LIFE IN JAPAN

FOR FOREIGN RESEARCHERS
2014-2015

来日外国人研究者のための
生活ガイドブック

JSPS
Life in Japan for Foreign Researchers 2014-2015

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2014-2015 JSPS
まえがき

本書は、独立行政法人日本学術振興会の外国人特別研究員事業、外国人招へい研究者事業及びサマープログラム等により、来日する外国人研究者のみなさまのために、日本での生活に必要な情報をまとめたガイドブックです。是非、ご活用ください。

みなさまの日本における研究生活が実りあるものになるよう、職員一同心よりお祈り申し上げます。

独立行政法人日本学術振興会
研究者国際交流センター

Foreword

This Guide containing information on living in Japan was prepared by the Japan Society for the Promotion of Science (JSPS) for the benefit of overseas researchers who come to Japan under the Postdoctoral Fellowship for Foreign Researchers, the Invitation Fellowship Program for Research in Japan, or the Summer Program. Please make use of it whenever you need assistance.

All of us at JSPS sincerely hope that your life in Japan as a researcher will be highly fruitful.

Japan Society for the Promotion of Science
JSPS Fellows Plaza
### Chapter 3
**Daily Life in Japan**

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-1</td>
<td>Banks</td>
<td>44</td>
</tr>
<tr>
<td>3-1-1</td>
<td>Opening a Bank Account</td>
<td>45</td>
</tr>
<tr>
<td>3-1-2</td>
<td>Automatic Payment and ATM Cash Card</td>
<td>45</td>
</tr>
<tr>
<td>3-2</td>
<td>Mail</td>
<td>47</td>
</tr>
<tr>
<td>3-2-1</td>
<td>Post Offices</td>
<td>47</td>
</tr>
<tr>
<td>3-2-2</td>
<td>Overseas Courier Services</td>
<td>49</td>
</tr>
<tr>
<td>3-3</td>
<td>Telephone</td>
<td>51</td>
</tr>
<tr>
<td>3-3-1</td>
<td>Installing a Telephone</td>
<td>51</td>
</tr>
<tr>
<td>3-3-2</td>
<td>Domestic Telephone Calls</td>
<td>51</td>
</tr>
<tr>
<td>3-3-3</td>
<td>International Telephone Calls</td>
<td>53</td>
</tr>
<tr>
<td>3-3-4</td>
<td>Cellular Phones, Smart Phones, and PHS (Personal Handyphone System)</td>
<td>55</td>
</tr>
<tr>
<td>3-3-5</td>
<td>PublicTelephones</td>
<td>59</td>
</tr>
<tr>
<td>3-3-6</td>
<td>Connecting to the Internet</td>
<td>59</td>
</tr>
<tr>
<td>3-4</td>
<td>Transportation</td>
<td>63</td>
</tr>
<tr>
<td>3-4-1</td>
<td>Japan Railway</td>
<td>63</td>
</tr>
<tr>
<td>3-4-2</td>
<td>Trains, Subways and Buses</td>
<td>65</td>
</tr>
<tr>
<td>3-4-3</td>
<td>Airlines</td>
<td>65</td>
</tr>
<tr>
<td>3-4-4</td>
<td>Taxis</td>
<td>67</td>
</tr>
<tr>
<td>3-4-5</td>
<td>Driver’s Licenses</td>
<td>67</td>
</tr>
<tr>
<td>3-5</td>
<td>Medical Care</td>
<td>71</td>
</tr>
<tr>
<td>3-5-1</td>
<td>Medical System in Japan</td>
<td>71</td>
</tr>
<tr>
<td>3-5-2</td>
<td>Medical Care in Foreign Languages</td>
<td>71</td>
</tr>
<tr>
<td>3-5-3</td>
<td>Traveler’s Insurance</td>
<td>73</td>
</tr>
<tr>
<td>3-5-4</td>
<td>National Health Insurance</td>
<td>73</td>
</tr>
<tr>
<td>3-5-5</td>
<td>Pregnancy and Childbirth</td>
<td>75</td>
</tr>
<tr>
<td>3-5-6</td>
<td>Immunizations</td>
<td>77</td>
</tr>
<tr>
<td>3-6</td>
<td>Cultural Facilities</td>
<td>79</td>
</tr>
<tr>
<td>3-6-1</td>
<td>Traditional Performing Arts</td>
<td>79</td>
</tr>
<tr>
<td>3-6-2</td>
<td>Museums</td>
<td>81</td>
</tr>
<tr>
<td>3-6-3</td>
<td>Libraries</td>
<td>83</td>
</tr>
<tr>
<td>3-7</td>
<td>Japanese Language Study</td>
<td>89</td>
</tr>
<tr>
<td>3-7-1</td>
<td>Selecting a Japanese Language School</td>
<td>89</td>
</tr>
<tr>
<td>3-7-2</td>
<td>Japanese Language Proficiency Test</td>
<td>91</td>
</tr>
<tr>
<td>3-8</td>
<td>Children’s Education</td>
<td>93</td>
</tr>
<tr>
<td>3-8-1</td>
<td>Japanese School System</td>
<td>93</td>
</tr>
<tr>
<td>3-8-2</td>
<td>Enrollment Procedures</td>
<td>93</td>
</tr>
<tr>
<td>3-8-3</td>
<td>Child Allowance</td>
<td>95</td>
</tr>
</tbody>
</table>
### 第4章 その他の役に立つ情報

<table>
<thead>
<tr>
<th>章節</th>
<th>内容</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-1</td>
<td>緊急時の連絡</td>
</tr>
<tr>
<td>4-1-1</td>
<td>犯罪や交通事故にあったとき</td>
</tr>
<tr>
<td>4-1-2</td>
<td>火事にあったとき、急病になったとき</td>
</tr>
<tr>
<td>4-1-3</td>
<td>医療用語—症状を伝える—</td>
</tr>
<tr>
<td>4-2</td>
<td>地震</td>
</tr>
<tr>
<td>4-2-1</td>
<td>地震への備え</td>
</tr>
<tr>
<td>4-2-2</td>
<td>地震が起きたら—揺れを感じたら—</td>
</tr>
<tr>
<td>4-2-3</td>
<td>津波</td>
</tr>
<tr>
<td>4-3</td>
<td>台風</td>
</tr>
<tr>
<td>4-4</td>
<td>気候</td>
</tr>
<tr>
<td>4-5</td>
<td>祝祭日など</td>
</tr>
<tr>
<td>4-6</td>
<td>国内旅行</td>
</tr>
<tr>
<td>4-7</td>
<td>国際空港・都心間の交通手段</td>
</tr>
<tr>
<td>4-7-1</td>
<td>成田国際空港</td>
</tr>
<tr>
<td>4-7-2</td>
<td>羽田空港（東京国際空港）国際線</td>
</tr>
<tr>
<td>4-7-3</td>
<td>関西国際空港</td>
</tr>
<tr>
<td>4-8</td>
<td>各種メディア—テレビ・ラジオ・新聞—</td>
</tr>
<tr>
<td>4-9</td>
<td>衣服と靴のサイズ比較</td>
</tr>
</tbody>
</table>

### 第5章 学術関連情報

<table>
<thead>
<tr>
<th>章節</th>
<th>内容</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-1</td>
<td>日本の科学技術体制と学術研究機関</td>
</tr>
<tr>
<td>5-1-1</td>
<td>大学（大学院）</td>
</tr>
<tr>
<td>5-1-2</td>
<td>大学共同利用機構法人</td>
</tr>
<tr>
<td>5-1-3</td>
<td>文部科学省及び各省庁所管の研究機関</td>
</tr>
<tr>
<td>5-2</td>
<td>学会</td>
</tr>
<tr>
<td>5-3</td>
<td>学術情報システム</td>
</tr>
<tr>
<td>5-4</td>
<td>日本学術振興会</td>
</tr>
<tr>
<td>5-5</td>
<td>日本学術振興会以外の学術機関</td>
</tr>
</tbody>
</table>
Chapter 1

Procedures for Entry and Residence in Japan

Ichimatsu (Ichimatsu pattern)
This pattern was named after kabuki actor Sanogawa Ichimatsu, who chose this pattern for a hakama (men’s formal skirt) to play a young page. It was originally called ‘ishidatami’ (stone pavement).
Chapter 1

Procedures for Entry and Residence in Japan

This chapter explains the immigration and alien registration procedures which must be followed by all foreign researchers planning to conduct academic research activities at a Japanese university or other research institute for a period exceeding three months.

1-1 Obtaining a Visa

To enter Japan, you must first obtain a visa from a Japanese Embassy or consulate that indicates the purpose and length of your stay in your passport.

Foreign researchers who are planning a long-term stay in Japan should keep in mind that it may take from two to three months (or even longer) to process your visa application after you apply for your visa at the Japanese Embassy or consulate office. You should therefore check with the embassy or consulate about the application procedure well in advance of your intended departure.

Certificate of Eligibility

Attaching your Certificate of Eligibility when applying for a visa will shorten the time it takes to issue the visa. This certificate is issued when an application is made on your behalf by your proxy in Japan (generally a host researcher). You should therefore consult with your host researcher regarding this matter. The application process for a Certificate of Eligibility will take one to three months.

Procedure for Obtaining a Certificate of Eligibility and Disembarkation

(1) The host institution that invites a foreign researcher applies for a Certificate of Eligibility at the Ministry of Justice, Immigration Bureau of Japan.

(2) It takes approximately one to three months for the Certificate of Eligibility to be issued, which is then sent to the host institution.
(4) (5) The foreign researcher should submit his/her visa application, accompanied by the Certificate of Eligibility, to the Japanese Embassy or consulate office in his/her country of residence. The researcher should contact the nearest Japanese Embassy or consulate office for details.

The host institution is advised to take into account the time it takes for processing and sending the certificate and apply for the Certificate of Eligibility at least three to three and a half months prior to the foreign researcher’s scheduled date of entry to Japan. It is recommended that the foreign researcher consult his/her host researcher(s) about the application well in advance.
1-2 在留資格
外国人が入国（上陸）を許可されると、在留資格と在留期間が決定され、上陸許可証印が旅券に表示されます。上陸許可証印については、下記のシール式の証印が使用されています。

3か月を超えた長期にわたり日本で研究活動を行う外国人研究者には、「教授」、「研究」又は、「文化活動」の在留資格が与えられます。

<table>
<thead>
<tr>
<th>在留資格</th>
<th>本邦において行うことができる活動</th>
<th>在留期間</th>
</tr>
</thead>
<tbody>
<tr>
<td>教授</td>
<td>本邦の大学若しくはこれに準ずる機関又は高等専門学校において研究、研究の指導又は教育をする活動</td>
<td>5年、3年、1年又は3か月</td>
</tr>
<tr>
<td>研究</td>
<td>本邦の公私の機関との契約に基づいて研究を行う業務に従事する活動（教授の在留資格に相当する活動を除く）</td>
<td>5年、3年、1年又は3か月</td>
</tr>
<tr>
<td>文化活動</td>
<td>収入を得ない学術上若しくは芸術上の活動又は我が国特有の文化若しくは芸芸についての専門的な研究を行い若しくは専門家の指導を受けてこれを修得する活動（留学・研修の在留資格に相当する活動を除く）</td>
<td>3年、1年、6か月又は3か月</td>
</tr>
</tbody>
</table>

Long-term (exceeding three months) foreign researchers conducting research in Japan are assigned one of three statuses of residence: Professor, Researcher or Cultural Activities.

<table>
<thead>
<tr>
<th>Status of Residence</th>
<th>Authorized Activities in Japan</th>
<th>Period of Stay</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professor</td>
<td>Research, research guidance and educational activities at universities and affiliated institutes or at advanced technical schools designated as Koto-senmon-gakkou in Japan.</td>
<td>5 years, 3 years, 1 year, or 3 months</td>
</tr>
<tr>
<td>Researcher</td>
<td>Research activities performed under a contract with public or private institutions in Japan (excluding activities described under the status of “Professor”).</td>
<td>5 years, 3 years, 1 year, or 3 months</td>
</tr>
<tr>
<td>Cultural Activities</td>
<td>Non-salaried academic/artistic activities, specialized research into Japanese culture/art, or study of Japanese culture/art under the guidance of specialists (excluding activities under the status of “College Student” or “Trainee”).</td>
<td>3 years, 1 year, 6 months, or 3 months</td>
</tr>
</tbody>
</table>
1-3 Resident Card

Under Japan’s new residency management system—introduced on July 9, 2012—a Resident Card is issued to all foreign persons who will be conducting research in Japan for three months or longer, including those who have any resident status other than a “Temporary Visitor” visa.

Please provide a photo meeting the following criteria when completing the Resident Card issuance procedures.

1. The photo must be of the applicant only.
2. The photo must have been taken within three months before the application for registration.
3. The measurements excluding the border of the photo must meet the required dimensions in the illustration on the left (the size of the face includes the top of the head, including hair, to the tip of the chin).
4. The photo subject must be facing forward and without a hat.
5. Photo must not have any background (including shadows).
6. The photo must be clear.

1-3-1 Ports of Entry

If Entering Via Narita Airport, Haneda Airport, Chubu Airport or Kansai Airport

A landing permission verification stamp will be entered into your passport, and you will be issued a Resident Card. Within 14 days of establishing your place of residence, you must bring your Resident Card to your local municipal office and notify the authorities of your address.

If Entering Via Another Port of Entry

The landing permission entered in your passport will be accompanied by a note indicating that you will be issued a Resident Card at a later date. Within 14 days of establishing your place of residence, you must visit your local municipal office and notify the authorities of your address. Once you do that, a regional immigration office will mail your Resident Card to you.
Chapter 1  Procedures for Entry and Residence in Japan

1-4  Residency Procedures

Visa-related procedures must be performed at the regional immigration office that administers the area where you live.

If you get married, or if there is a change in your surname or your nationality/region, please complete a notification of a change of name, date of birth, gender, or nationality/region form. If your Resident Card is lost, stolen or destroyed, you must request a replacement card from your regional immigration office within 14 days of the day you noticed it was missing (or from the day you re-enter Japan, if you noticed this while you were overseas).

1-4-1 Temporary Leave of the Country and Re-entry Permit

When a foreign resident with a valid passport and Resident Card leaves Japan but plans to re-enter the country within one year to continue his or her activities, the person generally has to obtain permission to re-enter Japan (what is known as a Special Re-entry Permit). Individuals who leave Japan with a Special Re-entry Permit may not extend the period of its validity while overseas. Please be aware that if you do not re-enter Japan within one year of your departure, you will lose your resident status.

If your visa is due to expire before one year has passed, you must return to Japan before its expiration date.
1-4-2 Activities Other Than Those Authorized

Foreigners who want to engage in an activity involving the management of a business or remuneration other than that authorized under the assigned status of residence must apply for and obtain permission to do so in advance.

Foreigners engaging in an activity other than that authorized are subject to punishment by law.

1-4-3 Extension of Your Period of Stay

Your period of stay is determined together with your status of residence at the time of your landing in Japan. Foreigners are only allowed to stay in Japan within that period of time. If you want to remain in Japan under the same status of residence beyond your authorized period of stay, you must apply for and obtain an extension.

If you wish to extend your period of stay, you must apply to renew your visa by the last day of the period of stay permitted under your current visa. Individuals with a period of stay of six months or longer can generally apply three months prior to their visa expiration date. When you submit an application, you need to present your passport, Resident Card and other documents. For details, please inquire at the regional immigration bureau where you live or the Immigration Information Center.

The Application for Extension of Period of Stay can be downloaded from website of the Ministry of Justice (http://www.moj.go.jp/ONLINE/IMMIGRATION/16-3.html)

Anyone staying in Japan beyond their authorized period of stay is subject to punishment and/or deportation by law.

1-4-4 Change of Your Status of Residence

Foreigners who want to stop their present activity and concentrate on an activity that is different from the one authorized under their status of residence must apply for and obtain a change of status of residence.

The submission of such an application does not necessarily guarantee its approval.

Anyone receiving an income from an activity other than that authorized under their status of residence or conducting an unauthorized activity with remuneration without first obtaining this permission is subject to punishment and/or deportation by law.
1-5 家族の同行・呼び寄せ

「教授」、「研究」、「文化活動」などの在留資格をもって在留する者の
扶養を受ける配偶者又は子は、「家族滞在」の在留資格をもって日本に
在留することができます。

<table>
<thead>
<tr>
<th>在留資格</th>
<th>本邦において行うことができる活動</th>
<th>在留期間</th>
</tr>
</thead>
<tbody>
<tr>
<td>家族滞在</td>
<td>「教授」、「研究」、「文化活動」などの在留資格をもって在留する者の扶養を受ける配偶者又は子として行う日常的な活動</td>
<td>5年、4年3か月、4年、3年3か月、3年、2年3か月、2年、1年3か月、1年、6か月又は3か月</td>
</tr>
</tbody>
</table>

外国人研究者が家族を同行する場合、本人の査証申請とは別に、同行する家族滞在の査証取得に時間がかかることがあります。

家族の査証の取得方法は、既に外国人研究者を来日している場合は、家族本人が日本の在外公館で申請する方法と、外国人研究者が日本国内の入国管理局で家族の在留資格認定証明書を申請する方法があります。申請書類等詳細は地方入国管理局に問い合わせてください。

同行家族で3か月を超える長期の滞在予定者が誤って在留資格「短期滞在」（通称観光ビザ）を受けて入国してしまった場合、日本国内で在留資格を変更することは極めて困難ですので十分に注意する必要があります。

1-5 Procedures for Family Members

The spouse or children of those residing in Japan under the status of Professor, Researcher, or Cultural Activities are eligible for the status of residence of **Dependent**. This status is defined as follows:

<table>
<thead>
<tr>
<th>Status of Residence</th>
<th>Authorized Activities in Japan</th>
<th>Period of Stay</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dependent</td>
<td>The daily activities as spouse and dependent children of those authorized to reside in Japan under the status of Professor, Researcher, or Cultural Activities.</td>
<td>5 years, 4 years and 3 months, 4 years, 3 years and 3 months, 3 years, 2 years and 3 months, 2 years, 1 year and 3 months, 1 year, 6 months, or 3 months</td>
</tr>
</tbody>
</table>

If family members accompany foreign researchers, a separate visa application from that of the foreign researcher must be made and extra time may be required to process the application.

If the overseas researcher is already in Japan, the researcher can either submit an Application for the Certificate of Eligibility at an immigration bureau in Japan for his family to obtain a visa, or the main family member can apply at a Japanese Embassy or consulate abroad. For application forms and details, please inquire at your regional immigration bureau.

Please be aware that if accompanying family members are planning a long-term stay of more than 3 months and mistakenly enter Japan under the status of **temporary visitor** (normally called a “tourist visa”), it is quite difficult to change their visa status after they enter the country.
第1章 入国・在留の諸手続き

<table>
<thead>
<tr>
<th>在留資格</th>
<th>本邦において行うことができる活動</th>
<th>在留期間</th>
</tr>
</thead>
<tbody>
<tr>
<td>短期滞在</td>
<td>本邦に短期間滞在して行う観光、保養、スポーツ、親族の訪問、見学、講習会は、会合への参加、業務連絡を除く</td>
<td>週1回</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>90日</td>
</tr>
<tr>
<td></td>
<td></td>
<td>30日には</td>
</tr>
<tr>
<td></td>
<td></td>
<td>15日</td>
</tr>
</tbody>
</table>

1-5-1 子どもが生まれたとき

日本で子どもが生まれたときは、以下のような手続きが必要になります。

① 出生届

医師の証明をもらい、出生の日から14日以内に出生届を居住地の市区町村の窓口に提出します。申請に基づき出生届受理証明書が交付されます。

出生届に必要なものは下記のとおりです。

a. 出生証明書  b. 母子健康手帳  

② 旅券申請

日本にあるそれぞれの国の大使館または領事館に申請します。

③ 在留資格及び在留期間の取得許可申請

出生の日から30日以内に入国管理局で申請します。

在留資格取得申請に際して住民票の写しを提出してください。許可取得後に再度市区町村に居住地の届出をする必要はありません。

以上、本章では外国人の入国・在留の諸手続きについて説明しましたが、詳しいことは市販の次の中図書が参考になります。

[外国人のための入国・在留手続きの手引]
(出入国管理法研究会編、
日本加除出版（株）発行、和英対訳版)

Chapter 1  Procedures for Entry and Residence in Japan

<table>
<thead>
<tr>
<th>Status of Residence</th>
<th>Authorized Activities in Japan</th>
<th>Period of Stay</th>
</tr>
</thead>
<tbody>
<tr>
<td>Temporary Visitor</td>
<td>Sightseeing, vacation, sports, visiting relatives, going on site inspection tours, participating in lectures/meetings, business contacts or other similar activities during a short period of stay in Japan.</td>
<td>90 days, 30 days, or 15 days</td>
</tr>
</tbody>
</table>

1-5-1 If a Child is Born in Japan

The following procedures are required if a child is born while in Japan:

1) Birth Registration Certificate

Obtain official certification of the supervising physician and submit the birth registration application to municipal office of the city, ward or town where you reside within 14 days of the date of birth. A Birth Registration Receipt Certificate will be issued based on the application.

The following items are required when applying for a Birth Registration Certificate.

a. Birth certificate  

b. Mother and Child Health Handbook  

c. Applicant’s inkan stamp (signature also acceptable)  

d. Health Insurance Card

2) Passport Application

Apply for a passport for the newborn child at the embassy or consulate office of your home country.

3) Application for Visa Status of Residence and Period of Stay

Apply at an immigration bureau office within 30 days of the date of birth.

If you submit a copy of your resident register when you submit your application for visa status and period of stay, you do not need to report your address again to the municipal office after receiving that permission.

For more details concerning the entry and residence procedures described in this chapter, please refer to:

A Guide to Entry and Residence Procedures in Japan for Foreign Nationals  
(a bilingual text published by Nihon Kajo Publishing Co., Ltd., available in Japanese-English editions)
1-6 Immigration and Visa Consultations

1-6-1 Information Centers

To help serve foreign residents of Japan, the Immigration Bureau has established Immigration Information Centers at Regional Immigration Bureaus and branch offices (see p. 166) in Sendai, Tokyo, Yokohama, Nagoya, Osaka, Kobe, Hiroshima and Fukuoka. These centers provide consultation services and information on immigration and visa-related issues in several foreign languages (including English, Chinese, Korean, Spanish and others).

Consultants will respond to your inquiries over the phone or in person at Regional Immigration Bureaus and branch offices (see p. 167) in Sapporo, Takamatsu and Naha.

Immigration Information Centers (weekdays 8:30 a.m. to 5:15 p.m.)
★ 0570-013904 (Navi Dial)
★ 03-5796-7112 (for an IP phone, PHS, or overseas)

1-6-2 One-Stop Consultation Support Centers

In partnership with the consultation desks of local government offices, support centers have been established to provide advice on government procedures related to immigration control and everyday life issues. Consultations are also available in foreign languages (including English and Chinese).

★ Consultation Support Center for Foreign Residents
Shinjuku Multicultural Plaza, Tokyo Metropolitan Health Plaza “Hygeia” 11F., 2-44-1 Kabuki-cho, Shinjuku-ku, Tokyo 160-0021
Tel: 03-3202-5535

★ Saitama Information & Support Center for Foreign Residents
Urawa Godo Chosha 3F, 5-6-5 Kitaurawa, Urawa-ku, Saitama-shi, Saitama 330-0074
Tel: 048-833-3296

★ Hamamatsu One-Stop Support Center for Foreign Residents
Create Hamamatsu 4F, 2-1 Hayauma-cho, Naka-ku, Hamamatsu-shi, Shizuoka 430-0916
Tel: 053-458-2170
### Useful Japanese Expressions (1)

<table>
<thead>
<tr>
<th>Japanese</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>おはよう (ございます)。</td>
<td>Good morning.</td>
</tr>
<tr>
<td>こんにちは。</td>
<td>Hello. /Good afternoon.</td>
</tr>
<tr>
<td>おやすみ (なさい)。</td>
<td>Good night.</td>
</tr>
<tr>
<td>こんばんは。</td>
<td>Good evening.</td>
</tr>
<tr>
<td>さようなら。</td>
<td>Goodbye.</td>
</tr>
<tr>
<td>Ja mata.</td>
<td>See you.</td>
</tr>
<tr>
<td>はい。</td>
<td>Yes.</td>
</tr>
<tr>
<td>いいえ。</td>
<td>No.</td>
</tr>
<tr>
<td>ありがとうございます。</td>
<td>Thank you.</td>
</tr>
<tr>
<td>どういたしまして。</td>
<td>You're welcome.</td>
</tr>
<tr>
<td>すみません。</td>
<td>Excuse me.</td>
</tr>
<tr>
<td>ごめんなさい。</td>
<td>I'm sorry.</td>
</tr>
<tr>
<td>どうぞ。</td>
<td>Please. /Here you are.</td>
</tr>
<tr>
<td>わかりません。</td>
<td>I don’t understand.</td>
</tr>
<tr>
<td>わかりました。</td>
<td>I understand.</td>
</tr>
</tbody>
</table>

ō: Pronunciation should be lengthened, like “oh.”

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**Chapter 2**

**Living Accommodations in Japan**

第2章

住まい

Since ancient times, origami crane patterns have been used for kimonos as symbols of courtesy and devotion. In some traditions paper cranes are revered as much as the birds themselves.
Chapter 2  Living Accommodations in Japan

To conduct long-term research in Japan, it is important for foreign researchers to secure suitable living accommodations as quickly as possible. We therefore recommend that you discuss your lodging requirements with your host researcher well before coming to Japan.

2-1  Types of Housing

2-1-1  Housing for Foreign Researchers

Some research institutions which host foreign researchers provide inexpensive (usually furnished) lodging (see table below). Most, however, do not have sufficient housing to accommodate everyone. If you wish to secure housing at your host institution, you should decide the date of your arrival in Japan, and consult with your host researcher and apply for it through the person in charge of housing well in advance.

The following academic institutions provide housing facilities for foreign researchers (as of September 2013):

1) National University Corporations (82 universities):

- Hokkaido University
- Muraoran Institute of Technology
- Ohio University of Agriculture & Veterinary Medicine
- Asahikawa Medical College
- Kitami Institute of Technology
- Hirosaki University
- Iwate University
- Akita University
- Yamagata University
- Ibaraki University
- University of Tsukuba
- Utsunomiya University
- Gunma University
- Saitama University
- Chiba University
- The University of Tokyo
- Tokyo Medical & Dental University
- Tokyo University of Foreign Studies
- Tokyo National University of Fine Arts & Music
- Tokyo Institute of Technology
- The University of Electro-Communications
- Ochanomizu University
- Yokohama National University
- Hitotsubashi University
- Nagaoka University of Technology
- Joetsu University of Education
- University of Yamanashi
- Shinshu University
- University of Toyama
- Kanazawa University
- Fuku University
- Gifu University
- Shizuoka University
- Nagoya University
- Hamamatsu University School of Medicine
- Nagoya Institute of Technology
- Aichi University of Education
- Nagoya Institute of Technology
- Toyohashi University of Technology
- Shiga University
- Shiga University of Medical Science
In the Tokyo area, the Tokyo International Exchange Center of the Tokyo Academic Park in Aomi, the Rinkai district, is a housing facility for foreign students and researchers. This facility provides about 800 furnished rooms for living (about 10% of which are for researchers) and common facilities such as study rooms, lounges, and gyms. The facility includes an international conference hall, meeting rooms, and open spaces where a variety of international exchange events can be held. If you want to live here, you must apply through your host university or research institute.

Some public and private universities, as well as prefectural and other local bodies in Japan, offer housing for foreign researchers. The following two facilities in the Tokyo and Tsukuba areas do not restrict conditions of residence to certain affiliated research organizations. This housing also has a large number of rooms and equipment.

### 2) Inter-University Research Institute Corporations (4 Institutes)
- National Institutes for the Humanities
- National Institutes of Natural Sciences
- High Energy Accelerator Research Organization
- Research Organization of Information and Systems

### 3) Others (8 Institutes)
- National Institute for Minamata Disease
- Japan Aerospace Exploration Agency
- National Institute of Radiological Sciences
- National Agriculture and Food Research Organization
- National Institute of Advanced Industrial Science and Technology
- RIKEN
- Japan Science and Technology Agency
- Japan Atomic Energy Agency

24

25
2-1-2 Private Housing

Private housing can be divided into two general types:

1) Apartments – usually of one to three rooms with a bathroom and kitchen, rental rates vary depending on the facilities provided and location.

2) Rental Houses – usually Japanese style. As a rule, neither of these types come furnished. You may, therefore, need to either rent or buy necessary furnishings if you choose to rent private housing.

Although some universities have recently begun providing housing facilities for families, it is likely that you will need to rent a private apartment or house if you plan to have your family with you in Japan.

★ Japan Student Services Organization
Tokyo International Exchange Center
Tokyo Academic Park, 2-2-1 Aomi, Koto-ku, Tokyo 135-8630
Tel: 03-5520-6033 http://www.jasso.go.jp/index_e.html

Housing in the Tsukuba Science City Area
In the Tsukuba area, Ninomiya House and Takezono House, owned by the Japan Science and Technology Agency (JST) and managed by the Japan International Science and Technology Exchange Center, are housing facilities for researchers. These rooms are furnished.

Ninomiya House is equipped with a salon, a library offering wireless internet access, seminar rooms and guest rooms. It also holds a variety of monthly events, including ones with an international flavor and others with academic content.

★ Ninomiya House (184 rooms)
★ Takezono House (36 rooms)

Please contact the following for further information about these houses:

JST International Residence for Foreign Researchers: Ninomiya House
Tel: 029-858-7001 http://www.jsthouse.com

2-1-2 Private Housing

Private housing can be divided into two general types:

1) Apartments – usually of one to three rooms with a bathroom and kitchen, rental rates vary depending on the facilities provided and location.

2) Rental Houses – usually Japanese style. As a rule, neither of these types come furnished. You may, therefore, need to either rent or buy necessary furnishings if you choose to rent private housing.

Although some universities have recently begun providing housing facilities for families, it is likely that you will need to rent a private apartment or house if you plan to have your family with you in Japan.
2-2 Renting Private Housing

If you plan to look for private housing after you arrive in Japan, you will probably need to use the services of a real estate agent in order to find housing that suits your needs. Since there are special customs involved in the process of searching for and renting real estate in Japan which foreigners may have difficulty in understanding, we recommend that you not try to do so on your own but bring a Japanese person along to assist you.

Another way of looking for private housing is to look on the Internet, or in housing information magazines, English-language newspapers, etc. If you find something that looks good, you can call the number provided directly to inquire about it.

The Japan Property Management Association provides rental housing information on its website in foreign languages including English, Chinese, and Korean (http://www.welcome.jpm.jp/english/).

2-2-1 Rental Fee Guidelines

Rental fees are substantially higher in metropolitan areas than in outlying cities, and rent varies according to the distance of the house/apartment from the central district, the size of the property, and its age.

Generally, the monthly rental fee for an apartment with one living room, a kitchen and a bathroom is about ¥80,000 to 90,000 in major cities and ¥60,000 to 70,000 in outlying cities. A common area fee and utilities fee will also be added to your monthly housing expense. For details, see section 2-3.

2-2-2 Rent-related Costs

Various fees and deposits are required when renting real estate in Japan. These may include tetsuke-kin (holding deposit), shiki-kin (security deposit), rei-kin (key money), and chukai-assenryo (real estate agent’s fee).

The tetsuke-kin is a deposit paid to the landlord in advance of signing the rental contract to show that you are interested in securing the property. (Please note that the deposit may not be refundable if you decide not to rent the property.) The tetsuke-kin is applied to the rent-related fees when you sign the contract. You will need to pay the required shiki-kin and rei-kin as well as one month’s rent in advance to the landlord when you sign the
Chapter 2 Living Accommodations in Japan

In some cases, you will also be required to take out fire insurance.

The amount of these fees and deposits can vary by district and type of property. As a general guideline, it is best to be prepared to pay fees and deposits, as well as advance rent in an amount equivalent to five to seven months’ rent when signing the rental contract.

A description of these fees – their amounts and whether or not they are refundable – is as follows:

### Fee/Deposit | Amount Required | Refundable | Description
--- | --- | --- | ---
Shiki-kin (security deposit) | About 1 - 2 months’ rent* | yes | Security deposit is to cover such costs as unpaid rent. The landlord may apply this deposit to the cleaning of the room or repairs and replacement of fixtures when the tenant moves out. The remaining balance, if any, is refundable to the tenant, but in some cases, tenants may be invoiced for further payment.
Rei-kin (key money) | About 1 - 2 months’ rent* | no | Paid to the landlord as a custom to thank them for the right to use their property. Some landlords do not charge this fee.
Chukai-assenryo (real estate agent’s fee) | About 1 month’s rent* | no | Fee paid to the intermediary real estate agent.
Advance Rent | 1 month’s rent* | no | May be prorated when moving in or out in the middle of the month.

*There is no set amount as this differs by region.

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In some cases, you will also be required to take out fire insurance.
2-2-3 賃貸契約の仕方と注意

不動産業者のもとで借主と賃主のもとで話をまとまると賃貸契約書は作成されます。

契約書には、押印（又はサイン）が必要でですが、押印（又はサイン）した契約は遵守しなくてはなりませんので、十分確認内容を検討してから押印（又はサイン）するようにしてください。

通常、賃貸契約のためには保証人が必要です。保証人になりうる資格をもつ人（受入研究者など）に保証人となってもらってください。

なお、契約書の多くは和文で書かれていますので、契約時には、保証人もその代理の日本人に同行してもらうことをお勧めします。

2-3 住居費

入居以後に毎月必要な住居費には、家賃、共益費、共同料金などがあります。

① 家賃: 家賃は、習慣として、月払いです。
② 共益費: 共益費とは、アパートなどで、共通の廊下、階段、エレベータ、外灯など、生活上の共有部分の維持、管理のために住人が出し合う費用のことで、家賃とは別です。
③ 共同料金: 電気、ガス、水道、電話などの料金は家賃とは別で、共同料金と呼びます。

共同料金は、それぞれ取扱う会社などに使用料を支払う必要があります。

支払方法は、銀行口座からの自動振替、または金融機関、郵便局、コンビニエンスストアなどで支払うことができます。

2-2-3 Rental Contract Procedures and Precautions

A Rental Contract is drawn up after details have been settled between the landlord and tenant with the help of the real estate agent.

An inkan stamp (or a signature) is required to conclude the rental contract. Since a rental contract is legally binding once concluded, be certain you thoroughly understand its terms before you stamp or sign it.

Further, rental contracts normally require a guarantor (hoshoin). You will, therefore, need to ask a qualifying person (such as a researcher at your host institution) to be your guarantor.

Since most rental contracts are written in Japanese, you should have your guarantor or another Japanese person accompany you when you sign the rental contract.

2-3 Rent and Other Fees

After you move in, you will need to pay the required rent, maintenance fees and utility charges every month.

1) Rent (Yachin): Rent is customarily paid monthly.

2) Maintenance Fee (Kyoeki-hi): The maintenance fee covers the maintenance and management of common facilities, such as hallways, stairways, elevators, outdoor lighting and other shared parts of such properties as apartment buildings. This fee is separate from the rent, as it is pooled by the residents to cover the cost of maintenance.

3) Utility Charges (Kokyo-ryokin): Utilities include electricity, gas, water, telephone and other such services charged separately from rent. These fees are paid to the respective service/utility companies. You can pay these fees by having them automatically debited from your bank account, or you can pay them at a bank, post office, or convenience store.
2-4 電気・ガス・水道

電気は、日本では富士川（静岡県）と余魚川（新潟県）を境にして東と西とで電気の周波数が異なっています。東側では100 ボルト 50 ヘルツ、西側では100 ボルト 60 ヘルツと異なりますので電化製品の使用には注意が必要です。

部屋全体の電気が消費した時は、許容量オーバーが原因であることが考えられますので、不要なスイッチを切りスイッチボックス（ブレーカー）のスイッチを入れてみてください。落雷などが原因の場合には修理されるまでに多少時間がかかりますので、電気を消して待ってみてください。

ガスは、地域により都市ガスとプロパンガスの2種類があります。使用開始は、ガス会社に開栓してもらうか、ガスを切り替えてからスイッチボックス（ブレーカー）のスイッチを入れてみてください。使用しない時は、必ず元栓を閉めることをお勧めします。

ガス漏れの疑いがある場合には部屋の空気を入れ換えると共に、必要に応じて、最寄りのガス会社のサービスステーションに連絡してください。

水道の使用開始時には、地区水道局に連絡をします。日本の水道水は飲用することができます。

電気 The electrical frequency differs between eastern and western Japan as divided by the Fuji River (in Shizuoka Prefecture) and Itoigawa City (in Niigata Prefecture). Since it is 100 volts/50 hertz in eastern Japan and 100 volts/60 hertz in western Japan, please take care when using electrical appliances in an area they were not designed for.

If you have a power failure at your home, it may be because you are using electricity in excess of your home’s amperage capacity. Turn off any unnecessary electricity and reset the breaker switch. If the power failure is due to a lightning surge or other system failure, it may take a while before your service is restored, so please wait calmly.

Gas There are two types of gas service depending on the area: city gas and propane gas. You need to have the gas company come to open the main valve before you can start using the gas. Be sure that gas appliances are correctly installed and suit the type of gas you have before using them. Then take sufficient care when using the gas. When not in use, you should close the valve of each of the gas outlets in your home. If you suspect a gas leak, open the windows and doors to ventilate the room thoroughly and contact your local gas company for service when needed.

Water You need to contact your local waterworks bureau before you can start using the water. Water supplied to Japanese homes can be used for drinking.
2-5 Precautions Concerning Daily Living Customs

Since Japanese culture and customs are different from your home country, misunderstandings may arise between foreign tenants and their landlord or neighbors over unexpected matters. Please be careful about observing the daily living customs of Japan. Particular attention should be given to observing the customs described in the following subsections.

2-5-1 Ventilation

Due to the high level of humidity in Japan, mold tends to develop inside houses, particularly in the summer. Please be careful about preventing the growth of mold in your home as this may cause a problem between you and your landlord. We recommend that you keep your home well ventilated to prevent the growth of mold.

2-5-2 Interior Care

If you damage or soil the property or its furnishings, you must pay for the repairs by yourself. As a custom, you should also restore everything to its original condition at your own expense before moving out. If you wish to make any renovations, you must first obtain permission from your landlord.

2-5-3 Garbage Disposal

Each city, ward, town and village has its own rules for the disposal of household garbage. Please ask your landlord or see the municipal office’s Website or pamphlet for information on garbage disposal rules and be sure to follow these rules. The following are examples of common points concerning garbage disposal:

1) Garbage Categories:
Combustible garbage, Non-combustible garbage, Bulky garbage, Recyclables (paper, bottles, cans, etc.). Rules for separating garbage vary from district to district.

2) Garbage Collection Days:
Collection days and times may be designated for each category of garbage.

3) Collection Station:
Garbage-collection stations are also designated for each building or district.
4) Garbage Disposal Bags:
Some cities, wards, towns and villages specify the type of garbage disposal bag (such as transparent garbage bags) that may be used.

Electrical Appliances
According to the Home Appliances Recycling Law, four types of electrical appliances must not be disposed of, even as bulky garbage: refrigerators and freezers; air conditioners; washing machines and clothes dryers; and TVs. Please consult a local electrical appliances shop or your local government office. The Home Appliances Recycling Center (Tel: 03-5296-7200) accepts disposal of these items within the 23 wards of Tokyo.

Home Computers
Since personal computers are not collected with other bulky garbage, apply directly with manufacturers to have your computers collected. Computers bearing Recycling Seals (marketed after October 2003) are collected free of charge. Recycling fees are charged for earlier models. For further details, visit the web page (http://www.pc3r.jp/e/) of the PC 3R Promotion Association (Tel: 03-5282-7685).
2-5-4 宿舎の共有、騒音など

日本では一般に、一つの宿舎を一人の借り手が借り、それを家主の許可なく何人かで共有することは契約上からも認められません。また、騒音を立てたり、アパートの廊下などの共有部分で食事を作ることなどは、日本の習慣では行儀の悪いことの一つと見なされます。社会習慣の違いには注意を払いましょう。

2-5-5 ペット

多くのアパートやマンションではペットを飼うことを禁止しているので入居のときに確認してください。生後91日以上の犬を飼う場合は、飼い始めてから30日以内に、お住まいの自治体の保健所や担当課で登録を申請してください。また、1回の狂犬病予防注射が義務付けられています。

2-5-6 宿舎退去時

宿舎を退去する際には、退去予定日の1か月以上前に家主にその事を通知してください。直前に申し出ると次の月の家賃を請求されます。入居時に支払った敷金は、退去時の部屋の清掃、備品などの修理・更新に充当されますが、部屋の状況が極端に悪ければ追徴されることもあります。

電気、ガス、水道、電話などの公共料金は、退去日の数日前に、それぞれの会社に連絡を取って、忘れずに精算してから退去してください。

2-5-4 Cohabitation, Noise and Other Matters

It is the custom in Japan to rent a house/apartment to a single tenant, and such a clause is usually in the rental contract. It is considered a violation of the contract for additional people to live in a rented house/apartment without obtaining the permission of the landlord. According to Japanese custom, it is also considered bad manners to be noisy or to cook in the hallways or other shared areas of apartment buildings. Please be careful to observe these and other Japanese customs.

2-5-5 Pets

Since pets are not allowed at many rented properties, you should confirm this with the landlord before moving in. If you keep a dog older than 91 days, you must register it at a municipal health care center or relevant division within 30 days of obtaining it. It must also be given a rabies shot once a year.

2-5-6 Moving Out of Your Rented House/Apartment

When you decide to move out of your rented house/apartment, you should give your landlord a notice at least one month in advance. If you wait until the last minute to give notice, you will be charged the next month’s rent. The security deposit you paid when you moved in is used to clean the property or make repairs when you move out, but if you leave it in unusually severe condition, you may be required to pay additional expenses.

Do not forget to settle your electricity, gas, water, telephone and other utility bills by contacting the respective companies several days before you move out.
Useful Japanese Expressions (2)

<table>
<thead>
<tr>
<th>Japanese</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>日本語がわかりません。</td>
<td>I don’t understand Japanese.</td>
</tr>
<tr>
<td>女英語を話す人はいますか。</td>
<td>Is there anyone who can speak English?</td>
</tr>
<tr>
<td>ゅっくりおねがいします。</td>
<td>More slowly, please.</td>
</tr>
<tr>
<td>書いてください。</td>
<td>Please write it down.</td>
</tr>
<tr>
<td>気分が悪い。</td>
<td>I don’t feel good.</td>
</tr>
<tr>
<td>___ をください。</td>
<td></td>
</tr>
<tr>
<td>请请 give me ___.</td>
<td></td>
</tr>
<tr>
<td>日本語でなんと言いますか。</td>
<td>How do you say it in Japanese?</td>
</tr>
<tr>
<td>いくらですか。</td>
<td>How much?</td>
</tr>
<tr>
<td>___ は、ありますか。</td>
<td></td>
</tr>
<tr>
<td>___ は、どこですか。</td>
<td></td>
</tr>
<tr>
<td>___ に、行きたいです。</td>
<td></td>
</tr>
</tbody>
</table>

藤丸 (Wisteria circles)
This pattern consists of circles of wisteria flowers and leaves. Wisteria, like pine, is sometimes considered a symbol of longevity.
Chapter 3

Daily Life in Japan

This chapter describes the fundamentals necessary for overseas researchers for their daily life in Japan.

3-1 Banks

3-1-1 Opening a Bank Account

Opening a bank account is a convenient way to receive your living allowance, pay utility bills, and conduct other transactions.

Since you will be asked to present some form of personal identification for verification purposes when opening a bank account, you should bring your Resident Card, passport, or other form of identification, as well as your inkan stamp. Some banks will also allow you to open an account with your signature, so it is best to ask in advance.

Basic knowledge about inkan stamps

In Japan, an inkan stamp is typically used instead of a signature on the application form when opening a bank account. Affixing your inkan to a document has the same effect as signing it. Since you will need to use this inkan when making withdrawals from your savings account or closing the account, you should take care to keep it in a safe place.

The inkan that you register at your local government office, however, is called a jitsuin and is different from other inkan which are referred to as mitomein. The jitsuin is used when making formal contracts or legal documents. You will need a jitsuin, for instance, when you purchase a car. Each foreign resident who has completed their alien registration is permitted to register one jitsuin. While kanji, kana, or roman letters can be used for a mitomein, with a jitsuin, your name must appear as shown on your Resident Card. Since some types of inkan cannot be registered, please inquire at your local government office for details.

3-1-2 Automatic Payment and ATM Cash Card

Utility payments can be made by automatic bank transfer from your account. For more information, ask at the counter of your bank.

If you apply for a cash card, you can conveniently withdraw cash from your account through automated teller machines (ATMs).
第3章 日常生活

3-2 郵便

3-2-1 郵便局

郵便局では、各種郵便物の取り扱いのほか、貯金や保険などの業務も行っています。

窓口の受付時間は、郵便物については9:00〜17:00、保険と貯金については9:00〜16:00のところが多いです。主に土曜日、日曜日、祝日は休みですが、各地域に1か所程、休日にも開業している郵便局がございます。詳しくは、郵便局の窓口で尋ねてください。

また、切手やはがきは郵便局のほか、コンビニエンスストアなどでも販売しています。

受取の印鑑、サインなどを必要とする小包や書留が配達される際、不在だと配達員は郵便物を持ち帰り、不在配達通知書を置いていきます。これらの小包や書留は、再配達してもらうか、不在配達通知書と在留カードなど身分証明書、サイン（印鑑でも可）を持参して、指定の郵便局で受け取ることができます。

また、国内で引っ越したときは、日本郵便のホームページ（http://welcometown.post.japanpost.jp/etn/）で転居届を申込むか、郵便局に備えて転居届用はがき Postcard requesting mail to be forwarded to a new address

Chapter 3 Daily Life in Japan

Banking Hours

Most banks are usually open from 9:00 a.m. to 3:00 p.m. on weekdays and closed on Saturdays, Sundays, and national holidays. Since their services are becoming diversified and business hours vary these days, please inquire at the bank you are intending to use for more information.

ATMs are usually in operation on Saturdays, Sundays, and national holidays. Operating hours, however, differ depending on the bank and branch. Also, handling fees vary depending on the time of the transaction.

ATMs are also located at many convenience stores where they can be used 24 hours a day.

3-2 Mail

3-2-1 Post Offices

Besides handling all types of mail, the post office offers banking, insurance, and other services. Most post offices are open 9:00 a.m. to 5:00 p.m. for mail, 9:00 a.m. to 4:00 p.m. for insurance or savings transactions. Although the counter is usually closed on Saturdays, Sundays and national holidays, one post office in each district is open for business on these days. Ask at your local post office for more information.

Besides post offices, stamps and postcards are also sold at convenience stores.

If you are not at home when the mail-carrier delivers mail such as a parcel or registered letter that requires your signature (or inkan), he/she will take these back to the post office and leave a notice of delivery instead. You can arrange a redelivery, or, if you would like to pick it up, you must bring the notice of delivery, personal identification such as your Resident Card and your inkan if you have to the designated post office.
Chapter 3  Daily Life in Japan

If you move within Japan, you can notify your new address using online service of Japan Post (http://welcometown.post.japanpost.jp/etn/) or a change of address postcard available at your local post office. Any mail sent to your old address will be forwarded to your new address (in Japan) for one year.

[Postal Services Information]

★ Japan Post Customer Service Center

Monday through Friday, 8:00 a.m. – 10:00 p.m.

Saturdays, Sundays and national holidays, 9:00 a.m. – 10:00 p.m.

Tel: 0120-23-28-86 (recorded guidance in Japanese)
0570-046-111 (for calls in English, fees apply)
0570-046-666 (for calls from a cellular phone in Japanese, fees apply)

Information is also available on the Japan Post English Website (http://www.japanpost.jp/en/).

3-2-2 Overseas Courier Services

Besides the post office, there are also private courier companies that deliver letters and parcels both within Japan and overseas. The major overseas courier companies are as follows:

★ DHL Japan  Tel: 0120-39-2580
http://www.dhl.co.jp/

★ FedEx Japan  Tel: 0120-003200 (043-298-1919)
http://www.fedex.com/jp/

★ Japanese Courier Services  Tel: 03-6892-8120
http://www.nippon-courier.co.jp/

★ OCS (former Overseas Courier Services)  Tel: 0120-627-012
http://www.osc.co.jp/

★ Schenker-Seino  Tel: 03-5769-7300
http://www.dbschenker-seino.jp/log-jp-jp/start/

★ TNT Express Japan  Tel: 0120-599-868

★ UPS Japan  Tel: 0120-27-1040
http://www.ups.com/

Note: The 0120 numbers are toll-free numbers.
3-3 Telephone

3-3-1 Installing a Telephone

To install a telephone at your residence in Japan, first make a call to NTT (dial 116) and make an application. You will need your ID such as passport, Resident Card, or Health Insurance Card. There is a contract fee of ¥840 and a line facilities charge of ¥37,800. There is also Kanyu Denwa Lite Plan which does not charge a line facilities fee if you pay a slightly higher basic monthly fee (prices included tax).

There are two types of phone lines: analog and digital. To connect to the Internet, you can use either the analog type or the digital type. (See section 3-3-6 for information on connecting to the Internet.)

**Note:** Until recently, only NTT provided telephone line installation services. However, SoftBank Telecom, KDDI and other carriers have also started offering these services as well. Though these carriers do not require a line facilities charge, there are restrictions of their service areas or special phone numbers (such as collect calls). Please inquire with these companies for details.

3-3-2 Domestic Telephone Calls

For domestic calls, NTT is most widely used. Alternative companies include SoftBank Telecom and KDDI. While there are some slight rate differences among the companies, all offer nighttime and holiday discount rates.

For more information, please contact these companies at the following numbers:

- **NTT**
  - Tel: 116
  - ※携帯電話・PHS からは Tel: 0120-116000
  - http://www.ntt.co.jp/

- **SoftBank Telecom**
  - Tel: 0088-82/0120-0088-82
  - http://www.softbanktelecom.co.jp/

- **KDDI**
  - Tel: 0077-777
  - http://www.kddi.com/

なお、電話番号などを英語で案内したものとしては、インターネットの「info-japan/Yellow pages」があります。

[info-japan/Yellow pages](http://en.itp.ne.jp/)
Chapter 3  Daily Life in Japan

For inquiries in foreign languages concerning NTT
★ NTT East Information  Tel: 0120-364-463 (toll-free)
★ NTT West Information  Tel: 0120-064-337 (toll-free)

Inquiries can be made in English, Chinese, Korean, Portuguese, and Spanish. (Monday through Friday [excluding national holidays and year-end/New Year holidays], 9:00 a.m.–5:00 p.m.)

3-3-3 International Telephone Calls

KDDI is the most widely used company for international calls. Alternative companies include SoftBank Telecom, NTT Communications and others. As with domestic calls, there are some slight rate differences among these companies. All offer nighttime and holiday discount rates.

The prefix codes and contact numbers for these companies are as follows:

<table>
<thead>
<tr>
<th>Main Telephone Companies</th>
<th>Prefix</th>
<th>Contact Numbers (toll-free)</th>
</tr>
</thead>
<tbody>
<tr>
<td>KDDI</td>
<td>001</td>
<td>Tel: 0057</td>
</tr>
<tr>
<td>SoftBank Telecom</td>
<td>0061</td>
<td>Tel: 0120-03-0061</td>
</tr>
<tr>
<td>NTT Communications</td>
<td>0033</td>
<td>Tel: 0120-506506</td>
</tr>
</tbody>
</table>

How to Make an Overseas Call

Dial
Telephone Company Prefix + 010 + Country Code + Area Code (without first 0) + Telephone Number in the correct order.
Skype

Skype is an Internet telephone service. If you download the appropriate software for your PC or smart phone, you can converse with other Skype users anywhere in the world for free. Skype also allows users to connect with users of other types of phones such as fixed-line phones and cell phones for a fee.
User guide: https://support.skype.com/en/

3-3-4 Cellular Phones, Smart Phones, and PHS (Personal Handyphone System)

There are three types of mobile phones in Japan: cellular (cell) phones, smart phones, and PHS. In addition to the basic telephone functions such as domestic and international calling, all types offer a variety of other services depending on the mobile phone service provider. These services include sending and receiving e-mail, accessing the Internet, browsing websites, downloading various applications, and allowing other devices to access the Internet over a wireless network. There are also services that let you take, send, or receive pictures and short movies. Sending and receiving video streams and other high-volume data as well as videophone service has become possible with the start of high-speed communication services. Since service offerings, sign-up charges, and monthly usage fees vary from company to company, you will need to choose the plan that best serves your needs. You will need to have your passport and Resident Card with you when signing a mobile phone contract.
SIM Lock

Japanese mobile phone companies lock the SIM cards installed in their devices so that they can only be used with designated cell phones and smart phones. If you switch to another phone company, be aware that you will not be able to use the same device and will need to purchase a new cell phone or smart phone.

Main mobile phone companies (as of September 2013)

Cellular phone, smart phones

★ NTT docomo  Tel: 0120-005-250 (English, Chinese, Spanish, Portuguese: 9:00 a.m.–8:00 p.m.)
http://www.nttdocomo.co.jp/english/

★ SoftBank  Tel: 0800-919-0157 (press 8 to hear options in English)
http://mb.softbank.jp/en/

★ KDDI (au)  Tel: 0077-7-111 (press 0 to be connected to an operator)
http://www.au.kddi.com/english/

★ Emobile  Tel: 0120-736-157
http://emobile.jp/

PHS

★ WILLCOM  Tel: 0570-039-151 (press 0 to be connected to an operator)

Cellular Phone Rental Service

There are many companies providing rental services of cellular phones that can be used in Japan and overseas. The companies above and their group companies also offer such services. Since the fees and application systems differ depending on the company, you should confirm the details with each company.

In the arrival lobby at airports, some companies rent cellular phones without a reservation.
3-3-5 公衆電話

10円、100円硬貨かテレホンカードを入ってダイヤルします。テレホンカードは、駅の売店や自動販売機などで買うことができます。公衆電話の中には、国際電話ができるものもあります。

110番（警察）・119番（火事・救急時）には硬貨やテレホンカードは必要ありません。

■ ADSL

アナログ電話回線を利用して方法、設定は簡単に済みます。利用するにはプロバイダー（インターネット接続事業者）と契約を結ぶことが一般的です。詳細についてはプロバイダーに相談してください。

(電話回線の設置については3-3-1を参照)

■ 光ファイバー

光ファイバーを利用す方法で通信速度が高速です。プロバイダーを選んで申し込みます。プロバイダーが提供するIP電話を利用するのであれば、電話回線は必要ありません。ただし光ファイバーのサービス提供区域に住んでいることが条件となります。またマンションやアパートの場合、技術的工事ができるかどうかが問題となります。場合によっては工事費が追加請求となることもありますので、業者に申し込む前に、大家さんの同意を得るようにしてください。

■ 高速モバイル

無線通信で高速インターネットに接続する方法です。回線の工事等の必要も無く端末をパソコンに差し込むだけで利用することができます。また、外出先でも電波の届くエリアではモバイルインターネットに接続することができます。

■ ダイヤルアップ接続

ダイヤルアップによるインターネット接続は、通常の電話回線を利用してします。ダイヤルアップサービスを受けるにはプロバイダーと契約し、毎月自分が接続するおおよその時間を目安に最も適した料金体系を選択するとよいでしょう。

3-3-6 インターネットへの接続

自宅でインターネットに接続する方法として、ブロードバンド（ADSLや光ファイバー）と高速モバイルによる接続が主流となっています。それぞれの特徴を以下に説明します。

■ ADSL

オプション電話回線を利用す方法で、設定は簡単に済みます。利用するにはプロバイダー（インターネット接続事業者）と契約を結ぶことが一般的です。詳細についてはプロバイダーに相談してください。

■ 光ファイバー

光ファイバー利用する方法で通信速度が高速です。プロバイダーを選びて申し込むます。プロバイダーが提供するIP電話を利用するのであれば、電話回線は必要ありません。ただし光ファイバーのサービス提供区域に住んでいることが条件となります。またマンションやアパートの場合、技術的工事ができるかどうか問わされることもあるかもしれません。場合によっては工事費が追加請求となることもありますので、業者に申し込む前に、大家さんの同意を得るようにしてください。

■ 高速モバイル

無線通信で高速インターネットに接続する方法です。回線の工事等の必要も無く端末をパソコンに差し込むだけで利用することができます。また、外出先でも電波の届くエリアではモバイルインターネットに接続することができます。

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ダイヤルアップによるインターネット接続は、通常の電話回線を利用します。ダイヤルアップサービスを受けるにはプロバイダーと契約し、毎月自分が接続するおおよその時間を目安に最も適した料金体系を選択するとよいでしょう。

3-3-5 Public Telephones

Public telephones can be used with 10-yen or 100-yen coins or a prepaid telephone card. Telephone cards are available at kiosks or automated vending machines, etc.

Some public telephones allow users to make international calls.

No coins or telephone cards are needed when making emergency calls for police (110) or fire/ambulance (119) services.

3-3-6 Connecting to the Internet

To connect to the Internet at your residence, broadband (ADSL and optical-fiber) and high-speed mobile have become very common in Japan. Features of the various Internet connections are as follows:

■ ADSL

Since ADSL uses the analog phone line, installation is easy. To get ADSL, you basically need to make a contract with an Internet service provider (ISP). For details, please talk with an ISP. (For information on applying for a phone line, see section 3-3-1.)

■ Optical-fiber Cable

Optical-fiber cable enables speedy Internet connection for the user. To apply for this service, choose an ISP and talk to them about installation. If you also use IP phone service provided by the ISP, you will not need a phone line. To use optical-fiber cable connections, however, you will need to be living in an area where this service is available and there may also be technical problems that make the installation of cable to some apartment buildings very difficult or impossible. Please obtain permission from the landlord for installation before you order service from an ISP, since installing cable to the building itself requires additional work and an additional fee.

■ High-Speed Mobile

This is a method of connecting to the Internet by radio. There is no need to install a cable, and you can use the Internet simply by inserting a device into your computer. You can also connect to the Internet in areas where you can pick up radio signals.

■ Dial-up

This traditional method of connecting to the Internet uses a standard analog phone line. To set up dial-up service, you need to open an account with an ISP and choose a plan based on the amount of time you expect to be online each month.
■ CATV 回線

CATV 回線を利用してインターネットに接続する方法です。お住まいの地域や建物でサービスを受けられるか CATV 会社に問い合わせてみてください。

インターネット接続にあたっての注意事項

設置に当たっての工事では複数の業者がかかわることも珍しくありませんので、責任範囲を明確にすることが大切です。１社だけで済む場合でも１）工事の責任範囲と費用、２）装置は買い取りかレンタル方式かリース方式か、３）月額の利用料金の明細等を業者と明確にしておく必要があります。接続機器を自分で用意する場合は、業者推奨のものでないと思わぬトラブルにみまわれることがありますので、注意が必要です。

プロバイダーの選択

日本国内には、プロバイダーが多数あり、サービスや料金も様々です。また、ブロードバンドと IP 電話を組みあわせたサービスなど個々の特徴を生かした業者も見られるので、友人などの情報も充分活用することが大切です。

主なインターネット接続事業者を次に示します。

@nifty    http://www.nifty.com/    Tel: 0120-50-2210
au one net http://www.au.kddi.com/internet Tel: 0077-777
    (0120-22-0077)
BIGLOBE    http://www.biglobe.ne.jp/    Tel: 0120-56-0962
J:com      http://www.jcom.co.jp/      Tel: 0120-999-000
OCN        http://www.ocn.ne.jp/        Tel: 0120-506-506
ODN        http://www.odn.ne.jp/        Tel: 0088-228-325
So-net     http://www.so-net.ne.jp/     Tel: 0120-117-268
Yahoo! BB  http://bbpromo.yahoo.co.jp/ Tel: 0120-33-4546

■ Cable TV line

This method uses the cable TV line to connect to the Internet. Please inquire with the cable TV companies to check if they provide such services in your area or the building you live in.

Notes on Connecting to the Internet

Since it is not unusual for several companies to be involved in the process of installation, you should confirm the range of responsibility for each company. Even if one company will handle everything, you should ask the company for details concerning (1) their range of responsibility in installation and the costs involved, (2) whether you will be buying, renting, or leasing the equipment, and (3) the monthly charges. If you want to utilize your own equipment, you should confirm with the company whether the equipment can be used, as equipment not recommended by the company can be a source of troubles.

Choosing a Provider

There is a large number of Internet service providers (ISPs) in Japan, and their services and charges vary. Since different carriers offer their own features in such services as broadband and IP phone combinations, we recommend that you ask friends or colleagues for information you can use.

The main Internet providers in Japan are as follows:

@nifty http://www.nifty.com/ Tel: 0120-50-2210
au one net http://www.au.kddi.com/internet (0120-22-0077)
BIGLOBE http://www.biglobe.ne.jp/ Tel: 0120-56-0962
J:com http://www.jcom.co.jp/english.html Tel: 0120-999-000
OCN http://www.ocn.ne.jp/english/ Tel: 0120-506-506
ODN http://www.odn.ne.jp/english/ Tel: 0088-228-325
So-net http://www.so-net.ne.jp/ Tel: 0120-117-268
Yahoo! BB http://bbpromo.yahoo.co.jp/ Tel: 0120-33-4546
3-4 Transportation

Tickets of major public transport are available at the Midorino Madoguchi (green window) reservation counter at major railway stations, service offices and travel agencies throughout the country. Midorino Madoguchi can arrange package tours and hotel reservation as well.

Details on ticket fares, schedules, and other information can be found in timetables (jikokuhyo) sold at kiosks and bookstores. Refer to section 4-6 for more information on traveling within Japan.

3-4-1 Japan Railway

Since the Japan Railway (JR) operates a network of train lines throughout Japan, traveling around the country is very convenient. (See Appendix XII.) When riding the JR, besides a passenger ticket (josha-ken), there are optional add-on tickets, such as a limited express ticket (tokkyu-ken), express ticket (kyuko-ken), reserved seat ticket (shitei-ken), or special reserved “green car” ticket (gurin-ken). These tickets may be purchased up to one month in advance at the station counter or a travel agency. There are also various discounted tickets available.

JR Information Service in English, Chinese and Korean

★ JR East Infoline

Tel: 050-2016-1603
(10:00 a.m. – 6:00 p.m., except Year-end/New Year holidays)
JR East: http://www.jreast.co.jp/e/
3-4-2 Trains, Subways and Buses

In major cities, the public transportation system, which includes trains, subways and buses, is highly developed. Once you grow accustomed to using public transportation, you will find it very convenient for commuting or moving from place to place.

If you need to travel the same route often, commuter passes and multiple tickets are very economical.

IC cards such as Suica (JR East), ICOCA (JR West), and PASMO (private railway and bus companies in the metropolitan area), can be used to pay fares on many train and bus lines. They can also be used as electronic money, and are very convenient. Please be sure that your card is charged before you use it.

3-4-3 Airlines

Domestic airline flights make frequent round-trips to major cities in Japan.

Tickets can be purchased up to two months in advance directly from airline companies by phone or over the Internet. You can also purchase tickets at travel agencies. In addition to Japan Air Lines (JAL) and All Nippon Airways (ANA), the two long-standing major carriers, low-cost carriers have emerged that enable users to fly in and out of Japan at lower fees. (See Appendix XII.)

Flight Information (For reservations and inquiries)

Domestic Airlines

<table>
<thead>
<tr>
<th>International Airlines</th>
<th>Tel: 0570-029-222</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Nippon Airways (ANA)</td>
<td>Tel: 0570-029-709 (English)</td>
</tr>
<tr>
<td>Japan Air Lines (JAL)</td>
<td>Tel: 0570-025-071</td>
</tr>
<tr>
<td><a href="http://www.jal.co.jp/en/">http://www.jal.co.jp/en/</a></td>
<td>Tel: 0570-0250121 (English)</td>
</tr>
</tbody>
</table>

Appendix XII
第3章 日常生活

3-4-4 タクシー

タクシーは、駅や路上、公共施設などにあるタクシー乗り場で利用できます。ドアは自動開閉です。

料金は、各都市、車の大きさによって異なります。東京の場合は、一般的に基本料金は2 kmまでは710 円（2013年9月現在）ですが、深夜・早朝は割増し料金になります。料金は、運転席前のメーターに表示され、チップは必要ありません。

![タクシー乗り場](taxi_stand.png)

3-4-5 車の運転免許

日本で自動車を運転するには、外国で国際免許証を取得してから来日するか、外国の免許証を日本の免許証に書き換える方法があります。

ただし国際免許証の有効期間は日本に到着後1年間、または当該免許証の有効期間のいずれか短い期間で、更新は日本国内ではできません。引き続き日本で運転をする場合は、外国の有効な免許証を日本の免許証に書き換える必要があります。

外国の免許証の書き換えは、最寄りの運転免許試験場で行ってください。

免許証の書き換えには、次の書類が必要です。

1. 現在有効な外国の免許証（発行後、発行国に3か月以上滞在していたことを証明する必要があります。発行日が記載されていない場合、発行日の証明書が必要です）
2. 免許証の日本語訳文（免許を発行した国の大使館または日本自動車連盟JAFで翻訳されたものに限ります）
3. 住民カード
4. パスポート
5. 最近6か月以内に撮影した写真（縦3cm × 横2.4cm）1枚（写真は、申請書で添えることもできます--有料）
6. 手数料（2013年9月現在）
   - 普通自動車  4,250 円
   - 自動二輪車  5,100 円

3-4-4 Taxis

You can catch a taxi at designated taxi stands at stations and public facilities, or hail along the street. The rear doors open and close automatically. Fares vary from city to city and according to the size of the cab. The initial charge in Tokyo is typically ¥710 for the first 2 km (as of September 2013); a surcharge is added late at night and in the early morning. The fare is displayed on the meter by the driver’s seat. You don’t need to pay a tip.

![The rear door of the taxi opens automatically.](taxi_rear_door.png)

3-4-5 Driver’s Licenses

To drive a car in Japan, you need to obtain an international driver’s license before arriving in Japan or convert your overseas driver’s license to a Japanese driver’s license. An international driver’s license is valid for one year after entry into Japan or until the international driver’s license expires, whichever comes first. You cannot renew your international driver’s license in Japan. To continue driving in Japan after that, you need to convert your regular overseas driver’s licenses to a Japanese driver’s license before its expiration.

To transfer to a Japanese license, you need to go to your nearest Driver’s License Center and bring the following documents:

1. Valid driver’s license issued overseas. (You need to prove residency in the country where it was issued for a minimum of three months after license issuance. If the date of issue is not shown on the license, you also need to obtain a document certifying the date of issue.)
2. Japanese translation of your driver’s license. (The translation must be prepared at the embassy of the country where the license was issued, or at a Japan Automobile Federation [JAF] office.)
3. Resident Card
4. Passport
5. One photo taken within the last six months (3.0 × 2.4 cm). (Photos can be taken for a fee at the office accepting applications.)
6. License fees (as of September 2013)
   - Ordinary passenger vehicle: ¥4,250
   - Motorcycle: ¥5,100
Chapter 3  Daily Life in Japan

There are also two tests when converting to a Japanese license:

(1) Knowledge test on Japanese traffic rules (10 yes/no questions)

Generally, tests are available in 19 languages, including Japanese, English, Chinese, Portuguese, Thai, Korean, and Spanish. Since some of these languages are not available at some regional centers, it is advisable to check in advance.

(2) Driving test

These above tests are not required, however, if you have a valid driver’s license issued in any of the following 24 countries and regions (as of September 2013): Australia, Austria, Belgium, Canada, Czech Republic, Denmark, Finland, France, Germany, Greece, Iceland, Ireland, Italy, Korea, Luxembourg, the Netherlands, New Zealand, Norway, Portugal, Spain, Sweden, Switzerland, the UK, Taiwan.

Since procedural documents are written in Japanese, you had better go to the test center with an interpreter.

For more details on procedures, please visit the following English Webpage of the National Police Agency (http://www.npa.go.jp/english/index.htm).

The Japan Automobile Federation (JAF) issues a booklet called “Rules of the Road” in five languages – English, Spanish, Portuguese, Chinese, and Korean. (¥1,000 each)

★ Japan Automobile Federation (JAF) Headquarters

Jidosha Kaikan, 1-1-30 Shiba-daimon, Minato-ku, Tokyo 105-0012
Tel: 0570-00-2811 (No area code is required.)
http://www.jaf.or.jp/e/

Traffic in Japan keeps to the left

Congested roads
3-5 Medical Care

3-5-1 Medical System in Japan

This section describes Japan’s medical facilities in the event you need to see a doctor due to illness or injury. (See section 4-1 for the phone number for emergency medical services.) There are general hospitals, specialized clinics, and private hospitals in Japan, and where you should go depends on the type of the illness or injury and how serious it is. It is a good idea to gather information on hospitals/clinics (their specialties, treatment hours, holidays, etc.) in your neighborhood in advance.

Many Japanese hospitals/clinics do not require appointments while many dental clinics do. It is advisable to call in advance to make sure.

For minor illnesses and injuries, you may also purchase over-the-counter medicine at a pharmacy or drug store.

3-5-2 Medical Care in Foreign Languages

If you do not speak Japanese, it is a good idea for you to bring someone who can interpret for you when visiting a doctor. (See section 4-1-3 for medical terms.)

If you wish to receive medical care in English or another foreign language, you should collect information on hospitals/clinics that provide foreign language services beforehand. You could ask people around you in your daily life for this information, or ask at your local municipal office.

In addition, the websites of some of the International Exchange Associations (see Appendix VII) provide information on hospitals/clinics where you can receive medical care in English or other foreign languages.

Referral services over the telephone of doctors who can understand/speak foreign languages are available in some major cities. A few such services are as follows:

**AMDA International Medical Information Center**

http://amda-imiric.com/

Center Tokyo Tel: 03-5285-8088
(Services provided in English, Chinese, Korean, Spanish, Thai, Portuguese, and Filipino.)

Center Kansai Tel: 06-4395-0555
(Services provided in English, Chinese, Spanish, and Portuguese.)

The languages available vary depending on the day of the week and the time of day.
第 3 章 日常生活

★ 東京都医療機関案内サービス“ひまわり”
（東京の外国語で診療できる医療機関や日本の医療制度などの問い合わせ
に、英語、中国語、韓国語、タイ語、スペイン語で対応）
Tel: 03-5285-8181　毎日 午前 9 時～午後 8 時
http://www.himawari.metro.tokyo.jp/qq/qq13omnl.asp

★ 外国人医療センター（MICA）
〒 450-0003 愛知県名古屋市中村区名駅南 2-11-43 日商ビル 2 階
NPO STATION　Tel: 052-588-7040
http://npomica.jimdo.com/

★ 公益財団法人福岡国際交流協会 レインボープラザ（外国語で対応
できる医療機関検索サイトを提供）
〒 810-0001 福岡県福岡市中央区天神 1-7-11 イムズビル 8 階
Tel: 092-733-2220　http://www.rainbowfia.or.jp/hospital/

3-5-3 海外旅行保険

海外旅行に出かける時に海外旅行保険に加入するように、研究のた
めに来日する時も、海外旅行保険に加入することをお勧めします。日本
学術振興会では、研究員の採用期間中、傷害及び疾病に係る海外旅
行保険を付し、保険料を負担します。

日本は医療費が高く、事故、急病のために医療機関で診察、治療な
どを受けた場合は高額の医療費を請求されます。その際、海外旅行保
険に加入していれば負担が軽くできます。

しかし、海外旅行保険が適用されない病気やケガもありますので、
あなたが加入する保険の約款をよく読んでおきましょう。

3-5-4 国民健康保険制度

国民健康保険制度は、医療費の負担を軽くするために、普段からお
金を出し合い、病気やケガをしたときの医療費に充てようという相互
扶助を目的としたものです。

日本に 3 カ月以上在留する人は、同伴家族を含めて、企業等に雇用さ
れている人を対象とした社会保険か、外国人研究者を含むそれ以外の人
を対象とした国民健康保険のどちらかに加入しなければなりません。

3-5-3 Traveler’s Insurance

We recommend that you sign up for traveler’s insurance before leaving to conduct your research in Japan. (JSPS provides visiting researchers with overseas traveler’s insurance coverage for injuries or illnesses during their period of stay in Japan, and bears the cost of the insurance premiums.)

Since medical services are expensive in Japan, if you receive an examination or treatment for an accident or medical emergency, the amount billed will be fairly high. If you are enrolled in traveler’s insurance, it would help lessen your burden of payment.

Be sure to read the terms of your traveler’s insurance carefully, as there are illnesses and injuries that may not be covered.

3-5-4 National Health Insurance

The National Health Insurance Program in Japan is an insurance system designed to reduce the individual’s medical cost in the event of illness or injury through a system of mutual payments and assistance. Japan has a compulsory insurance system, and all those living in Japan must be covered by either form of insurance: “social insurance system” for those working at company or office and “national health insurance system” for those uncovered by the former system including foreign researchers.
3-5-5 妊娠と出産

日本には、母と子を守るために様々なサービスがあります。外国人でも住民登録をしていれば、これらのサービスを受けることができます。妊娠と診断された場合に住民登録を行うことができます。住民登録を行うことで、母子健康手帳の交付を受けたり、他のいろんな母子保健サービスを受けることができます。母子健康手帳には母と子の健康状態が記録されます。妊娠済み、出産済み、出産後、子どもを病院や保健所に連れて行くときには、忘れずにこの手帳を持参しましょう。

分娩に関わる費用、健康保険などの医療保険は適用されません。原則として自費で支払います。それぞれの医療機関で分娩費用や入院日数が違いますので、出産予定されている病院等で直接確認してください。あなたが国民健康保険に加入していて、申請すれば、出産育児一時金 42 万円が支給されます。

子どもが誕生してからの手続きは、1-5-1 を参照してください。

If you are residing in Japan for at least three months, you and any accompanying family members are obliged to enroll in national health insurance.

If you subscribe to this program, a National Health Insurance Card will be issued, which allows you to receive medical treatment at only 30% of the cost by showing the card at the medical facility. National health insurance can also partially cover fees for illnesses and injuries that may exceed the limit paid by your traveler’s insurance, or it may help pay for treatment for dental care and treatment for pre-existing/chronic conditions not covered by your traveler’s insurance, as well as one-off payment for childbirth.

You need to pay monthly premiums for national health insurance, which vary according to the municipality where you live, your income and the number of family members.

After completing your resident registration at your local municipal office, you should also complete the necessary procedures for enrolling in national health insurance.

For more details, please contact the section in charge of national health insurance at your municipal office.

If you move to a different local district, leave Japan, have a birth or death in your family, or lose your health insurance certificate, you need to report these types of changes to the national health insurance section of your current or new local municipal office. If you fail to report such changes, your health insurance certificate will be treated as invalid.

3-5-5 Pregnancy and Childbirth

Japan has various health services to protect the health of both the mother and child. Non-Japanese who have completed resident registration are also eligible to receive these services. If you are diagnosed as having become pregnant, you should register your pregnancy at your local municipal office. You will then be given a Mother and Child Health Handbook (boshi techo) and become eligible to receive various health services. In the Mother and Child Health Handbook, the health conditions of the mother and child will be recorded. Be sure to take your Mother and Child Health Handbook with you when receiving prenatal checkups, when giving birth or when taking your child to the hospital or public health center.
Child delivery cost is not covered by health insurance. As a rule, all costs must be personally borne. Fees for child delivery and hospitalization period vary according to the medical facility. For further information, please inquire of the medical facility that you are planning to give birth. If you are enrolled in national health insurance, a one-off payment for childbirth of ¥420,000 is paid upon application.

Refer to section 1-5-1 for additional procedures to take following the birth of a child in Japan.

3-5-6 Immunizations
Japan offers immunizations for designated diseases to prevent epidemics among children.

Immunizations are available for the following diseases:
BCG, Polio, diphtheria, pertussis, tetanus, measles, and rubella, etc.
第3章 日常生活

3-6 文化施設

3-6-1 伝統芸能
ここでは、日本の伝統芸能のうち、歌舞伎、文楽、能を鑑賞することができる代表的な施設を紹介します。

【歌舞伎・文楽】

国立劇場
〒 102-8656 東京都千代田区 華町 4-1
Tel: 03-3265-7411
http://www.ntj.jac.go.jp/

歌舞伎座
〒 104-0061 東京都中央区銀座 4-12-15
Tel: 03-3545-6800
http://www.kabuki-za.co.jp/

国立文楽劇場
〒 542-0073 大阪府大阪市中央区日本橋 H210
Tel: 06-6212-2531
http://www.ntj.jac.go.jp/

南座
〒 605-0075 京都府京都市東山区四条大橋
東館
Tel: 075-561-1155
http://www.shochiku.co.jp/play/minamiza/

【能・狂言】

国立能楽堂
〒 151-0051 東京都渋谷区千駄ヶ谷 4-18-1
Tel: 03-3423-1331
http://www.ntj.jac.go.jp/

なお、国立劇場には、日本の伝統芸能に関する書籍を集めた図書閲覧室や視聴室があります。
また、外国人のための鑑賞会を定期的に開催している施設もあるようですので、関心のある方は各施設に問い合わせて（または英字新聞（P.126参照）などを参照して）ください。

Chapter 3  Daily Life in Japan

3-6 Cultural Facilities

3-6-1 Traditional Performing Arts

Some of the main theaters for viewing Kabuki performances, Bunraku puppet shows, and Noh plays are as follows:

Kabuki and Bunraku

National Theatre (Kokuritsu Gekijo)
4-1 Hayabusa-cho, Chiyoda-ku, Tokyo 102-8656
Tel: 03-3265-7411
http://www.ntj.jac.go.jp/english/

Kabuki-za
4-12-15 Ginza, Chuo-ku, Tokyo 104-0061
Tel: 03-3545-6800 http://www.kabuki-za.co.jp/

National Bunraku Theatre (Kokuritsu Bunraku Gekijo)
1-12-10 Nipponbashi Chuo-ku, Osaka-shi, Osaka 542-0073
Tel: 06-6212-2531
http://www.ntj.jac.go.jp/english/

Minami-za
Higashizume, Shijo-ohashi, Higashiyama-ku, Kyoto-shi, Kyoto 605-0075
Tel: 075-561-1155
http://www.shochiku.co.jp/play/minamiza/

Noh, Kyogen

National Noh Theatre (Kokuritsu Nohgakudo)
4-18-1 Sendagaya, Shibuya-ku, Tokyo 151-0051
Tel: 03-3423-1331
http://www.ntj.jac.go.jp/english/

The National Theatre (Kokuritsu Gekijo) maintains a library on Japan’s traditional performing arts and also has an A/V room.

Some facilities also offer periodic art appreciation events for foreigners. If you are interested in such events, please contact the theaters (or consult a source of information such as an English-language newspaper <refer to page 127> ).
3-6-2 Museums

There are literally thousands of museums throughout Japan. The following is a list of the national museums.

Art Museums

The National Museum of Modern Art, Tokyo (includes a crafts gallery)

3-1 Kitanomaru-koen, Chiyodaku, Tokyo 102-8322
Tel: 03-3822-1111  http://www.kahaku.go.jp/english/

The National Museum of Western Art

7-7 Ueno-koen, Taito-ku, Tokyo 110-0007
Tel: 03-3828-5131  http://www.nmwa.go.jp/en/

The National Art Center, Tokyo

7-22-2 Roppongi, Minato-ku, Tokyo 106-8558
Tel: 03-3822-0111  http://www.tnm.jp

The National Museum of Modern Art, Kyoto

Okazaki-enshoji-cho, Sakyo-ku, Kyoto-shi, Kyoto 606-8344
Tel: 075-761-4111  http://www.momak.go.jp/English/

The National Museum of Art, Osaka

4-2-55 Nakanoshima, Kita-ku, Osaka-shi, Osaka 530-0005
Tel: 06-6447-4680  http://www.nmao.go.jp/english/home.html

Museums

Tokyo National Museum (Japan’s largest museum)

13-9 Ueno-koen, Taito-ku, Tokyo 110-8712
Tel: 03-3822-1111  http://www.tnm.jp

National Museum of Nature and Science

7-20 Ueno-koen, Taito-ku, Tokyo 110-8718
Tel: 03-3822-0111  http://www.kahaku.go.jp/english/

National Museum of Japanese History

117 Jonai-cho, Sakurashi, Chiba 285-8502
Tel: 043-486-0123  http://www.rekihaku.ac.jp/english/

Kyoto National Museum

527 Chayamachi, Higashiyama-ku, Kyoto-shi, Kyoto 605-0931
Tel: 075-541-1151  http://www.kyohaku.go.jp/eng/index_top.html

Nara National Museum

50 Noborioji-cho, Nara-shi, Nara 630-8213
Tel: 0742-22-7771  http://www.narahaku.go.jp/english/
3-6-3 図書館

図書館は、日本で最多の蔵書数をもつ国立国会図書館から、都道府県や市区町村の公立図書館、各大学や多くの美術館・博物館の付属図書館まで、全国各地に設置されています。ここでは、東京にある主要な図書館を紹介します。

国立国会図書館 東京本館
〒100-8924 東京都千代田区永田町1-10-1
Tel: 03-3581-2331 http://www.ndl.go.jp/
（蔵書646万冊以上。館外貸出不可。インターネットを通じての資料・情報提供）

都立中央図書館
〒106-8575 東京都港区南麻布5-7-13
Tel: 03-3442-8451 http://www.library.metro.tokyo.jp/
（蔵書186万冊以上。一部開架。館外貸出不可）

JFICライブラリー
〒160-0004 東京都新宿区西新宿4-4-1
Tel: 03-5369-6086 http://www.jpf.go.jp/j/about/jfic/lib/
（日本研究と国際交流関係の図書など36,000冊。館外貸出不可）
また、海外の新聞・雑誌などは、以下の図書館や施設でも閲覧することができます。

アメリカン・センター レファレンス資料室
http://japanese.japan.usembassy.gov/j/ircj-main.html
（東京）〒107-8420 東京都港区赤坂1-10-5
米国大使館レファレンス資料室
Tel: 03-3224-5293

（札幌）〒064-0821 北海道札幌市中央区北1丁目
米国総領事館内
Tel: 011-641-3444

（関西）〒530-8543 大阪府大阪市北区西天満2-11-5
米国総領事館ビル7階
Tel: 06-6315-5970

（福岡）〒810-0001 福岡県福岡市中央区天神2-2-67
福岡アメリカン・センターレファレンス資料室
Tel: 092-733-0246

日仏会館図書室
〒150-0013 東京都渋谷区恵比寿3-9-25
Tel: 03-5421-7643

アンスティチュ・フランセ東京メディアテーク
〒162-8410 東京都新宿区栄町原町15
Tel: 03-5206-2500 http://www.institutfrancais.jp/tokyo/services/
mediatheque/

東京ドイツ文化センター図書館
〒107-0052 東京都港区赤坂7-5-56 ドイツ文化会館2階
Tel: 03-3584-3203 http://www.goethe.de/ins/jp/tok/bib/jaindex.htm

ゲーテ・インスティトゥート・ヴィラ鴨川図書室
〒606-8305 京都府京都市左京区吉田河原町19-3
Tel: 075-761-2188 http://www.goethe.de/ins/jp/kam/wir/bib/jaindex.htm

イタリア文化会館図書室
〒102-0074 東京都千代田区九段南2-1-30
Tel: 03-3264-6011 http://www.iictokyo.esteri.it/IIC_Tokyo/Menu/La_Biblioteca/

Maison Franco-Japonaise Library (MFJ)
3-9-25 Ebisu, Shibuya-ku, Tokyo 150-0013
Tel: 03-5421-7643 http://www.mfj.gr.jp/bibliotheque/presentation/index Ja.php

Mediatheque de l’institut Franco-Japonais de Tokyo
15 Ichigaya-funagawara-machi, Shinjuku-ku, Tokyo 162-8415
Tel: 03-5206-2500 http://www.institutfrancais.jp/tokyo/services/
mediatheque/

Tokyo German Cultural Center Library
Doitsu Bunka Kaikan 2F, 7-5-56 Akasaka, Minato-ku, Tokyo 107-0052
Tel: 03-3584-3203 http://www.goethe.de/ins/jp/tok/bib/jaindex.htm

Villa Kamogawa Künstlerresidenz des Goethe-Instituts
19-3 Yoshida-kawara-machi, Sakyō-ku, Kyoto-shi, Kyoto 606-8305
Tel: 075-761-2188 http://www.goethe.de/ins/jp/kam/wir/bib/jaindex.htm

Italian Cultural Institute Library
2-1-30 Kudan-minami, Chiyoda-ku, Tokyo 102-0074
Tel: 03-3264-6011 http://www.iictokyo.esteri.it/IIC_Tokyo/Menu/La_Biblioteca/

Japan Russian Sources Library
1-11-2 Kyoto, Setagaya-ku, Tokyo 156-0052
Tel: 03-3429-8239 http://www.h5.dion.ne.jp/biblio/

OECD Tokyo Center Library
Nippon Press Center Bldg., 3F, 2-2-1 Uchisaiwai-cho, Chiyoda-ku, Tokyo 100-0011
Tel: 03-5532-0021 http://www.oecd-tokyo.org/tokyo-lan/oecd-tokyo-en.html
Japan-Russia Information Library
〒 156-0052 東京都世田谷区長田1-11-2
Tel: 03-3429-8239 http://www.h5.dion.ne.jp/~biblio/

OECD 東京センター閲覧室
〒 100-0011 東京都千代田区内幸町2-2-1
日本ブレスセンタービル3階
Tel: 03-5532-0021 http://www.oecdtokyo.org/tokyo/lib.html

日本貿易振興機構(JETRO)アジア経済研究所図書館
〒 261-8545 千葉県千葉市美浜区若葉3-2-2
Tel: 043-299-9716 http://www.ide.go.jp/Japanese/Library/

日本貿易振興機構 JETRO ビジネスライブラリー
http://www.jetro.go.jp/library/
(東京) 〒 107-6006 東京都港区赤坂1-12-32
アーツビル6階
Tel: 03-3582-1775

(大阪) 〒 530-0005 大阪府大阪市北区中之島3-3-3
中の島三井ビル5階
Tel: 06-6447-2308

アジア・アフリカ図書館
〒 181-0004 東京都三鷹市新川5-14-16
Tel: 0422-44-4640 http://www.aacf.or.jp/library/

東洋文庫
〒 113-0021 東京都文京区本駒込2-28-21
Tel: 03-3942-0122 http://www.toyo-bunko.or.jp/

韓国文化院図書映像資料室
〒 160-0004 東京都新宿区四谷4-4-10 韓国文化院3階
Tel: 03-3357-6071 http://www.koreaculture.jp/

中近東文化センター附属「三笠宮記念図書館」
〒 181-0015 東京都三鷹市大沢3-10-31
Tel: 0422-32-7111 http://www.meccj.or.jp/

カナダ大使館E・H ノーマン図書館
〒 107-8503 東京都港区赤坂7-3-38
Tel: 03-5412-6200
http://www.canadainternational.gc.ca/japan-japon/library-
bibliotheque/index.aspx?lang=jpn

Chapter 3  Daily Life in Japan

Institute of Developing Economies Library, Japan External Trade Organization (JETRO)
3-2-2 Wakaba, Mihama-ku, Chiba-shi, Chiba 261-8545
Tel: 043-299-9716 http://www.ide.go.jp/English/Library/

JETRO Business Library, Japan External Trade Organization
(Tokyo) Ark Mori Bldg. 6F, 1-12-32 Akasaka, Minato-ku, Tokyo 107-6006
Tel: 03-3582-1775

(Osaka) Nakanoshima Mitsui Bldg. 5F, 3-3-3 Nakanoshima, Kita-ku, Osaka-shi, Osaka 530-0005
Tel: 06-6447-2308

Asia-Africa Library
5-14-16 Shinkawa, Mitaka-shi, Tokyo 181-0004
Tel: 0422-44-4640 http://www.aacf.or.jp/library/

The Toyo Bunko
2-28-21 Honkomagome, Bunkyo-ku, Tokyo 113-0021
Tel: 03-3942-0122 http://www.toyo-bunko.or.jp/ToyoBunko-E/index-e.html

Korean Cultural Center Library
Korean Cultural Center 3F, 4-4-10 Yotsuya, Shinjuku-ku, Tokyo 160-0004
Tel: 03-3357-6071 http://www.koreaculture.jp/

His Imperial Highness Prince Mikasa Memorial Library,
Middle Eastern Culture Center in Japan
3-10-31 Osaka, Mitaka-shi, Tokyo 181-0015
Tel: 0422-32-7111 http://www.meccj.or.jp/

E. H. Norman Library, Embassy of Canada
7-3-38 Akasaka, Minato-ku, Tokyo 107-8503
Tel: 03-5412-6200 http://www.canadainternational.gc.ca/japan-

ACCU Library, Asia-Pacific Cultural Centre for UNESCO
Japan Publishers Bldg., 6 Fukuromachi, Shinjuku-ku, Tokyo 162-8484
Tel: 03-3269-4435 http://www.accu.or.jp/en/accu_library/

JICA Library, Japan International Cooperation Agency
10-5 Ichigaya-honmura-cho, Shinjuku-ku, Tokyo 162-8433
Tel: 03-3269-2301 http://www.jica.go.jp/english/publications/library/

UNU Library, United Nations University
5-53-70 Jingu-mae, Shibuya-ku, Tokyo 150-8925
Tel: 03-3467-1339 http://www.unu.edu/hq/library/
ユネスコ・アジア文化センター ACCU ライブラリー
〒 162-8484 東京都新宿区袋町 6 日本出版会館
Tel: 03-3269-4435 http://www.accu.or.jp/jp/accu_library/
国際協力機構図書館
〒 162-8433 東京都新宿区市谷本町 10-5
Tel: 03-3269-2301 https://libportal.jica.go.jp/fmi/xsl/library/public/
国連大学ライブラリー
〒 150-8925 東京都渋谷区神宮前 5-53-70
Tel: 03-5467-1359 http://www.unu.edu/hq/japanese/library-j.htm
このほか、公文書を集めたものとして、次の一施設があります。
国立公文書館
〒 102-0091 東京都千代田区北の丸公園 3-2
Tel: 03-3214-0621 http://www.archives.go.jp/

なお、大学の附属図書館の多くは、国立情報学研究所を中心としたネットワークにオンラインで結ばれおり、これにより、他大学などの図書館に所蔵されている図書・雑誌の検索、複写、資料の借出し方が可能となっています。利用資格・方法などの詳細は、各図書館に問い合わせてください。
国立情報学研究所については、5-3 を参照してください。

3-7 日本語の学习
来日するにあたって日本語が役に立つことは言うまでもありません。大都市や地方の公共施設には日本語・英語が併記されているところがほとんどですが、来日前に機会のある方は、ある程度の日本語を勉强することをお勧めします。

3-7-1 日本語学校の選択
日本国内にある日本語学校の数は増加しており、来日後に日本語を学ぶ意思のある外国人研究者にとって、選択の幅は広いといえます。
また、受入れ大学、研究所でも独自の日本語研修コースを開設しているところも少なくありません。利便性、経済的な面からも利用をお勧めします。その他、各地域の「国際交流協会」（巻末付録 VII 参照）に問い合わせて探すのも一つの方法です。
日本語学校を選択する際の基準は、まず、入学しようとする日本語学校が、財団法人日本語教育振興協会（日語協）によって認定された

Official documents are stored at the following facility:
**National Archives of Japan**
3-2 Kitanomaru-koen, Chiyoda-ku, Tokyo 102-0091
Tel: 03-3214-0621 http://www.archives.go.jp/english/

Many university-affiliated libraries are connected to an interuniversity library network that links with the **National Institute of Informatics (NII)**, and you can search, request copies or borrow literature collected at the libraries of affiliated universities. For more information on how to use these services and their requirements, please inquire at your university libraries.

See section 5-3 for information on the National Institute of Informatics (NII).

### 3-7 Japanese Language Study

Obviously, it would be beneficial if you were able to speak and read some Japanese while you are in Japan. Although most public facilities in major cities and provincial towns provide signs in English and Japanese, we recommend foreign researchers to learn Japanese before coming to Japan.

#### 3-7-1 Selecting a Japanese Language School

Since the number of Japanese language schools has been increasing, there is a wide selection of the schools for foreign researchers who wish to learn Japanese after coming to Japan.

Many of the universities and institutions have their own Japanese-language training courses. Making use of these courses is recommended because they are convenient and priced reasonably. You can also find Japanese language schools and classes by inquiring at the local **International Exchange Association**. See Appendix VII for the one nearest you.

Before enrolling in a school, you should check whether it has been certified by the **Association for the Promotion of Japanese Language Education**. The Association examines the management of Japanese language schools based on criteria established by the Ministry of Education, Culture, Sports, Science and Technology (MEXT) and certifies those that satisfy its standards for Japanese language learning environments.
3-7-2 日本語能力試験

外国人が自分の日本語能力の到達度を知るために現在活用されているものに「日本語能力試験」があります。外国人の日本語能力を5段階に評価するもので、公益財団法人日本国際教育支援協会、及び独立行政法人国際交流基金が共催して実施に当たっています。受験は日本国内主要都市のほか、海外62の国・地域（2011年現在）で7月と12月の年2回（海外では7月、ないしは12月の試験だけを行う都市があります）行われます。

【問い合わせ先】
★国内受験の場合
日本語能力試験受付センター
Tel:03-6686-2974
★海外受験の場合
国際交流基金日本語試験センター
Tel:03-5367-1021
Fax:03-5367-1025

As of March 2013, the Association had certified 430 Japanese-language schools nationwide. You can search for those schools on the Association’s website in Japanese, English, Chinese, or Korean.

Association for the Promotion of Japanese Language Education
Ishiyama Bldg. 2F, 1-58-1 Yoyogi, Shibuya-ku, Tokyo 151-0053
Tel: 03-5304-7815 http://www.nissinkyo.org/english/index.html

The number of language schools available depends on the region. While there are many high quality schools in the metropolitan areas, there are still few schools that can satisfy foreign researchers’ needs in many of the provincial cities.

Informative books introducing Japanese language schools are published and available at bookstores. Some bookstores also carry a wide variety of Japanese textbooks, including those tailored to the language needs of certain people such as researchers.

3-7-2 Japanese Language Proficiency Test

This test is used as a means for foreigners to learn their levels of Japanese language proficiency. Language proficiency levels are measured in five rankings. The Japan Educational Exchanges and Services and the Japan Foundation jointly administer the test. They offer the test in many major cities in Japan and at 62 locations in countries/regions around the world (as of 2011), twice a year in July and December. In some overseas cities it is only offered in either July or December, but not both.

★ For information on taking the test in Japan:
Japanese Language Proficiency Test Registration Center
Tel: 03-6686-2974

★ For information on taking the test outside Japan:
The Japan Foundation, Japanese Language Center
Tel: 03-5367-1021
Fax: 03-5367-1025
3.8  Children’s Education

3.8-1  Japanese School System

The current Fundamental Law of Education and School Education Law were enacted in 1947. The so-called 6-3-3-4 academic system was adopted with the aim to provide equal opportunities in education. The nine years of elementary school and junior high school are compulsory. As shown in the table below, most elementary and junior high schools are operated by local governments. While a variety of special educational activities unique to local districts are also incorporated, both public and private schools must conduct classes following the Course of Study established by the MEXT so that pupils throughout the country can receive a uniform standard of education. Generally, Japanese school year begins in April and ends in March.

The following table gives information on children’s ages, number of schools, and the breakdown of each type of school from preschool to senior high school.

### Description of Children’s Ages and Number of Schools

<table>
<thead>
<tr>
<th>Age</th>
<th>Number</th>
<th>National</th>
<th>Public (Locally-affiliated)</th>
<th>Private</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten</td>
<td>3-6</td>
<td>13,170</td>
<td>0.4%</td>
<td>37.4%</td>
</tr>
<tr>
<td>Elementary School</td>
<td>6-12</td>
<td>21,460</td>
<td>0.3%</td>
<td>98.6%</td>
</tr>
<tr>
<td>Junior High School</td>
<td>12-15</td>
<td>10,699</td>
<td>0.7%</td>
<td>92.2%</td>
</tr>
<tr>
<td>Senior High School</td>
<td>15-18</td>
<td>5,022</td>
<td>0.3%</td>
<td>73.4%</td>
</tr>
</tbody>
</table>

(Statistical Abstract 2013 Edition [Education, Culture, Sports, Science and Technology])

Japan also has schools for pupils who have physical or mental learning disabilities. There are special classes at elementary and junior high schools for these pupils as well.

Besides kindergartens, there are also nursery schools (under the jurisdiction of the Ministry of Health, Labour and Welfare) for pupils of preschool age.

3.8-2  Enrollment Procedures

If you would like to enroll your children in a public (locally-affiliated) preschool, elementary school or junior high school, you should apply at the **Board of Education** in the city, ward, town or village where you live. (The Board of Education is usually located in the local municipal office.) If you would like to enroll them in a public high school, you should apply at the prefectoral Board of Education. If you would like to enroll them in a nursery school,
の学校に直接問い合わせてください。
国・公立の小・中学校の場合、授業料、教科書代などは、日本国籍の子どもと同様の扱いを受け、無料です。（但し、これ以外に、学用品・実験実習材料費など、おおむね、下表に示す費用が必要となります。）
公立の高等学校の場合は授業料は無料ですが、入学金、教科書代、修学旅行費は無償になりません。また、高校の授業料無償化については今後、見直しを予想されます。

【学校教育に係る費用の概算（年間／1人当たり）】

<table>
<thead>
<tr>
<th>年齢</th>
<th>国・公立</th>
<th>私立</th>
</tr>
</thead>
<tbody>
<tr>
<td>幼稚園</td>
<td>13万円</td>
<td>38万円</td>
</tr>
<tr>
<td>小学校</td>
<td>5万円</td>
<td>84万円</td>
</tr>
<tr>
<td>中学校</td>
<td>13万円</td>
<td>99万円</td>
</tr>
<tr>
<td>高校</td>
<td>24万円</td>
<td>69万円</td>
</tr>
</tbody>
</table>

（「文部科学統計要覧（平成22年度版）」より作成）

3-8-3 児童手当
国際を問わず、日本国内に住所を持つ0歳以上から中学校修了までの子どもに児童手当が支給されます。
3歳未満は一律月15,000円、3歳〜12歳の第一子と第二子は月10,000円（第三子以上は月15,000円）、中学生は一律月10,000円。所得制限があります。
詳しくは、お住まいの各市区町村にお問い合わせください。

3-8-4 海外からの子どもの受入態勢
近年、海外からの子どもの就学が増えており、学校の中には、海外からの子どもの教育を担当する教員を雇用するなどして、受入に積極的に取り組んでいるところもあります。平成10年には、はじめて体系的な日本語指導カリキュラムが作成され、現在その普及・啓発に努めるなど充実を図っているところです。しかし、未だ、その受入態勢は緒にいたばかりで整っているとは言い難く、日本語指導をはじめとする教育の充実は急務となっています。

you should apply at the welfare office of your city, ward, town or village. (When you go to enroll your children, bring their Resident Card with you. It is also a good idea to take along someone who can interpret for you.) If you would like to enroll your children in a national school or private school, you should ask the school directly.

If you enroll your children in a national or public (locally-affiliated) elementary or junior high school, their tuition and books will be free of charge just as they are for children of Japanese citizenship. (There are other costs, however, such as for school supplies and materials for classroom experiments, which you must pay. The following table shows general estimates of the annual expenses for each school level.)

Estimated School Expenses (Annual, per student)

<table>
<thead>
<tr>
<th>年齢</th>
<th>National/Public (Locally-Affiliated)</th>
<th>Private</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten</td>
<td>¥130,000</td>
<td>¥360,000</td>
</tr>
<tr>
<td>Elementary School</td>
<td>¥50,000</td>
<td>¥840,000</td>
</tr>
<tr>
<td>Junior High School</td>
<td>¥130,000</td>
<td>¥990,000</td>
</tr>
<tr>
<td>Senior High School</td>
<td>¥240,000</td>
<td>¥690,000</td>
</tr>
</tbody>
</table>

(Statistical Abstract 2010 Edition [Education, Culture, Sports, Science and Technology])

3-8-3 Child Allowance
A child allowance is paid for children who have a Japanese address from under the age of one until they complete junior high school, regardless of nationality.
All children under the age of three: ¥15,000/month
Children ages 3 to 12: First and second children—¥10,000/month (subsequent children—¥15,000/month)
All Junior high school students: ¥10,000/month.
Note: Income restrictions apply.

Please ask the municipal office administering your community for more details.

3-8-4 Acceptance of Children from Overseas
The number of children from overseas attending Japanese schools has been increasing in recent years. Some schools have been hiring staff specifically to take charge of education for
3-8-5 インターナショナル・スクール

海外からの子どもの受入れは際立っている学校としては、インターナショナル・スクールが挙げられます。インターナショナル・スクールとは、日本在住の外国人の子どものために設置されている学校で、日本の小・中学校とは教育内容が違います。

また学芸科等については、各々のインターナショナル・スクールにより異なりますが、日本の学校に比べてかなり高くなります。詳しくは直接問い合わせてください。

3-9 「地域国際交流協会」による情報提供

各地の都道府県、政令指定都市には、総務省の認定をうけた「地域国際交流協会」があり、様々な活動を行っています。

それらの地域に在る国際学校、病院、教育機関の案内、各種手続方法、外国人のための生活相談窓口、文化施設やイベント情報、日本文化の体験クラスの開設など有益な情報を提供していますので利用してください。

また、ホームページを使って、英語だけではなく、韓国語、中国語、フランス語、スペイン語などでの情報提供を行っているところもあります。（巻末付録VII参照）

Information about Japan on the Web

Japan Information Network http://nippon-jin.com/
Introducing yourself in Japanese.

はじめまして。
Hajimemashite. I’m glad to meet you.

私は、___です。
Watashi wa ___ desu. My name is ___.

___から来ました。
___ kara kimashita. I’m from ___(country name).

学振(日本学術振興会)の
プログラムの研究者です。
GAKUSHIN* no puroguramu no kenkyūsha desu.

I’m a researcher under the JSPS program.

___を研究しています。
___ wo kenkyū shiteimasu. I’m conducting research on ___.

どうぞ、よろしくお願いします。
Dōzo yoroshiku onegai shimasu.

Nice to meet you.

* GAKUSHIN is the Japanese abbreviation of JSPS, and is often used in universities.

ō, ū: Pronunciation should be lengthened, like “oh” and “you.”
4-1 Other Useful Information

This chapter provides useful information for daily life such as what to do in the event of a fire, natural disaster, or accident and who to contact for further details.

4-1 Numbers to Call in an Emergency

4-1-1 To Report a Crime or Traffic Accident

– Dial 110 –

To call the police, dial 110 without area code. You do not need any coins or telephone cards. If the public telephone has a red emergency button covered with protective glass on the front, press the button before you dial. Use the same procedure for calling to report a fire or request an ambulance (dial 119).

Dialing 110 or 119 anywhere in Japan will connect you with the nearest fire or police department, respectively.

If you are robbed and your bankbook, cash card, or credit card is stolen, be sure to report the theft to your bank or credit card company immediately and to file a report at a police box (Koban) or police station.

Police Box (Koban)

Police are stationed at police boxes (Koban) that are located near the station and various areas of the neighborhood, and many of them are open 24 hours a day. The police officers patrol the neighborhood, handle theft and violence reports, take care of traffic accidents and lost-and-found items as well as give directions to people who are lost.

[交番]

日本の交番は、駅の近くや各地域に、警察官がいる交番があり、多くの交番は24時間体制で活動しています。町内のパトロール、盗難・暴力などの届け出の処理、交通事故や落とし物の処理、道に迷ったときの案内などをしています。
4-1-2 火事にあったとき、急病になったとき

一消防署 119 番一

消防署は、消防のほかに救急車も配置しているので、まず「火事」か「救急」かをはっきり伝えます。重傷のとき、緊急のときは直ぐに119番で救急車か消防車を呼んでください。なお救急車を呼ぶ際の搬送料は無料ですが、医療費は自己負担です。可能ならば、パスポート、在留カード、保険証を持参するようにしてください。

また、受入機関にも連絡をするようにしてください。

Ambulance！
Kyukyu desu！
救急です！

Fire！
Kaji desu！
火事です！

4-1-2 To Report a Fire or Request an Ambulance

– Dial 119 –

Because there are both fire engines and ambulances at the fire department, you must specify first whether you are calling to report a fire (kaji) or requesting an ambulance (kyukyu). If a serious injury or emergency situation occurs, call 119 to request an ambulance/fire engine immediately. While there is no fee for the ambulance, the medical fees must be personally borne. If possible, bring your passport, Resident Card, and health insurance card with you. Please also call your host research institution immediately.
4-1-3 Medical Terms for Describing Symptoms

Refer to the terms below to help you accurately describe your physical condition or symptoms in the event you are ill or injured. It is also important to be able to tell the doctor about your own and your family’s normal health conditions, subjective symptoms, and your medical history.

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Byoin</th>
<th>病院</th>
</tr>
</thead>
<tbody>
<tr>
<td>英語</td>
<td>English</td>
<td>ローマ字 Japanese pronunciation</td>
</tr>
<tr>
<td>Reception</td>
<td>uketsuke</td>
<td>受付</td>
</tr>
<tr>
<td>Consultation ticket</td>
<td>shinsatsukken</td>
<td>診察券</td>
</tr>
<tr>
<td>Waiting room</td>
<td>machiaishitsu</td>
<td>待合室</td>
</tr>
<tr>
<td>Examination room</td>
<td>shinsatsushitsu</td>
<td>診察室</td>
</tr>
<tr>
<td>Doctor</td>
<td>isha</td>
<td>医者</td>
</tr>
<tr>
<td>Nurse</td>
<td>kangoshi</td>
<td>看護師</td>
</tr>
<tr>
<td>Outpatient</td>
<td>gairai</td>
<td>外来</td>
</tr>
<tr>
<td>Hospitalization</td>
<td>nyuin</td>
<td>入院</td>
</tr>
<tr>
<td>Pharmacy</td>
<td>yakkyoku</td>
<td>薬局</td>
</tr>
<tr>
<td>Prescription</td>
<td>shohosen</td>
<td>处方箋</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Department</th>
<th>Kamoku</th>
<th>科目</th>
</tr>
</thead>
<tbody>
<tr>
<td>英語</td>
<td>English</td>
<td>ローマ字 Japanese pronunciation</td>
</tr>
<tr>
<td>Internal medicine</td>
<td>naika</td>
<td>内科</td>
</tr>
<tr>
<td>Pediatrics</td>
<td>shonika</td>
<td>小児科</td>
</tr>
<tr>
<td>Surgery</td>
<td>geka</td>
<td>外科</td>
</tr>
<tr>
<td>Respiratory</td>
<td>kokyukika</td>
<td>呼吸器科</td>
</tr>
<tr>
<td>Circulatory</td>
<td>junkankika</td>
<td>循環器科</td>
</tr>
<tr>
<td>Dentistry</td>
<td>shika</td>
<td>歯科</td>
</tr>
<tr>
<td>Ophthalmology</td>
<td>ganka</td>
<td>眼科</td>
</tr>
<tr>
<td>Dermatology</td>
<td>hifuka</td>
<td>皮膚科</td>
</tr>
<tr>
<td>Otolaryngology</td>
<td>jibiinkoka</td>
<td>耳鼻咽喉科</td>
</tr>
<tr>
<td>Urology</td>
<td>hinyokika</td>
<td>泌尿器科</td>
</tr>
<tr>
<td>Gynecology</td>
<td>sanfujinka</td>
<td>産婦人科</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Medical examination procedure</th>
<th>Shinryo-kou</th>
<th>診療行為</th>
</tr>
</thead>
<tbody>
<tr>
<td>英語</td>
<td>English</td>
<td>ローマ字 Japanese pronunciation</td>
</tr>
<tr>
<td>Examination</td>
<td>shinsatsu</td>
<td>診察</td>
</tr>
<tr>
<td>Administer medicine</td>
<td>toyaku</td>
<td>投薬</td>
</tr>
<tr>
<td>Injection</td>
<td>chusha</td>
<td>注射</td>
</tr>
<tr>
<td>Checkup</td>
<td>kensa</td>
<td>検査</td>
</tr>
<tr>
<td>Treatment</td>
<td>shochi</td>
<td>処置</td>
</tr>
<tr>
<td>Surgery</td>
<td>shujutsu</td>
<td>手術</td>
</tr>
<tr>
<td>Anesthesia</td>
<td>masui</td>
<td>麻醉</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Kusuri</th>
<th>薬</th>
</tr>
</thead>
<tbody>
<tr>
<td>英語</td>
<td>English</td>
<td>ローマ字 Japanese pronunciation</td>
</tr>
<tr>
<td>Cold medicine</td>
<td>kazegusuri</td>
<td>風邪薬</td>
</tr>
<tr>
<td>Medicine to relieve fever</td>
<td>genetsuzai</td>
<td>解熱剤</td>
</tr>
<tr>
<td>Painkiller</td>
<td>chintsuzai</td>
<td>鎮痛剤</td>
</tr>
<tr>
<td>Medicine for the digestive organs</td>
<td>ichoyaku</td>
<td>胃腸薬</td>
</tr>
<tr>
<td>Ointment</td>
<td>nanko</td>
<td>軟膏</td>
</tr>
<tr>
<td>Eye drops (medicine)</td>
<td>megusuri</td>
<td>目薬</td>
</tr>
</tbody>
</table>
Chapter 4: Other Useful Information

### Symptom Shojo 症状

**Explaining your symptoms 症状を訴える**

[From when] + [frequency] + [symptom], in this order

【いつから】 + 【頻度】 + 【症状】の順で

### From when Itsukara いつから

<table>
<thead>
<tr>
<th>英語 English</th>
<th>ローマ字 Japanese pronunciation</th>
<th>日本語 Japanese</th>
</tr>
</thead>
<tbody>
<tr>
<td>From ( ) month(s) ago.</td>
<td>( ) kagetsu mae kara</td>
<td>( )か月前から</td>
</tr>
<tr>
<td>From ( ) week(s) ago.</td>
<td>( ) shuukan mae kara</td>
<td>( )週間前から</td>
</tr>
<tr>
<td>From ( ) day(s) ago.</td>
<td>( ) nichi mae kara</td>
<td>( )日前から</td>
</tr>
<tr>
<td>From yesterday.</td>
<td>kino kara</td>
<td>きのうから</td>
</tr>
<tr>
<td>From last night.</td>
<td>sakuya kara</td>
<td>昨夜から</td>
</tr>
<tr>
<td>From this morning.</td>
<td>kesa kara</td>
<td>今朝から</td>
</tr>
</tbody>
</table>

### Frequency Hindo 頻度

<table>
<thead>
<tr>
<th>英語 English</th>
<th>ローマ字 Japanese pronunciation</th>
<th>日本語 Japanese</th>
</tr>
</thead>
<tbody>
<tr>
<td>All the time</td>
<td>zutto</td>
<td>ずっと</td>
</tr>
<tr>
<td>Occasionally</td>
<td>tokidoki</td>
<td>ときどき</td>
</tr>
</tbody>
</table>

### Symptom Shojo 症状

<table>
<thead>
<tr>
<th>英語 English</th>
<th>ローマ字 Japanese pronunciation</th>
<th>日本語 Japanese</th>
</tr>
</thead>
<tbody>
<tr>
<td>My ( ) hurts.</td>
<td>( ) ga itai</td>
<td>( )が痛い</td>
</tr>
<tr>
<td>It's a dull pain.</td>
<td>nibai itami</td>
<td>にぶい痛み</td>
</tr>
<tr>
<td>It's a sharp pain.</td>
<td>sasuyouna itami</td>
<td>剃すような痛み</td>
</tr>
<tr>
<td>I’m having convulsions.</td>
<td>keiren</td>
<td>けいれん</td>
</tr>
<tr>
<td>My body feels heavy.</td>
<td>karada ga darui</td>
<td>身体がだるい</td>
</tr>
<tr>
<td>I have a fever.</td>
<td>netsu ga aru</td>
<td>熱がある</td>
</tr>
<tr>
<td>I have the chills.</td>
<td>samuke ga suru</td>
<td>寒気がする</td>
</tr>
<tr>
<td>I’m dizzy.</td>
<td>memai ga suru</td>
<td>めまいがする</td>
</tr>
<tr>
<td>I have diarrhea.</td>
<td>geri wo shiteiru</td>
<td>下痢をしている</td>
</tr>
<tr>
<td>I feel nauseous.</td>
<td>hakike ga suru</td>
<td>吐き気がする</td>
</tr>
<tr>
<td>My stomach feels heavy.</td>
<td>i ga omoi</td>
<td>胃が重い</td>
</tr>
<tr>
<td>I have no appetite.</td>
<td>shokuyoku ga nai</td>
<td>食欲がない</td>
</tr>
</tbody>
</table>

### Parts of the Body 身体の名稱

- **Head** かたま
- **Neck** くび
- **Elbow** ひじ
- **Hand** て
- **Leg** あし
- **Foot** 足
- **Eyes** まえ
- **Ears** みみ
- **Mouth** くち
- **Throat** よど
- **Chin** あご
- **Shoulders** かた
- **Back** せんか
- **Arm** うで
- **.shoulder** 腕
- **Stomach** おなか
- **Hip/Lower back** こしが
- **Knee** ひざ
- **Leg** あし
- **Foot** 足

---

**Tips**

- **Symptom Shojo 症状**

<table>
<thead>
<tr>
<th>英語 English</th>
<th>ローマ字 Japanese pronunciation</th>
<th>日本語 Japanese</th>
</tr>
</thead>
<tbody>
<tr>
<td>My chest feels tight.</td>
<td>mune ga kurushii</td>
<td>胸が苦しい</td>
</tr>
<tr>
<td>I’m short of breath.</td>
<td>ikigire</td>
<td>息切れ</td>
</tr>
<tr>
<td>I’m constipated.</td>
<td>benpi</td>
<td>便秘</td>
</tr>
<tr>
<td>I have a sprain.</td>
<td>nenza</td>
<td>拳挫</td>
</tr>
<tr>
<td>My eyes are tired.</td>
<td>me ga tsukareru</td>
<td>目が疲れる</td>
</tr>
<tr>
<td>My ears are ringing.</td>
<td>miminari ga suru</td>
<td>耳鳴りがする</td>
</tr>
<tr>
<td>I have a cavity.</td>
<td>mushiba</td>
<td>虫歯</td>
</tr>
<tr>
<td>I have pyorrhea.</td>
<td>shisonoro</td>
<td>歯槽膿漏</td>
</tr>
<tr>
<td>I have an allergy.</td>
<td>arerugi ga aru</td>
<td>アレルギーが</td>
</tr>
<tr>
<td>I have atopic dermatitis.</td>
<td>atopisei hifuen desu</td>
<td>アトピー性皮膚炎です。</td>
</tr>
<tr>
<td>I have hay fever (or pollinosis).</td>
<td>kafunsho</td>
<td>花粉症</td>
</tr>
<tr>
<td>I get a rash (such as hives, nettle rash, or urticaria).</td>
<td>jimmashin</td>
<td>菖麻疹</td>
</tr>
<tr>
<td>I have high blood pressure.</td>
<td>ketsuatsu ga takai</td>
<td>血圧が</td>
</tr>
<tr>
<td>I’m taking medicine called ( ).</td>
<td>( ) no kusuri wo tsukatte imasu</td>
<td>( )の薬を使っています。</td>
</tr>
<tr>
<td>I have had (a disease called) ( ) before.</td>
<td>( ) no byoki wo shita kotoga arimasu</td>
<td>( )の病気をしたことがあります。</td>
</tr>
</tbody>
</table>
4-2 Earthquakes

Japan is a country of frequent earthquakes. When you feel tremors inside your home, first turn the stove off to prevent fire and then take shelter in a safe place, such as under a table, to protect yourself in case objects fall over or drop from shelves. Most buildings in Japan are earthquake-proof, so keep calm and stay inside the house. Leaving your home/offic is likely to be more hazardous.

Since a tsunami can occur following an earthquake, if you are living near the sea, please be sure to tune in to a radio or TV broadcast for information on tsunamis.

4-2-1 Preparing for an Earthquake

There are several things you can do to minimize the damage and a potential for injury before an earthquake happens.

(1) Avoid the danger of objects such as furniture or electrical appliances falling over by securing them in place with hardware, such as brackets, after obtaining permission from your landlord.

(2) Keep a fire extinguisher handy (and learn how to use it).

(3) Keep handy everything you will need in an emergency, such as a first aid kit and medical supplies, daily necessities such as bottled water, and valuables. Always keep your passport, Resident Card and health insurance card in a handy place also.

(4) If your family is living with you, decide who does what when an earthquake strikes. Also check how to contact each other and how to meet at an evacuation shelter in case family members become separated.

(5) Actively participate in drills that are held in your community.

4-2-2 If an Earthquake Occurs and You Feel Your House Shaking...

(1) Take shelter under a table and make sure that you are safe first.

(2) Avoid the possibility of fire by closing the main gas valve and unplugging electrical appliances.

(3) Open a window or door to secure an escape route.

(4) Call out to immediate neighbors to see if they need help.

(5) Pay attention to TV or radio reports. Tune in to information
4-2-3 津波
地震の震源が海底下で浅い場合、海底が上下し、津波が発生します。津波の高さが20cmを超えると予測されると「津波注意報」が発表されます。海から上がって速やかに陸側に移動してください。
津波の高さが1mを超えると木造家屋などに被害が出始めます。1mを超える予測には「津波警報」が、3mを超える予測には「大津波警報」が発表されます。大至急、安全な高台に非難してください。
沿岸近くで発生した津波には津波注意報・警報の発表が間に合わないこともあります。海岸近くで強い揺れを感じたら念のため津波の発生に注意してください。

緊急警報放送
地震・津波などの災害発生時に警報音に続いて、災害の発生と情報をいち早く知らせる放送です。テレビやラジオのスイッチがオフでも、待機状態にある場合は、受信のスイッチは自動的にオンになり放送が流れます。日本放送協会（NHK）とほとんどの民放各放送局で実施されており、NHKの総合テレビ、衛星第2テレビでは副音声で英語の、ラジオ第2放送（東京地区周波数693kHz）では、英語、中国語、韓国語、ポルトガル語で緊急警報放送が流れます。

災害発生日各種情報が提供される主なウェブサイト
★内閣府防災情報のページ
http://www.bousai.go.jp/index.html
★東京都防災ホームページ
★NHK ワールド
http://www.nhk.or.jp/nhkworld/
NHKワールドのニュース、番組はパソコンやスマートフォンで視聴することができます。

Emergency Warning System
This is a broadcast aired when a natural disaster such as an earthquake or tsunami occurs. An alert tone will sound, followed by an announcement giving information on the disaster. Even if your TV or radio is turned off, as long as they are plugged in they will automatically be turned on and the announcement will be aired. NHK and many other private broadcasting companies offer this service. Information is provided in English on a subchannel of the general (“sogo”) NHK channel and BS (satellite) Channel 2. On NHK radio station No. 2 (Tokyo area: 693 kHz), the emergency information is broadcast in English, Chinese, Korean and Portuguese.

Major Disaster Information Websites
★ Cabinet Office Disaster Information
http://www.bousai.go.jp/index.html
★ Tokyo Metropolitan Government Disaster Prevention Information
★ NHK World
http://www.nhk.or.jp/nhkworld/
NHK World’s news and other programs can be viewed on a personal computer or smartphone.
4-3 台風

日本には毎年夏から秋にかけて（特に8月、9月）台風が襲ってきます。台風が近づくと風雨が強まり、まれにある電、断水が生じます。台風が近づいたときはガラストイを補強したり、庭の植木鉢やベランダの物干しが風で飛ばされないように注意しましょう。地域によっては、増水、崖崩れなどが起こる場合がありますので、テレビ、ラジオ、消防署等の情報に注意をしてください。

4-4 気候

日本は島国であり、温帯のほぼ中央部に位置しているので、気候はだいたい温帯です。四季の移り変わりは極めて明瞭で、大別すると、3月～5月が春、6月～8月が夏、9月～11月が秋、12月～2月が冬といえます。夏は、南東の季節風が吹くために蒸し暑く多くの雨が降ります。また、冬は、北西の季節風のためにかなり寒くなり、北海道・東北・北陸・信越地方では多量の雪が降ります。これらの地方では積雪量が2～3メートルに至るところもわずらしくありません。日本各地の月別平均気温、平均湿度は次のようにになっています。

<table>
<thead>
<tr>
<th></th>
<th>1月</th>
<th>2月</th>
<th>3月</th>
<th>4月</th>
<th>5月</th>
<th>6月</th>
<th>7月</th>
<th>8月</th>
<th>9月</th>
<th>10月</th>
<th>11月</th>
<th>12月</th>
</tr>
</thead>
<tbody>
<tr>
<td>札幌</td>
<td>-4.5</td>
<td>-4.4</td>
<td>0.1</td>
<td>7.0</td>
<td>13.0</td>
<td>17.1</td>
<td>21.8</td>
<td>23.4</td>
<td>22.4</td>
<td>13.0</td>
<td>5.5</td>
<td>-2.3</td>
</tr>
<tr>
<td>富山</td>
<td>0.4</td>
<td>0.3</td>
<td>4.5</td>
<td>9.8</td>
<td>15.9</td>
<td>18.2</td>
<td>22.8</td>
<td>26.2</td>
<td>23.7</td>
<td>16.6</td>
<td>9.7</td>
<td>3.3</td>
</tr>
<tr>
<td>東京</td>
<td>4.8</td>
<td>5.4</td>
<td>8.8</td>
<td>14.5</td>
<td>19.6</td>
<td>21.4</td>
<td>26.4</td>
<td>29.1</td>
<td>26.2</td>
<td>19.4</td>
<td>12.7</td>
<td>7.3</td>
</tr>
<tr>
<td>福岡</td>
<td>5.6</td>
<td>5.1</td>
<td>9.1</td>
<td>15.2</td>
<td>19.6</td>
<td>23.0</td>
<td>27.8</td>
<td>29.4</td>
<td>26.0</td>
<td>19.3</td>
<td>12.4</td>
<td>6.6</td>
</tr>
<tr>
<td>愛知</td>
<td>6.3</td>
<td>5.7</td>
<td>10.7</td>
<td>16.2</td>
<td>20.1</td>
<td>23.1</td>
<td>28.0</td>
<td>29.1</td>
<td>24.5</td>
<td>19.2</td>
<td>12.9</td>
<td>7.6</td>
</tr>
</tbody>
</table>

Tips

Pythons strike every year from summer to fall (especially in August and September) in Japan. When a typhoon approaches, the rains are heavy, with rare cases of power failure or suspension of water supply. When a typhoon approaches, you should reinforce your glass doors and be sure to secure potted plants in your garden or clothes hanging on your verandah so that they won't be blown away. Since other events such as water rising or landslides can also occur depending on the region, be sure to tune in to a radio or TV for information. Also, pay attention to information announced by the fire department or other sources.

4-4 Weather

Since Japan is an island country located almost in the central region of the temperate zone, the climate is generally mild. With four clear seasons, spring runs from about March through May, summer from June through August, fall from September through November, and winter from December through February. Since seasonal winds blow from the southeast in the summer, it is hot and humid and there is comparatively more rain. In the winter months, because of the seasonal winds of the northwest, it is fairly cold and there is heavy snowfall in the Hokkaido, Tohoku, Hokuriku and Shin’etsu regions. Snowfalls of two to three meters are not unusual in these regions.

The monthly average temperatures and humidity in different areas of Japan are as follows:

(Tips 2012年 気象統計情報より作成)
(Meteorologic Statistical Information 2012 by Japan Meteorological Agency)
4-5 National Holidays and Other Important Dates

On Saturdays, Sundays and national holidays, government offices, banks, post offices (some post offices open on weekend and holidays), and most company offices are closed, but most department stores and shops are open. If a national holiday happens to fall on a Sunday, the following day is observed as the holiday.

* January 1
* January 2 through 3
* 2nd Monday of January
* February 11
* March 21
  April 1
* April 29
* May 3
* May 4
* May 5
* 3rd Monday of July
  August 15
* 3rd Monday of September
* September 23
* 2nd Monday of October
* November 3
* November 23
* December 23
* December 29
* December 31

New Year’s Day — New Year Holidays

Coming-of-Age Day

National Foundation Day

Vernal Equinox

Beginning of the new academic and fiscal year

Day of Showa

Constitution Memorial Day — Golden Week

Greener Day

Children’s Day

Marine Day

O-bon or Buddhist All Souls’ Day.

Companies may be closed before and after this day.

Respect-for-the-Aged Day

Autumnal Equinox

Sports Day

Culture Day

Labor Thanksgiving Day

The Emperor’s Birthday

New Year’s Eve — Year-end Holidays

Notes:

1) There is some variation in days depending on the holiday schedule of the company or organization.

2) These dates may change from year to year.

3) JSPS hours are from 9:30 a.m. to 12 noon and from 1 p.m. to 5:30 p.m., Monday through Friday. The office is closed on Saturdays and Sundays, on the holidays marked with an asterisk (*) in the above list, and on September 21 (JSPS Foundation Day).
4-6 Traveling in Japan

Japan is blessed with four seasons and a wealth of nature. The Japanese archipelago extending over a long distance from north to south offers a large number of sightseeing spots. A variety of festivals (matsuri), a traditional feature of Japanese life, are held throughout the country during each season.

Japanese traditional culture is also featured at many museums throughout Japan. We encourage you to visit these areas of Japan during your stay.

Lodgings at sightseeing spots include hotels, ryokan inns, minshuku, and public facilities. Most ryokan inns are Japanese style with tatami rooms and futon for sleeping. The rooms are also equipped with towels, washing utensils, yukata, etc.

Travel Information in English

The Japan National Tourism Organization (JNTO) provides tourists from overseas with travel information in multiple languages, and distributes maps and pamphlets on travel within Japan. It also offers tourism information through the Internet, and operates several Tourist Information Centers in Tokyo. These centers provide sightseeing information across Japan throughout the year (except on New Year’s Day). JNTO also launched a program to certify the Tourist Information Centers that can handle foreign tourists as Visit Japan Centers. As of March 2013, a total of 342 centers had been certified throughout Japan and are permitted to display the program’s logo.

★ JNTO
10th Floor, Tokyo Kotsu Kaikan Bldg., 2-10-1 Yuraku-cho, Chiyoda-ku, Tokyo 100-0006
Tel: 03-3216-1905 http://www.jnto.go.jp/eng/

★ JNTO Tourist Information Center (TIC)
1st Floor, Shin-Tokyo Bldg., 3-3-1 Marunouchi, Chiyoda-ku, Tokyo
(Telephone: 03-3201-3331)

★ Visit Japan Centers
For details, visit http://www.jnto.go.jp/eng/arrange/travel/guide/voffice.html

Major Certified Tourist Information Centers
Tokyo Tourism Information Center, Haneda Airport Branch
(Haneda Airport International Passenger Flight Terminal 2F)
Tel: 03-6428-0653
4-7 国際空港・都心間の交通手段

外国人の代表的な日本の出入国空港である新東京国際空港（成田）と関西国際空港と都心間の交通手段について、以下に表示します。

【フライト・インフォメーション】

成田国際空港
Tel: 0476-34-8000
http://www.narita-airport.jp/

関西国際空港
Tel: 072-455-2500
http://www.kansai-airport.or.jp/

新千歳空港
Tel: 0123-23-0111
http://www.new-chitose-airport.jp/

羽田空港（東京国際空港）国際線
Tel: 03-6428-0888
http://www.tokyo-airport-bldg.co.jp/

中部国際空港セントレア
Tel: 0569-38-1195
http://www.centrair.jp/

福岡空港
Tel: 092-621-0303
http://www.fuk-ab.co.jp/

4-7 Transportation between International Airports and Metropolitan Areas

The following figures show the modes of transportation available between the Narita (Tokyo)/Kansai international airports, which are the main ports of entry/departure for foreigners, and their respective city centers.

Flight Information

Narita International Airport
Tel: 0476-34-8000 http://www.narita-airport.jp/en/

Kansai International Airport
Tel: 07-455-2500 http://www.kansai-airport.or.jp/en/

New Chitose Airport

Haneda Airport (Tokyo International Airport) International Flights
Tel: 03-6428-0888 http://www.tokyo-airport-bldg.co.jp/en/

Central Japan International Airport (Centrair)
Tel: 0569-38-1195 http://www.centrair.jp/en/

Fukuoka Airport
Tel: 092-621-0303 http://www.fuk-ab.co.jp/english/
## 4-7-1 Narita International Airport

**Narita Airport, Terminal 1**

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Fare</th>
</tr>
</thead>
<tbody>
<tr>
<td>Narita Express (JR)</td>
<td>approx. 60 min.</td>
<td>¥2,940</td>
</tr>
<tr>
<td>Tokyo Station</td>
<td>approx. 80 min.</td>
<td>¥3,000</td>
</tr>
<tr>
<td>Keisei Ueno Station</td>
<td>approx. 90 min.</td>
<td>¥3,110</td>
</tr>
</tbody>
</table>

**Narita Airport, Terminal 2**

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Fare</th>
</tr>
</thead>
<tbody>
<tr>
<td>Narita Express (JR)</td>
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</tr>
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</tr>
<tr>
<td>Keisei Ueno Station</td>
<td>approx. 90 min.</td>
<td>¥3,110</td>
</tr>
</tbody>
</table>

Notes:
1) Fares are current as of September 2013.
2) Narita Express (JR) fares are the regular season rates.
### 4-7-2 Haneda Airport (Tokyo International Airport) International Flights

<table>
<thead>
<tr>
<th>Destination</th>
<th>Route Description</th>
<th>Time (approx.)</th>
<th>Fare (¥)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tokyo Station</td>
<td>Monorail (Rapid) + JR</td>
<td>25 min.</td>
<td>1,770</td>
</tr>
<tr>
<td>Shibuya Station (and surrounding areas)</td>
<td>Monorail (Rapid) + JR</td>
<td>35 min.</td>
<td>1,800</td>
</tr>
<tr>
<td>Shinjuku Station (and surrounding areas)</td>
<td>Keikyu (or Rapid Limited Express, “Kaitoku”) + JR</td>
<td>41 min.</td>
<td>2,200</td>
</tr>
<tr>
<td>Ikebukuro Station (and surrounding areas)</td>
<td>Keikyu (or Rapid Limited Express, “Kaitoku”) + JR</td>
<td>41 min.</td>
<td>2,200</td>
</tr>
<tr>
<td>Yokohama Station (and surrounding areas)</td>
<td>Keikyu (or Rapid Limited Express, “Kaitoku”) + JR</td>
<td>47 min.</td>
<td>2,500</td>
</tr>
<tr>
<td>Narita International Airport</td>
<td>Limousine bus</td>
<td>65 min.</td>
<td>3,000</td>
</tr>
<tr>
<td>Tsukuba Center</td>
<td>Monorail (Rapid) + JR + Tsukuba Express*</td>
<td>80 min.</td>
<td>1,770</td>
</tr>
<tr>
<td></td>
<td>Limousine bus</td>
<td>120 min.</td>
<td>1,800</td>
</tr>
</tbody>
</table>

Note: Fares are current as of September 2013.

* Tsukuba Express is a dedicated rapid train.

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**4-7-2 羽田空港（東京国際空港）国際線**

<table>
<thead>
<tr>
<th>Destination</th>
<th>Route Description</th>
<th>Time (approx.)</th>
<th>Fare (¥)</th>
</tr>
</thead>
<tbody>
<tr>
<td>東京駅</td>
<td>Monorail (快速) + JR</td>
<td>25 分</td>
<td>620</td>
</tr>
<tr>
<td>池袋駅（周辺エリア）</td>
<td>Monorail (快速) + JR</td>
<td>41 分</td>
<td>660</td>
</tr>
<tr>
<td>新宿駅（周辺エリア）</td>
<td>Monorail (快速) + JR</td>
<td>41 分</td>
<td>590</td>
</tr>
<tr>
<td>横浜駅（周辺エリア）</td>
<td>Monorail (快速) + JR</td>
<td>46 分</td>
<td>720</td>
</tr>
<tr>
<td>成田国際空港</td>
<td>リムジンパス</td>
<td>65 分</td>
<td>3,000</td>
</tr>
<tr>
<td>つくばセンター</td>
<td>Monorail (快速) + つくばエクスプレス</td>
<td>80 分</td>
<td>1,770</td>
</tr>
<tr>
<td></td>
<td>リムジンパス</td>
<td>120 分</td>
<td>1,800</td>
</tr>
</tbody>
</table>

注1) 料金は2013年9月現在のもの
注2) つくばエクスプレスは快速

---

**生活情報**

4-7-2 羽田空港（東京国際空港）国際線

Lake Biwa

注1) 料金は2013年9月現在のもの
注2) つくばエクスプレスは快速
### 4-7-3 関西国際空港

<table>
<thead>
<tr>
<th>関西国際空港</th>
<th>京都駅</th>
</tr>
</thead>
<tbody>
<tr>
<td>JR (特急)</td>
<td>(所要時間：約 75 分，料金：¥3,280)</td>
</tr>
<tr>
<td>りゅうこんバス</td>
<td>(所要時間：約 85 分，料金：¥2,500)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>新大阪駅</th>
</tr>
</thead>
<tbody>
<tr>
<td>JR (特急)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>大阪駅</th>
</tr>
</thead>
<tbody>
<tr>
<td>JR</td>
</tr>
<tr>
<td>りゅうこんバス</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>なんば駅（なんば OCAT）</th>
</tr>
</thead>
<tbody>
<tr>
<td>関西電鉄（ラピート）</td>
</tr>
<tr>
<td>りゅうこんバス</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>大阪国際空港（伊丹）</th>
</tr>
</thead>
<tbody>
<tr>
<td>りゅうこんバス</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>奈良駅</th>
</tr>
</thead>
<tbody>
<tr>
<td>JR (快速、天王寺経由)</td>
</tr>
<tr>
<td>りゅうこんバス</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>和歌山駅</th>
</tr>
</thead>
<tbody>
<tr>
<td>JR</td>
</tr>
<tr>
<td>りゅうこんバス</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>神戸三宮</th>
</tr>
</thead>
<tbody>
<tr>
<td>JR</td>
</tr>
</tbody>
</table>

注）料金は 2013年9月現在のものです

### 4-7-3 Kansai International Airport

<table>
<thead>
<tr>
<th>Kansai International Airport</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kyoto Station</td>
</tr>
<tr>
<td>JR (Limited Express)</td>
</tr>
<tr>
<td>りゅうこんバス</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Shin-Osaka Station</th>
</tr>
</thead>
<tbody>
<tr>
<td>JR (Limited Express)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Osaka Station</th>
</tr>
</thead>
<tbody>
<tr>
<td>JR</td>
</tr>
<tr>
<td>りゅうこんバス</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Namba Station (Namba OCAT)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nankai Dentetsu (Rapit)</td>
</tr>
<tr>
<td>りゅうこんバス</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Osaka International Airport (Itami)</th>
</tr>
</thead>
<tbody>
<tr>
<td>りゅうこんバス</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nara Station</th>
</tr>
</thead>
<tbody>
<tr>
<td>JR (Rapid, via Tennoji Station)</td>
</tr>
<tr>
<td>りゅうこんバス</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wakayama Station</th>
</tr>
</thead>
<tbody>
<tr>
<td>JR</td>
</tr>
<tr>
<td>りゅうこんバス</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Kobe Sannomiya</th>
</tr>
</thead>
<tbody>
<tr>
<td>りゅうこんバス</td>
</tr>
</tbody>
</table>

Note: Fares are current as of September 2013.
4-8 Various Mass Media: TV, Radio, Newspapers

**TV Broadcasts**

Japan has a large number of TV stations, including local stations. Among them is NHK (Nippon Hoso Kyokai), a public broadcast station operated by reception fees collected from viewers. To receive NHK, you need to pay the reception fee. Some news and movie programs are broadcast in both Japanese and English.

Cable TV and satellite broadcasts allow you to see a variety of programs from around the world, but to receive the satellite broadcasts, you need a special antenna and tuner, and pay reception fees also.

**Radio Broadcasts in Foreign Languages**

- **AM radio**
  - AFN (810 kHz in the Tokyo area) http://tokyo.afnpacific.net/American Forces Network, a worldwide radio service operated by the U.S. military.

- **FM radio**
  - Inter FM (76.1 MHz) http://www.interfm.co.jp/Broadcasts news and information in English and other languages in the Tokyo metropolitan area.
  - FM COCOLO (76.5 MHz) http://cocolo.jp/Broadcasts news and information in English and other languages in the Kansai region.

**English-language Newspapers**

- The Japan News
  - Tel: 0120-431-159 http://the-japan-news.com/
- The Japan Times
  - Tel: 0120-036-242 http://www.japantimes.co.jp/
- International Herald Tribune / The Asahi Shimbun
  - Tel: 0120-456-371 http://www.asahi.com/english/
## 4-9 衣服と靴のサイズ比較 4-9 Sizes of Clothes and Shoes

### ■ 男性用 Men’s

#### シャツ（ネック・サイズ） Shirt collar

<table>
<thead>
<tr>
<th>日本（センチ）</th>
<th>36</th>
<th>37</th>
<th>38</th>
<th>39</th>
<th>40</th>
<th>41</th>
<th>42</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inches</td>
<td>14</td>
<td>14½</td>
<td>15</td>
<td>15½</td>
<td>16</td>
<td>16½</td>
<td>17</td>
</tr>
</tbody>
</table>

#### 靴 Shoes

<table>
<thead>
<tr>
<th>日本（センチ）</th>
<th>24.5</th>
<th>25</th>
<th>25.5</th>
<th>26</th>
<th>26.5</th>
<th>27</th>
<th>27.5</th>
</tr>
</thead>
<tbody>
<tr>
<td>USA</td>
<td>6.5</td>
<td>7</td>
<td>7.5</td>
<td>8</td>
<td>8.5</td>
<td>9</td>
<td>9.5</td>
</tr>
<tr>
<td>UK</td>
<td>5.5</td>
<td>6</td>
<td>6.5</td>
<td>7</td>
<td>7.5</td>
<td>8</td>
<td>8.5</td>
</tr>
<tr>
<td>France</td>
<td>40</td>
<td>40</td>
<td>41</td>
<td>42</td>
<td>42</td>
<td>43</td>
<td>43</td>
</tr>
</tbody>
</table>

### ■ 女性用 Women’s

#### 既製服とセーター Clothing size

<table>
<thead>
<tr>
<th>日本（センチ）</th>
<th>7</th>
<th>9</th>
<th>11</th>
<th>13</th>
<th>15</th>
</tr>
</thead>
<tbody>
<tr>
<td>USA</td>
<td>4</td>
<td>6</td>
<td>8</td>
<td>10</td>
<td>12</td>
</tr>
<tr>
<td>UK</td>
<td>32</td>
<td>34</td>
<td>36</td>
<td>38</td>
<td>40</td>
</tr>
<tr>
<td>France</td>
<td>36</td>
<td>38</td>
<td>40</td>
<td>42</td>
<td>44</td>
</tr>
</tbody>
</table>

#### 靴 Shoes

<table>
<thead>
<tr>
<th>日本（センチ）</th>
<th>23</th>
<th>23.5</th>
<th>24</th>
<th>24.5</th>
<th>25</th>
</tr>
</thead>
<tbody>
<tr>
<td>USA</td>
<td>6</td>
<td>6.5</td>
<td>7</td>
<td>7.5</td>
<td>8</td>
</tr>
<tr>
<td>UK</td>
<td>4.5</td>
<td>5</td>
<td>5.5</td>
<td>6</td>
<td>6.5</td>
</tr>
<tr>
<td>France</td>
<td>36</td>
<td>37</td>
<td>38</td>
<td>38</td>
<td>39</td>
</tr>
</tbody>
</table>

**注）** サイズの換算はメーカー、商品によって違いがありますので、あくまでも参考にしてください。

**Note:** Please use these figures as a guide only, as actual sizes vary among manufacturers and products.
5-1 日本の科学技術体制と学術研究機関

日本の科学技術政策の基本方針として、平成18年に閣議決定された「第3期科学技術基本計画」（平成18年から平成22年）に引き続き、平成23年8月に「第4期科学技術基本計画」（平成23年から平成27年）が閣議決定されました。この計画に基づき、日本の科学技術イノベーション政策の振興が図られます。

また、これらの課題に取り組む体制として、平成13年1月の中央省庁再編により、科学技術の総合的な振興と学術の振興を一体的に図ることを任務の一部とする文部科学省の設置と、内閣府には、政府全体の見地から科学技術の基本的な政策について審議する総合科学技術会議が設置されました。

その一環として、各研究機関の弾性的運営を図る等を目的として、独立行政法人化が実施されました。また、平成16年4月に国立大学は国立大学法人に移行されました。それぞれの大学が自律性と自主性を持って運営を行い、独自の教育と研究を発展させることが期待されています。

日本の学術研究の推進は、大学と大学共同利用機関法人及び各省庁の国立研究所や独立行政法人などが中心的役割を担っています。

主な学術研究機関について、次に述べます。

Chapter 5
Academic Information

This chapter provides information on Japan’s academic research system.

5-1 Japan’s Science and Technology Administration and Academic Research Institutes

The “Fourth Science and Technology Basic Plan” (2011-15) was approved at a Cabinet Meeting in August 2011, succeeding the “Third Science and Technology Basic Plan” (2006-10) as the basic guideline on the formation of policies governing science and technology in Japan. Innovation programs for the country’s science and technology will be promoted according to this plan.

As an administrative system handling these issues, with the reorganization of Government ministries and agencies in January 2001, a portion of the tasks related to uniform planning for the general promotion of science and technology and the promotion of academic pursuits was established with the Ministry of Education, Culture, Sports, Science and Technology (MEXT), and the Council for Science and Technology Policy to deliberate basic policy for science and technology from the viewpoint of the Government overall was established in the Cabinet Office.

In this connection, Independent Administrative Institutions were established with such objectives as encouraging flexible operations at research institutes. In April 2004, Japan’s national universities were reorganized into their own National University Corporations. With this change, national universities are being encouraged to develop their own individual strengths in education and to operate independently.

The main roles for the advancement of academic research in Japan are being pursued by universities and Inter-University Research Institute Corporations, as well as the national research institutes of various government agencies and Independent Administrative Institutions.

The main academic research organizations are described next.
5-1-1 大学（大学院）
大学（大学院）では、教育と研究が一体的に推進されています。特に大学院は、研究者の養成に重要な役割を担っています。大学（大学院）の数は、次のとおりです。

<table>
<thead>
<tr>
<th>区分</th>
<th>大学数</th>
<th>うち大学院を置くもの</th>
</tr>
</thead>
<tbody>
<tr>
<td>国立大学法人</td>
<td>86</td>
<td>86</td>
</tr>
<tr>
<td>公立大学</td>
<td>92</td>
<td>75</td>
</tr>
<tr>
<td>私立大学</td>
<td>605</td>
<td>460</td>
</tr>
<tr>
<td>計</td>
<td>783</td>
<td>621</td>
</tr>
</tbody>
</table>

(「文部科学学校基本調査 2012年度」より作成)

なお、個別の大学（大学院）の概要については、日本学生支援機構のホームページ（http://www.jasso.go.jp/study_j/schinfo.html）が参考になります。

5-1-2 大学共同利用機関法人
大学共同利用機関は、全国の大学の研究者が大学の枠を越えて、大規模な研究施設や大量のデータ・資料等を利用した共同研究を行う機関として設置されたものです。平成16年4月に、これまで設置されていた大学共同利用機関が、4つの新たな研究機構に統合再編され、法人化されました。この法人化により、それぞれの研究機構の自立的な運営の確保、新たな学問分野の創出に向けた戦略的な取り組みの推進など、我が国の学術研究全体の活性化や国際競争力の強化に資することが期待されています。（巻末付録Ⅳ参照）

5-1-3 文部科学省及び各省庁所管の研究機関
文部科学省をはじめとする各省庁が所管する研究機関（国立研究所、独立行政法人、特殊法人）も多数あり、それぞれの省庁の行政目的に則した調査研究を行っています。主な研究機関の一覧は巻末付録Ⅳを参照してください。

5-1-1 Universities (Graduate Schools)
Education and research are being promoted together at universities (graduate schools). Graduate schools in particular play a vital role in the training of researchers. The number of universities (graduate schools) in Japan is as follows:

<table>
<thead>
<tr>
<th>Category</th>
<th>Number of Universities</th>
<th>Number with Graduate Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>National university corporations</td>
<td>86</td>
<td>86</td>
</tr>
<tr>
<td>Public universities</td>
<td>92</td>
<td>75</td>
</tr>
<tr>
<td>Private universities</td>
<td>605</td>
<td>460</td>
</tr>
<tr>
<td>Total</td>
<td>783</td>
<td>621</td>
</tr>
</tbody>
</table>


For summaries on individual universities (graduate schools), please refer to the website of the Japan Student Services Organization (http://www.jasso.go.jp/study_j/schinfo_e.html).

5-1-2 Inter-University Research Institute Corporations
The Inter-University Research Institute was established to support university researchers engaged in joint research beyond the university framework and utilizing large-scale research facilities or large volumes of data and materials. In April 2004, the Inter-University Research Institutes that had been in existence were integrated into four new research institutes and incorporated. As a result, each research institute will have more independence in their operation and be able to promote strategies aimed at creating new academic fields. It is expected that this new system will contribute to the revitalization of academic research in Japan and enhance its international competitiveness. (See Appendix IV.)

5-1-3 Research Institutes under Jurisdiction of the Ministry of Education, Culture, Sports, Science and Technology and Others
Japan also has a large number of research institutes (National Research Institutes, Independent Administrative Institutions, Quasi-Governmental Organizations) under the jurisdiction of the MEXT and other ministries and agencies which conduct investigative research to meet administrative objectives of the respective ministries and agencies. See Appendix V for a list of the main research institutes.
5-2 Academic Societies

Academic societies play a vital role as a forum for such activities as research presentations, debates, and information exchanges. Societies with over 2,000 regular members in fields of humanities and social sciences number about 40, while those in fields of natural sciences with more than 10,000 regular members also number about 40 (according to Directory of Academic Societies, 2007-9).

Information about these societies is published in the online List of Academic Societies (http://gakkai.jst.go.jp), which is jointly managed by the Science Council of Japan (SCJ), the Japan Science Support Foundation (JSSF), and the Japan Science and Technology Agency (JST).

In addition, the website maintained by the National Institute of Informatics provides information on the various academic societies through links to these societies. (See section 5-3.)

5-3 Academic Information System

Japan’s academic information system covers information in all fields of study in the humanities and the social and natural sciences, and distributes it through a wide network. The core organization of this network is the National Institute of Informatics (NII) which maintains links with such organizations as information infrastructure centers at universities across Japan, information processing centers, libraries, Inter-University Research Institute Corporations, and academic societies. The NII has built this academic information system and provides academic information (some of it for a fee) required by universities, research institutes, and overseas researchers.

Main Services

1. GeNii (NII academic content portal)
   Comprehensively searches various types of academic information, including academic papers, literature, periodicals and synopses of research achievements

2. NII-REO (Overseas Electronic Journal)
   Provides a crossover search function among multiple overseas electronic journals and abstracts of articles free of charge

3. Webcat Plus (General catalog database search)
   Web-based search engine for catalog database of university libraries and other locations in Japan

4. Academic Society Home Village (Dissemination of information on academic societies)
さらに、振興会と同様に文部科学省管の独立行政法人である「科学技術振興機構（JST）」は、文献情報データベースや、日本の研究機関や研究者の情報をディレクトリ形式にまとめたデータベースの提供等、日本の科学技術情報の発信を積極的に行っています（一部有料）。

【主なサービス】
① 科学技術総合リンクセンター（J-GLOBAL）：個別に存在していた科学技術情報をつなぎ、整理したサービス
② 電子ジャーナル（J-STAGE）：日本の科学技術に関する学協会誌の電子ジャーナル化を支援するサービス
③ 研究開発支援総合ディレクトリデータベース（ReaD）：日本の公的研究機関（大学・試験研究機関等）の研究者情報や研究課題を検索するサービス
④ 研究者の公募情報（JREC-IN）：日本の公的研究機関の研究職・技術職への就職希望者への情報サービス
⑤ バイオサイエンスデータベースセンター（NBDC）：ヒトゲノム統合データベース（HOWDY）等のデータベースを提供するサービス

★ 独立行政法人科学技術振興機構
〒332-0012 埼玉県川口市本町4-1-8 川口センタービル
Tel: 048-226-5601 http://www.jst.go.jp/

(5) NACSIS-CAT/ILL（Catalog Information Services）
提供データを含む文部科学省関係の大学・研究機関・図書館・情報センターのリファレンスデータベースからなる文部科学省科学研究データベースセンター（NBDC）：ヒトゲノム統合データベース（HOWDY）等のデータベースを提供するサービス

★ National Institute of Informatics,
Research Organization of Information and Systems
2-1-2 Hitotsubashi, Chiyoda-ku, Tokyo 101-8430
Tel: 03-4212-2000 http://www.nii.ac.jp/en/

In addition, the **Japan Science and Technology Agency (JST)**—an independent administrative entity under the jurisdiction of the Ministry of Education, Culture, Sports, Science and Technology (MEXT)—actively distributes information on Japanese science and technology through such measures as providing a database of information on academic literature and on Japanese research institutes and researchers in a directory format (some of it fee-based).

**Main Services**

(1) **Japan Science and Technology Agency Link Center (J-Global)** (in Japanese only)
A service that links and organizes information on science and technology that had previously existed separately.

(2) **Electronic journal (J-STAGE)**
Supports the production of electronic versions of journals on Japanese science and technology issued by academic societies

(3) **General directory database supporting R&D (ReaD)**
Searches information on researchers and research topics at Japan’s public research institutes (universities, laboratories, etc.)

(4) **Researcher recruiting information (JREC-IN)**
Information service for researchers looking for employment as a researcher or technician at Japan’s public research institutes

(5) **National Bioscience Database Center (NBDC)**
The Human Organized Whole Genome Database (HOWDY)

★ **Japan Science and Technology Agency**
Kawaguchi Center Bldg., 4-1-8 Honcho,
Kawaguchi-shi, Saitama 332-0012
Tel: 048-226-5601 http://www.jst.go.jp/EN/
5-4 Japan Society for the Promotion of Science

The Japan Society for the Promotion of Science (JSPS) is an independent administrative agency under the jurisdiction of the Ministry of Education, Culture, Sports, Science and Technology (MEXT). Its objective is to promote science by supporting academic research, including the issuance of grants-in-aid for scientific research (the most competitive source of domestic scientific funding), providing funds for cultivating researchers, promoting international academic exchange, and fostering other scientific projects.

The JSPS is located in Kojimachi, Chiyoda-ku, Tokyo, and has six departments: the Administration Department, International Program Department, Research Program Department, Human Resource Development Program Department, the Research Center for Science Systems, and the Global Science Information Center. We have also established ten JSPS overseas offices in nine countries, and have developed strong cooperative relationships with 83 science promotion institutions—including one international institution—in 45 countries (as of September 2013).

Information about the programs the JSPS manages is available in our printed brochure and on our website.


See page 199 of this guidebook for information on JSPS Overseas Offices.

See page 200 of this guidebook for directions to the JSPS head office and our contact information.
5-5 Private Sector Organizations Inviting Overseas Researchers Other Than the JSPS

JSPP offers the Postdoctoral Fellowship for Foreign Researchers Program and Invitation Fellowship Programs, and also gives them opportunities to conduct joint research with Japanese researchers at universities and other institutions in Japan. In addition, a number of organizations in the private sector operate programs that invite overseas researchers to Japan. The most prominent ones and the fields they cover are as follows (research fields indicated in parentheses):

**Iketani Science and Technology Foundation**
(Science and technology)
3-7-1 Kasumigaseki, Chiyoda-ku, Tokyo 100-0013
Tel: 03-3580-1712 http://www.iketani-zaidan.or.jp/

**Inoue Foundation for Science**
(Science and technology)
Nanpeidai Imai Bldg. 601, 15-15 Nanpeidai-cho, Shibuya-ku, Tokyo 150-0036
Tel: 03-3477-2738 http://www.inoue-zaidan.or.jp/

**Osawa Scientific Studies Grants Foundation**
(Science and technology)
OSG Annex Bldg., 3-25-4 Minami-magome, Ota-ku, Tokyo 143-0025
Tel: 03-5709-4510 http://www.osawazaidan.or.jp/

**The Kajima Foundation**
(Science and technology; humanities and social science)
Kajima KI Bldg., 6-5-30 Akasaka, Minato-ku, Tokyo 107-8502
Tel: 03-3584-7418 http://www.kajima-for.or.jp/

**International Information Science Foundation**
(Science and technology)
Gloria-III 805, 1-10-7 Shibuya, Shibuya-ku, Tokyo 150-0022
Tel: 03-5766-3641 http://www.issf.or.jp/index-en.html

**Daiichi Sankyo Foundation of Life Science**
(Science and technology)
Daiichi Sankyo Nihonbashi Bldg. 10F, 3-14-10 Nihonbashi, Chuo-ku, Tokyo 103-8234
Tel: 03-3243-9061 http://www.dsf.or.jp/

**Tateisi Science and Technology Foundation**
(Science and technology)
801 Minami-fudondo-cho, Horikawahigashi-ku, Shiokoji-dori Shimogoy-kku, Kyoto-shi, Kyoto 600-8234
Tel: 075-365-4771 http://www.tateisi-f.or.jp/
テルモ科学技術振興財団（科学技術）
〒259-0151 神奈川県足柄上郡中井町井ノ口 1500
Tel: 0465-81-4236 http://www.terumozaidan.or.jp/

東京応化科学技術振興財団（科学技術）
〒211-0012 神奈川県川崎市中原区中丸子 150
Tel: 044-435-3116 http://www.tok-foundation.or.jp/

内藤記念科学振興財団（科学技術／医保）
〒113-0033 東京都文京区本郷 3-42-6 NKDビル 8階
Tel: 03-3813-3005 http://www.naito-f.or.jp/

ノバルティス科学振興財団（科学技術／医保）
〒106-0031 東京都港区西麻布 4-16-13 西麻布 28 森ビル 2階
Tel: 03-5464-1460 http://novartisfound.or.jp/

野村財団（人社）
〒103-8011 東京都中央区日本橋 1-9-1 （野村証券本社ビル旧館 4階）
Tel: 03-3271-2330 http://www.nomurafoundation.or.jp/

ファイザー・ヘルスリサーチ振興財団（人社／医保／福祉）
〒151-8589 東京都渋谷区代々木 3-22-7 新宿文化クイントビル
Tel: 03-5309-6712 http://www.pfizer-zaidan.jp/

松前国際友好財団（科学技術／医保／環境）
〒167-0043 東京都杉並区上巣 4-14-46
Tel: 03-3301-7600 http://www.mars.dti.ne.jp/mif/

山田科学振興財団（科学技術）
〒544-8666 大阪府大阪市生野区長西 1-8-1
Tel: 06-6758-3745 http://www.yamadazaidan.jp/

なお、これらの助成団体の概要については、次の図書が参考になります。

★「助成団体要覧 2012－民間助成金ガイド－」
(公益財団法人助成財団センター編集・発行)

公益財団法人助成財団センターでは、要覧中の個々の財団についての問い合わせにも応えています。

Research Foundation for the Electrotechnology of Chubu
(Science and technology; medicine and health; environment)
Tel: 052-259-7550 http://www006.upp.so-net.ne.jp/refec/WELCOME.HTM

Terumo Life Science Foundation
(Science and technology)
1500 Inokuchi, Nakai-machi, Ashigarakami-gun, Kanagawa 259-0151
Tel: 0465-81-4236 http://www.terumozaidan.or.jp/english/

Tokyo Ohka Foundation for the Promotion of Science and Technology
(Science and technology)
150 Nakamaruko, Nakahara-ku, Kawasaki-shi, Kanagawa 211-0012
Tel: 044-435-3116 http://www.tok-foundation.or.jp/

The Naito Foundation
(Science and technology; medicine and health)
NKD Bldg. 8F, 3-42-6 Hongo, Bunkyo-ku, Tokyo 113-0033
Tel: 03-3813-3005 http://www.naito-f.or.jp/index.php?lang=en

Novartis Foundation (Japan) for the Promotion of Science
(Science and technology; medicine and health)
Nishi-azabu 28 Mori Bldg. 2F, 4-16-13 Nishi-azabu, Minato-ku, Tokyo 106-0031
Tel: 03-5464-1460 http://novartisfound.or.jp/eng/index-e.html

Nomura Foundation
(Humanities and social science)
1-9-1 Nihonbashishi, Chuo-ku, Tokyo 103-8011
Tel: 03-3271-2330 http://www.nomurafoundation.or.jp/en/

Pfizer Health Research Foundation
(Humanities and social science; medicine and health; welfare)
Shinjuku Bunka Quint Bldg., 3-22-7 Yoyogi, Shibuya-ku, Tokyo 151-8589
Tel: 03-5309-6712 http://www.pfizer-zaidan.jp/

The Matsumae International Foundation
(Science and technology; medicine and health; environment)
4-14-46 Kamiogi, Suginami-ku, Tokyo 167-0043
Tel: 03-3301-7600 http://www.mars.dti.ne.jp/mif/

Yamada Science Foundation
(Science and technology)
1-8-1 Tatsumi-nishi, Ikuno-ku, Osaka-shi, Osaka 544-8666
Tel: 06-6758-3745 http://www.yamadazaidan.jp/english/
Please refer to the following publication for summaries on these support organizations:

(Edited and issued by The Japan Foundation Center)

The Japan Foundation Center also handles inquiries concerning organizations listed in this Guidebook.

The Japan Foundation Center
Believe Shinjuku 4F, 1-26-9 Shinjuku, Shinjuku-ku, Tokyo 160-0022
Tel: 03-3350-1857 Fax: 03-3350-1858
http://www.jfc.or.jp/eibun/

The following organization also conducts programs that invite overseas researchers to Japan:

The Japan Foundation
4-4-1 Yotsuya, Shinjuku-ku, Tokyo 160-0004
Tel: 03-5369-6075 Fax: 03-5369-6044
http://www.jpf.go.jp/e/
**Useful Japanese Expressions (4)**

<table>
<thead>
<tr>
<th>Numbers</th>
<th>Pronunciation</th>
</tr>
</thead>
<tbody>
<tr>
<td>一</td>
<td>1 Ichi</td>
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<tr>
<td>二</td>
<td>2 Ni</td>
</tr>
<tr>
<td>三</td>
<td>3 San</td>
</tr>
<tr>
<td>四</td>
<td>4 Yon/Shi</td>
</tr>
<tr>
<td>五</td>
<td>5 Go</td>
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<tr>
<td>六</td>
<td>6 Roku</td>
</tr>
<tr>
<td>七</td>
<td>7 Nana/Shichi</td>
</tr>
<tr>
<td>八</td>
<td>8 Hachi</td>
</tr>
<tr>
<td>九</td>
<td>9 Kyū/Ku</td>
</tr>
<tr>
<td>十</td>
<td>10 Jū</td>
</tr>
<tr>
<td>百</td>
<td>100 Hyaku</td>
</tr>
<tr>
<td>千</td>
<td>1,000 Sen</td>
</tr>
<tr>
<td>万</td>
<td>10,000 Ichi-man</td>
</tr>
</tbody>
</table>

*Pronunciation should be lengthened, like “you.”

**Appendices**

**Kiku (Chrysanthemums)**
The chrysanthemum has become synonymous with autumn. It was originally brought to Japan as a medicinal plant. Consequently, these patterns have connotations of longevity.
Appendix I

Japanese Government Structure
### Organization of Japanese Research Administration

#### Cabinet
- **Cabinet Office**

#### Ministry of Internal Affairs and Communications

#### Ministry of Education, Culture, Sports, Science and Technology
- **Council for Science and Technology Policy**
- **Japan Atomic Energy Commission**
- **Science Council of Japan, etc.**

#### National University Corporations
- 国立大学法人 (86) National University Corporations

#### Inter-University Research Institute Corporations
- 大学共同利用機関法人 (4) Inter-University Research Institute Corporations

#### Public Universities
- 公立大学 (92) Public Universities
- 私立大学 (605) Private Universities

#### National Research Institutes
- 国立研究所 National Research Institutes

#### Independent Administrative Institutions
- 独立行政法人研究所 Independent Administrative Institutions
- 独立行政法人日本学術振興会 Japan Society for the Promotion of Science (JSPS)
- 独立行政法人科学技術振興機構 Japan Science and Technology Agency (JST)

#### Non-Governmental Research Institutes
- 民間研究所 Non-Governmental Research Institutes

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**Appendix II**

- 付録Ⅱ: 日本の学術行政組織図
  - 内閣府
  - 総務省
  - 文部科学省
  - 科学技術・学術審議会
  - 宇宙開発委員会
  - 放射線審議会
  - 日本学術院
  - The Japan Academy
  - 地震調査研究推進本部
  - The Headquarters for Earthquake Research Promotion
  - 日本ユネスコ国内委員会
  - Japanese National Commission for UNESCO

- 経済産業省
- 厚生労働省
- 農林水産省
- 国土交通省
- 環境省
- 政策担当省
Appendix III

Government Offices, etc.

House of Representatives
1-7-1 Nagata-cho, Chiyoda-ku, Tokyo 100-0014
Tel: 03-3581-5111  http://www.shugiin.go.jp/

House of Councillors
1-7-1 Nagata-cho, Chiyoda-ku, Tokyo 100-0014
Tel: 03-3581-3111  http://www.sangiin.go.jp/

Board of Audit
3-2-2, Kasumigaseki, Chiyoda-ku, Tokyo 100-8941
Tel: 03-3581-3251  http://www.jbaudit.go.jp/

National Personnel Authority
1-2-3 Kasumigaseki, Chiyoda-ku, Tokyo 100-8913
Tel: 03-3581-5311  http://www.jinji.go.jp/

Cabinet Office
1-6-1 Nagata-cho, Chiyoda-ku, Tokyo 100-8914
Tel: 03-5253-2111  http://www.cao.go.jp/

Imperial Household Agency
1-1 Chiyoda, Chiyoda-ku, Tokyo 100-8111
Tel: 03-3213-1111  http://www.kunaicho.go.jp/

National Police Agency
2-1-2 Kasumigaseki, Chiyoda-ku, Tokyo 100-8974
Tel: 03-3581-0141  http://www.npa.go.jp/

Financial Services Agency
Central Government Bldg. No.7,
3-2-1, Kasumigaseki, Chiyoda-ku, Tokyo 100-8967
Tel: 03-3506-6000  http://www.fsa.go.jp/

Ministry of Internal Affairs and Communications
Central Government Bldg. No.2,
2-1-2 Kasumigaseki, Chiyoda-ku, Tokyo 100-8926
Tel: 03-5253-5111  http://www.soumu.go.jp/

Ministry of Justice
1-1-1 Kasumigaseki, Chiyoda-ku, Tokyo 100-8977
Tel: 03-3580-4111  http://www.moj.go.jp/

Ministry of Foreign Affairs
2-2-1 Kasumigaseki, Chiyoda-ku, Tokyo 100-8919
Tel: 03-3580-3311  http://www.mofa.go.jp/mofaj/

Ministry of Finance
3-1-1 Kasumigaseki, Chiyoda-ku, Tokyo 100-8940
Tel: 03-3581-4111  http://www.mof.go.jp/

Ministry of Education, Culture, Sports, Science and Technology
3-2-2 Kasumigaseki, Chiyoda-ku, Tokyo100-8959
Tel: 03-5253-4111  http://www.mext.go.jp/

Agency for Cultural Affairs
3-2-2 Kasumigaseki, Chiyoda-ku, Tokyo100-8959
Tel: 03-5253-4111  http://www.bunka.go.jp/

The Japan Academy
7-32 Ueno-koen, Taito-ku, Tokyo 110-0007
Tel: 03-3822-2101  http://www.japan-acad.go.jp/

Ministry of Health, Labour and Welfare
1-2-2 Kasumigaseki, Chiyoda-ku, Tokyo 100-8916
Tel: 03-5253-1111  http://www.mhlw.go.jp/

Ministry of Agriculture, Forestry and Fisheries
1-2-1 Kasumigaseki, Chiyoda-ku, Tokyo 100-8950
Tel: 03-3502-8111  http://www.maff.go.jp/

Ministry of Economy, Trade and Industry
1-3-1 Kasumigaseki, Chiyoda-ku, Tokyo 100-8901
Tel: 03-3501-1511  http://www.meti.go.jp/

Japan Patent Office
3-4-3 Kasumigaseki, Chiyoda-ku, Tokyo 100-8915
Tel: 03-3581-1101  http://www.jpo.go.jp/indexj.htm

Ministry of the Environment
Central Government Bldg. No.5,
1-2-2 Kasumigaseki, Chiyoda-ku, Tokyo 100-8975
Tel: 03-3581-3351  http://www.env.go.jp/

Ministry of Defense
5-1 Honmura-cho, Ichigaya, Shinjuku-ku, Tokyo 162-8801
Tel: 03-5366-3111  http://www.mod.go.jp/
Science Council of Japan
7-22-34 Roppongi, Minato-ku, Tokyo 106-8555
Tel: 03-3403-3793 http://www.scj.go.jp/

National Institutes for the Humanities
Hulic Kamiyacho Bldg. 2F, 4-3-13 Toranomon, Minato-ku, Tokyo 105-0001
Tel: 03-6402-9200 http://www.nihu.jp/

National Museum of Japanese History
117 Jonai-cho, Sakura-shi, Chiba 285-8502
Tel: 043-486-0123 http://www.rekihaku.ac.jp/

National Institute of Japanese Literature
10-3 Midori-cho, Tachikawa-shi, Tokyo 190-0014
Tel: 050-5533-2900 http://www.nijl.ac.jp/

The National Institute for Japanese Language and Linguistics
10-2 Midori-cho, Tachikawa-shi, Tokyo 190-8561
Tel: 042-540-4300 http://www.ninjal.ac.jp/

The National Institute for Japanese Studies
3-2 Oeyama-cho, Goryo, Nishikyo-ku, Kyoto-shi, Kyoto 610-1192
Tel: 075-335-2222 http://www.nichibun.ac.jp/ja/

The Japan Foundation
4-4-1 Yotsuya, Shinjyuku-ku, Tokyo 160-0004
Tel: 03-5369-6075 http://www.jpf.go.jp/

Japan Science and Technology Agency
Kawaguchi Center Bldg., 4-1-8 Honcho, Kawaguchi-shi, Saitama 332-0012
Tel: 048-226-5601 http://www.jst.go.jp/

National Astronomical Observatory of Japan
2-21-1 Osawa, Mitaka-shi, Tokyo 181-8588
Tel: 0422-34-3600 http://www.nao.ac.jp/

Japan International Cooperation Agency
Niban-cho Center Bldg., 5-25 Niban-cho, Chiyoda-ku, Tokyo 102-8012
Tel: 03-5226-6660 to 6663 http://www.jica.go.jp/

Science Council of Japan
7-22-34 Roppongi, Minato-ku, Tokyo 106-8555
Tel: 03-3403-3793 http://www.scj.go.jp/
統計数理研究所
The Institute of Statistical Mathematics
10-3 Midori-cho, Tachikawa-shi, Tokyo 190-8562
Tel: 050-5533-8500 http://www.ism.ac.jp/

国立遺伝学研究所
National Institute of Genetics
1111 Yata, Mishima-shi, Shizuoka 411-8540
Tel: 055-981-6707 http://www.nig.ac.jp/

基礎生物学研究所
National Institute for Basic Biology
38 Nishigo-naka, Myodaiji-cho, Okazaki-shi, Aichi 444-8585
Tel: 0564-55-7652 http://www.nibb.ac.jp/

生理学研究所
National Institute for Physiological Sciences
38 Nishigo-naka, Myodaiji-cho, Okazaki-shi, Aichi 444-8585
Tel: 0564-55-7700 http://www.nips.ac.jp/

分子科学研究所
Institute for Molecular Science
38 Nishigo-naka, Myodaiji-cho, Okazaki-shi, Aichi 444-8585
Tel: 0564-55-7418 http://www.ims.ac.jp/indexj.html

高エネルギー加速器研究機構
High Energy Accelerator Research Organization
1-1 Oho, Tsukuba-shi, Ibaraki 305-0801
Tel: 029-879-6047 http://www.kek.jp/

素粒子原子核研究所
Institute of Particle and Nuclear Studies
1-1 Oho, Tsukuba-shi, Ibaraki 305-0801
Tel: 029-864-5324 http://legacy.kek.jp/intra-j/about/org/ipns/

物質構造科学研究所
Institute of Materials Structure Science
1-1 Oho, Tsukuba-shi, Ibaraki 305-0801
Tel: 029-864-5635 http://legacy.kek.jp/intra-j/about/org/imss/

加速器研究施設
Accelerator Laboratory
1-1 Oho, Tsukuba-shi, Ibaraki 305-0801
Tel: 029-864-5205 http://legacy.kek.jp/intra-j/about/org/accl/

共通基盤研究施設
Applied Research Laboratory
1-1 Oho, Tsukuba-shi, Ibaraki 305-0801
Tel: 029-864-5455 http://legacy.kek.jp/intra-j/about/org/arl/

情報・システム研究機構
Research Organization of Information and Systems
Hulic Kamiyacho Bldg. 2F,
4-3-13 Toranomon, Minato-ku, Tokyo 105-0001
Tel: 03-6402-6200 http://www.rois.ac.jp/
Main Research Institutes, etc. (National Research Institutes, Independent Administrative Institutions)

Ministry of Education, Culture, Sports, Science and Technology

National Institute for Educational Policy Research
3-2-2 Kasumigaseki, Chiyoda-ku, Tokyo 100-8951
Tel: 03-6733-6833  http://www.nier.go.jp/

National Institute of Science and Technology Policy
Central Government Bldg. 16F, No.7 East Wing
3-2-2 Kasumigaseki, Chiyoda-ku, Tokyo 100-0013
Tel: 03-6733-6833  http://www.nistep.go.jp/

National Institute of Special Needs Education
5-1-1 Nobi, Yokosuka-shi, Kanagawa 239-8585
Tel: 046-839-6803  http://www.nise.go.jp/

National Research Institute for Earth Science and Disaster Prevention
3-1 Tennodai, Tsukuba-shi, Ibaraki 305-0006
Tel: 029-851-1611  http://www.bosai.go.jp/

Japan Aerospace Exploration Agency
7-4-1 Jindaiji-higashi-machi, Chofu-shi, Tokyo 182-8522
Tel: 0422-40-3000  http://www.jaxa.jp/

National Institute of Radiological Sciences
4-9-1 Anagawa, Inage-ku, Chiba-shi, Chiba 263-8555
Tel: 043-251-2111  http://www.nirs.go.jp/

National Institute of Radiological Sciences
13-43 Ueno Koen, Taito-ku, Tokyo 110-8713
Tel: 03-3823-2241  http://www.tobunken.go.jp/

National Institute of Special Needs Education
2-9-1 Nijo-cho, Nara-shi, Nara 630-8577
Tel: 0742-30-6733  http://www.nabunken.go.jp/

Japan Atomic Energy Agency
4-49 Muramatsu, Tokai-mura, Naka-gun, Ibaraki 319-1184
Tel: 029-282-1122  http://www.jaea.go.jp/

National Institute for Marine-Earth Science and Technology
2-15 Natsushima-cho, Yokosuka-shi, Kanagawa 237-0061
Tel: 046-866-3811  http://www.jamstec.go.jp/j/

RIKEN
2-1 Hirosawa, Wako-shi, Saitama 351-0198
Tel: 048-462-1111  http://www.riken.jp/

Japan Agency for Marine-Earth Science and Technology
2-15 Natsushima-cho, Yokosuka-shi, Kanagawa 237-0061
Tel: 046-866-3811  http://www.jamstec.go.jp/j/

Nara National Research Institute for Cultural Properties
13-43 Ueno Koen, Taito-ku, Tokyo 110-8713
Tel: 03-3823-2241  http://www.nise.go.jp/

National Museum of Nature and Science
7-20 Ueno Koen, Taito-ku, Tokyo 110-8718
Tel: 03-5777-8600  http://www.kahaku.go.jp/

National Research Institute of Police Science
2-15 Natsushima-cho, Yokosuka-shi, Kanagawa 237-0061
Tel: 046-866-3811  http://www.jamstec.go.jp/j/

National Research Institute of Police Science
6-3-1 Kashiwanoha, Kashiwa-shi, Saitama 277-0882
Tel: 04-7135-8001  http://www.npa.go.jp/nrips/jp/

National Research Institute for Cultural Properties, Tokyo
13-43 Ueno Koen, Taito-ku, Tokyo 110-8713
Tel: 03-3823-2241  http://www.tobunken.go.jp/

Appendix V

Main Research Institutes, etc. (National Research Institutes, Independent Administrative Institutions)
Appendix V

経済産業省

Ministry of Economy, Trade and Industry

産業技術総合研究所

National Institute of Advanced Industrial Science and Technology

AIST Tsukuba Central 2, 1-1-1 Umezono, Tsukuba-shi, Ibaraki 305-8568
Tel: 029-861-2000 http://www.aist.go.jp/

国土交通省

Ministry of Land, Infrastructure, Transport and Tourism

土木研究所

Public Works Research Institute

1-6 Minamihiro, Tsukuba-shi, Ibaraki 305-8516
Tel: 029-879-6700 http://www.pwri.go.jp/

土木研究所 寒地土木研究所

Civil Engineering Research Institute for Cold Region, Public Works Research Institute

1-3-1-34 Hiragishi, Toyohira-ku, Sapporo-shi, Hokkaido 062-8602
Tel: 011-841-1112 http://www.ceri.go.jp/

海上技術安全研究所

National Maritime Research Institute

6-38-1 Shinkawa, Mitaka-shi, Tokyo 181-0004
Tel: 0422-41-3005 http://www.nmri.go.jp/
Regional Immigration Bureaus and District Immigration Offices

http://www.immi-moj.go.jp/soshiki/

東京入国管理局
Tokyo Regional Immigration Bureau
5-5-30 Konan, Minato-ku, Tokyo 108-8255
Tel: 03-5796-7111
Jurisdiction: Tokyo, Kanagawa, Saitama, Chiba, Ibaraki, Tochigi, Gunma, Yamanashi, Nagano and Niigata

東京入国管理局 横浜支局
Yokohama District Immigration Office
10-7 Torihama-cho, Kanazawa-ku, Yokohama-shi, Kanagawa 236-0002
Tel: 045-769-1720
(Kanagawa)

東京入国管理局 成田空港支局
Narita Airport District Immigration Office
1-1 Furugome, Narita-shi, Chiba 282-0004
Tel: 0476-34-2222
(Narita Airport)

東京入国管理局 羽田空港支局
Haneda Airport Branch Office
C.I.Q Bldg., Haneda Airport 2-6-4 Haneda-kuko, Ota-ku, Tokyo 144-0004
Tel: 03-5708-3202
(Haneda Airport)

大阪入国管理局
Osaka Regional Immigration Bureau
1-29-53, Nanko Kita, Suminoe-ku, Osaka-shi, Osaka 559-0034
Tel: 06-4703-2100
Jurisdiction: Osaka, Kyoto, Hyogo, Nara, Shiga and Wakayama

大阪入国管理局 関西空港支局
Kansai Airport District Immigration Office
1 Senshu-gaku-ku, Tajiri-cho, Sennan-gun, Osaka-shi, Osaka 549-0011
Tel: 072-455-1453
(Kansai Airport)

大阪入国管理局 神戸支局
Kobe District Immigration Office
Kobe Local Joint Government Bldg., 29 Kaigan-dori, Chuo-ku, Kobe-shi, Hyogo 650-0024
Tel: 078-391-6377
(Hyogo)

大分入国管理局
Oita Regional Immigration Bureau
4-24-1, Kounosu-cho, Kounosu-shi, Oita-ku, Oita-shi, Oita 870-0001
Tel: 0974-37-1172
Jurisdiction: Oita, Kumamoto, Yatsushiro, Yufu, and Tami

大分入国管理局 佐伯空港支局
Shimonoseki Airport Branch Office
Shimonoseki Airport 2-1-22 Kouno-machi, Kounosu-shi, Oita-shi, Oita 871-0203
Tel: 0974-37-1172
(Shimonoseki Airport)

名古屋入国管理局
Nagoya Regional Immigration Bureau
5-18 Shoho-cho, Minato-ku, Nagoya-shi, Aichi 455-8601
Tel: 052-559-2150
Jurisdiction: Aichi, Mie, Shizuoka, Gifu, Fukui, Toyama and Ishikawa

名古屋入国管理局 中部空港支局
Chubu Airport District Immigration Office
3rd Floor, CIQ Bldg., 1-1 Centrair, Tokoname-ku, Aichi 479-0881
Tel: 0569-38-7410
(Chubu Airport)

仙台入国管理局
Sendai Regional Immigration Bureau
Sendai Second Legal Affairs Joint Government Bldg., 1-3-20 Gorin, Miyagino-ku, Sendai-shi, Miyagi 983-0842
Tel: 022-256-6076
Jurisdiction: Miyagi, Fukushima, Yamagata, Iwate, Akita and Aomori

広島入国管理局
Hiroshima Regional Immigration Bureau
Hiroshima Legal Affairs Joint Government Bldg., 2-31 Kamihatchobori, Naka-ku, Hiroshima-shi, Hiroshima 730-0012
Tel: 082-221-4411
Jurisdiction: Hiroshima, Yamaguchi, Okayama, Tottori and Shimane

高松入国管理局
Takamatsu Regional Immigration Bureau
Takamatsu Legal Affairs Joint Government Bldg., 1-1 Marunouchi, Takamatsu-shi, Kagawa 760-0033
Tel: 087-822-5852
Jurisdiction: Kagawa, Ehime, Tokushima and Kochi

福岡入国管理局
Fukuoka Regional Immigration Bureau
Terminal 3, Fukuoka Airport, 778-1 Shimousui, Hakata-ku, Fukuoka-shi, Fukuoka 812-0003
Tel: 092-623-2400
Jurisdiction: Fukuoka, Saga, Nagasaki, Oita, Kumamoto, Kagoshima, Miyazaki and Okinawa

那覇入国管理局
Naha District Immigration Office
Naha First Local Joint Government Bldg., 1-15-15 Hikawa, Naha-shi, Okinawa 900-0022
Tel: 098-832-4185
(Okinawa)
Appendix VII

Prefectural and City Governments’ URLs and International Exchange Associations
(Approved by the Ministry of Internal Affairs and Communications)

Prefectures (alphabetical order)

AICHI Prefecture 愛知県
URL: http://www.pref.aichi.jp/
Aichi International Association
Sanmoomaru Annex Bldg., Aichi Prefectural Government, 2-6-1 Sanmoomaru, Naka-ku, Nagoya-shi, Aichi 460-0001
Tel: 052-961-8744 http://www2.aia.pref.aichi.jp/

AKITA Prefecture 秋田県
URL: http://www.pref.akita.lg.jp/
Genaka Prefectural Government, 12-20 Sannomaru, Akita-shi, Akita 010-0001
Tel: 018-895-5499 http://www.aihome.or.jp/

AOMORI Prefecture 青森県
URL: http://www.pref.aomori.lg.jp/
Aomori International Exchange Association
Suisan Bldg., 2-1-3 Yasukata, Aomori-shi, Aomori 030-0803
Tel: 017-735-2221 http://www.kokusai-koryu.or.jp/

CHIBA Prefecture 千葉県
URL: http://www.pref.chiba.lg.jp/
Chiba Convention Bureau and International Center
WBG Marive East 14F, 2-6 Nakase, Mihama-ku, Chiba-shi, Chiba 261-7114
Tel: 043-297-4301 http://www.ccb.or.jp/

EHIME Prefecture 愛媛県
URL: http://www.pref.ehime.jp/
Ehime Prefectural International Association
1-1 Dogo Ichiman, Matsuyama-shi, Ehime 790-0844
Tel: 089-917-5678 http://www.epic.or.jp/

FUKUI Prefecture 福井県
URL: http://www.pref.fukui.or.jp/
Fukui International Association
3-1-1 Hoei, Fukui-shi, Fukui 910-0004
Tel: 0776-28-8800 http://www.f-i-a.or.jp/ja/

FUKUSHIMA Prefecture 福島県
URL: http://www.cms.pref.fukushima.jp/
Fukushima International Association
Fukushima Kencho Funabacho Bunkan 2F, 2-1 Funaba-cho, Fukushima-shi, Fukushima 960-8103
Tel: 024-524-1315 http://www.worldvillage.or.jp/

GIFU Prefecture 岐阜県
URL: http://www.pref.gifu.lg.jp/
Gifu International Center
Gifu Chunichi Bldg. 2F, 1-12 Yanagase-dori, Gifu-shi, Gifu 500-8875
Tel: 058-214-7700 http://www.gic.or.jp/

GUNMA Prefecture 群馬県
URL: http://www.pref.gunma.jp/
Gunma Association of Tourism, Local Products & International Exchange International Relations
Gunma Kaikan 3F, 2-1-3 Maebashi-shi, Maebashi-shi, Gunma 371-0026
Tel: 027-243-7271 http://www.gtaia.or.jp/

HIROSHIMA Prefecture 広島県
URL: http://www.pref.hiroshima.lg.jp/
Hiroshima International Center
Hiroshima Crystal Plaza 6F, 8-18 Naka-machi, Naka-ku, Hiroshima-shi, Hiroshima 730-0037
Tel: 082-541-3777 http://hiroshima-ic.or.jp/

HOKKAIDO Prefecture 北海道
URL: http://www.pref.hokkaido.lg.jp/
Hokkaido International Exchange and Cooperation Center
Hokkaido Government Annex Bldg. 12F, 1-3-3 Chuo, Chuo-ku, Sapporo-shi, Hokkaido 060-0003
Tel: 011-221-7840 http://www.hiecc.or.jp/

HYOGO Prefecture 兵庫県
URL: http://web.pref.hyogo.jp/
Hyogo International Association
IHD Bldg. 2F, 1-5-1 Wakinohama Kaigan-dori, Chuo-ku, Kobe-shi, Hyogo 651-0073
Tel: 078-230-3260 http://www.hyogo-ip.or.jp/
NARA Prefecture  奈良県
URL: http://www.pref.nara.jp/

NIIGATA Prefecture  新潟県
URL: http://www.pref.niigata.lg.jp/

Niigata International Association
Bandaijima Bldg. 2F, 5-1 Bandaijima, Chuo-ku, Niigata-shi, Niigata 950-0078
Tel: 025-290-5650  http://www.niigata-ia.or.jp/

OITA Prefecture  大分県
URL: http://www.pref.oita.jp/

Oita Prefecture Arts, Cultural & Sports Promotion Foundation
c/o Oasis Plaza 21, 2-33 Takasagomachi, Oita-shi, Oita 870-0029
Tel: 097-533-4000  http://www.emo.or.jp/foundation/

OKAYAMA Prefecture  岡山県
URL: http://www.pref.okayama.jp/

Okinawa International Exchange and Human Resources Development Foundation
4-2-16 Isa, Ginowan-shi, Okinawa 901-2221
Tel: 098-942-9215  http://www.oihf.or.jp/

OSAKA Prefecture  大阪府
URL: http://www.pref.osaka.jp/

Osaka Foundation of International Exchange
My Dome Osaka 5F, 2-5 Hommach-bashi, Chuo-ku, Osaka-shi, Osaka 540-0029
Tel: 06-6966-2400  http://www.ofix.or.jp/

SAGA Prefecture  佐賀県
URL: http://www.pref.saga.lg.jp/web/

SAGA Prefecture International Relations Association
Saga Prefectural Government New Administrative Bldg. 1F, 1-1-59 Jonai,
Saga-shi, Saga 840-8570
Tel: 0952-25-7921  http://www.spira.or.jp/

SAITAMA Prefecture  埼玉県
URL: http://www.pref.saitama.lg.jp/

Saitama International Association
Urawa Godo Chosha 3F, 5-6-5 Kitaurawa, Urawa-ku, Saitama-shi,
Saitama 330-0074
Tel: 048-833-2992  http://www.sia1.jp/

SHIGA Prefecture  滋賀県
URL: http://www.pref.shiga.lg.jp/

Shiga Intercultural Association for Globalization
Piazza Omia 2F, 1-1-20 Nionohama, Otsu-shi, Shiga 520-0801
Tel: 077-526-0931 http://www.s-i-a.or.jp/

SHIMANE Prefecture  島根県
URL: http://www.pref.shimane.lg.jp/

Shigekawa International Center
369-1 Higashisuda-cho, Matsue-shi, Shimane 690-0011
Tel: 0852-31-5056  http://www.sic-info.org/

SHIZUOKA Prefecture  静岡県
URL: http://www.pref.shizuoka.jp/

The Shizuoka Association for International Relations
Mizunomori Bldg. 2F, 14-1, Minamicho, Suruga-ku, Shizuoka-shi, Shizuoka
422-8067
Tel: 054-202-3411  http://www.sir.or.jp/

TOCHIGI Prefecture  栃木県
URL: http://www.pref.tokushima.jp/

Tochigi International Association
Tochigi International Center, 9-14 Honcho, Utsunomiya-shi, Tochigi 320-0033
Tel: 028-621-0777  http://tia21.or.jp/

TOKUSHIMA Prefecture  徳島県
URL: http://www.pref.tokushima.jp/

TOKYO Prefecture  東京都
URL: http://www.metro.tokyo.jp/

Tokyo International Communication Committee
Shoheiibashi Bldg. 3F, 1-1-5 Sotokanda, Chiyoda-ku, Tokyo 101-0021
Tel: 03-5294-6542  http://www.tokyo-icc.jp/
TOTTORI Prefecture 鳥取県
URL: http://www.pref.tottori.lg.jp/
（公財）鳥取県国際交流財団
Tottori Prefectural International Exchange Foundation
Tottori Airport International Center 1F, 4-110-5 Koyamacho-nishi, Tottori-shi, Tottori 680-0947
Tel: 0857-31-5951 http://www.torisakyu.or.jp/

TOYAMA Prefecture 富山県
URL: http://www.pref.toyama.jp/
（公財）とやま国際センター
Toyama International Center
Intec Bldg. 4F, 5-5 Ushijima-Shinmachi, Toyama-shi, Toyama 930-0856
Tel: 076-444-2500 http://www.tic-toyama.or.jp/

WAKAYAMA Prefecture 和歌山県
URL: http://www.pref.wakayama.lg.jp/
（公財）和歌山県国際交流協会
Wakayama International Exchange Association
Wakayama Big Ai 8F, 2-1-2 Tebira, Wakayama-shi, Wakayama 640-8319
Tel: 073-435-5240 http://www.wixas.or.jp/

YAMAGATA Prefecture 山形県
URL: http://www.pref.yamagata.jp/
（公財）山形県国際交流協会
Association for International Relations in Yamagata
Kajo Central 2F, 1-1-1 Jonan-machi, Yamagata-shi, Yamagata 990-8580
Tel: 023-647-2560 http://www.airymagata.org/

YAMAGUCHI Prefecture 山口県
URL: http://www.pref.yamaguchi.lg.jp/
（公財）山口県国際交流協会
Yamaguchi International Exchange Association
4-17-1 Yoshiki-shimohigashi, Yamaguchi-shi, Yamaguchi 753-0814
Tel: 083-925-7353 http://www.yiae.or.jp/

YAMANASHI Prefecture 山梨県
URL: http://www.pref.yamanashi.jp/
（公財）山梨県国際交流協会
Yamanashi International Association
Yamanashi International Center, 2-2-3 Iida, Kofu-shi, Yamanashi 400-0035
Tel: 055-228-5419 http://www.yia.or.jp/

CHIBA Designated City 千葉市
URL: http://www.city.chiba.jp/
（公財）千葉市国際交流協会
Chiba City International Association
Chiba Chuo Twin Bldg. 2nd Tower 8F, 2-5-1 Chuo, Chuo-ku, Chiba-shi, Chiba 260-0013
Tel: 043-202-3000 http://www.ccia-chiba.or.jp/

FUKUOKA Designated City 福岡市
URL: http://www.city.fukuoka.lg.jp/
（公財）福岡国際交流協会
Fukuoka International Association
Fukuoka City Hall North Annex 5F, 1-10-1 Tenjin, Chuo-ku, Fukuoka-shi, Fukuoka 810-0001
Tel: 092-733-5630 http://www.rainbowfia.or.jp/

HAMAMATSU Designated City 浜松市
URL: http://www.city.hamamatsu.shizuoka.jp/
（公財）浜松国際交流協会
Hamamatsu Foundation for International Communications and Exchanges
CREATE Hamamatsu 4F, 2-1 Hayauma-cho, Naka-ku, Hamamatsu-shi, Shizuoka 430-0916
Tel: 053-458-2170 http://www.hi-hice.jp/

HIROSHIMA Designated City 広島市
URL: http://www.city.hiroshima.lg.jp/
（公財）広島平和文化センター
Hiroshima Peace Culture Foundation
1-2 Nakajima-cho, Naka-ku, Hiroshima-shi, Hiroshima 730-0811
Tel: 082-241-5246 http://www.pcf.city.hiroshima.jp/hpcf/

KAWASAKI Designated City 川崎市
URL: http://www.city.kawasaki.jp/
（公財）川崎市国際交流協会
Kawasaki International Association
2-2 Kizuki Gion-cho, Nakahara-ku, Kawasaki-shi, Kanagawa 211-0033
Tel: 044-435-7000 http://www.kian.or.jp/

KITAKYUSHU Designated City 北九州市
URL: http://www.city.kitakyushu.lg.jp/
（公財）北九州市国際交流協会
Kitakyushu International Association
Com City 2F, 3-15-3, Kurosaki, Yahatanishi-ku, Kitakyushu-shi, Fukuoka 806-0021
Tel: 093-643-5931 http://www.kitaq-koryu.jp/
KOBE Designated City  神戸市
URL: http://www.city.kobe.lg.jp/
Kobe International Center for Cooperation and Communication
Boeki Center Bldg. 2F, 5-1-14, Hamabe-dori, Chuo-ku, Kobe-shi, Hyogo
651-0083
Tel: 078-291-0641  http://www.kicc.jp/

KUMAMOTO Designated City  熊本市
URL: http://www.city.kumamoto.kumamoto.jp/default.asp
熊本国际交流振兴事业团
Kumamoto International Foundation
4-18 Hanabata-cho, Chuo-ku, Kumamoto-shi, Kumamoto 860-0806
Tel: 096-359-2121  http://www.kumamoto-if.or.jp/default.asp

KYOTO Designated City  京都市
URL: http://www.city.kyoto.lg.jp/
京都国际交流协会
Kyoto City International Foundation
2-1 Torii-cho, Awata-guchi, Sakyo-ku, Kyoto-shi, Kyoto 606-8536
Tel: 075-752-3010  http://www.kcif.or.jp/

NAGOYA Designated City  名古屋市
URL: http://www.city.nagoya.jp/
名古屋国际交流中心
Nagoya International Center
Nagoya International Center 3F, 1-47-1 Nagono, Nakamura-ku, Nagoya-shi, Aichi
450-0001
Tel: 052-581-0100  http://www.nic-nagoya.or.jp/

NIIGATA Designated City  新潟市
URL: http://www.city.niigata.lg.jp/
新潟国际交流协会
Niigata City International Exchange Foundation
3-2086 Ishizuecho-dori, Chuo-ku, Niigata-shi, Niigata 951-8055
Tel: 025-255-2727  http://www.nief.or.jp/

OKAYAMA Designated City  岡山市
URL: http://www.city.okayama.jp/

OSAKA Designated City  大阪市
URL: http://www.city.osaka.lg.jp/
大阪国际交流中心
Osaka International House Foundation
8-2-6 Uehonmachi, Tennoji-ku, Osaka-shi, Osaka 543-0001
Tel: 06-6772-5931  http://www.ih-osaka.or.jp/

SAGAMIHARA Designated City  相模原市
URL: http://www.city.sagamihara.kanagawa.jp/
Postal Fees (as of September 2013; subject to change in April 2014)

Domestic Postage Rates

◎ Postcards: ¥50
◎ Double postcards with replies attached: ¥100

◎ Letter post

<table>
<thead>
<tr>
<th>Class</th>
<th>Weight</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard-size items</td>
<td>Up to 25 g</td>
<td>¥80</td>
</tr>
<tr>
<td>9 to 12 cm (width) x 14 to 23.5 cm (length) and up to 1 cm (thickness)</td>
<td>Up to 50 g</td>
<td>¥90</td>
</tr>
<tr>
<td>Nonstandard-size items</td>
<td>Up to 4 kg</td>
<td>¥120 to ¥1,150</td>
</tr>
</tbody>
</table>

Letter-cards (mini-letters) ¥60

[Special Handling Mail (Additional fees in the following tables apply)]

◎ Express-delivery mail

<table>
<thead>
<tr>
<th>Class</th>
<th>Weight</th>
<th>Additional Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Letter post</td>
<td>Up to 250 g</td>
<td>¥270</td>
</tr>
<tr>
<td></td>
<td>Up to 1 kg</td>
<td>¥370</td>
</tr>
<tr>
<td></td>
<td>Up to 4 kg</td>
<td>¥630</td>
</tr>
<tr>
<td>Parcel post</td>
<td>Up to 2 kg</td>
<td>¥310</td>
</tr>
<tr>
<td></td>
<td>Up to 4 kg</td>
<td>¥460</td>
</tr>
<tr>
<td></td>
<td>Up to 30 kg</td>
<td>¥570</td>
</tr>
</tbody>
</table>

◎ Registered mail

<table>
<thead>
<tr>
<th>Contents</th>
<th>Claimable Amount</th>
<th>Additional Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash (claimable damages up to ¥500,000)</td>
<td>Up to ¥10,000</td>
<td>¥420</td>
</tr>
<tr>
<td>Other than cash (claimable damages up to ¥5,000,000)</td>
<td>Up to ¥100,000</td>
<td>¥420</td>
</tr>
<tr>
<td>Simple registered mail</td>
<td>Claimable damage up to ¥50,000</td>
<td>¥300</td>
</tr>
</tbody>
</table>
## International Postage Rates

**Postcards:** ¥70 worldwide

**Aerogrammes:** ¥90 worldwide

**Letters**

<table>
<thead>
<tr>
<th>Contents</th>
<th>Weight</th>
<th>Destination</th>
</tr>
</thead>
<tbody>
<tr>
<td>Postcards</td>
<td>Per additional 500g increment, over 500g and up to 5kg</td>
<td>East Asia, Guam, Midway Islands, etc.</td>
</tr>
<tr>
<td>Airmail</td>
<td>Per additional 500g increment, over 5kg and up to 10kg</td>
<td>Oceania, Middle East, North and Central America, Europe, etc.</td>
</tr>
<tr>
<td>Airmail</td>
<td>Per additional 1kg increment, over 10kg and up to 30kg</td>
<td>Africa, South America</td>
</tr>
<tr>
<td>Parcels</td>
<td>Up to 50kg</td>
<td>Asia, Southeast Asia</td>
</tr>
<tr>
<td>Parcels</td>
<td>Up to 250kg</td>
<td>Oceania, Middle East, North and Central America, Europe, etc.</td>
</tr>
<tr>
<td>Parcels</td>
<td>Up to 1,000kg</td>
<td>Africa, South America</td>
</tr>
</tbody>
</table>

### Parcels

<table>
<thead>
<tr>
<th>Class</th>
<th>Weight</th>
<th>Destination</th>
</tr>
</thead>
<tbody>
<tr>
<td>Airmail</td>
<td>Up to 500g</td>
<td>East Asia, Guam, Midway Islands, etc.</td>
</tr>
<tr>
<td>Airmail</td>
<td>Per additional 500g increment, over 500g and up to 5kg</td>
<td>Oceania, Middle East, North and Central America, Europe, etc.</td>
</tr>
<tr>
<td>Airmail</td>
<td>Per additional 500g increment, over 5kg and up to 10kg</td>
<td>Africa, South America</td>
</tr>
<tr>
<td>Airmail</td>
<td>Per additional 1kg increment, over 10kg and up to 30kg</td>
<td>Asia, Southeast Asia</td>
</tr>
<tr>
<td>Airmail</td>
<td>Up to 1kg</td>
<td>Oceania, Middle East, North and Central America, Europe, etc.</td>
</tr>
<tr>
<td>Airmail</td>
<td>Up to 1,000kg</td>
<td>Africa, South America</td>
</tr>
<tr>
<td>AirMail</td>
<td>Up to 500g</td>
<td>East Asia, Guam, Midway Islands, etc.</td>
</tr>
<tr>
<td>AirMail</td>
<td>Per additional 500g increment, over 500g and up to 5kg</td>
<td>Oceania, Middle East, North and Central America, Europe, etc.</td>
</tr>
<tr>
<td>AirMail</td>
<td>Per additional 500g increment, over 5kg and up to 10kg</td>
<td>Africa, South America</td>
</tr>
<tr>
<td>AirMail</td>
<td>Per additional 1kg increment, over 10kg and up to 30kg</td>
<td>Asia, Southeast Asia</td>
</tr>
<tr>
<td>AirMail</td>
<td>Up to 1kg</td>
<td>Oceania, Middle East, North and Central America, Europe, etc.</td>
</tr>
<tr>
<td>AirMail</td>
<td>Up to 1,000kg</td>
<td>Africa, South America</td>
</tr>
</tbody>
</table>

### Note

- There are also other services such as Economy Air (SAL) for packages and Express Mail Service (EMS). For details on services and rates, see the post office’s Website at [http://www.post.japanpost.jp/english/](http://www.post.japanpost.jp/english/).
### Weights & Measures

#### Length

<table>
<thead>
<tr>
<th>cm</th>
<th>m</th>
<th>km</th>
<th>inch</th>
<th>foot</th>
<th>yard</th>
<th>mile</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0.01</td>
<td></td>
<td>0.3937</td>
<td>0.0328</td>
<td>0.0109</td>
<td></td>
</tr>
<tr>
<td>100</td>
<td>1</td>
<td>0.001</td>
<td>39.370</td>
<td>3.2808</td>
<td>1.0936</td>
<td></td>
</tr>
<tr>
<td>10000</td>
<td>1000</td>
<td>1</td>
<td>3937.0</td>
<td>3280.8</td>
<td>1093.6</td>
<td>0.6214</td>
</tr>
<tr>
<td>2.5399</td>
<td>0.0254</td>
<td></td>
<td>1</td>
<td>0.0833</td>
<td>0.0278</td>
<td></td>
</tr>
<tr>
<td>30.479</td>
<td>0.3048</td>
<td></td>
<td>12</td>
<td>1</td>
<td>0.3333</td>
<td></td>
</tr>
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### Traffic Signs and Public Signs

The main traffic signs and public signs that you will see as you go about your daily life are shown below.
鉄道及び地下鉄路線図一東京
Nagoya Railway and Subway Network

Lines and symbol colors:
- **Yellow**: East line (Higashiyama line)
- **Red**: Sakuradori line
- **Pink**: Kamiida line
- **Blue**: Tsurumai line
- **Green**: Private railways

---

付録 XI

鉄道及び地下鉄路線図—名古屋

Nagoya Railway and Subway Network

付録 XI
Sapporo Railway and Subway Network

Fukuoka Railway and Subway Network

Lines and symbol colors
- 空港線: Airport line
- 箱崎線: Hakozaki line
- 七隈線: Sanyo shinansen line
- 東豊線: Toho line
- 国鉄: JR line
- 私鉄: Private railways

Appendix XI
Regions and Prefectures of Japan

Railway and Airline Network
The naganakidori, a long-crowing chicken of the eternal world, has symbolized the dawn since ancient times. Japan’s oldest historical record, the Kojiki, relates that the gods gathered naganakidori to signal the end of night and thereby convince the sun goddess Amaterasu to open the stone door of her cave.
JSPS supports the formation of researcher communities (alumni associations) of past program participants so as to help foreign researchers who have come to Japan under a JSPS program to actively maintain and develop their networks with international and Japanese researchers upon completion of their fellowship term. As of October 2013, 14 researcher communities had formally received certification from JSPS (see list). As JSPS alumni associations, these groups receive support from the head office, and actively engage in such activities as hosting academic symposia and seminars and publishing newsletters and e-mail magazines. Many fellows work hard on alumni association activities to serve as a bridge between Japan and their home countries. For details regarding the alumni associations, visit the following website:

http://www.jsps.go.jp/english/e-plaza/20_alumni.html

*14 の同窓会の一覧
List of 14 Researcher Communities

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Appendix

海外研究連絡センター

JSPS Overseas Offices

アメリカ合衆国 USA
ワシントン研究連絡センター JSPS Washington Office
2001 L Street, N.W., Suite 1050, Washington, D.C. 20036, USA
Tel: +1-202-659-8190 Fax: +1-202-659-8199 E-mail: info@jspsusa.org http://www.jspsusa.org

サンフランシスコ研究連絡センター JSPS San Francisco Office
2001 Addison Street, Suite 260, Berkeley, CA 94704, USA
Tel: +1-510-665-1890 Fax: +1-510-665-1891 E-mail: webmaster@jspsusa-sf.org http://www.jspsusa-sf.org

ドイツ Germany
ボン研究連絡センター JSPS Bonn Office
Wissenschaftszentrum, Ahrstr. 58, 53175, Bonn, GERMANY
Tel: +49-228-375050 Fax: +49-228-957777 E-mail: info@jsps-bonn.de http://www.jsps-bonn.de

英国 UK
ロンドン研究連絡センター JSPS London Office
14 Stephenson Way, London, NW1 2HD, UK
Tel: +44-20-7255-4660 Fax: +44-20-7255-4669 E-mail: enquire@jsps.org http://www.jsps.org

スウェーデン Sweden
ストックホルム研究連絡センター JSPS Stockholm Office
Retzius Vtg. 3, 171 65 Solna, SWEDEN
Tel: +46-8-5248-4564 Fax: +46-8-51-38-86 E-mail: jsps-sto@jsps-sto.com http://www.jsps-sto.com

フランス France
ストラスブール研究連絡センター JSPS Strasbourg Office
Maison Universitaire France-Japon 42a, avenue de la Forêt-Noire, 67000 Strasbourg, FRANCE
Tel: +33-3-6885-2017 Fax: +33-3-6885-2014 E-mail: jsps@unistra.fr http://www.jsps.unistra.fr

タイ Thailand
バンコク研究連絡センター JSPS Bangkok Office
No.1016/1, 10th Fl., Serm-mit Tower, 159 Sukhumvit Soi 21, Bangkok 10110, THAILAND
Tel: +66-2-661-6533 Fax: +66-2-661-6454 E-mail: bkk02@jsps-th.org http://www.jsps-th.org

中国 China
北京研究連絡センター JSPS Beijing Office
616 Library of Chinese Academy of Sciences (CAS) 33 Beisihuan Xilu, Zhongguancun, Beijing 100190, PR. CHINA
Tel: +86-10-6253-8332 Fax: +86-10-6253-8664 E-mail: beijing@jsps.org.cn http://www.jsps.org.cn

エジプト Egypt
cairo研究連絡センター JSPS Cairo Research Station
9 Al-Kamel Muhammad Street, Flat No. 4, Zamalek, Cairo, EGYPT
Tel & Fax: +20-2-2736752 E-mail: jspscairo@hotmail.co.jp http://jspscairo.com

ケニア Kenya
ナイロビ研究連絡センター JSPS Nairobi Research Station
Plot No.30, Bernard Estate, Off James Gichuru Road, Maji Mazuri Road to El Molo Drive, Lavington, Nairobi, KENYA
Tel: +254-20-4348000 E-mail: jsps1@africaonline.co.ke http://www.jspsnairobi.org
## JSPS’s Overseas Counterpart Institutions
(83 in 45 countries and 1 international organization)

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### Fellowships
- Invitation Fellowship
- Postdoctoral Fellowship

### Bilateral Programs
- Researcher Exchanges
- Research Projects/Seminars
- Multilateral and Other Programs
Access:
About five-minute walk from Yotsuya Station (use Exit Kojimachi-guchi) on JR Chuo Line or Sobu Line
About five-minute walk from Yotsuya Station (use Exit No.1) on subway Marunouchi Line or Nanboku Line
About five-minute walk from Kojimachi Station (use Exit No.2) on subway Yurakucho Line

Japan Society for the Promotion of Science
http://www.jsps.go.jp/
Kojimachi Office
5-3-1 Kojimachi, Chiyoda-ku, Tokyo 102-0083

<table>
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<td>+81-3(3263)1722</td>
<td>+81-3(3221)2470</td>
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<tr>
<td>Policy Planning, Information and Systems Division</td>
<td>+81-3(3263)3461</td>
<td>+81-3(3237)8483</td>
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<tr>
<td>Budget Division</td>
<td>+81-3(3263)2083</td>
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Life in Japan for Foreign Researchers 2014-2015

December 2013

Published by:
Japan Society for the Promotion of Science
Kojimachi Business Center Bldg., 5-3-1
Kojimachi, Chiyoda-ku, Tokyo 102-0083
Tel: +81-3-3263-1872
http://www.jsps.go.jp/english/e-plaza/

Editorial support: Merit 5 Co., Ltd.
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Printed in Japan

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