  
(passing the final exam)

## International Graduate Programs for current students

Financial support

Opportunities of overseas internship

Additional requirements

International Joint Graduate Program in ...	<a href="#">Spintronics (GP-Spin)</a>
	<a href="#">Earth and Environmental Sciences (GP-EES)</a>
	<a href="#">Physics for the Universe (GP-PU)</a>
	<a href="#">Data Science (GP-DS)</a>
	<a href="#">Materials Science (GP-MS)</a>
Academia-Industry Collaborating Graduate Programs	<a href="#">WISE program for AI Electronics (AIE)</a>
	<a href="#">WISE Program for Sustainability in the Dynamic Earth (SYDE)</a>

- ▶ Application: twice a year, for October and April participation  
(depending on the program; some accept applications only for April)  
(Application procedures, e.g., application period are independently set by each program)
- ▶ In many cases, application accepted from those who are to be M2 students at the target semester.
- ▶ Need to be strongly recommended by your supervisor.

★★★ For the details, please visit the website of each program! ★★★

# MEXT & MEXT Honors Scholarship Payment

## 国費奨学金 & 学習奨励費



- Sign-up (confirmation of enrollment) at Student Support Section in Aobayama  
**Office Hours: Weekdays 8:30-12:45 & 13:45-17:15**
- Make sure to bring your Residence card (you will be asked to show it.)
- **Necessary every month** to receive monthly stipends
- Both MEXT scholarship students & MEXT Honors (JASSO) scholarship recipients should have Japan Post (JP) Bank account to receive stipend.
- Stipend will be in your JP Bank account.

### 【Sign-up Deadline】

### 【Pay Day】

First three business days → → Around the 25th of the month

### **Attention!**

If you cannot make it before the deadline, inform either DiRECT or Student Support Section in advance.

Reference: Pay Day of Academic Year 2020

<https://www.sci.tohoku.ac.jp/direct/english/news/2020/03/mext-et.al-pay-day.html>

# MEXT Scholarship Conditions (1)

## 国費奨学金受給要件



### **[Attention: IGPAS 2018, 2019, and 2020 MEXT Scholarship Students]**

**Make sure to maintain your grade point value over 2.30/3.00 every year!!**

→ Your grade point will be examined in September; if the grade point is lower than 2.30 of 3.00 scale, your MEXT scholarship will be terminated from the following October!!

### **Grading System & How to calculate the Grade Point for MEXT**

Grade	AA	A	B	C	D
Details	Excellent	Very Good	Good	Satisfactory	Fail
Marks	90-100	80-89	70-79	60-69	59 and below
Grade Point (GP)	3	3	2	1	0

### **Grade Point Calculating Formula**

$$\frac{= (\text{No. of Credits for GP 3} \times 3) + (\text{No. of Credits for GP 2} \times 2) + (\text{No. of Credits for GP 1} \times 1) + (\text{No. of Credits for GP 0} \times 0)}{\text{Total Number of Registered Credits}}$$

Note:

- Do not include non-graded evaluations (such as “approved”, “pass”, etc.).
- Round off to two decimal places.

# MEXT Scholarship Conditions (2)

## 国費奨学金受給要件



### **[MEXT Scholarship Period: for IGPAS 2018, 2019, and 2020 Students]**

- **Master's Student: for 2 years**

→ The MEXT scholarship period should be terminated when completing the Master's Program and will not extend the MEXT scholarship period for going onto the Doctoral program.

- **Doctoral Student : for 3 years**

### **[Other conditions for all MEXT Scholarship Students]**

- You cannot receive any other scholarship (except for research grant).
- MEXT scholarship will be suspended when you are unable to complete the curriculum within the standard course term.
- No restriction to work as Teaching Assistant (TA) or Research Assistant (RA) on campus
- No restriction to work outside of campus (part-time job), but need to obtain "Working Permit" from the Immigration Bureau in advance

## Graduate Degree Programs at Tohoku University

### 1. International Joint Graduate Programs

<http://ijg.pgd.tohoku.ac.jp/english/index.html>

### 2. Academic-Industry Collaborating Graduate Programs

<http://aic.pgd.tohoku.ac.jp/english/index.html>

By using Tohoku University's research strengths, the programs gather university-wide knowledge to overcome the boundaries between disciplines and form strong cooperative educational ties with leading overseas universities as well as collaborative education between private companies/organizations and research/international institutions.

- The students in the programs will have a chance to receive financial support, which is nearly comparable to the MEXT scholarship, when they meet criteria of each program.
- The programs you may apply for vary depending on your major. To join programs, you must pass the screening process conducted by each program. Please contact your prospective supervisor if you are interested in applying for the programs.

# Financial Support (2) 奨学金・経済支援等 DiRECT

- **Tohoku University President Fellowship**
  - Payment amount = Tuition fee amount
  - Application in November/December
- **Tohoku University Global Hagi Scholarship**
  - For Doctoral program students; offers 50,000 yen/month
  - Application in April
- **MEXT Honors (JASSO) Scholarship**
  - offers 48,000 yen/month for 12 months (from April to March)
  - Application in April
- **Scholarships by private foundations**
  - usually required to have Japanese skill (writing & speaking)

## Scholarship Information on DiRECT website

<http://www.sci.tohoku.ac.jp/direct/>

Also, scholarship information for privately financed students is informed through the Student Affairs Information System as they become available.

Check the website regularly!!



# Financial Support (3) 奨学金・経済支援等

- **Teaching Assistant/Research Assistant (TA/RA) Position**
  - ask your supervisor
- **Tuition Fee Waiver Application**  
<http://www2.he.tohoku.ac.jp/menjo/tuition-e.html>
- **Tuition Deferment/Monthly Installment Payment**  
[http://www2.he.tohoku.ac.jp/menjo/tuition\\_defer-e.html](http://www2.he.tohoku.ac.jp/menjo/tuition_defer-e.html)

## **[Attention] Tuition Fee Waiver & Deferment Application**

- Need to make an application every semester

For Spring Semester: Application in February/March → Result in July

For Fall Semester: Application in August/September → Result in December

- The application will not be accepted for any reason after the deadline.

# Leave of Absence & Withdrawal

## 休学&退学



- Application must be submitted in ADVANCE. (never can be backdated)
- Supervisor's agreement is required.
- Medical doctor's certificate is required if due to illness.
- If you take the leave period or withdrawal, you will no longer be eligible to stay in Japan with a "Student" Resident Status.

Therefore you must:

Leave Japan immediately (You may be allowed to stay in Japan under the COVID-19 infection if you have any special circumstances.)

or Change your Resident Status to other appropriate status  
(i.e. "dependent", if you have your spouse living with you )

### **Allowed Maximum Period for Leave of Absence**

Master's program student → → → up to 2 years in total

Doctoral program student → → → up to 3 years in total

# Certificates 証明書



Certificate	Certificate Machine* (issued instantly)	Student Support Section (issued in 2 business days)	Language	
			Japanese	English
Certificate of Enrollment 在学証明書	◎	○	○	○
Academic Transcript 成績証明書	◎	○	○	○
Certificate of Expected Completion 修了見込証明書	◎	○	○	○
Certificate of Completion 修了証明書	×	○	○	○
Certificate for JR Student Discount (up to 20 copies/year) 学割証	◎	○	○	×
Health-check Report 定期健康診断結果報告書	○	×	○	×
Certificate for Commuter Pass 通学証明書	×	○	○	×
Certificate of MEXT Scholarship 国費留学生証明書	×	○	○ (in English & Japanese)	

◎ = recommended

- The machine is located in the Science Administration Building. [\[H-11\]](#)
- [Student ID Card & Tohokudai ID password](#) are necessary to log in.
- Available only for your current program.

# Transportation 交通 (1)



## Campus Bus [Out of Service due to COVID-19]

**FREE shuttle bus** for Tohoku University students & staffs and operates among four university campuses (Katahira, Kawauchi, Aobayama, and Seiryō campuses)

- two bus routes
- cannot get on if the bus is full (up to 28 passengers)

<http://www.bureau.tohoku.ac.jp/shisan/campusbus/campusbuse.html>



Campus Bus

## City Subway

Tozai (East-West) Line and Namboku (South-North) Line

- Aobayama STN. ↔ Sendai STN. (9 minutes, 250 JPY)
- Kawauchi STN. ↔ Sendai STN. (6 minutes, 210 JPY)



Tozai Line



Namboku Line

## City Bus

- Sanjo ↔ Kawauchi (11 minutes, 190 JPY)
- Sanjo ↔ Sendai STN. (30 minutes, 230 JPY)



Sendai City Bus

# Transportation 交通 (2)

## “Gakuto Sendai Free Pass” Student Discount Commuter Pass

### Three Types of Pass:

1. City bus only
2. Subway only
3. City bus & Subway

\* Need “**Certificate of Commuter Pass**”  
(通学証明書 *Tsugaku Shomeisho*)  
at Student Support Section in advance.



## JR Train

Commuter Pass for Students

\* Need “**Certificate of Commuter Pass**”  
(通学証明書 *Tsugaku Shomeisho*)  
at Student Support Section in advance)

## Other

Bicycle, Motorbike, Car\*\*

\*\*Parking Permit by School of Science  
required.

25,000 JPY deposit to become a member

→ fully refunded when you terminate a membership

**Shops** (books, stationery supplies and food)

- 10% discount on books & magazines

**Cafeterias & Restaurants**

- HALAL meals are available in every campus

**Travel Service**

- At Kawauchi and Aobayama East Campus only

**Housing Service**

- Commission fee is discounted for co-op members
- At Kawauchi and Campus Life Support Plaza, Aobayama Midori Welfare Facility

**TUO CARD (University CO-OP's VISA credit card)**

- 1,250 JPY + tax for annual fee, the annual fee is free for the first year
- If you do not have your own mobile phone, you can register the dormitory office phone number on the card application.

<https://www.tohoku.u-coop.or.jp/en/>



And more benefits!

# 3. Immigration & My Number etc.



# Immigration Terms/Permits 在留関連



## Residence Card Zairyu Card【在留カード】

An ID card issued by the Ministry of Law to those whose Period of Stay is 3 months or longer. Possession required all the time.



## Extension Permit

### Zairyu Kikan Enchou【在留期間延長許可】

Apply at the Sendai Immigration Bureau before it expires

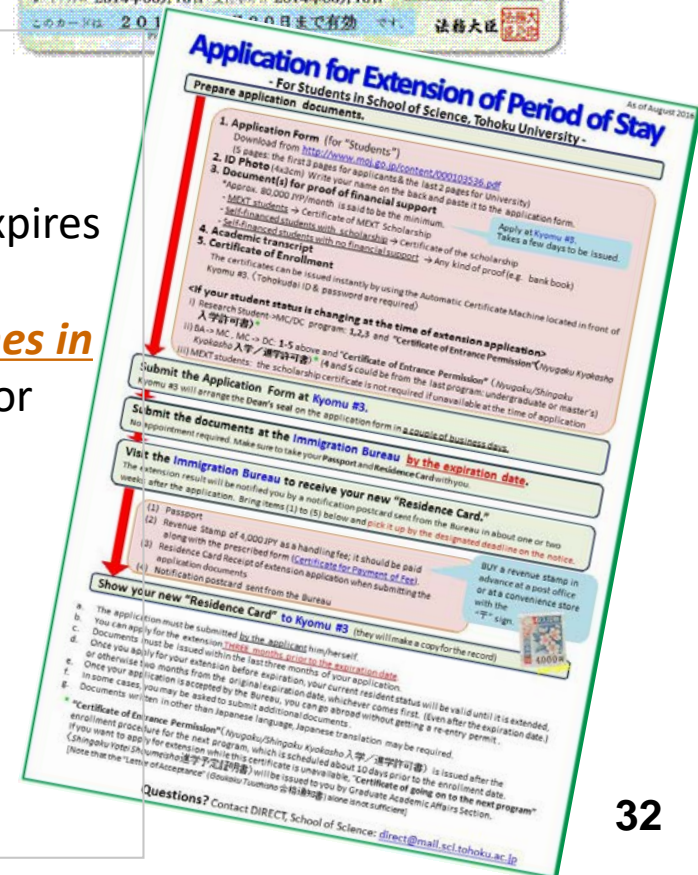
- Allowed to apply 3 months prior to expiration
- Need special attention if ***your expiration day comes in September*** (crosses with the time of advancement or graduation)

## Working Permit

### Shikaku Gai Katsudou Kyoka【資格外活動許可】

Obtain in advance to work outside the campus

- (1) at the port of entry
- (2) later by applying to Sendai Immigration Bureau  
(No need for TA/RA)





## Individual Number Social Security and Tax Number System

- **12 digit individual number** (health insurance, tax matters, disaster countermeasures and administrative procedures)
- **Notification card sent to your address by registered delivery**

Need to report when receiving certain amount of money from university, sending/receiving money to/from overseas



- ★ **Photo ID card available upon application (not mandatory)**  
(The photo ID card has the same expiry date as your resident permit; advised to renew it right after the extension application at the ward office.  
\*The number itself does not have such expiry date.)

- ★ **Keep the notification card in a safe place and do not disclose the number to others!**



# 4. Housing & Daily Life



## Dormitories for International Students

- University House Sanjo I, II, III
- University House Katahira
- University House Nagamachi
- University House Aobayama *new 2018*
- Tohoku University International House Sanjo 1, Sanjo 2
- Tohoku University International House Higashi Sendai

- No guests allowed to stay overnight
- Allowed to stay up to ONE year  
*(except for UH Aobayama that allows TWO years and IH Higashi Sendai allows till graduation)*
- Those who are currently living in a dorm cannot apply for another one
- Application (twice a year):
  - June - July for October entrance
  - December - January for April entrance

# Apartment 賃貸住宅

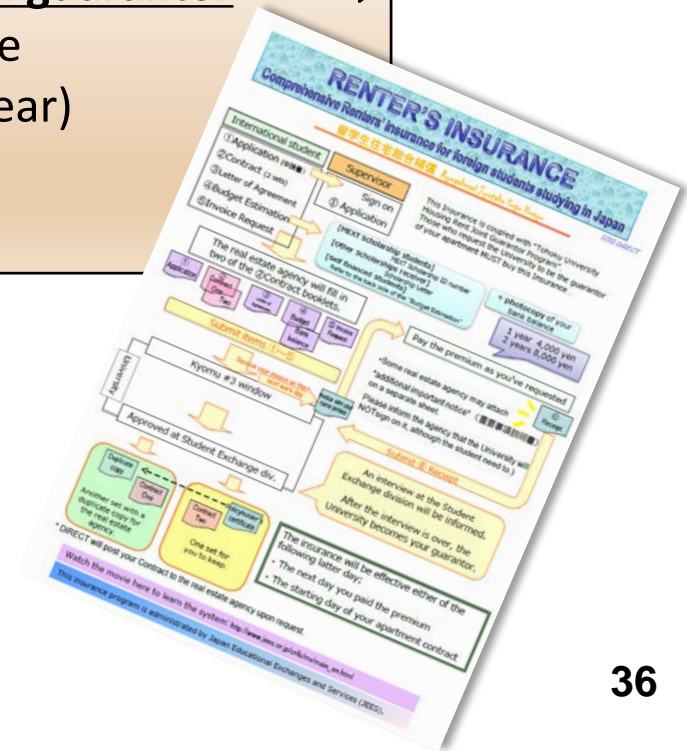


- **High Initial Expenses** (deposit, key money, handling fee, etc.)
- **NOT Furnished**
- **Guarantor required**

**NEVER** start to live in the apartment before applying the program!!

## Guarantor Program 【留学生住宅保証制度】

- Tohoku University will be your **institutional guarantor**
- only Tohoku University students are eligible
- must buy **Renter's Insurance** (4,000 yen/year)
- make the contract on a designated format
- does NOT apply when living out of Sendai



# Support/Facilities 各種支援・施設



## School of Science

Academic Issue

- Tutor (peer lab students to help you)
- Advisory Board

Supporting Facilities

### - Women's Break Rooms 【女性休憩室】

Only available to registered female members

- ▶ How to register? (Ref. -> e-mail from Student Support Section on Dec. 25)

### - Study & Room & Lounge 【学習室・談話室】

#### (1) Self-study & Study counseling Room 1

2F, Science Administration center Bldg. 7:00-19:00 (weekday)

#### (2) Study & Break Room 2

Room 825, 8F, Physics Building 10:00-18:00 (weekday)

### - Campus Life Support Office(OASIS)【キャンパスライフ支援室】 3

Counseling & Advise

### - International Students' Break Room 【留学生休憩室】

◀ Available for prayers

- Room 826 & 828, 8F, Physics Building 9:00-17:00 (weekday) 4

- 2F, Kita-Aobayama Library 9:00-20:00 (weekday) 5

Map



## Tohoku University

Information

- International Support Office "TU Support"  
[Website](#), Housing support, [Orientation](#) (April and October)
- International Student Help Desk ←New 2019!



# Supporting Organizations 支援団体 **DiRECT**

## **SenTIA** (Sendai Tourism, Convention and International Association) 【仙台観光国際協会】

- [Sendai Multicultural Center](#) at Sendai International Center
- Interpretation Support Hotline  
(English, Chinese, Korean, Vietnamese, Nepali, Tagalog, Thai, Portuguese, Spanish, Russian, Indonesian, Italian, French, German, Malay, Khmer, Burmese, and Mongolian)
- Handbook for residents in Sendai “**LIFE IN SENDAI**”  
(in English, Chinese, Korean, and Vietnamese)
- E-mail Magazine (Digestive Information from Sendai City Newsletter, Disaster Information etc.)



## **MIA** (Miyagi International Association) 【宮城県国際化協会】

- Traditional Miyagi Home-stay Program

## **Organizations by Tohoku University Students**

- [TUFSA](#) (Tohoku University Foreign Student Association)
- [@home](#) (Japanese student group to support international students)
- [TUMCA](#) (Tohoku University Muslim Cultural Association)

## Japanese Language Program at Kawauchi

【東北大学 外国人留学生等特別課程】

\*NON-credit Japanese course

<http://www.he.tohoku.ac.jp/SJLE/JLPK/index-e.html>

Tohoku  
University

## E-learning in Japanese

【東北大学 日本語 E-learning】

<http://www.he.tohoku.ac.jp/SJLE/EL/index-e.html>

... & courses  
offered by students!

## Sendai Japanese Language Course by SenTIA

【せんだい日本語講座】

[int.sentia-sendai.jp/e/life/japanese\\_lesson1.html](http://int.sentia-sendai.jp/e/life/japanese_lesson1.html)

Supporting  
Organizations

## MIA Japanese Course by MIA

【MIA日本語講座】

<http://www.mia-miyagi.jp/english/japanesecourse.html>

## NIHONGONOMORI by volunteer group

【にほんごのもり】

<https://yoshinari126.jimdofree.com/english/>

# 5. Emergency, Health & Insurances





# Emergency Contacts 緊急時連絡先

**Police** ..... **110**  
(Traffic accidents, Victim of crimes)

**Ambulance & Fire Engine** ... **119**  
(Sudden illness, Serious injury, Fire)

**[Call 119]** Sendai City Fire Bureau  
**3-way telephone interpretation service available  
in 17 languages** for 24 hours everyday

“How to call 911 (Emergency Call)”

<https://www.city.sendai.jp/shiredaichi/kurashi/anzen/shobo/119ban/documents/eigo.pdf>

- Campus Guard's Room
- Supervisor (or faculty members in laboratory/group)
- School of Science Office



## Student Health Care Center (on Kawauchi campus)



- Annual Medical Checkup: Once a year in May
- Medical Treatment & Consultation
- Health Certification Issuance (available upon request)
- Reference to Medical Institutions
- Small payment needed

[http://www.health.ihe.tohoku.ac.jp/eng\\_front/](http://www.health.ihe.tohoku.ac.jp/eng_front/)

## Counselling Office at Center for Counselling and Disability Services (on Kawauchi campus, **English speaking counsellor available**)

- Troubles obsessing you, feeling depressed, etc...
- Harassment (sexual, academic, power, etc.)
- \*Free of charge for counseling sessions, appointment needed

[http://www.ccds.ihe.tohoku.ac.jp/front/counseling\\_office/sso\\_english/](http://www.ccds.ihe.tohoku.ac.jp/front/counseling_office/sso_english/)

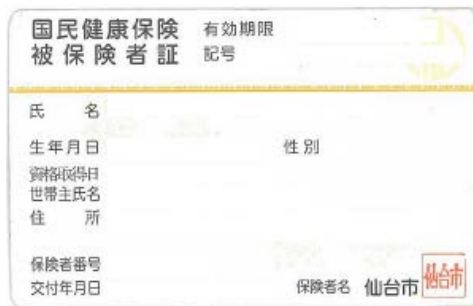
# National Health Insurance (NHI)

## 国民健康保険



### National Health Insurance (NHI) “Kokuho”

- Required to join the NHI plan who stay in Japan for 3 months or more
- Necessary to bring NHI card with you when visiting medical facilities  
**NOT covered:** medical checkup, protective vaccination, cosmetic surgery, normal birth, dental materials, latest medical technology/medicine, etc.  
**With NHI, covers 70% of medical expense >>> You pay 30%**
- NHI Payment slip will be sent to you after completing registration for the residence at the ward office
- From next year, NHI Payment slip will be sent every year (in June)
- Necessary to make your payment by the due date: **Approx. 2,000 JPY/month**
- Automatic withdrawal available upon request
- New NHI card will be sent out every year (by the end of September)



National Health Insurance Card

## National Pension “Nenkin”

- Social insurance system
- Need to pay the insurance premium (age of from 20 to 60)
  - Old-age Basic Pension
  - Disability Basic Pension

[Insurance Premium: 16,540 JPY/month \(as of fiscal year 2020\)](#)

- National pension handbook is necessary to receive a pension and is valid throughout the lifetime of the member, so please keep it in a safe place.

## Student Deferment Application

(With this application, students are allowed to postpone payment of premiums until his/her university program completion.)

- Need to make an application every fiscal year on/after April
- Apply at Student Support Division (*Gakusei Shien-ka*) at No. 3 window on Kawauchi Campus
- Bring Pension Handbook and Student ID card



# Student Insurance

## 学研災・インバウンド付帯学総



All the Tohoku University international students are required to buy these two insurances especially designed for students.

### 1) Personal Accident Insurance for Students Pursuing Education and Research (PAS) “*Gakkensai*”

▪ Basically covers for the expenses for physical injuries due to accidents during your activities as a student.

### 2) Comprehensive Insurance for International Student Life

#### “*Inbound Futai Gakuso (Type E)*”

▪ Covers for the expenses when unexpected incidents happen in your daily life  
- liability expense, injury and illness, rescuer expenses

【Reference: Insurance Premium】

- New Master’s student (for 2 years) >>> **24,600 JPY**  
(*Gakkensai* 1,750 JPY + *Inbound Futai Gakuso* 22,850 JPY)
- New Doctoral student (for 3 years) >>> **35,260 JPY**  
(*Gakkensai* 2,600 JPY+ *Inbound Futai Gakuso* 32,660 JPY)

As of April 1, 2019, it is **mandatory for anyone riding bicycle in Sendai to enroll the cyclist liability insurance.**

“*Inbound Futai Gakuso*” should cover the liability expense caused by the bicycle accidents.



# Emergency Secure Plan (ESP)

## 緊急時安心プラン



**School of Science International students are required to join the plan.**

**Insurance Premium: 1,100 JPY for 1 year** (+ 182 JPY for the handling fee)

**New Master's student >>> 2,382 JPY (for 2 years)**

**New Doctoral student >>> 3,482 JPY (for 3 years)**

How to Pay: By the credit card or paying at a convenience store (with Multimedia terminals)

Access to <https://www.eaj.ne.jp/ima> and login

【Login code : tohoku Password: tohoku】

### Medical Assistance Service (MAS)

メディカルアシスタンスサービス

- 3-way telephone language assistance service in 24 hours
  - Available in English, Chinese & Japanese
- Reference to an appropriate, nearby medical facility
- Arrangement of making an appointment to a medical facility...etc.



### Emergency Expense Insurance (EEI)

緊急時費用保険

- Covered up to 2,000,000 JPY in total per case when hospitalized for 3 or more consecutive days due to an accident or illness
- Emergency Reunion (up to 3 persons)
  - Round-trip Transportation, Accommodation up to 14 days, Interpreter...etc.

# 6. Threats & Earthquake



## Bears!! Spotted in campus!



Report of sighting →

- **NOT to go outside alone in the dusk and dawn.**
- **To make noise when you walk through the map above, such as to carry bear bells, or sing, whistle or talk.**
- **NOT to leave your garbage outside, even at the collection spot.**



**Snow-**covered campus  
is beautiful, but...



... walk **carefully!**



**Numerous Bicycle  
Accidents!**



# What you can prepare for the Earthquake 地震が起きる前にできること



## Emergency Contact Information & Meeting Points

- Laboratory members
- Family members (Japan & home country)
- Friends

Meeting point on Aobayama campus: Central Plaza or Kita Aobayama Park

## Participate in the Disaster Response Drill

- At School of Science
- Neighborhood Disaster Response Drill Session (Sanjo & Katahira Area)

## Emergency Kit

- Stock necessary items in a back pack
- Water, food, first aid kit, radio, flashlight



## Secure Furniture

Prevent furniture from moving



# Be familiar with . . .

## 覚えてほしいこと



- **Seismic Intensity Scale “震度 *Shindo*”**

Scale from 0 to 7 by Japan Meteorological Agency

Great East Japan Earthquake (2011.3.11) Strong 6 (*Shindo roku kyō*)

- **Earthquake Early Warnings (EEW) 【緊急地震速報】** by JMA

Alarms through TV, radio, mobile phones, and/or Campus’s broadcast system

\* Installed in all Tohoku University Campuses, the warning activates when the *Shindo* 4 or more earthquake hits

- **Designated Evacuation (Refuge) Areas 【指定避難所】**

Public Elementary and Junior High Schools

- **Sendai Disaster Multilingual Support Center 【仙台市災害多言語支援センター】**

Operated by SenTIA (Sendai Tourism, Convention and International Association)

It will be set up and will start operations when a large scale of natural disaster occurs to provide disaster related information in multiple languages following the disaster. TEL: 022-224-1919 / 022-265-2471

To know more about preventing from disaster in English or other languages, check the website! <http://int.sentia-sendai.jp/e/life/bousai.html>