



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**

**TOKYO METROPOLITAN UNIVERSITY
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. 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



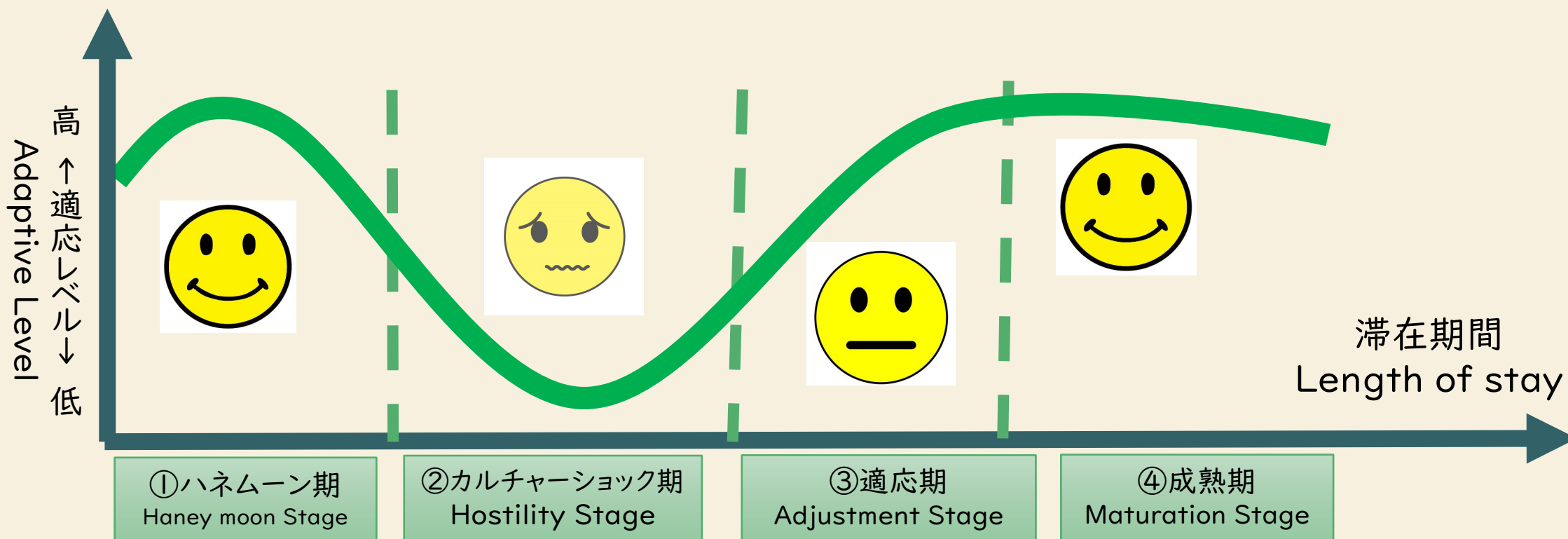
1-1) Adaptation to a New Culture

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



1. 日本での生活／LIVING IN JAPAN

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





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

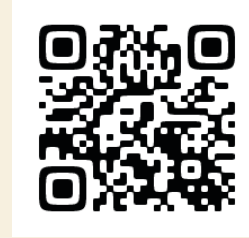
【Hino campus】 Room 125, 1 Floor, Building #1

- 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.iryuu.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)

Prepare necessary items in case of emergency.

Anchor ALL tall furniture and appliances to wall studs using appropriate mounting device.



Emergency Kit Checklist

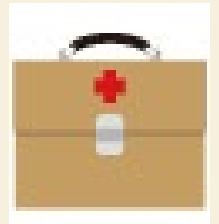
Communication & Information: Flashlight with spare batteries, Radio (battery-powered or hand-crank), Mobile phone with charger, Pens & notebook, Copy of passport, Copy of residence card

Safety & Protection: Helmet, Thick cotton gloves, Warm clothing, Towel, Plastic bags

Health & First Aid: Medicines, Medication record, Wet tissues, Portable warm pad (Kairo)

Other Survival Essentials: Water, Non-perishable food, Lighter

Financial Preparedness: Cash, Bankbooks, Packing Tips, Store items in a waterproof, easily accessible bag
Check and update contents periodically, Keep kit in an easily reachable location.





1. LIVING IN JAPAN

1-3) Disaster Prevention (Earthquake)

Be prepared for potential aftershocks

At home or Indoors

- ❑ Seek Immediate Shelter
- ❑ Head Protection
- ❑ Do NOT Rush outside during shaking

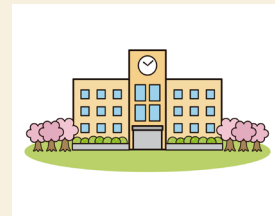


Outdoor Safety During Emergencies

- ❑ Use your bag as an emergency protective shield for your head
- ❑ Stay clear of dangerous structures:

Earthquake Early Warning (EEW) System

- ❑ Alerts are broadcast via multiple channels:
 - Television broadcasts
- Smartphone emergency notifications



Transportation Disruptions

- ❑ When train and bus services are suspended, do not attempt to force your way home under dangerous conditions.

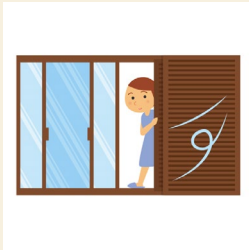


1. LIVING IN JAPAN

1-3) Typhoon Safety

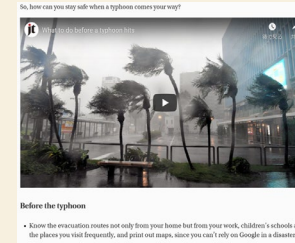


Window and Shutter Protection



- ❑ Completely secure all windows
- ❑ Close and lock all shutters

Stay Indoors



- ❑ DO NOT go outside under any circumstances
- ❑ Away from windows and glass
- ❑ Monitor official weather updates
- ❑ Prepare emergency communication devices



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 to Evacuate?
When staying at home becomes life-threatening

Identify nearest safe evacuation center



Check the locations of evacuation centers in your community

Recommended sources for evacuation center information:

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

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



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)

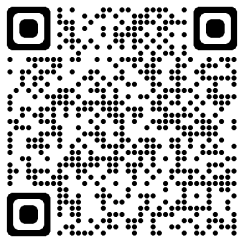
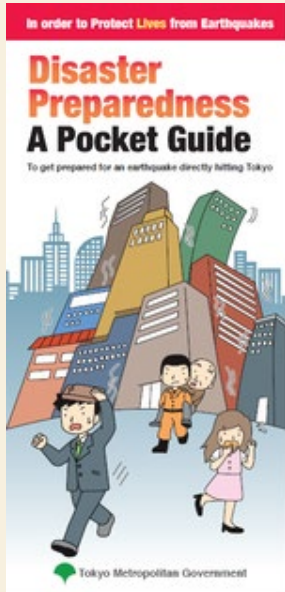
https://www.bousai.metro.tokyo.lg.jp/_res/common/pocket/2020p_e.pdf

- 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

Health Support Center

Full-time nurses are available.
A medical doctor comes
regularly

Study, life, culture,
language, friends, health
issue, etc.

International Advising Office

International student advisor
provides support in
English/Japanese

Campus tour, opening
bank account

International Student Supporter by TMU students

Mental health

Student Counseling Office

Counselling service is available
(in Japanese)

Host events for
International and
Japanese students

HANDs *Student Club

Career guidance,
internship

Career Support

*Career advisors are available

SIPS

Promote
internationalization of
universities

Collaboration of
Japanese and
international
students





2. INTERNATIONAL STUDENT ADVISORY SERVICES

2-1) International Student Advising Office @ International Center

- Contact the International Student Advising Office if you don't know who to ask.
- The sooner the better.
- Services are available in English and Japanese.
- You can ask any questions or ask for advice for anything (academic guidance, personal relationships, life in Japan, etc.).
- All consultations are kept strictly confidential, so feel free to share anything you want.
- Make an appointment in advance: nasenjo@tmu.ac.jp

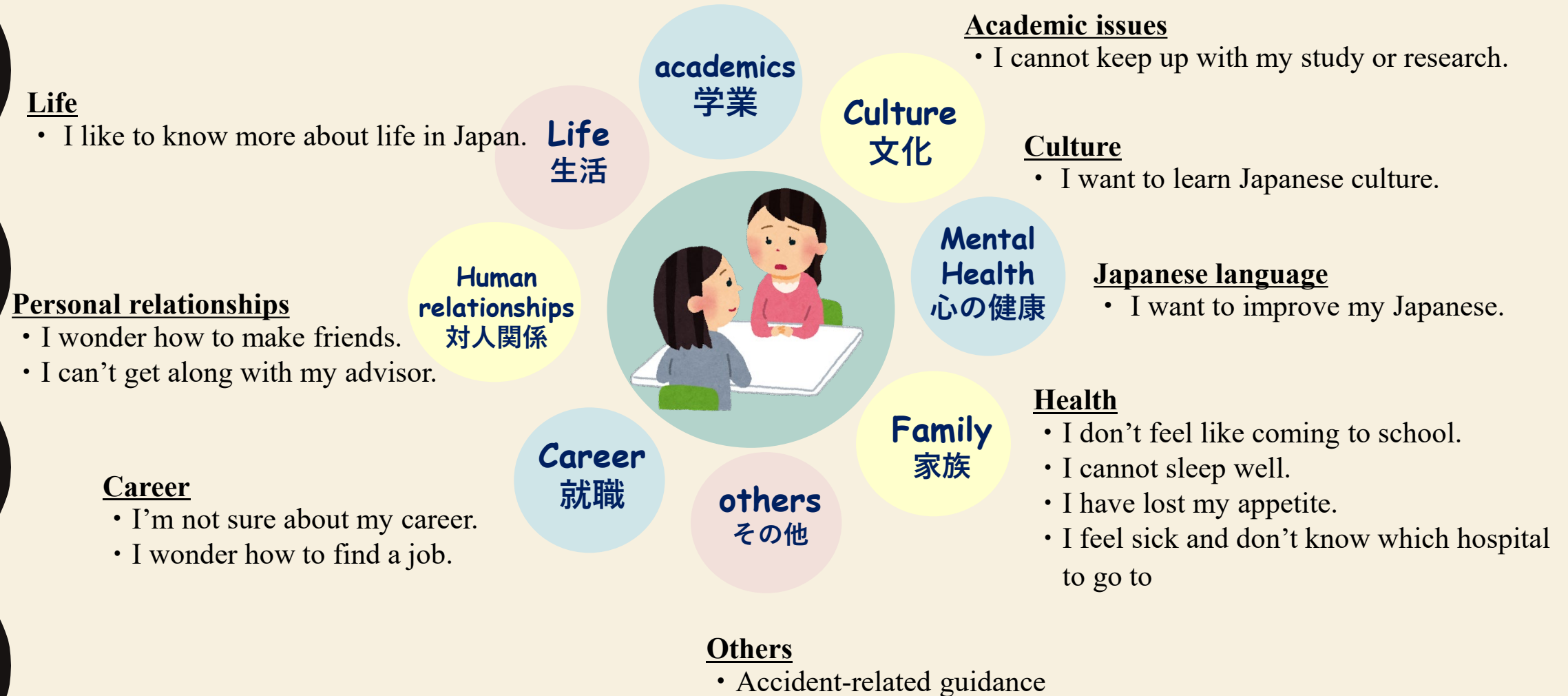




2. INTERNATIONAL STUDENT SUPPORT

留学生相談
ADVISING
SERVICES

2-1) International Student Advising Office, International Center





2. INTERNATIONAL STUDENT SUPPORT

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

【Minami-Osawa campus】

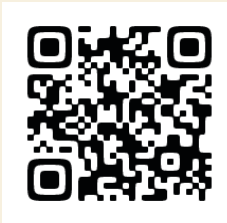
* Professional psychology counselors offer face to face counseling on issues related to personality, adjustment, interpersonal relationships, health/mental health, student life, and so forth.

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

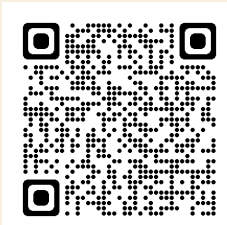


【Hino campus】

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>

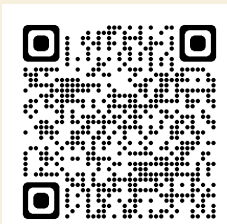


【Arakawa campus】

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 a variety of career-related support, including career development, job placement, internship. Information about part-time jobs is also available.

※Campus websites are the most up-to-date source. Consultation details may change.

※Please contact International Student Advising Office in advance if you 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	Arakawa
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) International Student Supporters by TMU Students

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



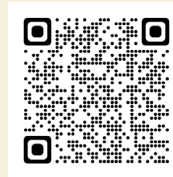


3. INTERNATIONAL CLUBS/CAMPUS FACILITY

3-1) Training Room Access Guidelines

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

https://gs.tmu.ac.jp/activities/use_lending/sports_facility.html



All students **MUST** complete a mandatory workshop. Please check the latest announcement about the training workshop from the website: **<https://gs.tmu.ac.jp/activities/>**





3. INTERNATIONAL CLUBS/CAMPUS FACILITY

3-2) Clubs (sākuru)

Many student associations are available on campus.



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



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



Orientation materials are available online

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)





TOKYO METROPOLITAN UNIVERSITY
東京都立大学



Don't forget that International Student Advisors are always
here for you !

International Student Advising Office
Location : Room 210, International House
E-mail : nasenjo@tmu.ac.jp