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

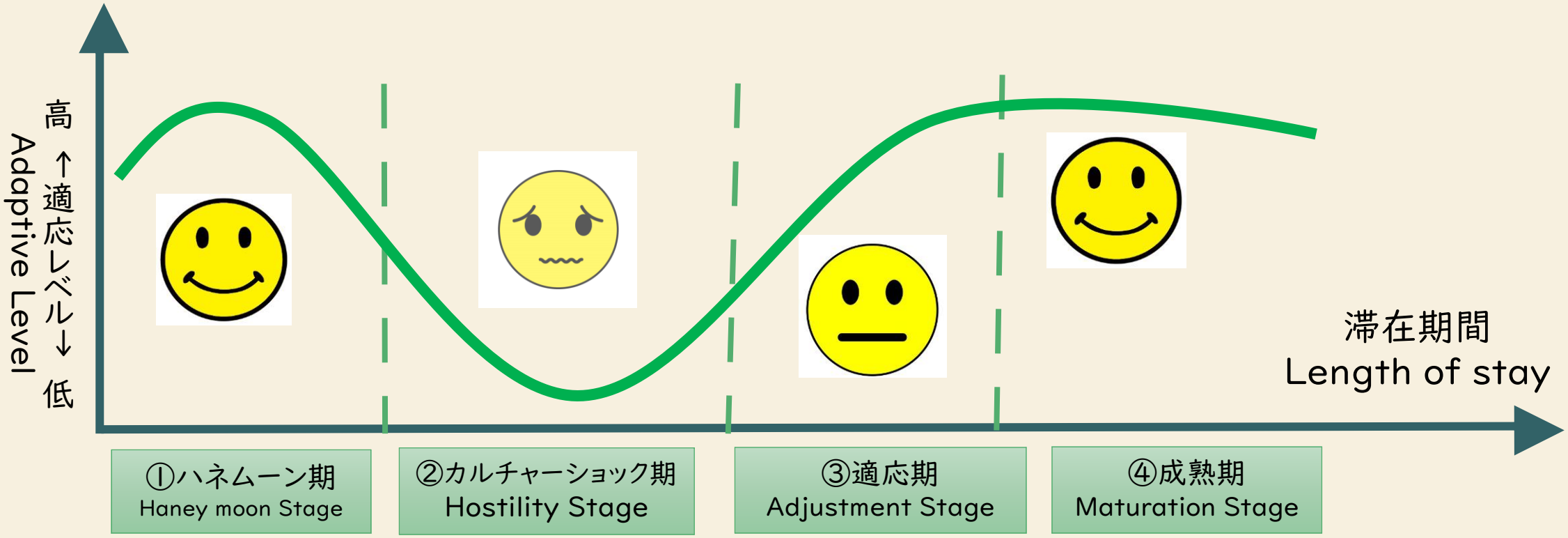
## 1-1) Adaptation to a New Culture

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

**【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

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

- Medical Information Net (NABII)

  You can search for hospitals, clinics and pharmacies in Japan.

  https://www.iryou.teikyouseido.mhlw.go.jp/znk-web/juminkanja/S2300/initialize

- AMDA Medical Information Center

  AMDA offers medical information support in multilanguage and interpretation services.

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

# 1. LIVING IN JAPAN

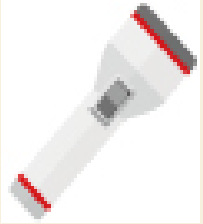
## 1-3) Disaster Prevention (Earthquake)

- 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.



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

# 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

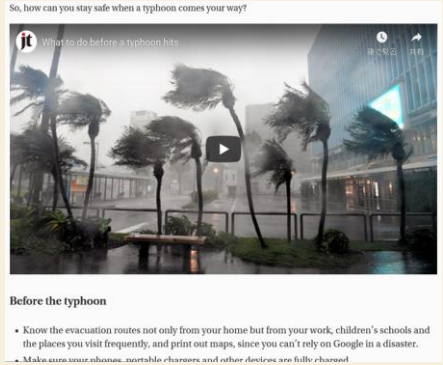
Train and bus services may stop, making the return home difficult. Stay at school and do not force your way home.

# 1. LIVING IN JAPAN

## 1-3) Disaster Prevention (Typhoon)

Lock the windows and shutters

Do NOT go outside. Keep away from dangerous area




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

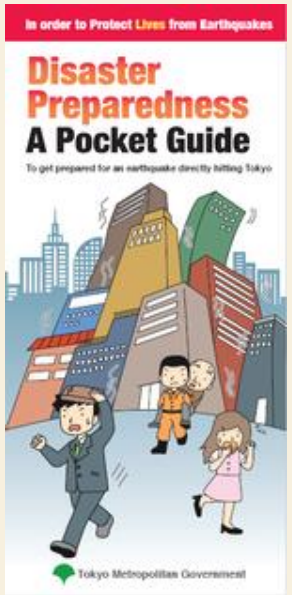
When staying at home is a risk due to earthquake, typhoon or flooding, evacuate to the evacuation center close to your home.

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
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

## 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
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
2) Disaster Prevention Information for Foreigners
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/wsltdrmz_gy.html

# 2. INTERNATIONAL STUDENT SUPPORT

Not feeling well, sick, injured, etc

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

Campus tour, opening bank account

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

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

**International Student Supporter**
*TMU students

Mental health, other concerns

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

Host events for International and Japanese students

**HANDs**
*Student Club

Career guidance, internship

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

**SIPS**
*Promote internationalization of universities

Collaboration of Japanese and international students

# 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: ckabeya@tmu.ac.jp
- Remember that we are always here to help you!

TMU International Center

# 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

academics 学業

Life 生活

Culture 文化

Mental Health 心の健康

Interpersonal relationships 対人関係

Family 家族

Career 就職

others その他

**Life, customs, values**
- I don't understand Japanese customs

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

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

**Academics**
- I cannot keep up with my study or research

**Culture**
- I want to learn about Japanese culture

**Japanese**
- I want to improve my Japanese

**Health**
- I don't feel like coming to school
- I cannot sleep well
- I have lost my appetite
- I am sick and don't know which hospital to go to

**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/English and Japanese available

*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**

| | | | |
|---|---|---|---|
| October | 8 | Tuesday | Room 207 Bldg2 |
| November | 12 | Tuesday | Room 207 Bldg2 |
| December | 10 | Tuesday | Room 207 Bldg2 |
| January | 14 | Tuesday | Room 207 Bldg2 |

**Arakawa campus**

| | | | |
|---|---|---|---|
| October | 24 | Thursday | Room 115 Library |
| November | 28 | Thursday | Room 115 Library |
| December | 26 | Thursday | Room 115 Library |
| January | 23 | 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

【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 Student 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

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

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
Arakawa campus
https://www.hs.tmu.ac.jp/campus/club_activities.html

Instagram: @sips_tmu

# BECOME A SIPS MEMBER

***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 Fall Term Event Schedule for International & Japanese students**

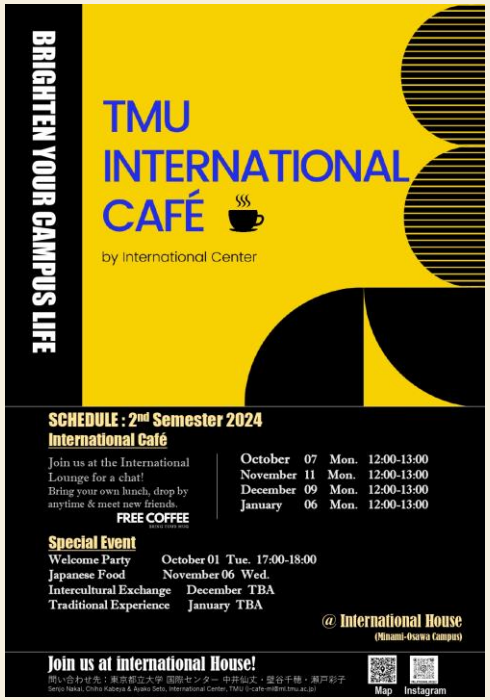
Please check our website and bulletin board for the latest information
International Center
https://www.ic.tmu.ac.jp/

## Minami-Osawa campus

### International Cafe @1F International House

| | | | |
|---|---|---|---|
| October | 7 | (Mon) | 12:00-13:00 |
| November | 11 | (Mon) | 12:00-13:00 |
| December | 9 | (Mon) | 12:00-13:00 |
| January | 6 | (Mon) | 12:00-13:00 |

Coffee and Snacks available




### Special Event

| | | |
|---|---|---|
| Welcome Party | October | 1 (Tue) 17:00-18:00 |
| Japanese food | November | 6 (Wed) |
| Intercultural exchange | December | TBA |
| Traditional experience | January | TBA |

### Career Seminar

November 21 (Thur) 16:30-18:00
TMU Job seminar for International Students

# 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

| | | |
|---|---|---|
| October | 8 | Tuesday |
| November | 12 | Tuesday |
| December | 10 | Tuesday |
| January | 14 | Tuesday |

Arakawa campus :
Chat Hour 12:00-13:00
@Room 115 Library

| | | |
|---|---|---|
| October | 24 | Thursday |
| November | 28 | Thursday |
| December | 26 | Thursday |
| January | 23 | 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/ORIENTATION_HANDOUTS.HTML

TOKYO METROPOLITAN UNIVERSITY
東京都立大学

2024 Fall International Students Survey by International Advising Office

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

HTTPS://FORMS.OFFICE.COM/R/JH1LWEV8TZ

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 : ckabeya@tmu.ac.jp