

New Student Orientation Spring 2025

April 3, 2025

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.

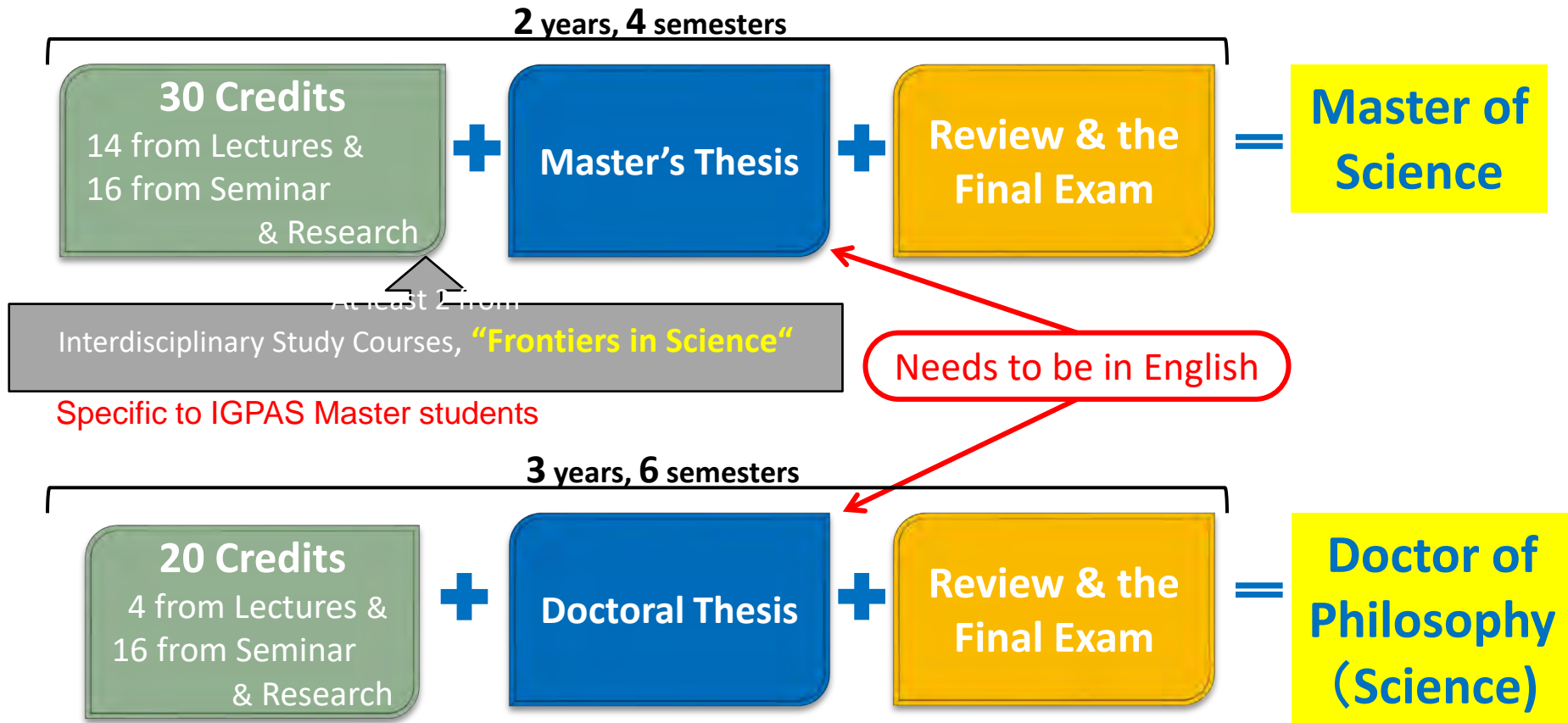
- ① Graduate Academic Affairs Section
→ courses, registration, grades, etc.
- ② Undergraduate Academic Affairs Section
- ③ Student Support Section
→ certificates, scholarships, etc.
- ④ Departmental Student Affairs Section
 - Physics (Physics, Astronomy & Geophysics)
 - Chemistry
 - Earth Sciences
 -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

Monday to Friday
8:30 - 17:15

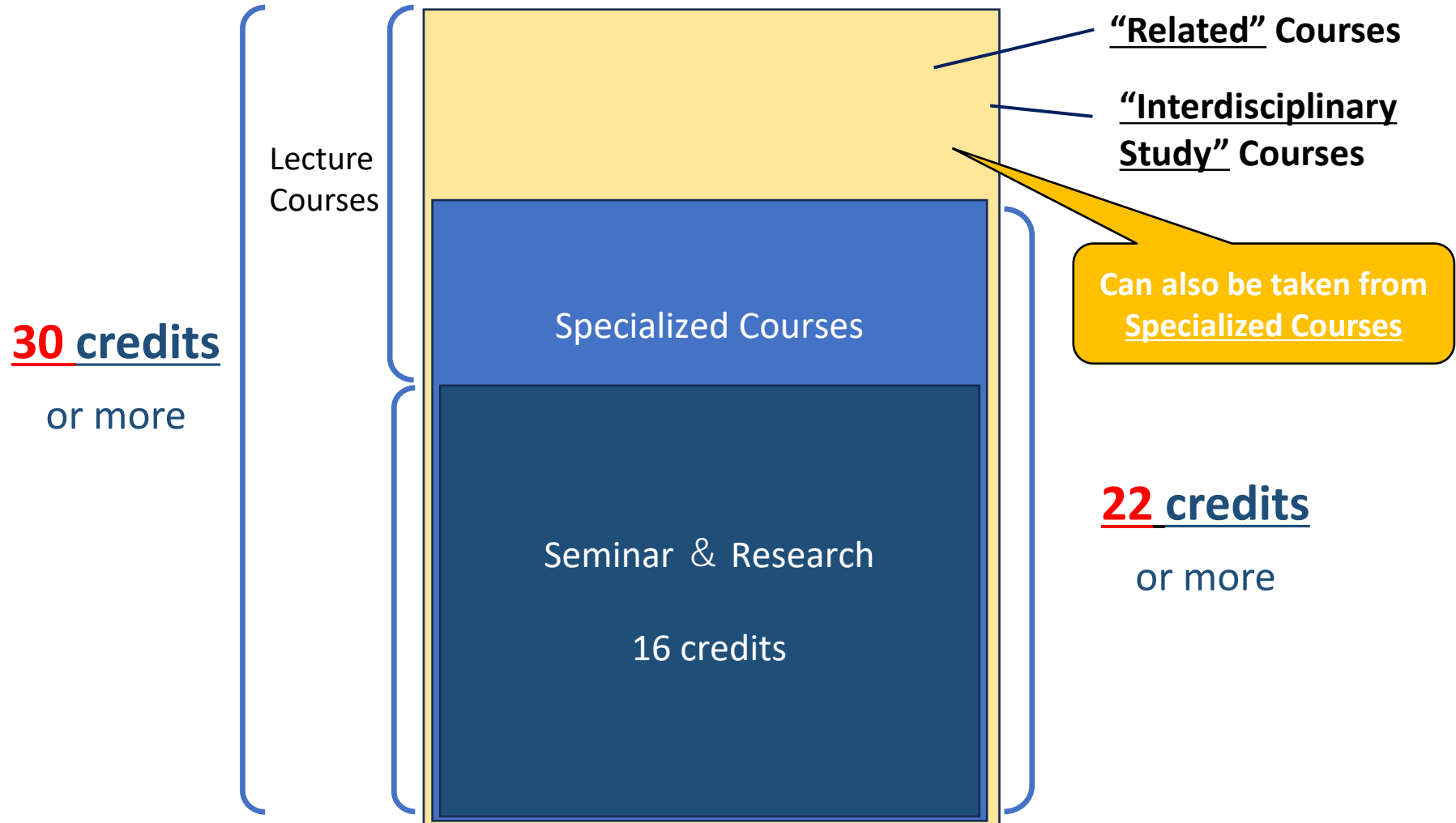
[Closed]
12:45-13:45 (lunch), Saturdays,
Sundays, and holidays

- Mathematics ►► office located in the Mathematics Bldg.

Degree Requirements(1) 修了要件



Degree Requirements(2) 修了要件



★ DC students: **16** or more credits from Specialized courses (Physics Students: **18**)

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 II (科学の最前線 I)	Lecture	2
Frontiers in Science I (科学の最前線 II)	Lecture	2

Wednesday
16:20-17:50

← **Fall 2025**

← **Fall 2026**

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 2025) 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 \(PDF\)](#)

(English list starts from P4)

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



Course Registration 履修登録(1)



Registration Period:

Spring Semester: April 8-April 21

Fall Semester: Oct 1–Oct 14

*Needs to be made at **EVERY semester**
relevant info on the website ▶▶▶▶

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

Course Registration for 2021 Spring Semester
Registration Period

	Program	Period	Procedure
Online Registration	Undergraduate & Graduate	10/2 (Mon.) 10/19 (Mon.)	[Undergraduate] Apply modification yourself via the System (Click here for the details)
Changes Accepted via add/drop courses	Undergraduate & Graduate	10/16 (Mon.) 10/20 (Fri.)	[Graduate] Submit "Change of Course Registration Form (00111)(01/01)" to the Graduate Academic Affairs Section (by e-mail acceptable)
Additional Registration (For newly informed courses, e.g. intensive lectures)	Undergraduate & Graduate	[Undergraduate] After 10/23 (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 Undergraduate Academic Affairs Section will contact him/her for you) [Graduate] Submit "Course Registration Form (00111)(01/01)" to the Graduate Academic Affairs Section (by e-mail acceptable)

Academic Affairs Section by e-mail

How to Register:

Via **Student Affairs Information System**

<https://slink.secioos.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>

New!



▶▶Operating Manual https://rp.auth.tohoku.ac.jp/gkms/manual/img/manual_students_en.pdf

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			

- 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.

Course Registration 履修登録 (3)



Special Occasions you can not register online/needs forms

	Online Registration	Submit the course details or a form 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)



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**

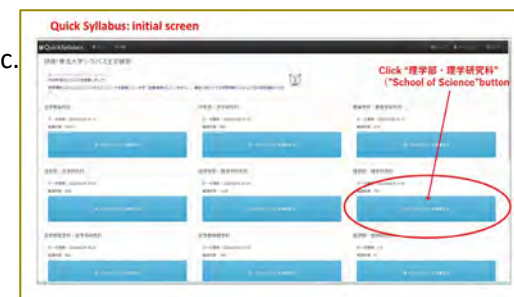
*Course Registration Manual: pp. v-vii & forms
Course Schedule in English: pp. 45-48



Course Syllabus *Jyugyo Gaiyo* 授業概要

Course descriptions, credits, semester, instructor, course, etc.
can be checked via the **Student Affairs Information System** (log-in needed) or via the **QuickSyllabus**

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



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
- Needs to issue certificates using the certificate issuing machine

*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

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	Early April	Thesis title: end of May	Final version: early July	Early August
Physics	Early June	Abstract: late June	Tentative version: Mid-June Final version: early July	Late July
Chemistry	Early May	Thesis title: end of May Abstract for presentation: mid-July	Tentative version (for sub-examiner): late July Final version: early August	Early August
Earth Science	Early May	Early June	Late August	

Showing underneath is the schedule for October enrollment / September completion. The schedule for April enrollment / March completion will be provided after confirmation.

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

- ▶ 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, applications are accepted from those who are to be **M2 students** in 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・JICA

for MEXT, MEXT Honors Scholarship, and JICA Students



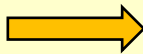
- Signing (confirmation of enrollment) every month **at the Student Support Section, Aobayama Campus**, to receive monthly stipends.

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 stipend.

【Signing Deadline】

Noon, the third business day



【Pay 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



May 19 (if you submit a cash card or bank book copy by noon, April 23)

- ~~JICA Students~~



~~October (if you submit a cash card or bank book copy by noon, Oct. 12)~~

MEXT Scholarship Conditions (1)

国費奨学金受給要件



[Attention: IGPAS 2024 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: Two years]

~~→ The MEXT scholarship period should be terminated when completing the Master's Program. The MEXT scholarship period cannot be extended to advance to the Doctoral program.~~

[Other conditions for all MEXT Scholarship Students]

- You can receive additional scholarships. Be careful with the restriction 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

- **AGS RISE Program (Advanced Graduate School Research Initiative for International Scholarly Excellence Program)** offers 180,000 yen/month (average) & research grant of 340,000 yen/year
- **MEXT Honors (JASSO) Scholarship**
 - offers 48,000 yen/month, the university directly contacts applicable students
- **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 May
 - Please ask us for details.
- **Scholarships by private foundations**
 - usually required to have Japanese language skills (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
- **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 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* (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	○	×	○	×
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

- 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

FREE shuttle bus for Tohoku University students and 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 27 passengers)

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



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. Subway only
3. City bus & 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 students friendly guarantor system, “Sumuraku Plan”



3. Immigration & My Number etc.

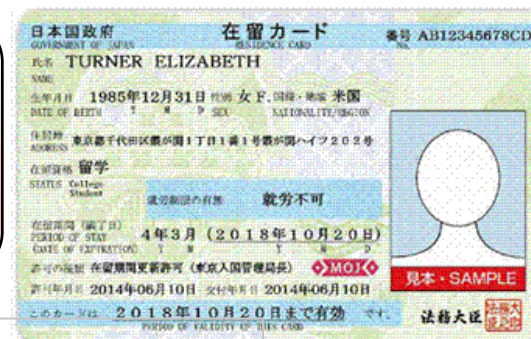


Immigration Terms/Permits 在留関連



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

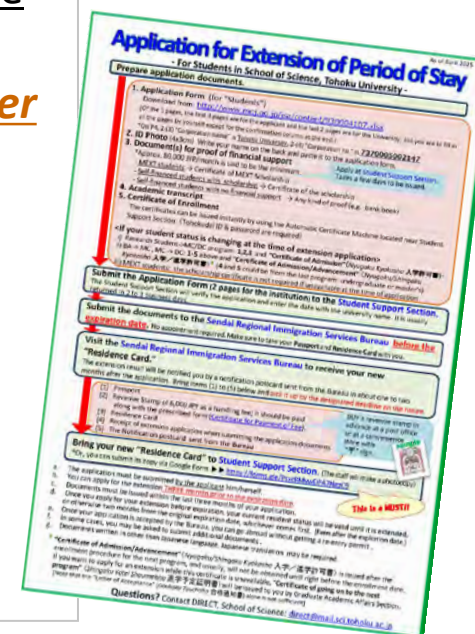
- Allowed to apply 3 months prior to expiration
- Need special attention if **your expiration day comes in September** (crosses with the time of advancement or graduation)

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 Immigration 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 incentive stipend 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 (**not easy!**))
- 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 as the same expiry date as your resident permit; be advised to renew it at the ward office right after the extension application.

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**



Recommended Guarantor System【保証制度】

“Sumuraku Plan” by University COOP New 2025!

- 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 ▶ ▶ ▶ ["Sumuraku Plan" TU Support](https://sup.bureau.tohoku.ac.jp/en/after-arrival-e/moving-e/guarantor-e)
<https://sup.bureau.tohoku.ac.jp/en/after-arrival-e/moving-e/guarantor-e>

**TU Support introduces you to apartments that use different types of guarantor systems.

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

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 -> sent via the Student Affairs Information System in late April)

- 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

307, Science Complex A

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

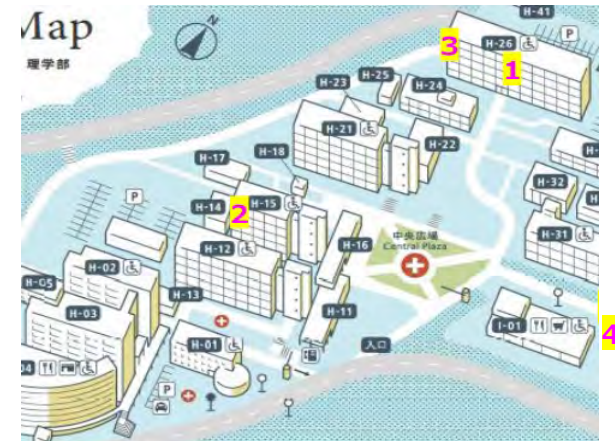
*Available for prayers

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 Office “TU Support”

[Information on website](#), Orientation 1) on-demand [video](#) and 2) on [campus](#)

- International Student Help Desk

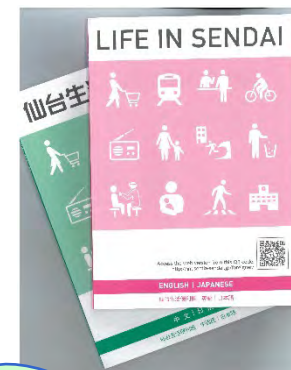
4/15 Aobayama,
4/24 Katahira

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)
- **Dispatch community interpretation supporter**
(to administrative offices, schools, etc.)



Both organizations
offer **Japanese
Language Courses**



MIA (Miyagi International Association)

【宮城県国際化協会】

- **Miyagi Support Center** for Foreign Nationals (in 13 languages)
- **No-Interest Loans** for Privately Financed Foreign Students
- “Experience the Heart of Miyagi” program

Tohoku University Student Organizations

- [TUSTEM](#) (Tohoku University STEM Student Network) for students in science-related faculties
- [TUFSA](#) (Tohoku University Foreign Student Association)
- IPLANET (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

<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

“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!”

“Language Exchange Group”

by DiRECT since 2023

Japanese ↔ English or your own

- Six groups (25 members) are currently active!
- Registration for the new term (half year) starts in May
- An exchange party is planned for May.

Course offered by the laboratory of Japanese Language Education



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 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 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)

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

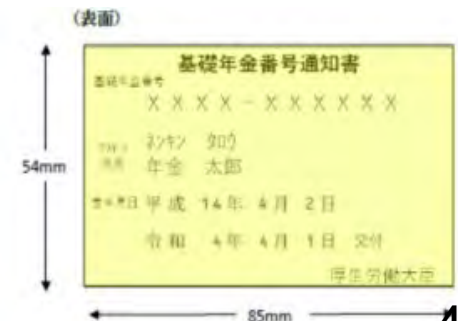
Insurance Premium: 17,510 JPY/month (as of the fiscal year 2025)

- 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



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 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: 1,100 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.

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

6. Threats & Earthquake



Threats 危険

Bears & Wild Boars !! Spotted in campus!



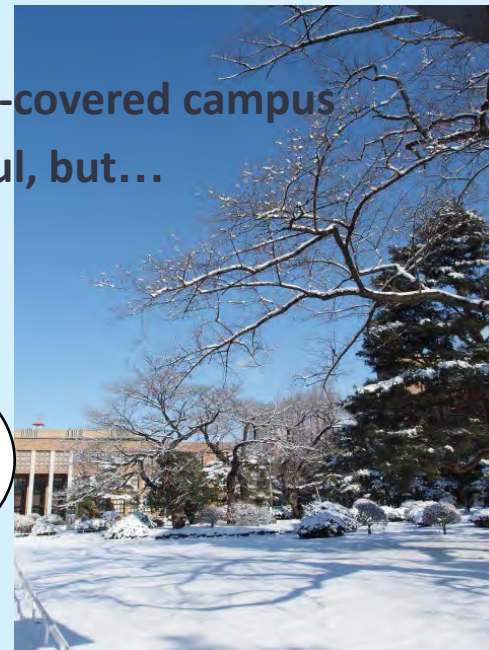
Report of sighting →



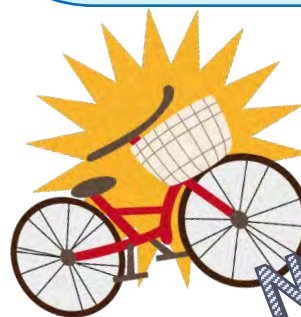
- **NOT to go outside alone in the dusk and dawn.**
- **To make noise when you walk through the map above, such as to carry bear bells, or sing, whistle or talk.**
- **NOT to leave your garbage outside, even at the collection spot.**



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>