

New Student Orientation Fall 2026

September 30, 2026

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: 8:30 am - 5:15 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.

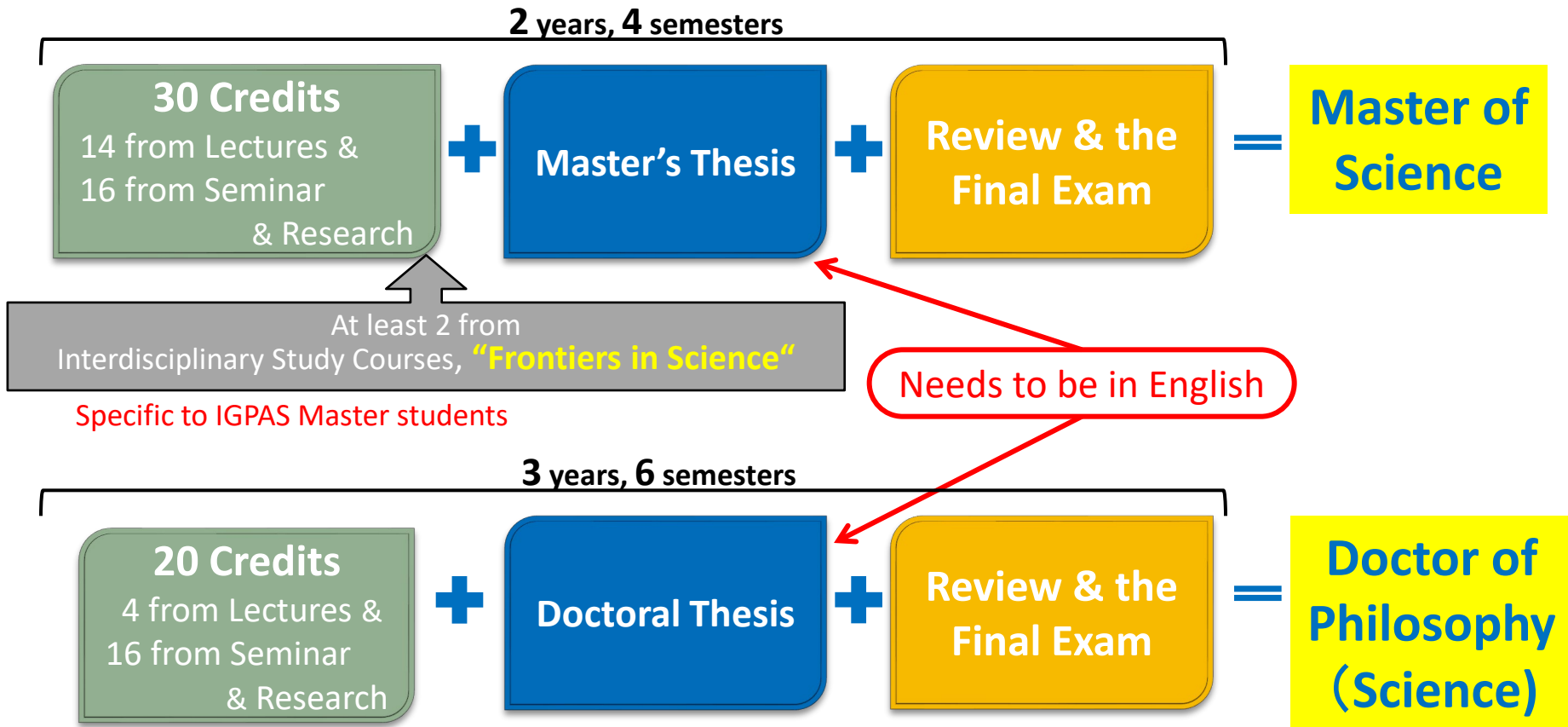
- ① Graduate Academic Affairs Section
→ courses, registration, grades, etc.
- ② Undergraduate Academic Affairs Section
- ③ Student Support Section
→ certificates, scholarships, etc.
- ④ Departmental Student Affairs Section
 - Physics (Physics, Astronomy & Geophysics)
 - Chemistry
 - Earth Sciences
 - 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(1) 修了要件



Degree Requirements 修了要件(2)



Materials and Sources

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.



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



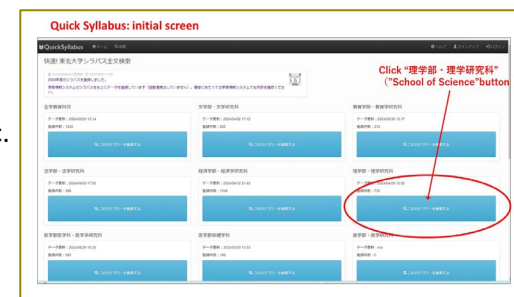
Course Syllabus *Jyugyo Gaiyo* 授業概要

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

can be checked via the **Student Affairs QuickSyllabus**

System (log-in needed) or via the

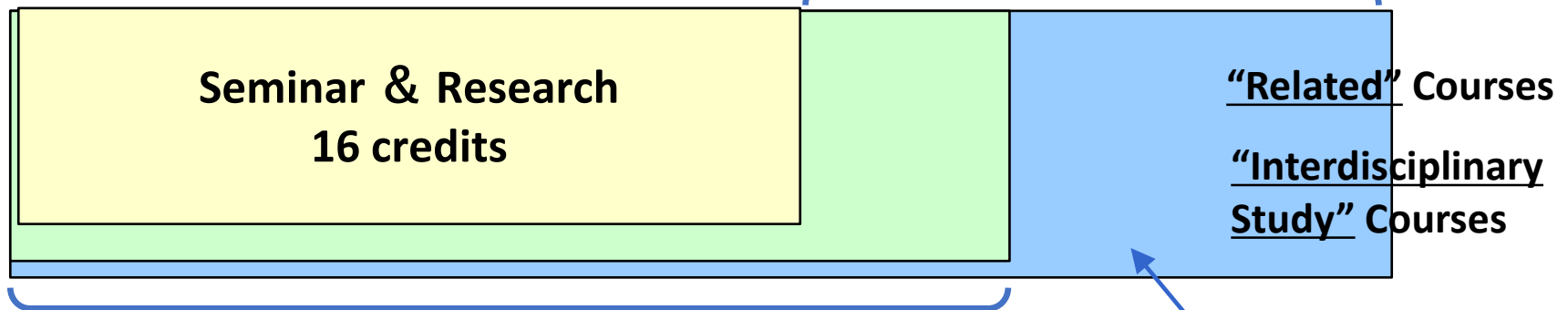
<https://qsl.cds.tohoku.ac.jp/qsl/>



Degree Requirements(3) 修了要件

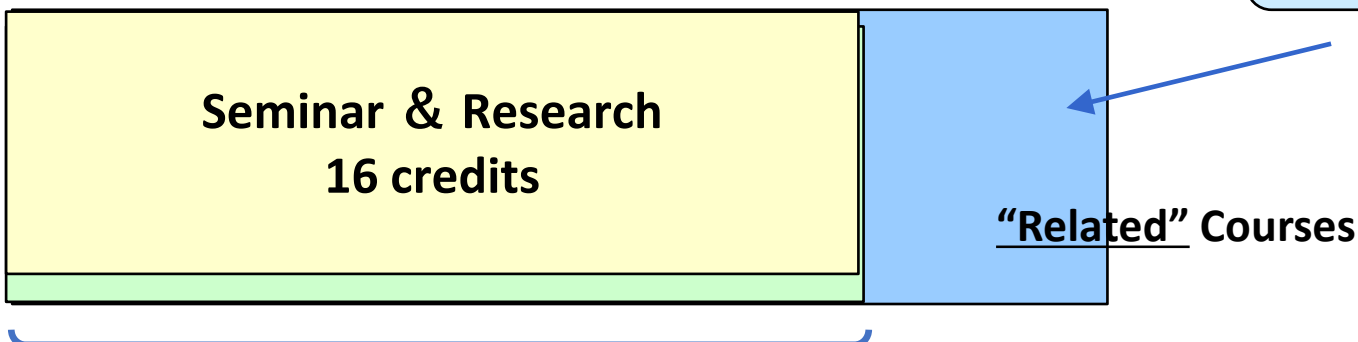
MC Students: total 30 credits or more

Lecture Courses



Can also be taken from
Specialized Courses

DC Students: total 20 credits or more



IGPAS Master's students: Required

Other Master's students: Optional (can be counted 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 2026**

← **Fall 2027**

Common Graduate School Subjects 大学院共通科目

Provided by the
Center for Graduate School Innovation ▶▶
aims to acquire "in-depth education, learn about
contemporary social issues, and acquire
transferable skills"

[Features]

- Counts as **"related courses"** for graduation credits (up to 2 for MC Math and Earth Science, and 1 for DC Earth Science)
- Can be registered via the Student Affairs Information System
- About half of the courses (20 in AY 2026) are offered in **English**
- Many are held at the Kawauchi campus (some are at the Aobayama and Katahira campus, or provided online)
- Lectures include multicultural understanding, intercultural communication, and career building; some are related to the sciences (engineering, agriculture, mathematics)

▶▶ Why not check out the courses they're offering?

▶ [List of Common Graduate School Subjects \(PDF\)](#)

▶ [List of Syllabi for Common Graduate School Subjects \(PDF\)](#)

(English list starts from P4, and also they appear on your time-table in the Student Affairs Information System.)



Course Registration 履修登録(1)



Registration Period:

Fall Semester: Oct 1–Oct 14

Spring Semester: April 8–April 21

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

relevant info on the website ▶▶▶▶

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

< Registration Period >			
	Program	Period	Procedure
Online Registration	Undergraduate & Graduate	10/1 (Thu.) -10/14 (Wed.)	Register for courses online [Note] For courses that cannot be registered online, see ★ Special Cases for Graduate Students* below
Changes Accepted (to add/drop courses)	Undergraduate & Graduate	10/15 (Thu.) -10/21 (Wed.)	[Undergraduate] Apply modification yourself via the System (Click here for the details) [Graduate] Submit "Change of Course Registration Form (履修科目訂正書)"** via Google Form
Additional Registration (For newly informed courses, e.g. intensive lectures)	Undergraduate & Graduate	[Undergraduate] TBA [Graduate] As needed	[Undergraduate] Additional intensive courses will be announced as details become available. Register by following the instructions posted on the bulletin board, etc. [Graduate] Submit the course details via Google Form

< Notes >
1. **No need to fill in the "Reason for the change" column, nor obtain the seal of approval. (Only if applying after the "Changes Accepted" period, please obtain the seal of approval from the course.)

How to Register:

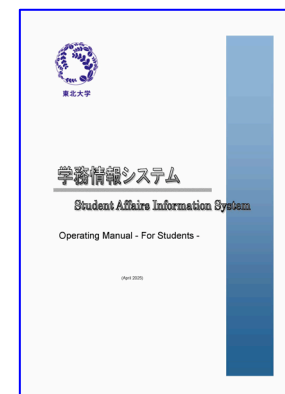
Via **Student Affairs Information System**

<https://slink.secioss.com/user/index.php?tenant=auth.tohoku.ac.jp>

- Needs **Tohoku-dai ID & password** to log in with Single Sign-On (SSO)

SSO Info <https://sites.google.com/tohoku.ac.jp/oids-out/sso/en?authuser=0>

▶▶Operating Manual: <https://rp.auth.tohoku.ac.jp/gkms/manual/index.html>



Course Registration 履修登録 (2)



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			

“Every Spring” : Throughout-a-year course

“Final Spring” : Throughout-a-program course

- ▶ Regardless of when you register, you must attend while enrolled.
- ▶ You will receive credits at the end of the semester in which you register.

***Chemistry majors:** Departmental Student Affairs Section make registration for the students.

Course Registration 履修登録 (3)



Special Occasions you can not register online/needs forms

	Online Registration	Submit course details via Google Form to the Graduate Academic Affairs Section		
		Fill out the course details	Course Registration Request Form (as related courses or others) 履修願（関連科目・その他の科目）	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 from other departments, if **both** of the following apply, form submission is NOT required:

- It is classified as a “related course” for your department in the “Table of Courses” in the “Student Handbook.”
- It can be registered via the Student Affairs Information System.

Course Registration 履修登録(4)



Learn from Past Mistakes!: Course Registration Issues

CASE	DESCRIPTION	RESOLUTION
(IGPAS MC) Missed Required Course <i>"Frontiers in Science"</i>	Failed to register for it and did not notice until summer, right before MC completion!!	Negotiated with the instructor in charge and were given credit for watching on-demand lecture videos and submitting a report over the summer
(MC) Missed to apply for Credit Approval as related course	Took courses from another department (not closely related to the student's own department) but did not apply for them to be certified as related courses!	Advisor intervened; credit approved retroactively in the end, after a lengthy discussion & a thorough review by the departmental committee

Risks & Inconveniences:

Not always successful; Dependent on professor's leniency or advocacy;
Limited availability of means of resolution; High stress

To prevent these from happening.....

- Check yourself: Review the 'Student Timetable' and 'Grade Inquiries' to check course classification and credit status.
- Consult your supervisor, tutor, and peer students to see if you are on the right track.

'Other Courses' category
do not count towards
graduation credits!!

[An Incident]

A graduate student recorded a lecture from another school without registering for the course or getting permission and shared the video with others.

Unauthorized recording or sharing of lecture materials may **violate intellectual property rules** and can **cause significant distress to instructors**; students are expected to act with care and respect.

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 the **Student Affairs Information System**
(for **Course Registration** and to check important notices from the University)
- ▶ to register for **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 etc.

Temporary ID and password to access
Tohokudai-ID confirmation page

3. Student ID Card

- Name indicated in Alphabet or Kanji (Chinese Characters) AND Katakana
- Access to **University Library** in campuses

*Password reset/reissuance, Student ID Card reissuance

>> **Student Support Section**

(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

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**

Application for the Doctoral Program

Fulfilling requirements
defending master thesis
(passing the final exam)

Announcement:
Late May-early June

- Enter information into Google Form
- Upload the instructor's approval email

Deadline:
Late June

International Graduate Programs for current students

Financial support
(Including tuition waiver)

**Opportunities of
overseas internship**

**Additional
requirements**

<u>International Joint Graduate Programs</u>	<u>Spintronics (GP-Spin)</u>	P	C
	<u>Earth and Environmental Sciences (GP-EES)</u>	G	E
	<u>Physics for the Universe (GP-PU)</u>	P	A
	<u>Data Science (GP-DS)</u>		
	<u>Materials Science (GP-MS)</u>	P	C
	<u>Integrated Chemistry (GP-Chem)</u>	C	
<u>Academia-Industry Collaborating Graduate Programs</u>	<u>WISE program for AI Electronics (AIE)</u>	M	P
	<u>WISE Program for Sustainability in the Dynamic Earth (SYDE)</u>	G	E
	<u>Graduate Program for Green and Digital Innovation (GreDi)</u>	C	

- ▶ Application: once or twice a year, for **October** or **April** participation
(depending on the program; some accept applications only for April)
- ▶ Eligibility & Application period etc. are independently set by each program

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

Scholarship Payment 国費・学習奨励費・JICA

for MEXT, MEXT Honors Scholarship, and JICA Students



- Signing (confirmation of enrollment) every month **at the Student Support Section, Aobayama Campus**, to receive monthly scholarship.

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.)
- MEXT scholarship students and MEXT Honors (JASSO) scholarship recipients should have a Japan Post (JP) / “Yuucho” Bank account to receive the scholarship.

【Signing Deadline】

Noon, the third business day

【Payment Day】

➡ Around the 25th of the month

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

The 1st Payment Schedule

- MEXT & MEXT Honors Scholarship Students
➡ November 17 (if you submit a cash card or bank book copy by Oct 21)
- JICA Students
➡ October (if you submit a cash card or bank book copy by Oct.14)

Reference: Pay Day Schedule for MEXT & MEXT Honors Scholarship 2026

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

MEXT Scholarship Conditions (1)

国費奨学金受給要件



[Attention: IGPAS 2026 Students]

**Ensure you 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 on a 3.00 scale, your MEXT scholarship will be terminated 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]

- Master's course: 2 years
- Doctoral course: 3 years

[Note]

The possibility of an extension from MC to DC depends on the category of your MEXT scholarship. University Recommendation (Special Selection) cannot be extended.

[Other conditions for all MEXT Scholarship Students]

- You can receive additional scholarships.
Be careful with the restrictions on receiving dual scholarships.
- The MEXT scholarship will be suspended if you cannot complete the curriculum within the standard course term.
- You can work as a Teaching Assistant (TA) or Research Assistant (RA) on campus
- You can work outside of campus (part-time job), but you need to obtain a "Working Permit" from the Immigration Bureau in advance

Financial Support (1)奨学金・経済支援等

- **LEAP (Leadership and Excellence Advancement Professionals Program)**
(For Doctoral course students only)
 - Offers 106,000 yen/month (average) & Competitive Research Travel Support
<https://pgd.tohoku.ac.jp/english/rpc/LEAP.html>
Application Deadline: October 7
- **Scholarship offered exclusively by Tohoku University**
 - is currently under consideration and will be announced
- **Scholarships offered by private foundations**
 - usually require Japanese language proficiency (writing and speaking)

Scholarship Information on DiRECT website

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

Also, scholarship information for privately financed students is provided through the Student Affairs Information System as it becomes available.

Check the website & the DC Mail regularly!

Financial Support (2) 奨学金・経済支援等

- **Teaching Assistant/Research Assistant (TA/RA) Position**

Ask your supervisor for availability

- **Tuition Deferment/Monthly Installment Payment**

<https://c.bureau.tohoku.ac.jp/gakusei-shien/menjo/tuition-defer-e/>

- **Tuition Fee Waiver**

Not Available from Spring semester, 2027 onward

[Attention!] Tuition Fee 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 withdraw, 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 students ➡ up to 2 years in total

Doctoral course students ➡ up to 3 years in total

Certificates 証明書



Certificate	Certificate Machine	Student Support Section (issued in 2 business days)	Language	
			Japanese	English
Certificate of Enrollment 在学証明書	◎	○	○	○
Academic Transcript (including previously enrolled course) 成績証明書 available via online even after graduation	◎	○	○	○
Certificate of Expected Completion 修了見込証明書	◎	○	○	○
Certificate of Completion (including previously enrolled course) 修了証明書 available via online even after graduation	◎	○	○	○
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	○	×	○	×
Commuter Certificate 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 * = available from certificate machine only

The certificate issuance system will be renewed starting in October 2026.

- How to apply: online (online application details will be announced soon.)
- How to receive: ① from the certificate issuance machine [free], available in the [H-11](#) building.
② from convenience stores [fee required April 2027 onward]
③ electric delivery [fee required April 2027 onward]

Transportation 交通 (1)



Campus Bus

FREE shuttle bus for Tohoku University students and staff operate among four university campuses (Katahira, Kawauchi, Aobayama, and Seiryō campuses)

- two bus routes
- cannot get on if the bus is full (up to 27 passengers)

<https://sites.google.com/tohoku.ac.jp/asset-campusbus/en>



Campus Bus

City Subway

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

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



Tozai Line



Nanboku 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” (Special Student Discount Commuter Pass)

Three Types of Pass:

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

*Buy at the Sendai City Transportation Bureau pass office **with your Student ID Card**.

<A Commuter Certificate (通学証明書 *Tsuugaku Shomeisho*) is not required.>

[Note] In case you would like to buy a regular student commuter pass, which is a section-limited ride pass, a Commuter Certificate (通学証明書 *Tsuugaku Shomeisho*) is necessary.

Unlimited Ride Pass



JR Train

Commuter Pass for Students

* **Commuter Certificate** (通学証明書 *Tsuugaku Shomeisho*) is necessary.

Other

Bicycle, Motorbike, **Car****

**Parking Permit by School of Science required.

To get a **Commuter Certificate** (通学証明書 *Tsuugaku Shomeisho*), visit the Student Support Section window.

25,000 JPY capital share is necessary to become a member!

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

→ fully refunded when you terminate a membership

To become a member, visit a CO-OP service counter. After receiving an email, download the App. <https://www.tohoku.u-coop.or.jp/home/info/11816/>

Stores (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
- Apartments with international student friendly guarantor system, “Sumuraku Plan”



3. Immigration & My Number etc.

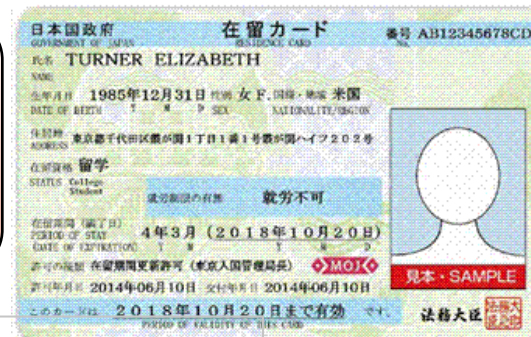


Immigration Terms/Permits 在留関連



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 Zairyu Kikan Enchou【在留期間延長】

Apply at the Sendai Regional Immigration Service Bureau or Online

- 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)

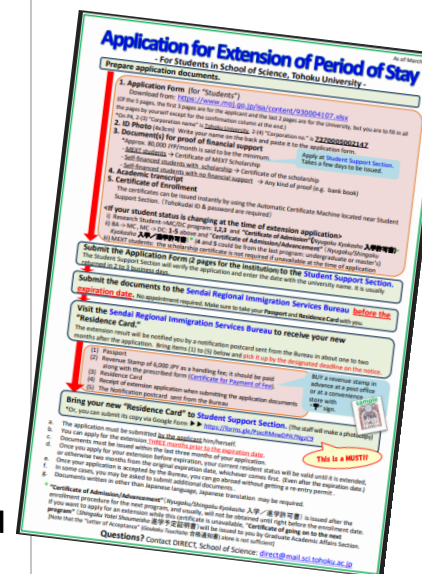
[Application Flowchart](#) ▶▶
(on DiRECT website)

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 Regional Immigration Services Bureau
(No need for TA/RA/AA: Teaching, Research, or Administrative assistant)



My Number



Individual Number Social Security and Tax Number System

- **12 digit individual number** (health insurance, tax matters, administrative procedures, etc.)

Need to report when sending/receiving money to/from overseas, applying for tax exemption (those from China, Indonesia, etc. who receive stipend (e.g., LEAP) from the University.

My Number Card

- Photo ID card available upon application (**not mandatory**)
- The usage gradually expanding
 - NHI card (or “Eligibility Verification Card”) replacement
 - Obtaining resident record at convenience stores
 - Will function as driver’s license (**still controversial**)
 - Various online application (e.g., tax return, residence period extension application)
- Can be applied for by sending in an application form enclosed with “Individual Number Notice” (sent to you a few weeks after address registration)



[Note] My Number Card has the same expiry date as your resident permit; be advised to renew it at the ward office right after receiving the new residence card.

4. Housing & Daily Life



Dormitories for International Students

- University House Aobayama
- University House Sanjo I, II, III
- University House Nagamachi
- 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. UH Aobayama up to TWO years, UH Nagamachi & IH Higashi Sendai till graduation]

***You cannot stay in the dorms until the end of the last month of the allowed period due to room cleaning.**

-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**

In Japanese, "sumu" means to live or dwell, and "raku" means easy or comfortable



Recommended Guarantor System【保証制度】

"Sumuraku Plan" by University COOP

- Multilingual call center available 24 hours a day
- Emergency rush service in case of accident
- Renewal and cancellation are also supported
- Rental contracts stored and support provided smoothly



For more details ▶▶

1. "Sumuraku Plan" TU Support

<https://sup.bureau.tohoku.ac.jp/en/after-arrival-e/moving-e/guarantor-e>

2. "When Renting an apartment (Guarantor System)" DiRECT

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 member

(Female students will receive registration info via email from the Campus Life Support Office in late Oct.)

- **Study & Break Room 【学習室・談話室】** 1

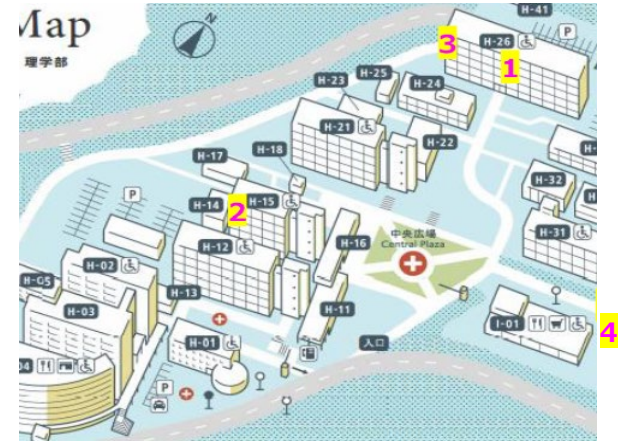
Room 825, 8F, Physics Building 10:00-18:00 (weekday)

- **Campus Life Support Office(OASIS)【キャンパスライフ支援室】** Counseling & Advice 2
307, Science Complex A

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

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

- **Prayer Room** (1st floor, Kita-Aobayama library) **【礼拝室(図書館 北青葉山分館)】** 4



Tohoku University

Information

- International Support Center “TU Support”

Pre- and on-arrival support, Call Center, Orientation (10/9 pm, Aobayama East campus)

- International Student Help Desk

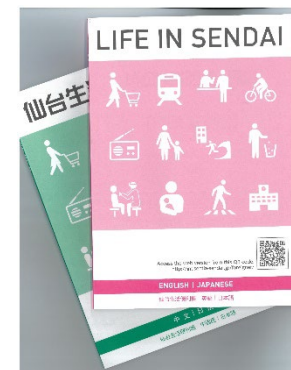
In-person Support Kawauchi and Aobayama East campus in late Sep and Oct. SIM card Information

Supporting Organizations 支援団体

SenTIA (Sendai Tourism, Convention and International Association)

【仙台観光国際協会】

- [Sendai Multicultural Center](#)
- Interpretation Support Hotline (in 22 Languages)
- Handbook for residents in Sendai “**LIFE IN SENDAI**” (in 5 languages)
- [Specialist consultation sessions](#) (with lawyers, immigration officers or administrative scriveners, each held once a month)
- ‘Community interpretation supporter’ or ‘[volunteer supporter](#)’ by OASIS (to administrative offices, schools, driving schools, etc.)



MIA (Miyagi International Association)

【宮城県国際化協会】

- Miyagi Support Center for Foreign Nationals (in 13 languages)
- [Emergency Cash Loan for Privately Financed Foreign Students](#)
- “Experience the Heart of Miyagi” program

Both **SenTIA** and **MIA**
offer **Japanese**
Language Course

Student Organizations

- **TUFSA** (Tohoku University Foreign Student Association)
- **PPI Sendai** (Indonesia), **Indian Students Association**,
Taiwanese Student Association, **The Kapatiran** (Philippines) and more...

Japanese Language Program at Kawauchi

【東北大学 外国人留学生等特別課程】

*NON-credit Japanese course

<https://www.jlpk.ihe.tohoku.ac.jp/program/>

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**

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

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



“Language Exchange” group

by DiRECT since 2023

Japanese ↔ English or your own

- Six groups (30 or more members) are currently active!
- Registration for the new term (half year) starts in October
- An exchange meeting is planned for November.

Course offered by the
laboratory of Japanese
Language Education



Information will be released
later this month

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 119 (Emergency Call)”

<https://www.city.sendai.jp/koryu/foreignlanguage/en/information/document/s/119bandocumentseigo.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 the Kawauchi campus, **an English-speaking counselor is available**)

- Troubles obsessing you, feeling depressed, etc...
 - Harassment (sexual, academic, power, etc.)
 - Face-to-face or remote consultations for 50 minutes
- *Free of charge, appointment required

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

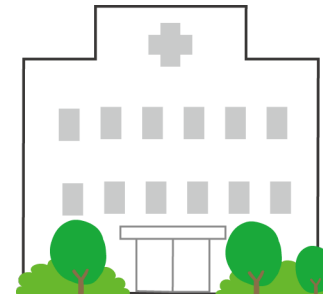
National Health Insurance (NHI)

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 checkups, protective vaccination, cosmetic surgery, normal birth, dental materials, latest medical technology/medicine, etc.
With NHI covering 70% of medical expenses >>> You pay only 30%
- The 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** as a non-income student
- Automatic withdrawal available upon request
- A new NHI card (Eligibility Verification Card) will be sent out every year (by the end of July)



National Health Insurance Card (Eligibility Verification 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 private insurance for accident and liability 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.

Tohoku university takes care of the registration and pays the premium on your behalf.

2) Comprehensive Insurance for International Student Life [Mandatory]

“*Inbound Futai Gakuso* (Type I)”

- Covers for the expenses when unexpected incidents happen in your daily life **(24H)**
 - liability expense, injury and illness, rescuer expenses
- You are required to apply for the insurance and make the payment yourself.

【Reference: Insurance Premium】

- New Master's student (for 2 years) >>> **25,700 JPY**
- New Doctoral student (for 3 years) >>> **36,730 JPY**

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

“*Inbound Futai Gakuso*” covers 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: 1,650 JPY for 1 year (+ 210 JPY for the handling fee)

New Master's student >>> 3300 JPY (for 2 years)

New Doctoral student >>> 4950 JPY (for 3 years)

- Download the App (NEXUS-OSSMA・IMA Service) to enroll.
- Credit card payment is recommended.
- Enter **0010** to the School/Organization password.



Medical Assistance Service (MAS)

メディカルアシスタンスサービス



Emergency Expense Insurance (EEI)

緊急時費用保険

- 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.
- 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.

Free Help Desk

無料相談窓口（日本アイラックサポートセンター）



JAPAN IR&C SUPPORT CENTER

When you have an accident or run into troubles while living in Japan in everyday life, you can contact us at “Japan IR&C Support Center”, where we provide you with consultation and advice in 3 languages (English, Chinese, and Japanese) by telephone or e-mail on accident or trouble you are involved in.

Supplier: Japan IR&C Corporation



You can contact us if you are in troubles such as:

- Lost properties, Health and medical problems (sickness or injuries), other accidents in daily life.

● JAPAN IR&C SUPPORT CENTER ●

Dedicated line : 0120-119-075 Freecall

➡ Please press the number for the chosen language following the English instructions.

1: English & Japanese 2: Chinese

➡ **Please press 1(English).**

Support is Available : 24Hours Everytime Available

Please provide us with following information

**Your Name, Name of your Univierity
& Faculty/Graduate School,
and Your Phone-number**

*Please note that the telephone dialogues relating to consultation/advice will be automatically recorded for the purpose of maintaining the service quality.

E-mail : CS-inb@i-rac.co.jp

※ If you are in an urgent situation, please contact us by Freecall.

Contact : International Support Center, Tohoku University

National Pension 国民年金



National Pension “Nenkin”

- Social insurance system
- Need to pay the insurance premium (age from 20 to 59)
 - Old-age Basic Pension
 - Disability Basic Pension

Insurance Premium: 17,920 JPY/month (as of the fiscal year 2026)

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

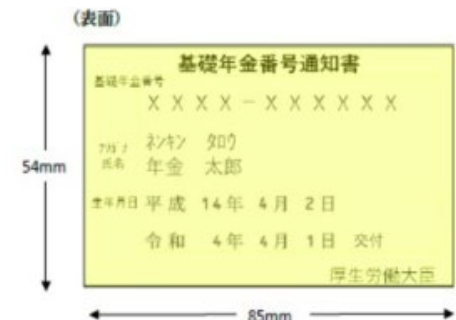
Student Deferment Application

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

- Need to make an application every fiscal year on/after April
- Apply at the Student Services Division (*Gakusei Shien-ka*) at No. 1 window on Kawauchi Campus
- Bring a Basic Pension Number Notification Card & Student ID card

[Important Note]

Students with income of approximately 2.04 million yen or more in the previous year may be rejected for deferment.



Basic Pension Number Notification Card

6. Threats & Earthquake



Threats 危険

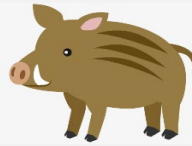
Bears & Wild Boars !! Spotted in campus!



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 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 disaster in English and other languages, check the website! <https://int.sentia-sendai.jp/e/life/bousai.html>