

# Tokyo Metropolitan University

## Orientation for New International Students

April 2<sup>nd</sup>, 2025

14:00 ~14:55 (English session)

# Today's Program

<b>I Orientation</b>	<b>Contents</b>
14 : 00 ~ 14 : 55 (English)	Living in Japan, Introduction of International clubs
	Alerting regarding fraud damage
	Introduction to Japanese Language Courses
	From International Affairs Office
<b>II Campus Tour</b>	<b>Visiting Places</b>
15 : 00 ~ 16 : 00 (English)	International House, Library, Information Gallery, Cafeteria ...and more
<b>III Welcome Party</b>	<b>Place</b>
16 : 00 ~ 17 : 00	Tea Lounge, 1F, International House

# Prof. Aya Takahashi

Head of International Student and Study  
Abroad Support Division

Professor, Graduate School of Biological  
Sciences

# Information from International Affairs Office

## 1 Life in Japan

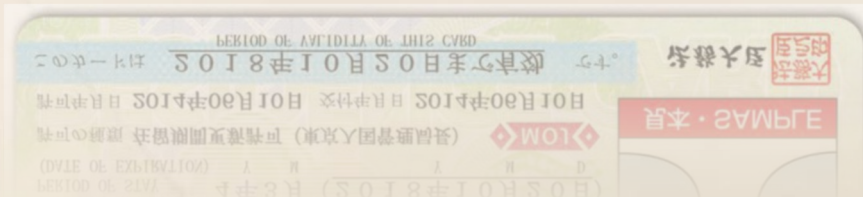
- Status of residence
- My number system
- National Health Insurance
- National Pension

# What is “Status of Residence”?

A lawful status for a foreign national in order to work in Japan, **attend schools**, or make an ordinary living. It is a necessary lawful status in order to stay in Japan and conduct **SPECIFIC ACTIVITIES**.



**「STUDENT」**  
Activities to receive  
education at a  
university.

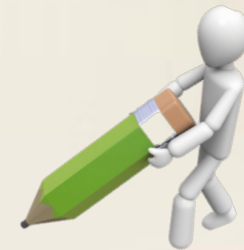


# Application for Extending of Period of Stay

日本国政府 在留カード 番号 AB12345678CD  
GOVERNMENT OF JAPAN RESIDENCE CARD No.  
氏名 TURNER ELIZABETH  
NAME  
生年月日 1985年12月31日 性別 女 F. 国籍・地域 米国  
DATE OF BIRTH Y M D SEX NATIONALITY/REGION  
住居地 東京都千代田区霞が関1丁目1番1号霞が関ハイツ202号  
ADDRESS  
在留資格 留学  
STATUS College Student  
就労制限の有無 就労不可  
在留期間(満了日) 4年3月(2018年10月20日)  
PERIOD OF STAY (DATE OF EXPIRATION) Y M D  
許可の種類 在留期間の更新(東京大学在学期間)  
交付年月日 2014年06月10日 交付年月日 2014年06月10日  
このカードは 2018年10月20日まで有効です。  
PERIOD OF VALIDITY OF THIS CARD  
見本・SAMPLE  
法務大臣 法務大臣印

- The university will issue 2 pages of an application form.
- Application can be made 3 months prior the expiration date.

**Period of your residence  
will be expired on this date!!**



# The Certificate of Authorized Employment

You are allowed to work up to 28 hours a week.  
When the school is "officially" not in session,  
8 hours a day, 40 hours a week



住居地記載欄		
届出年月日	住居地	記載者印
2014年12月1日	東京都港区港南5丁目5番30号	東京都港区長
許可: 原則週28時間以内・風俗営業等の従事を除く		在留資格変更許可申請中

# Notification concerning the organization to which the applicant belongs

If you belonged to another school with **student** visa until the end of March and your period of stay is valid after April...

**Must report within 14 days.**

Notification of transfer of affiliation to the Immigration Services Agency through the 'Notification of Affiliation (Activity) Institution' form.

Three methods are available.

1. Online
2. At the immigration office counter
3. By post

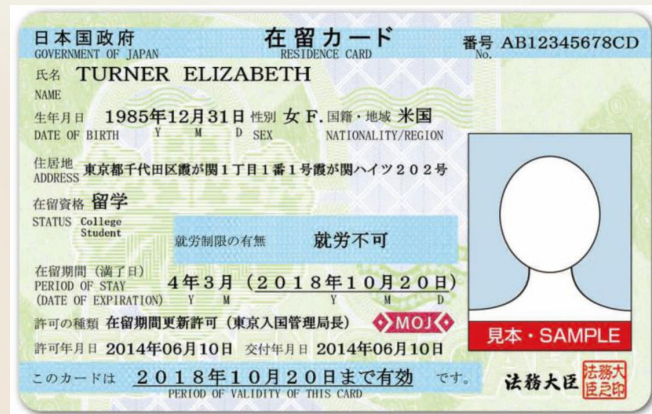


Please check the 'For Newly Enrolled International Student' in the International Affairs Office's website for details.

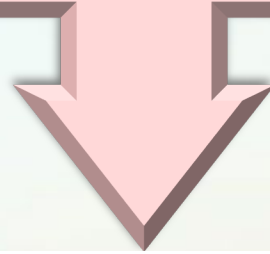
We would like to make sure your status of resident is appropriate.

We need to confirm your certificates when....

- ✓ you are newly enrolled.
- ✓ there are any changes.



# Confirmation of Certificates on website



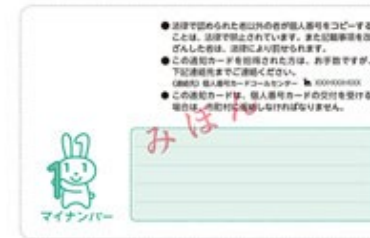
This is required procedures for all new international students by 4th April.

# My Number (Individual Number)

## 通知カードの様式について



【おもて面】



【うら面】

- Social security and tax number (so called My number) is issued to all foreign nationals who are allowed entry with a mid-to-long term resident status.
- After receiving your notification card with a “my number”, keep it safe.

# National Health Insurance

- Those who are issued a Resident Card are required to obtain National Health Insurance (*Kokumin-kenko-hoken*): international students and researchers are not exceptions. This insurance not only covers 70% of your medical fees but is required for extension of your visa. You can register for the insurance policy at your local ward/city office.
- You need to present your National Health Insurance holder's (*hokensho*) card each time you visit any medical institution: you will then pay only 30% of the total medical costs.

健康保険 被保険者証	本人（被保険者）	00111
	記号	21700023
	番号	21
氏名	キウカイ 知郎	
生年月日	平成 元年 5月 10日	
性別	男	
資格取得年月日	平成 26年 6月 1日	
事業所名称	〇〇 株式会社	
保険者番号	01010016	
保険者名称	全国健康保険協会	〇〇支部
保険者所在地	〇〇市〇〇区〇〇町〇-〇-〇	



# National Pension

The National Pension is a public pension system that provides pension benefits to an insured person when he/she reaches a pension age. Regardless of nationality, all registered residents of Japan aged 20 to 59 years are obliged to enroll in the National Pension System.

For more information

- <https://www.nenkin.go.jp/international/index.html>



**Having  
difficulty in  
paying?**



# The Special Payment System for Students

This allows the applicant to postpone payment of premiums until he/she completes his/her education, finds a job, and is able to pay (degree students only).



Submit an application at your ward office's health insurance and Pension Division.

# Learn more at

## **Immigration Bureau of Japan**

[http://www.immi-moj.go.jp/newimmiact\\_1/en/](http://www.immi-moj.go.jp/newimmiact_1/en/)



## **Japanese National Pension System**

<https://www.nenkin.go.jp/pamphlet/kokunenseido.html>



<https://www.nenkin.go.jp/international/english/nationalpension/nationalpension.html>



## **National Health Insurance**

<https://yosida.com/forms/nationalins.pdf>



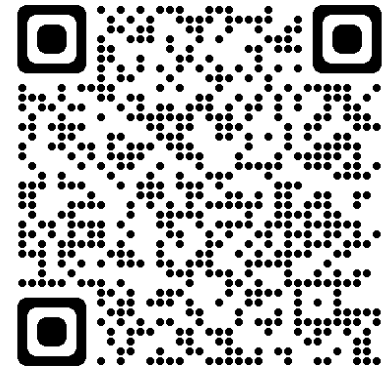
# Information from International Affairs Office

## 2 TMU Life

- Handbook for International Students
- Scholarships

# Handbook for International Students

- The Handbook for International Students gives useful information that international students should know for their student life.  
(Living, Studying, Health Service, Counseling Service, etc.)



# Scholarships

## for Privately Financed International Students

- **Scholarships**

[https://www.ic.tmu.ac.jp/english/study\\_abroad/scholarship.html](https://www.ic.tmu.ac.jp/english/study_abroad/scholarship.html)



- **Pre-Registration for Scholarship Application**

[https://www.ic.tmu.ac.jp/english/study\\_abroad/scholarship\\_preregistration.html](https://www.ic.tmu.ac.jp/english/study_abroad/scholarship_preregistration.html)

※ **Required for scholarships that need the university's nomination/recommendation**

**Application Period : April.1~4, 2025 (NLT) (Only by post)**



※ **Please read carefully "Scholarship Booklet" on the sites.**

※ **Undergraduate students should check the International Affairs Office's website for information on 'Tokyo Metropolitan University Scholarship for Privately Financed International Students'.**



Thank you.