



TOKYO METROPOLITAN UNIVERSITY  
東京都立大学

留学生相談室へようこそ

**GREETINGS FROM  
THE INTERNATIONAL STUDENT  
ADVISING OFFICE**

東京都立大学 国際センター

TOKYO METROPOLITAN UNIVERSITY INTERNATIONAL CENTER



TMU International Center



# OUTLINE

## 1. Living in Japan

- 1-1. Adaptation to a New Culture
- 1-2. Medical Information
- 1-3. Disaster Prevention (Earthquake, Typhoon, Evacuation)

## 2. International Student Support

- 2-1. International Student Advising Office
- 2-2. Student Counseling Office
- 2-3. Career Support Office
- 2-4. Tutoring Services
- 2-5. International Student Supporters

## 3. International clubs, Campus facility

- 3-1. Campus facility
- 3-2. Clubs (circles)
- 3-3. HANDS (student club)
- 3-4. SIPS

## 4. Event Schedule for International Students





# 1. LIVING IN JAPAN



## 1-1) Adaptation to a New Culture

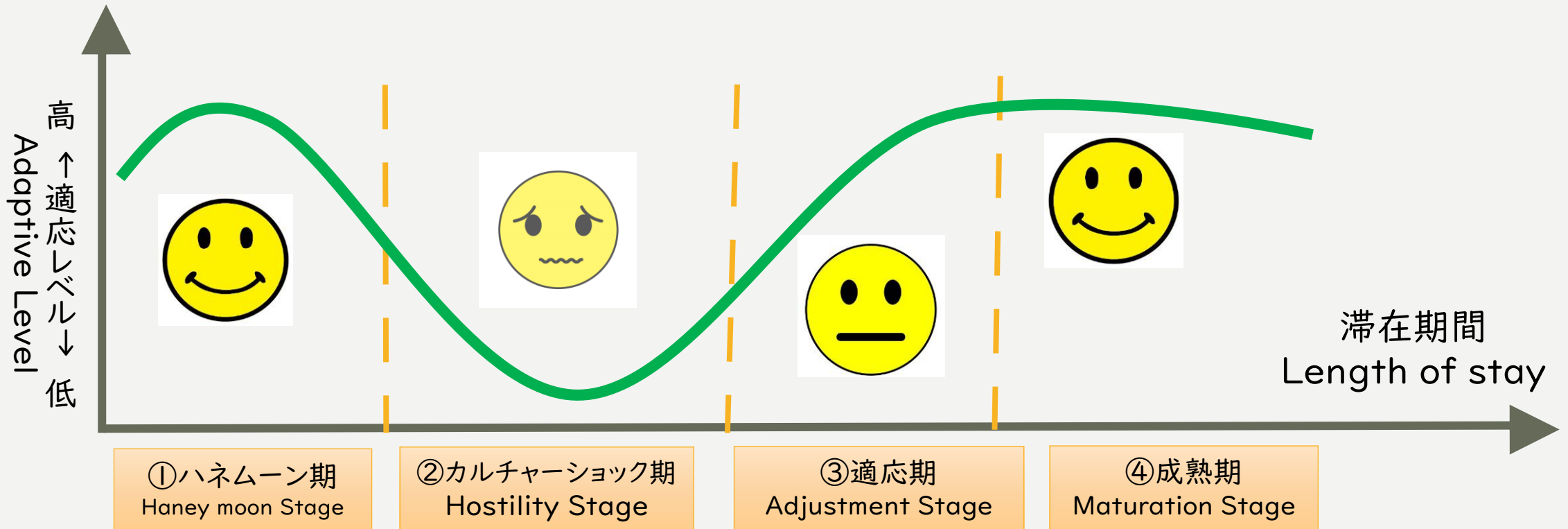
- When you encounter a new cultural norm, if you have a positive emotion and you would like to do the same  $\Rightarrow$  **Adaptation**
- If you have a positive emotion toward your host but you don't want to do or you cannot do the same  $\Rightarrow$  **Acceptance**
- If you have a negative emotion to the host and also to yourself who have to do the same  $\Rightarrow$  **Enforced Adaptation**



# 1. 日本での生活 / LIVING IN JAPAN

## 異文化適応過程 The Process of Cross-cultural Adaptation

新しい環境への適応  
Adaptation to a new environment



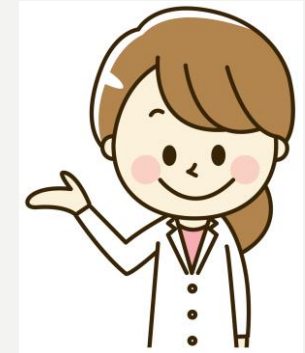


# LIVING IN JAPAN

## 1-2) Medical Information (on campus) - Tokyo Metropolitan Health Support Center

**【Minami-Osawa campus】** 1F, Bldg. #7

- Office Hours Monday - Friday 9:00-17:00
- Contact 042-677-2374
- \* Full-time nurses are available.



\* Health consultation with a medical doctor is provided for students regularly.

\* Please check the consultation schedule on the bulletin board or website before you visit the office.

[https://gs.tmu.ac.jp/health\\_room/about.html](https://gs.tmu.ac.jp/health_room/about.html)



**【Hino campus】** Room 125, 1 Floor, Building #1

- Office Hours Mon, Tue, Thu, Fri 9:00-17:00 Wed 9:00-16:00
- Contact 042-585-8616



<https://www.sd.tmu.ac.jp/campuslife/support/healthcenter.html>

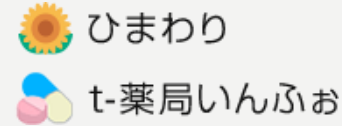
**【Arakawa campus】** 1 Floor, Kosei Building

**\* Please check the consultation schedule on the bulletin board.**



# 1. LIVING IN JAPAN

東京都 医療機関・薬局案内サービス



## 1-2) Medical Information (Off campus)

- Information on Medical Facilities & Pharmacies (Himawari)  
(Bureau of Social Welfare and Public Health, Tokyo Metropolitan Government)  
You can search for hospitals, clinics and pharmacies in Tokyo.

<http://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/>



- AMDA Medical Information Center



AMDA offers medical information support in multilanguage and interpretation services.

<https://www.amdamedicalcenter.com/welcome/english>





# 1. LIVING IN JAPAN



## 1-3) Disaster Prevention (Earthquake)

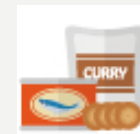
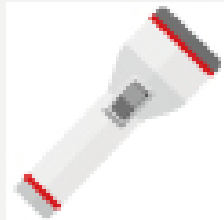
- Be prepared for Earthquake

Prepare necessary items in case of emergency.

Furniture, cabinet, TV, etc must be securely fixed to prevent falling over.



The items include: flashlight with spare batteries, radio, mobile phone with recharger, lighter, water, food, helmet, thick cotton gloves, clothing, towel, wet tissues, plastic bags, portable warm pad (Kairo), pens & notebook, first aid kit, copy of passport & residence card, cash, bankbooks, medicines, medication record.







# 1. LIVING IN JAPAN

## 1-3) Disaster Prevention (Earthquake)

- How to respond to earthquake

**Be careful of the aftershocks!**

### At home or indoors

- Get under a table
- Protect your head with helmet, pillow or magazines
- Do NOT rush outside

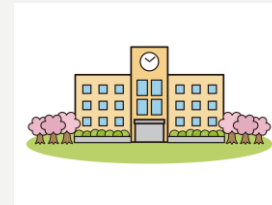


### Outside

- Protect your head with your bag
- Keep away from concrete block fences, glass, and signboard

### Earthquake Early Warning

An alert announced on TV and sent to smartphones shortly before strong earthquakes occur



### Difficulty Returning Home

Train and bus services may stop, making the return home difficult. Stay at school and do not force your way home.





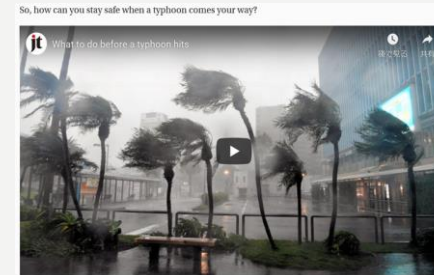
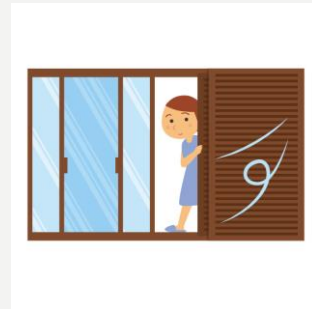
# 1. LIVING IN JAPAN



## 1-3) Disaster Prevention (Typhoon)

Lock the windows and shutters

Do NOT go outside. Keep away from dangerous area



Before the typhoon

- Know the evacuation routes not only from your home but from your work, children's schools and the places you visit frequently, and print out maps, since you can't rely on Google in a disaster.
- Make sure your phones, portable chargers and other devices are fully charged.



Tokyo Intercultural Portal Site  
-Comprehensive Living Guide for Foreign Residents  
in Japan-



Japan typhoon tips: What do before, during  
and after by The Japan Times

<https://www.japantimes.co.jp/japan-disaster-information/typhoon-preparation/>



# 1. LIVING IN JAPAN

## 1-3) Evacuation for Disaster

When staying at home is a risk due to earthquake, typhoon or flooding, evacuate to the evacuation center close to your home.

Evacuation centers are usually set up in school gymnasiums or public halls



Tokyo Metropolitan Government - Disaster Prevention Information  
(Evacuation Centers and Evacuation Sites)

<https://www.bousai.metro.tokyo.lg.jp/bousai/1000026/1000316.html>

**Check the locations of evacuation centers in your community**



# DISASTER PREVENTION INFORMATION

## Earthquake



- 1) Tokyo Intercultural Portal Site -Comprehensive Living Guide for Foreign Residents in Japan-

[https://tabunka.tokyo-tsunagari.or.jp/guide\\_eng/kinkyu/05.html](https://tabunka.tokyo-tsunagari.or.jp/guide_eng/kinkyu/05.html)

- 2) Ten ways to prepare for an earthquake (Youtube)

<https://www.youtube.com/watch?v=XLyuYR0b1GE>

- 3) 10 Tips for Earthquake Safety

[https://www.tfd.metro.tokyo.lg.jp/lfe/bou\\_topic/jisin/jisin\\_10point-eng.pdf](https://www.tfd.metro.tokyo.lg.jp/lfe/bou_topic/jisin/jisin_10point-eng.pdf)

## Typhoon



- 1) Tokyo Intercultural Portal Site -Comprehensive Living Guide for Foreign Residents in Japan-

[https://tabunka.tokyo-tsunagari.or.jp/guide\\_eng/kinkyu/06.html](https://tabunka.tokyo-tsunagari.or.jp/guide_eng/kinkyu/06.html)

- 2) Japan typhoon tips: What do before, during and after

<https://www.japantimes.co.jp/japan-disaster-information/typhoon-preparation/>

## Disaster Prevention

- 1) Disaster Preparedness - a Pocket Guide (English, Japanese, Chinese, Korean)

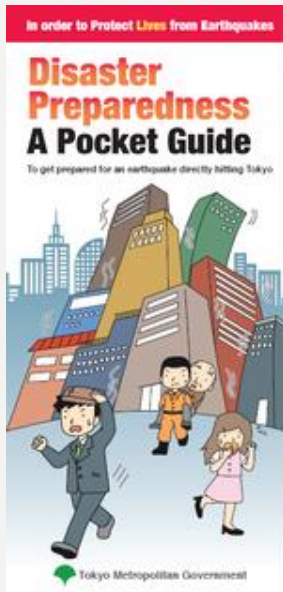
[https://www.bousai.metro.tokyo.lg.jp/\\_res/common/pocket/2020p\\_e.pdf](https://www.bousai.metro.tokyo.lg.jp/_res/common/pocket/2020p_e.pdf)

- 2) Disaster Prevention Information for Foreigners

[https://www.seikatubunka.metro.tokyo.lg.jp.e.apf.hp.transer.com/chiiki\\_tabunka/tabunka/tabunkasuishin/0000000144.html](https://www.seikatubunka.metro.tokyo.lg.jp.e.apf.hp.transer.com/chiiki_tabunka/tabunka/tabunkasuishin/0000000144.html)

- 3) When earthquakes or other disaster strike, STAY for Safety

[https://tokyodouga.jp/ws/tdrmz\\_gy.html](https://tokyodouga.jp/ws/tdrmz_gy.html)





## 2. INTERNATIONAL STUDENT SUPPORT

Not feeling well, sick, injured, etc

**Health Support Center**  
\*Full-time nurses are available. A medical doctor comes regularly

School work, life, culture, language, friends, health issue or any other concerns

**International Advising Office**  
\*International student advisors provide support in English and Japanese

Campus tour, opening bank account

**International Student Supporter**  
\*TMU students

Mental health, other concerns

**Student Counseling Office**  
\*Psychology counselors are available (in Japanese)

**HANDs**  
\*Student Club

Host events for International and Japanese students



Collaboration of Japanese and international students

**SIPS**  
\*Promote internationalization of universities

Career guidance, internship

**Career Support**  
\*Career Counselors and job placement advisors are available

**Tutoring Service**  
\*TMU students assist international students. Not every student will be assigned a tutor

Japanese language, academic and research work, life in Japan



## 2. INTERNATIONAL STUDENT SUPPORT

2-1) International Student Advising Office, International Center

*(Services are available in English and Japanese)*

※International student advisors are available to help you with any concerns about academics, relationships with teachers/friends, family issues, life in Japan, and etc.

All consultations are kept strictly confidential, so feel free to share anything you want.

### Keep in mind:

- Contact the International Student Advising Office, if you don't know who to ask.
- The sooner the better.
- You can ask any questions or ask for advice for anything.
- Recommend to make an appointment: [ryugakusei@tmu.ac.jp](mailto:ryugakusei@tmu.ac.jp)
- Remember that we are always here to help you!







# 2. INTERNATIONAL STUDENT SUPPORT

留学生相談  
ADVISING  
SERVICES

## 2-1) International Student Advising Office, International Center

### Things you may want to ask

#### Life, customs, values

- I don't understand Japanese customs

#### Academics

- I cannot keep up with my study or research

#### Interpersonal relationships

- I wonder how to make friends
- I cannot get along with my academic advisor

#### Culture

- I want to learn about Japanese culture

#### Career

- I don't know whether to find a job or continue to study
- I wonder how to find a job

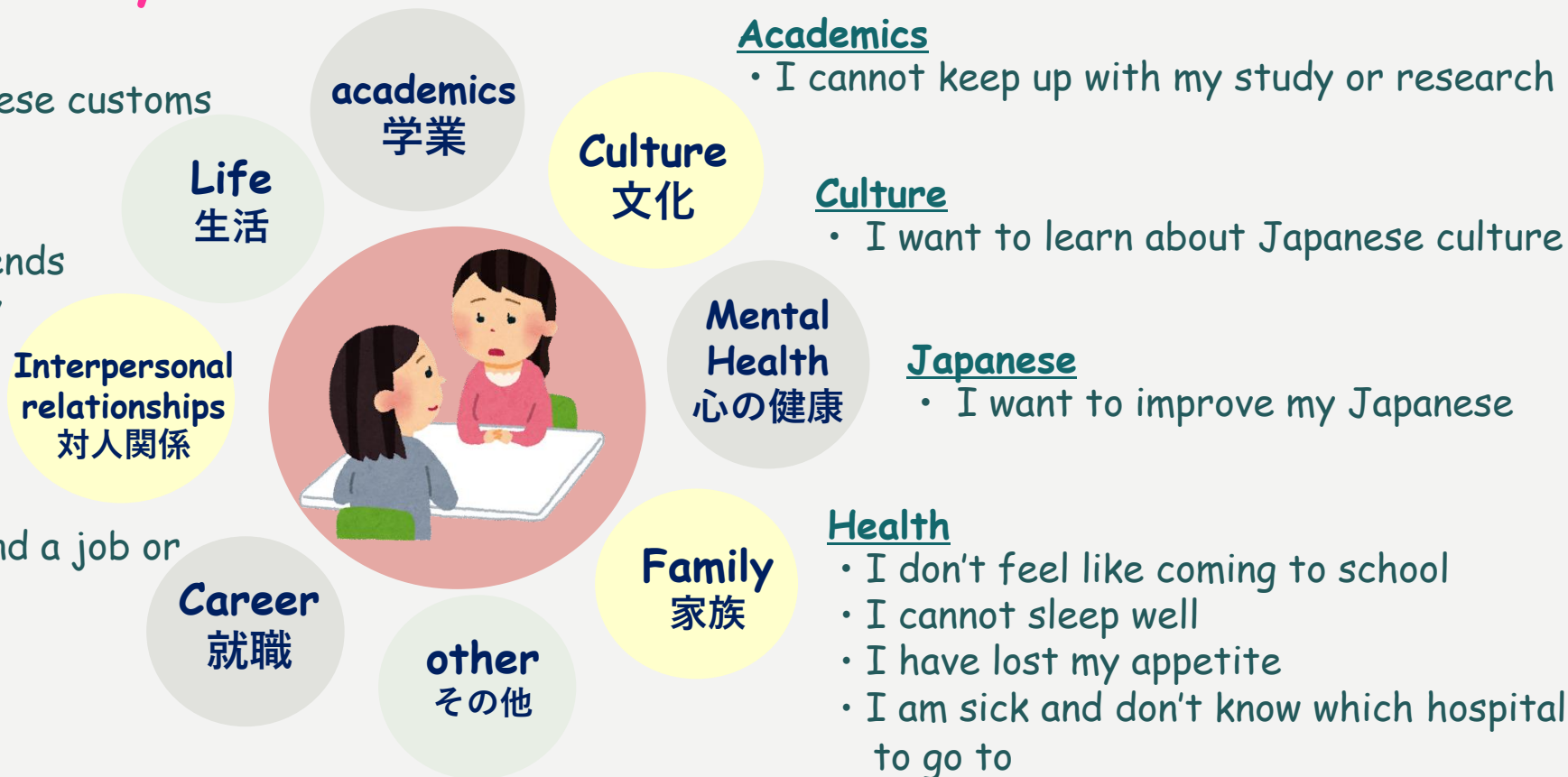
#### Mental Health

#### Japanese

- I want to improve my Japanese

#### Others

- I had an accident / I caused an accident
- I wonder where to go or what to see in Tokyo or in Japan
- Any other things





# 2. INTERNATIONAL STUDENT SUPPORT

2-1) International Student Advising Office, International Center

Advising Hours for walk-in service      Language English and Japanese

\*Online service is available Mon-Fri.

\*Make your appointment during Summer & Winter break

- Minami-Osawa Campus Room210, International House (Walk-in: Mon & Thur Online: Mon-Fri)

	Mon.	Tue.	Wed.	Thur.	Fri.
10:00-12:00	Kabeya			Kabeya	
13:00-17:00	Kabeya			Kabeya	

- Hino Campus Room207, Bldg#2 (Walk-in: Tuesday (the 2nd/once a month) Online: Mon-Fri)

	Mon.	Tue.	Wed.	Thur.	Fri.
10:00-12:00		Kabeya			
13:00-17:00		Kabeya			

- Arakawa Campus Room115, Library Bldg. (Walk-in: Thursday (the 4th/once a month) Online: Mon-Fri)

	Mon.	Tue.	Wed.	Thur.	Fri.
10:00-12:00				Kabeya	
13:00-17:00				kabeya	





# 2. INTERNATIONAL STUDENT SUPPORT

## 2-1) International Student Advising Office, International Center

### Opening dates for Walk-in

#### Hino campus

April	9	Tuesday Room 207 Bldg2
May	14	Tuesday Room 207 Bldg2
June	11	Tuesday Room 207 Bldg2
July	9	Tuesday Room 207 Bldg2



#### Arakawa campus

April	25	Thursday Room 115 Library
May	23	Thursday Room 115 Library
June	27	Thursday Room 115 Library
July	25	Thursday Room 115 Library



# 2. INTERNATIONAL STUDENT SUPPORT

## 2-2) Student Counseling Office (Counseling is available in Japanese)

【Minami-Osawa campus】

\* **Professional psychology counselors offer** face to face counseling on issues related to personality, adjustment, interpersonal relationships, health/mental health, student life, and so forth.

Place Room 242, 2F, Bldg. #7

Office Hours Monday-Friday 10:00-17:30  
(reception hours 10:00-17:00)

Please make an appointment prior to the consultation.

[https://gs.tmu.ac.jp/consultation\\_room/guide.html](https://gs.tmu.ac.jp/consultation_room/guide.html)



【Hino campus】

Place Room 124, 1 Floor, Building #1.

Office Hour Mon, Tue, Thu, Fri 10:00-17:00

<https://www.sd.tmu.ac.jp/campuslife/support/counselling/soudanroom.html>



【Arakawa campus】

Place Room 111, 1 Floor, Library

Office Hour Mon, Tue, Thu, Fri (online) 10:00-18:00 (reception hours 10:00-17:30)

<https://www.hs.tmu.ac.jp/campus/counseling.html>





# 2. International Student Support

## 2-3) Career Support Office (Career Counseling)

- ※Professional career counselors and job placement advisors provide TMU students with career counseling services including career development, job placement, internship, etc. Information about part-time jobs is also available.
- ※Please make sure to check the website of each campus for more details. Due to the coronavirus spread, there may occur some changes in the opening hours and consultation styles.
- ※Please contact International Advising Office in advance if international exchange students wish to have a career counseling service.


Contact: Career Support    Tel: 042-677-1140    E-mail: [tmu-career@jmj.tmu.ac.jp](mailto:tmu-career@jmj.tmu.ac.jp)

Minami-Osawa: <https://career.tmu.ac.jp/>

Hino: <https://www.sd.tmu.ac.jp/campuslife/support/counselling/career.html>

Arakawa: <https://www.hs.tmu.ac.jp/campus/counseling.html>



Campus	Minami-osawa	Hino	Arakwa
Career Reference Room	1F, Buildg #7 	Room101, 1F, Buildg #2 	1F, Kosei-to 
Consultation Room	1F, Buildg #7 	Room101, 1F, Buildg #2 	1F, Library 
Opening day	Mon-Fri (in-person/online)	Mon-Fri (online) · Tue (in-person)	Tue · Thu (in-person/online) 9:30-16:10

The Career Support Division offers career support events including "Career guidance for international students who want to get a job in Japan", and also a variety of reference materials are available for students in the Career Reference Room.



## 2. INTERNATIONAL STUDENT SUPPORT

### 2-4) Tutoring Service *\*Not every international students will be assigned a tutor*

- Tutors are TMU students
- Tutors assist international students with issues related to Japanese language, academic and research work, as well as life in Japan.
- Tutor, international student, and international student advisor can have a meeting together. *\*It is optional.*

The support you can get from the tutors

- within the campus area
- within 16 hours per month



Please be friends with your tutor!





## 2. INTERNATIONAL STUDENT SUPPORT

### 2-5) International Student Supporter: TMU Students

- offer a campus tour for incoming international students
- assist incoming international students with the residence registration process and bank account opening
- organize cultural exchange events for international students







# 3. INTERNATIONAL CLUBS/CAMPUS FACILITY

## 3-1) Campus facility (sports facility)

Tennis court, athletic field, swimming pool, training room (gym) are open for students. Please check opening hours and dates from the website below.

[https://gs.tmu.ac.jp/activities/use\\_lending/sports\\_facility.html](https://gs.tmu.ac.jp/activities/use_lending/sports_facility.html)



Students are required to participate in the workshop in order to use the training room. Please check the latest announcement about the training workshop from the website below.

<https://gs.tmu.ac.jp/activities/>





# 3. INTERNATIONAL CLUBS/CAMPUS FACILITY

## 3-2) Clubs (circles)

Many student clubs (circles) are available.  
Please check the website below.

Minami-Osawa campus

<https://gs.tmu.ac.jp/activities/list/>

Hino campus

[https://www.sd.tmu.ac.jp/campuslife/support/club\\_activities.html](https://www.sd.tmu.ac.jp/campuslife/support/club_activities.html)

Arakawa campus

[https://www.hs.tmu.ac.jp/campus/club\\_activities.html](https://www.hs.tmu.ac.jp/campus/club_activities.html)





## 3. INTERNATIONAL CLUBS/CAMPUS FACILITY

# We are HANDs!

### 3-3) HANDS: Student Club

- International interaction club
- organize events for international students and Japanese students to get together
- International students are welcome to join the club



### 3. INTERNATIONAL CLUBS/CAMPUS FACILITY 3-3) HANDS

## We hold various events

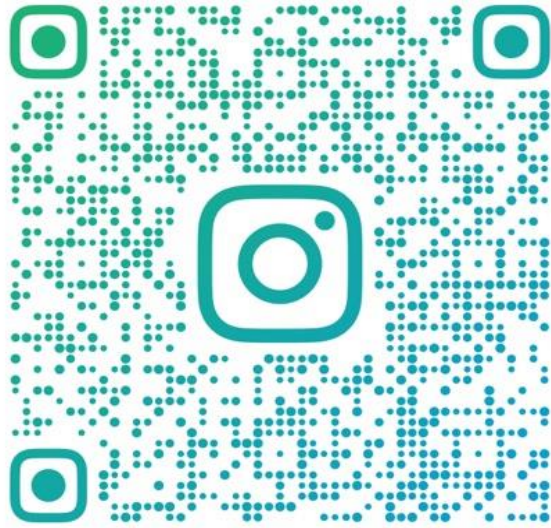
Halloween and Christmas parties,  
going out to learn about Japanese nature and culture



3. INTERNATIONAL CLUBS / CAMPUS FACILITY

3-3) HANDS

Please follow us!!!!



@HANDSATTMU



Event announcements will be made on instagram and LINE group

3-4) SIPS

3. INTERNATIONAL CLUBS/CAMPUS FACILITY

## **BECOME A SIPS MEMBER**

Instagram: @sips\_tmu

### *Staff and Student Initiative for Promoting Study Abroad (SIPS)*

SIPS connects students at different stages of their international journey, from those considering study abroad to those who have already returned. We also welcome alumni, international students, faculty member, and staff with international experience to join our community. Our goal is to promote and support the internationalization of Japanese universities.

Our activities:

- Sharing valuable information and resources
- Organizing engaging events and workshops
- Publishing a newsletter featuring study abroad experiences and opportunities
- Collaborating on new initiatives to promote internationalization



Member registration form





# 4. EVENT SCHEDULE FOR INTERNATIONAL STUDENTS

2024 Spring Term  
Event Schedule for  
International  
Students & Japanese  
students

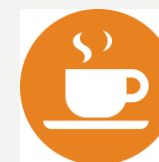
Please check our website  
and bulletin board for the  
latest information  
International Center  
<https://www.ic.tmu.ac.jp/>

## Minami-Osawa campus

@1F International House

### International Cafe

April	15	(Mon)	12:00-13:00
May	13	(Mon)	12:00-13:00
June	10	(Mon)	12:00-13:00
July	8	(Mon)	12:00-13:00



Coffee and  
snacks are  
available

### Special Event

Welcome Party	April 2 (Tue)	16:00-17:00
Acting workshop	May 30 (Thursday)	
Cultural exchange party	TBA	
Japanese traditional event	TBA	

### Career Seminar

June 10 Monday 16:30-18:00  
TMU Job seminar for International Students  
-Round Table Talk with TMU Graduates-alumni

**BRIGHTEN YOUR CAMPUS LIFE**

**TMU INTERNATIONAL CAFE** ☕  
by International Center

**SCHEDULE : 1st Semester 2024**

International Café			
Join us at the International Lounge for a chat! Bring your own lunch, drop by anytime & meet new friends.			
	April	15	Mon. 12:00-13:00
	May	13	Mon. 12:00-13:00
	June	10	Mon. 12:00-13:00
	July	08	Mon. 12:00-13:00
			<b>FREE COFFEE</b>
Special Event			
Welcome Party	April	02	Tue. 16:00-17:00
Special Event	May	30	Thu. 17:00-18:30
Special Event	June	TBA	
Special Event	July	TBA	

@ International House (Minami-Osawa Campus)

**Join us at international House!**  
問い合わせ先：東京都立大学 国際センター 中井仙丈・粟谷千穂・瀬戸彩子  
Seto Naoki, Chino Kabera & Arai Sato, International Center, TMU (i-cafe-ml@tmu.ac.jp)

Map Instagram





## 4. EVENT SCHEDULE FOR INTERNATIONAL STUDENTS

### Hino & Arakawa campus

#### CHAT HOUR

*\*bring your own lunch!  
Let's talk about your  
culture. International  
and Japanese  
students are welcome!*

#### Hino campus:

Chat Hour 12:00-13:00

@Room 207 Bldg 2

April 9 Tuesday

May 14 Tuesday

June 11 Tuesday

July 9 Tuesday

#### Arakawa campus :

Chat Hour 12:00-13:00

@Room 115 Library

April 25 Thursday

May 23 Thursday

June 27 Thursday

July 25 Thursday



# Slides for today's orientation

\*access to the website below

INTERNATIONAL CENTER & INTERNATIONAL AFFAIRS OFFICE >  
STUDY ABROAD AT TMU > FOR NEWLY ENROLLED  
INTERNATIONAL STUDENTS > ORIENTATION FOR NEWLY  
ENROLLED INTERNATIONAL STUDENTS > ORIENTATION  
HANDOUTS > **NOTICE FROM INTERNATIONAL STUDENT ADVISING  
OFFICE**

[HTTPS://WWW.IC.TMU.AC.JP/ENGLISH/STUDY\\_ABROAD/ORIEN  
TATION\\_HANDOUTS.HTML](https://www.ic.tmu.ac.jp/english/study_abroad/orientation_handouts.html)







WE THANK YOU FOR TAKING YOUR TIME TO PARTICIPATE  
IN OUR SURVEY.

[HTTPS://FORMS.OFFICE.COM/R/SRX1PPACQ8](https://forms.office.com/R/SRX1PPACQ8)

Have a great time at TMU !  
Don't forget that International Student Advisors are always  
here for you !

International Student Advising Office  
Location : Room 210, International House  
E-mail : [ryugakusei@tmu.ac.jp](mailto:ryugakusei@tmu.ac.jp)