

New Student Orientation Fall 2022

September 30, 2022

DiRECT, School of Science



- 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.

Mathematics
Department Office

Counter

Academic Affairs Division

- Student Affairs (department)
Physics, Astronomy, Geophysics,
Chemistry, Earth Science

Counter

Academic Affairs Division

- Graduate Academic Affairs
- Undergraduate Academic Affairs
- Student Support

Counter

Office Hour: 10:00 am - 5:00 pm

Contact: 022-795-5829

direct@mail.sci.tohoku.ac.jp

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

Counter

DiRECT

Science Complex A

Science Complex B

Science Complex C

International Joint Graduate Program Office

2. Academic Affairs & Campus Life



Academic Affairs Division (Kyomu 教務)

Science Administration Center Bldg.

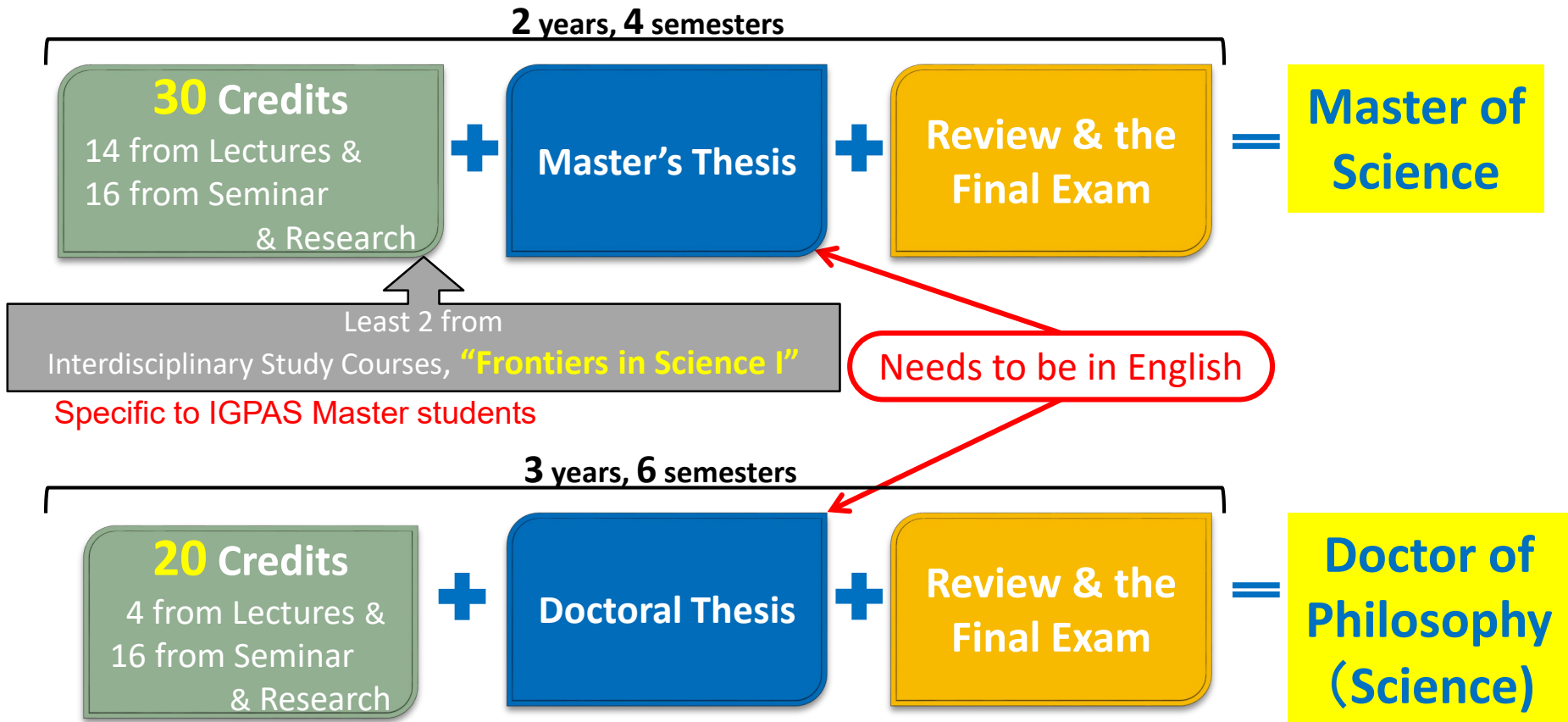
- ① Graduate Academic Affairs Section
→ courses, registration, grades, etc.
- ② Undergraduate Academic Affairs Section
- ③ Student Support Section
→ certificates, scholarships, etc.
- ④ Departmental Student Affairs Section
 - Physics (Physics, Astronomy & Geophysics)
 - Chemistry
 - Earth Sciences
 - 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
Frontiers in Science I (科学の最前線Ⅰ)	Lecture	2
Frontiers in Science II (科学の最前線Ⅱ)	Lecture	2

Wednesday
16:20-17:50

← **Fall 2022**

← **Fall 2023**

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.



English translation for 2022 will be available within this year!
(2021 edition is currently on the website)

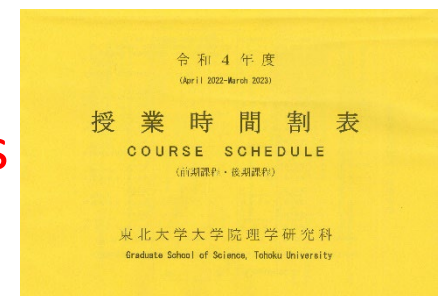
Course Syllabus *Jyugyo Gaiyo* 授業概要 [only available online](#)

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)



Registration Period:

Spring Semester: In mid April

Fall Semester: October 3–October 14

*Needs to be made at **EVERY semester**

*Registration period for 2023 spring:

TBA on the website ▶▶▶▶

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

Course Registration for 2021 Spring Semester
Register courses online via the Student Affairs Information System:
<https://www.srp.tohoku.ac.jp/>, during the registration period as shown below.

< Registration Period >

	Program	Period	Procedure
Online Registration	Undergraduate & Graduate	4/12(Mon.) ~4/23(Fri.)	
Changes Accepted (to add/drop courses)	Undergraduate & Graduate	4/26(Mon.) ~4/30(Fri.)	[Undergraduate] Apply modification yourself via the System (Click here for the details) [Graduate] Send "Change of Course Registration Form (00044101E001)" to the Graduate Academic Affairs Section by e-mail
Additional Registration (For newly informed courses, e.g. intensive lectures)	Undergraduate & Graduate	[Undergraduate] After 5/31(Mon.) and as needed [Graduate] As needed	[Undergraduate] Add the course via the System (Click here for the details) *Upon being approved by the instructor, it will be officially registered. The Undergrad. Academic Affairs Section will contact him for you. [Graduate] Send "Course Registration Form (000441010000)" to the Graduate Academic Affairs Section by e-mail

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

ID & Password, DCMail



1. Tohokudai-ID & Password

Standard ID to access various services provided by the university

- ▶ to set-up **DCMail address**
- ▶ to log in to **Student Affairs Information System**
(for **Course Registration** and checking important notice from the university)
- ▶ to register **Japanese Language Courses**
- ▶ to use **Automatic Certificate Machines** in campuses (with **Student ID Card**)

2. DCMail address (Digital Campus Mail)

- ▶ Necessary to take
Online Course

[Note for 2022 fall semester]

Temporary ID and password to access

Tohokudai-ID confirmation page

Accessible
9/30-10/31

3. Student ID Card

- Name indicated in Alphabet or Kanji (Chinese Characters) AND Katakana
- Access to **University Library** in campuses
- Needs to issue certificates using the certificate issuing machine

*Password reset/reissuance, Student ID Card reissuance

>> **Student Support Section**

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
スケジュールを登録 今週を表示 2013/09/26~2013/10/02 週間 月間

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
大学からのお知らせはありません。 0件の新着 全てを見る

あなた宛のお知らせ
あなた宛のお知らせはありません。 0件の新着 全てを見る

Events
イベントはありません。

Information

メッセージ
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
スケジュール登録
オフラインマニュアル

Myツール
キャビネット一覧
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

リンク
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 '更新' (Update) button at the bottom right. Another red circle highlights the 'English' radio button in the language selection area at the bottom. The '更新' (Update) button is also circled in red. A 'プレビュー' (Preview) button is visible above the table.

0	1	2
0	スケジュール表示(週間)	
1	お知らせ表示(全体)	お知らせ表示(個人宛)
2	イベント表示	
3	公開お知らせ表示	
4		

コンテンツ名	掲載	掲載数	表示数	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
1Class Period					
2Class Period					
3Class Period					
4Class Period					
5Class Period					
6Class 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		.	✓

* For courses offered by the department closely related to yours as below, no need to submit the form, but we still recommend that you check with the Graduate Academic Affairs Section or DiRECT to see if this applies to you.

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

DCmail

[...]**@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:
Application form

**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 Programs	Spintronics (GP-Spin)
	Earth and Environmental Sciences (GP-EES)
	Physics for the Universe (GP-PU)
	Data Science (GP-DS)
	Materials Science (GP-MS)
	Integrated Chemistry (GP-Chem)
Academia-Industry Collaborating Graduate Programs	WISE program for AI Electronics (AIE)
	WISE Program for Sustainability in the Dynamic Earth (SYDE)
	Graduate Program for Green and Digital Innovation (GreDi)

- ▶ 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! ★★★

Scholarship Payment 国費&学習奨励費

for MEXT, MEXT Honors Scholarship, JICA Students



- Signing (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.)
- Signing is 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 the stipend.

【Signing Deadline】

First three business days →

【Pay Day】

Around the 25th of the month

Attention!

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

The 1st Payment Schedule

- MEXT & MEXT Honors Scholarship Students → November 16, 2022
- JICA Students → October 27, 2022

Reference: Pay Day Schedule for MEXT & MEXT Honors Scholarship 2022

<https://www.sci.tohoku.ac.jp/direct/english/news/2022/04/2022-payday.html>

Financial Support (1) 奨学金・経済支援等

- **Pioneering Research Support Project for PhD Students**
- **Doctoral Fellowship Program**
 - offers 180,000 yen/month (average) & research grant 340,000 yen/year
 - Application in March
- **Tohoku University Global Hagi Scholarship**
(For the 2nd year of Master's course students & the 1st year of Doctoral course students)
 - offers 50,000 yen/month, Application in April
- **MEXT Honors (JASSO) Scholarship**
 - offers 48,000 yen/month, the university directly contacts applicable students
- **Scholarships by private foundations**
 - usually required to have Japanese language skills (writing & speaking)

Scholarship Information on DiRECT website

<https://www.sci.tohoku.ac.jp/direct/english/>

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

Check the website & the DCMail regularly!!

Financial Support (2) 奨学金・経済支援等

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

[Attention!] Tuition Fee Waiver & Deferment Application

- Need to make an application **every semester**

Fee waiver-related information is sent from the Student Affairs Information System.

	For Fall Semester	For Spring Semester
Application Period	August-September	February - March
Result Notification	Mid-December	Mid-July

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

Leave of Absence & Withdrawal

休学&退学



- The application must be submitted in ADVANCE. (never can be backdated)
- A supervisor's agreement is required.
- A medical doctor's certificate is required if due to illness.

[Attention]

- If you take the leave period or withdrawal, please pay close attention to the expiration date of your allowed period of time to stay.
- You are not allowed to work in Japan while you are away from school due to a Leave of Absence and Withdrawal.

Your status of residence is “STUDENT”!!

Allowed Maximum Period for Leave of Absence

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

Doctoral course 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)	

◎ = available and recommended ○ = available × = not available

- 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 (from October 3, 2022)

FREE shuttle bus for Tohoku University students & staff 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*)
Visit the Student Support Section



JR Train

Commuter Pass for Students

* Need “**Certificate of Commuter Pass**”
(通学証明書 *Tsugaku Shomeisho*)
Visit the Student Support Section

Other

Bicycle, Motorbike, Car**

**Parking Permit by School of Science
required.

25,000 JPY deposit to become a member <https://www.tohoku.u-coop.or.jp/en/>
→ fully refunded when you terminate a membership

TU CO-OP shop on the Aobayama campus is now remodeling.
The new shop will be open in March 2023!!
The temporary store located on the 1st floor at the Science Administration Center [H-11] is open from 10 am to 2 pm on weekdays.

Shops (books, stationery supplies, and food)

- 10% discount on books & magazines

Cafeterias & Restaurants

- HALAL meals are available on every campus

Travel Service

- At Kawauchi and Aobayama East Campus only

Housing Service

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

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

- 1,250 JPY + tax for the 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.



Up to 50,000 yen can be charged!

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)

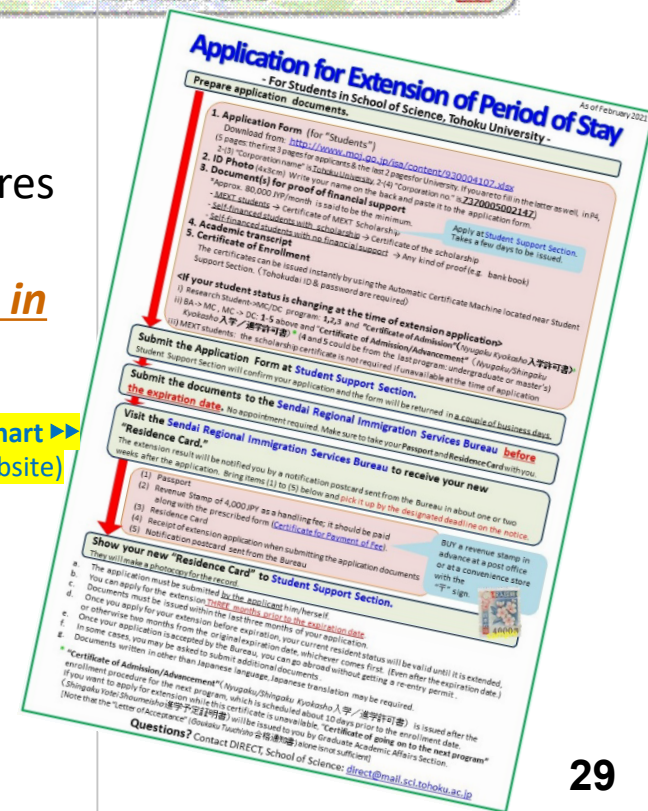
Working Permit

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)

Application Flowchart ▶▶
(on DiRECT website)



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
- 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)

-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**



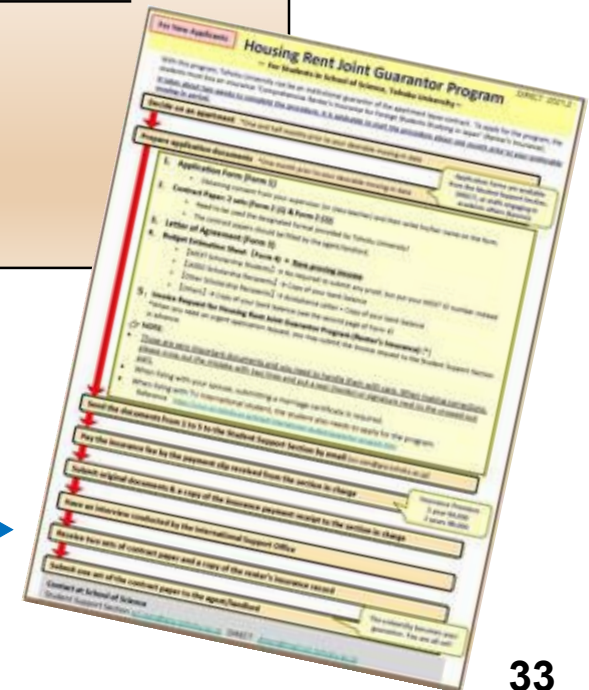
Guarantor Program 【留学生住宅保証制度】

- 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

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



Application Flowchart ▶▶
(on DiRECT website)



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
(Registration details ->TBA)

- Study & Break Room 【学習室・談話室】 1

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

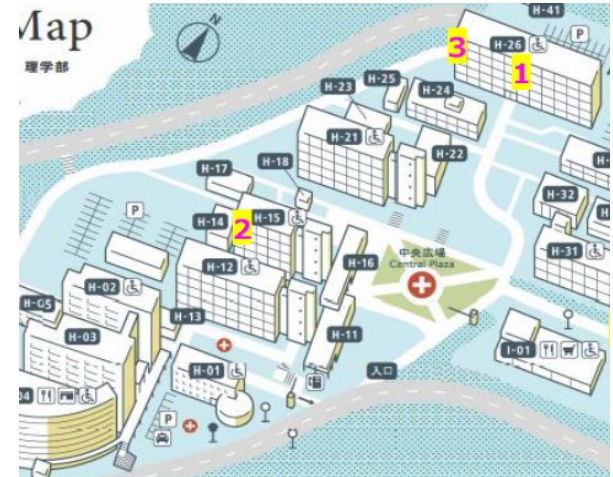
- Campus Life Support Office(OASIS)【キャンパスライフ支援室】 2

Counseling & Advice

- International Students' Break Room 【留学生休憩室】 ◀ Available for prayers

- Room 826 & 828, 8F, Physics Building 9:00-17:00 (weekday) 3

New space equipped with rooms for meeting, self-study, and prayers will open at the end of AY 2022



Tohoku University

Information

- International Support Office “TU Support”
[Website](#), Housing support, [Orientation](#) (April and October)
- International Student Help Desk

Supporting Organizations 支援団体

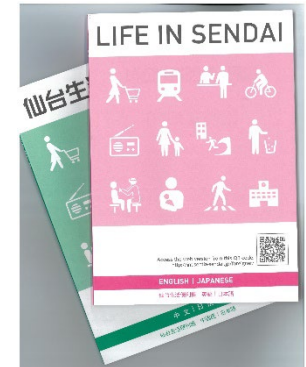


SenTIA (Sendai Tourism, Convention and International Association) 【仙台観光国際協会】

- [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, Mongolian, Sinhala, Hindi, Bengali, and Ukrainian.)
- **Handbook for residents in Sendai “LIFE IN SENDAI”**
English, Chinese, Korean, Vietnamese, and Nepali
- E-mail Magazine (Digestive Information from

Sendai City Newsletter, Disaster Information, etc.)

Both offer
Japanese
Language
Course



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

- Traditional Miyagi Home-stay Program

Organizations by Tohoku University Students

- [TUSTEM](#) (Tohoku University STEM Student Network) for students in science-related faculties
- [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>

E-learning in Japanese

【東北大学 日本語 E-learning】

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

Tohoku University

“Working hard and achieving is important to find a research job. However, industrial jobs require excellent Japanese language skills “

“Study as much Japanese as you can! Communication is the key!”

New Project by DiRECT
“Language Exchange Partner”
Japanese ↔ English or your own



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/anken/shobo/119ban/documents/eigo.pdf>



Inform an accident to:

- Supervisor (or faculty members in laboratory/group)
- School of Science Office
- Security Guards

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

https://www.health.ihe.tohoku.ac.jp/eng_front/

Counselling Office at Center for Counselling and Disability Services

(on Kawauchi campus, **English speaking counselor available**)

- Troubles obsessing you, feeling depressed, etc...
 - Harassment (sexual, academic, power, etc.)
 - Either face-to-face counseling or consultation via video calls available
- *Free of charge for counseling sessions, appointment needed

http://www.ccds.ihe.tohoku.ac.jp/front-2-2/counseling_office/sso_english/

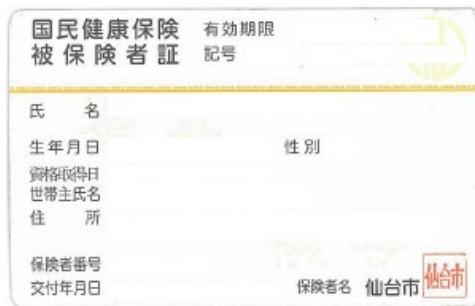
National Health Insurance (NHI)

国民健康保険

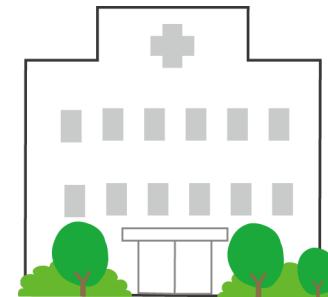


National Health Insurance (NHI) “Kokuho”

- Required to join the NHI plan who stay in Japan for 3 months or more
- Necessary to bring an 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 expenses >>> You pay 30%
- NHI Payment slip will be sent to you after completing registration for the residence at the ward office
- From next year, the 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
- A new NHI card will be sent out every year (by the end of September)



National Health Insurance Card



National Pension 国民年金



National Pension “Nenkin”

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

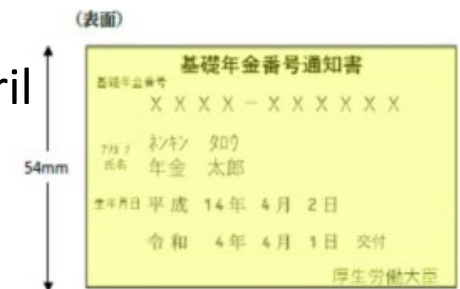
Insurance Premium: 16,540 JPY/month (as of the fiscal year 2022)

- A Basic Pension Number Notification Card is sent to you after completing registration for the residence at the ward office.
- The number is important to receive the pension, so please keep it in a safe place.

Student Deferment Application

(With this application, students are allowed to postpone payment of premiums while you are a student.)

- 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 a Basic Pension Number Notification Card & Student ID card



Basic Pension Number Notification 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)

It is **mandatory for anyone riding bicycle in Sendai to enroll in the cyclist liability insurance**. (From April 1, 2019)

“*Inbound Futai Gakuso*” should cover the liability expense caused by 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)

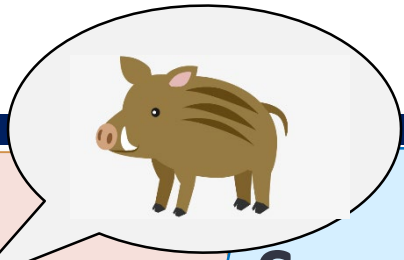
緊急時費用保険

- 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



Threats 危険



Bears & Wild Boars !! Spotted in campus!

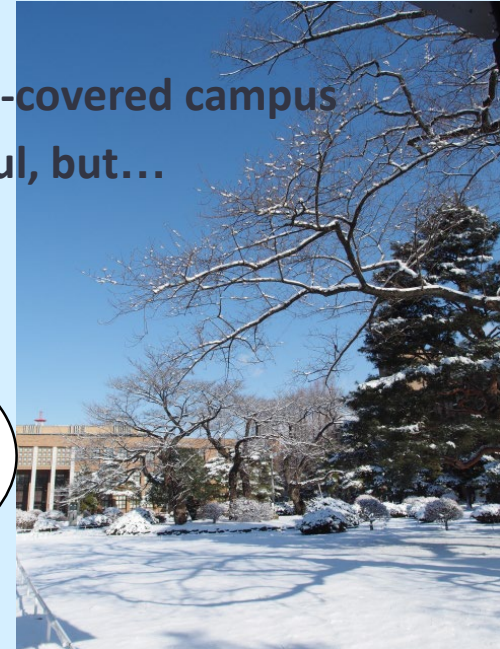


Report of sighting →

- 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

● 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! <https://int.sentia-sendai.jp/e/life/bousai.html>