LIFE IN JAPAN

FOR FOREIGN RESEARCHERS

2020-2021

来日外国人研究者のための
生活ガイドブック
LIFE IN JAPAN
For
Foreign Researchers
2020-2021

来日外国人研究者のための生活ガイドブック
2020-2021

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

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 research life in Japan will be highly fruitful.

Japan Society for the Promotion of Science
## 目次

### 第 1 章

入国・在留の諸手続き

1-1 查証の取得 .......................................................... 2
1-2 在留資格 .......................................................... 6
1-3 在留カード .......................................................... 8
1-3-1 出入国港 .......................................................... 8
1-3-2 常時携帯義務 .................................................. 10
1-3-3 マイナンバー（社会保障・税番号） ......................... 10
1-4 在留手続き .......................................................... 10
1-4-1 一時出国と再入国許可 ........................................ 12
1-4-2 資格外活動 ..................................................... 12
1-4-3 在留期間の更新 ................................................ 12
1-4-4 在留資格の変更 ................................................ 14
1-5 家族の同行・呼び寄せ ........................................... 14
1-5-1 子どもが生まれたとき ......................................... 16
1-6 入国・在留相談 ..................................................... 18
1-6-1 インフォメーションセンター .................................... 18
1-6-2 ワンストップ相談センター ....................................... 20

### 第 2 章

住まい

2-1 宿舎の種類 ......................................................... 24
2-1-1 外国人研究者のための宿舎 ..................................... 24
2-1-2 民間宿舎 ......................................................... 28
2-2 民間宿舎の借り方 ................................................ 30
2-2-1 家賃の目安 ..................................................... 30
2-2-2 貸借関連費用 .................................................. 30
2-2-3 貸借契約の仕方と注意 ......................................... 34
2-3 住居費 ............................................................... 34
2-4 電気・ガス・水道 .................................................. 36
2-5 居住習慣に関する注意事項 ......................................... 38
2-5-1 半島 ............................................................... 38
2-5-2 屋内の手入れ .................................................. 38
2-5-3 ゴミの捨て方 .................................................. 38
2-5-4 宿舎の共有、騒音など ........................................ 42
2-5-5 ペット ............................................................. 42
2-5-6 宿舎退去時 ..................................................... 42

## CONTENTS

### Chapter 1

Procedures for Entry and Residence in Japan

1-1 肥満の取得 .......................................................... 2
1-2 Status of Residence ................................................. 7
1-3 Residence Card ..................................................... 9
1-3-1 Ports of Entry .................................................... 9
1-3-2 Carry Your Residence Card at All Times .................... 11
1-3-3 Social Security and Tax Number System .................... 11
1-4 Residency Procedures .............................................. 11
1-4-1 Temporary Leave of the Country and Re-entry Permit .... 13
1-4-2 Activities Other Than Those Authorized .................... 13
1-4-3 Extension of Your Period of Stay ............................. 13
1-4-4 Change of Your Status of Residence ......................... 15
1-5 Procedures for Family Members ............................... 15
1-5-1 If a Child is Born in Japan ...................................... 17
1-6 Immigration and Visa Consultations ............................ 19
1-6-1 Information Centers ............................................. 19
1-6-2 One-Stop Consultation Support Centers .................... 21

### Chapter 2

Living Accommodations in Japan

2-1 Types of Housing ................................................... 25
2-1-1 Housing for Foreign Researchers ............................. 25
2-1-2 Private Housing .................................................. 29
2-2 Renting Private Housing .......................................... 31
2-2-1 Average Rental Fee ............................................. 31
2-2-2 Rent-related Costs ............................................... 31
2-2-3 Rental Contract Procedures and Precautions ................ 35
2-3 Rent and Other Fees ............................................... 35
2-4 Electricity, Gas, and Water ........................................ 37
2-5 Precautions Concerning Daily Living Customs ................ 39
2-5-1 Ventilation .......................................................... 39
2-5-2 Interior Care ..................................................... 39
2-5-3 Garbage Disposal ................................................ 39
2-5-4 Cohabitation, Noise and Other Matters ..................... 43
2-5-5 Pets ................................................................. 43
2-5-6 Moving Out of Your Rented House/Apartment ............. 43
Chapter 3

Daily Life in Japan

3-1 Banks ................................................................. 47
3-1-1 Opening a Bank Account ............................... 47
3-1-2 Automatic Payment and ATM Cash Card .... 47
3-1-3 Cashless Payment ........................................ 48
3-2 Mail ................................................................. 49
3-2-1 Post Offices .................................................. 49
3-2-2 Overseas Courier Services ....................... 51
3-3 Telephone ....................................................... 53
3-3-1 Installing a Telephone .................................. 53
3-3-2 Domestic Telephone Calls ......................... 53
3-3-3 International Telephone Calls .................. 55
3-3-4 Cellular Phones and Smartphones ......... 57
3-3-5 Public Telephones ........................................ 61
3-3-6 Connecting to the Internet ......................... 61
3-4 Transportation ............................................... 63
3-4-1 Japan Railway .............................................. 65
3-4-2 Trains, Subways and Buses ...................... 65
3-4-3 Airlines ........................................................ 67
3-4-4 Taxis ............................................................ 69
3-4-5 Driver’s Licenses .......................................... 69
3-4-6 Rental Cars .................................................. 71
3-4-7 Bicycles ......................................................... 73
3-5 Medical Care ...................................................... 73
3-5-1 Medical System in Japan ............................. 73
3-5-2 Pharmacies ................................................... 73
3-5-3 Medical Care in Foreign Languages ........... 75
3-5-4 Traveler’s Insurance ..................................... 77
3-5-5 National Health Insurance ......................... 77
3-5-6 Pregnancy and Childbirth ......................... 79
3-5-7 Immunizations ............................................... 81
3-6 Cultural Facilities ............................................ 83
3-6-1 Traditional Performing Arts ....................... 83
3-6-2 Museums ....................................................... 85
3-6-3 Libraries ....................................................... 87
3-7 Japanese Language Study ................................ 93
3-7-1 Selecting a Japanese Language School ....... 93
3-7-2 Japanese Language Proficiency Test ............ 95
Chapter 4
Other Useful Information

4-1 Emergency Contact Numbers .................................................................105
4-1-1 To Report a Crime or Traffic Accident
– Dial 110 – .............................................................................................105
4-1-2 To Report a Fire or Request an Ambulance
– Dial 119 – ............................................................................................107
4-1-3 Counseling Service ............................................................................107
4-1-4 Medical Terms for Describing Symptoms ........................................109
4-2 Earthquakes .........................................................................................113
4-2-1 Preparing for an Earthquake ..............................................................113
4-2-2 If an Earthquake Occurs and You Feel Your House Shaking .............115
4-2-3 Tsunamis ..........................................................................................115
4-2-4 Life Safety Learning Center .................................................................117
4-3 Typhoons ..............................................................................................119
4-4 Floods and Landslide Disaster ...............................................................119
4-4-1 Disaster Prevention Weather Information ..........................................119
4-4-2 Preparing for a Disaster ....................................................................121
4-5 Weather .................................................................................................123
4-6 National Holidays and Other Important Dates .......................................125
4-7 Traveling in Japan ..................................................................................127
4-8 Transportation between International Airports and Metropolitan Areas.....129
4-8-1 Narita International Airport .................................................................131
4-8-2 Haneda Airport (Tokyo International Airport) International Flights .....133
4-8-3 Kansai International Airport ...............................................................135
4-9 Various Mass Media: TV, Radio, Newspapers .......................................137
4-10 Sizes of Clothes and Shoes ..................................................................138

Chapter 5
Academic Information

5-1 Japan’s Science and Technology Administration and
Academic Research Institutes .................................................................141
第6章
日本学術振興会

日本学術振興会

6-1 日本学術振興会
6-1-1 日本学術振興会の事業一覧
6-1-2 日本学術振興会の連絡先・案内図
6-2 JSPSフェローに対するサービス
6-3 研究者コミュニティ（同窓会）ネットワーク
6-4 海外研究連絡センター等
6-5 日本学術振興会の対応機関

Appendices

6-1 Japan Society for the Promotion of Science
6-1-1 List of JSPS Programs
6-1-2 Map and Contact Information of JSPS Head Office
6-2 Services for JSPS Fellows
6-3 Researcher Community Network (Alumni Association)
6-4 JSPS Overseas Offices
6-5 JSPS’s Overseas Counterpart Institutions

Useful Japanese Expressions

Useful Japanese Expressions (1)
Useful Japanese Expressions (2)
Useful Japanese Expressions (3)
Useful Japanese Expressions (4)
Japanese-Gregorian Year Conversion Table
Chapter 1

Procedures for Entry and Residence in Japan

Sakura (Cherry Blossoms)
What this flower signifies in Japan:
Spiritual beauty, feminine grace
One of the national flowers of Japan, the cherry blossom has been loved by people in Japan since the Heian Period (794–1185). The custom of hanami (flower viewing) that Japanese people enjoy can be traced back to Daigo-no Hanami, a great flower-viewing banquet held by Toyotomi Hideyoshi in the sixteenth century.
# Chapter 1

## Procedures for Entry and Residence in Japan

This chapter explains the immigration and resident 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 90 days. Please also note that citizens from some countries are required to obtain a visa even if they plan to stay in Japan for less than 90 days.

### 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. You should therefore check with the Embassy or Consulate about the application procedure well in advance of your intended departure.

**Certificate of Eligibility (CoE)**

Attaching your Certificate of Eligibility (CoE) 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 agent 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 two 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 Immigration Services Agency of Japan, Ministry of Justice.

2. It takes approximately two to three months for the Certificate of Eligibility to be issued, which is then sent to the host institution.
第1章 入国・在留の諸手続き

(3) 「在留資格認定証明書」を受け取った受入研究機関の担当者は、海外にいる招へい予定の外国人研究者に送ります。

(4)(5) 外国人研究者は、「在留資格認定証明書」を添えて、管轄の日本国在国入国管理局に申請すると良いでしょう。外国人研究者は担当の受入研究者と十分な時間的余裕を持って、相談してください。

審査及び送付にかかる期間も計算に入れて、受入研究機関は外国人研究者の入国予定日の3〜3か月半前には「在留資格認定証明書」を入国管理局に申請すると良いでしょう。外国人研究者は担当の受入研究者と十分な時間的余裕を持って、相談してください。

<table>
<thead>
<tr>
<th>①在留資格認定証明書申請</th>
<th>Host Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>法務省出入国在国在留管理局</td>
<td>Immigration Services Agency of Japan, Ministry of Justice</td>
</tr>
<tr>
<td>②在留資格認定証明書交付</td>
<td>Host Institution</td>
</tr>
<tr>
<td>受入研究機関</td>
<td>(2) Issues Certificate of Eligibility</td>
</tr>
<tr>
<td>③在留資格認定証明書送付</td>
<td>Host Institution</td>
</tr>
<tr>
<td>外国人研究者</td>
<td>(3) Sends Certificate of Eligibility to Foreign Researcher</td>
</tr>
<tr>
<td>④査証申請（在留資格認定証明書添付）</td>
<td>Foreign Researcher</td>
</tr>
<tr>
<td>在外日本公館</td>
<td>(4) Applies for Visa (with Certificate of Eligibility attached)</td>
</tr>
<tr>
<td>⑤査証発給</td>
<td>Japanese Embassy or Consulate Overseas</td>
</tr>
<tr>
<td>外国人研究者</td>
<td>(5) Issues Visa</td>
</tr>
<tr>
<td>上陸審査</td>
<td>Foreign Researcher</td>
</tr>
<tr>
<td>入国</td>
<td>Immigration Check (Landing Examination)</td>
</tr>
</tbody>
</table>

Entry to Japan
1-2 Status of Residence

A foreign person’s status of residence and period of stay are officially determined when he or she is permitted to enter (land in) Japan, and a landing permission stamp will be placed in his or her passport. A sample of the landing permission stamp is shown below.

Long-term (exceeding 90 days) 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 Kotosenmon-gakko 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 “Student” or “Trainee”).</td>
<td>3 years, 1 year, 6 months, or 3 months</td>
</tr>
</tbody>
</table>
第1章 入国・在留の諸手続き

1-3 在留カード

90日を超えて日本で研究滞在を行い、「短期滞在」以外の在留資格を持つ外国人が対象となり、在留カードが交付されます。

在留カードの交付手続きに際して次の規格の写真が必要となります。

1. 申請者本人のみが撮影されたもの
2. 提出の日前3か月以内に撮影されたもの
3. 縦を除いた部分の寸法が、左記図面以外の寸法を満たしたもの（顔の寸法は、上辺、下辺、中央点（髪の先）からあごの先まで）
4. 無冠で正面を向いたもの
5. 背景（影を含む）がないもの
6. 削明であるもの

1-3-1 出入国港

【成田空港、羽田空港、中部空港、関西空港を利用する場合】

旅券に上陸許可の認証シールが貼付され、在留カードが交付されます。居住地を定めてから14日以内に在留カードを持参し、居住地の市区町村の窓口で居住地を届け出ください。

1-3 Residence Card

A Residence Card is issued to all foreign persons who will be conducting research in Japan for more than 90 days, including those who have any resident status other than a “Temporary Visitor” visa.

Please provide a photo meeting the following criteria when completing the Residence 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 placed into your passport, and you will be issued a Residence Card. Within 14 days of establishing your place of residence, you must bring your Residence Card to your local municipal office and notify the authorities of your address.

If Entering Via Another Port of Entry

The landing permission stamp will be placed in your passport and accompanied by a note indicating that you will be issued a Residence 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 Bureau will mail your Residence Card to you.
【その他の入国港を利用する場合】

旅券に上陸許可の認証とともに、在留カードが後日交付されること
が記載されます。居住地を定めてから14日以内に居住地の市区町村の
窓口で居住地を届け出ください。その後、在留カードが地方出入国
在留管理局から居住地に郵送されます。

1-3-2 常時携帯義務

旅券を携帯しているかどうかにかかわらず、在留カードは常時携帯
することが必要です。入国審査官、入国警備官、警察官などからその
提示を求められたときはこれを提示しなければなりません。なお、不
携帯の場合、罰金に処せられることがあります。

1-3-3 マイナンバー（社会保障・税番号）

2016年1月から運用が開始された「社会保障・税番号制度（マイナ
ンバー制度）」では、90日を超えて日本で研究滞在を行い「短期滞在」
以外の在留資格を持つ外国人を含む、住民票を有する全ての方に12桁
の個人番号が通知されます。

社会保障や税、災害対策を含む各種行政手続きと順次必要となり、
勤務先の研究機関等でも税の手続き等のために提出を求められますの
で、住民登録などと併せて通知を受けてください。一度発行された
番号は原則一生涯変更されず、本国へ単純出国した場合でも日本への
再入国時に同じ番号が交付されます。

1-4 在留手続き

在留に関する諸手続きは、居住地を管轄する地方出入国在留管理局で
行う必要があります。

結婚して姓や国籍・地域が変わった場合など氏名、国籍・地域、性別
等の変更届を出してください。また、在留カードの紛失、盗難又は滅失
等をした場合は、その事実を知った日（海外で知ったときは再入国の日）
から14日以内に地方出入国在留管理局で再交付を申請してください。

Chapter 1  Procedures for Entry and Residence in Japan

Individuals who will be staying in Japan for more than 90 days are re-
quired to enroll in the national health insurance and the national pen-
sion systems. Be sure to complete procedures for enrolling in these
programs when completing the procedures noted above.

Individuals with a Residence Card, like Japanese citizens, can request
copies of their resident registry at their local municipal office.

For the national health insurance system, see section 3-5-5.

1-3-2 Carry Your Residence Card at All Times

You are required to carry your Residence Card with you at all
times, even if you are carrying your passport. You must show
your card to any immigration inspector, immigration control
officer, police officer or other such authority that asks to see it.
If you forget to keep your Residence Card with you, you may be
punished by law with a fine.

1-3-3 Social Security and Tax Number System

In accordance with the Social Security and Tax Number System
(nicknamed “My Number”), which went into effect in January
2016, all registered residents of Japan are being issued a twelve-
digit individual number, including foreign residents conducting
research in Japan for more than 90 days who have a visa status
other than “short-term stay” (temporary visitors).

This number will be required for various types of administrative
procedures, including social security and tax procedures as well
as disaster countermeasures. Since you will be asked for your
individual number for tax procedures at the research institute
where you work and other places, please be sure to obtain your
individual number and individual number notification card when
you file your resident registration. As a rule, once you receive
your number, it will not change throughout your lifetime. If you
leave Japan and then re-enter the country, you will be given the
same number.

1-4 Residency Procedures

Visa-related procedures must be performed at the Regional
Immigration Bureau 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 file a notification of a change of
1-4-1 Temporary Leave of the Country and Re-entry Permit

In July 2012, the Ministry of Justice put in place a new residency management system, under which foreign nationals who possess a valid passport and Residence Card may leave Japan and return within one year without, as a rule, needing to apply for a re-entry permission. This is called the “Special Re-entry System.” When departing Japan on leave, be sure to bring your Residence Card with you.

As this system is subject to change, please be sure to check the latest information on the Immigration Bureau’s webpage:


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, Residence Card and other documents. For details, please inquire at the Regional Immigration Bureau where you live or the Immigration Information Center.
1-4-4 在留資格の変更

外国人は、現在行っている活動をやめて、現有する在留資格以外の在留資格に属する活動を専ら行おうとするときは、在留資格の変更許可を受けなければなりません。

なお、在留資格の変更は、申請すれば必ず許可されるというわけではありません。

在留資格の変更許可を受けることなしに、その在留資格の下では認められていない収入を伴う事業を運営する活動又は報酬を受ける活動を専ら行っている者は、処罰の対象となり、また、退去強制の対象となります。

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ヶ月、4年、3年3ヶ月、3年、2年3ヶ月、2年、1年3ヶ月、1年、6ヶ月又は3か月</td>
</tr>
</tbody>
</table>

The Application for Extension of Period of Stay can be downloaded from website of the Ministry of Justice (URL 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.

Guidelines for Changes in the Visa Status of Residence and Extension of Visa Period of Stay (Revised) have been established, and from April 2010, to encourage enrollment into Social Insurance, you must now show your health insurance card at the service counter when applying for changing a visa status. Please note that even if you are not able to show a health insurance card, this does not mean that your application will not be accepted or considered invalid.

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, 2 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>
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
医師から出生証明書をもらい、出生の日から 14 日以内に出生届を
居宅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
c. 届出人の印鑑（サインでも可）
d. 健康保険証

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 foreign researcher is already in Japan, the researcher can
either submit an Application for the Certificate of Eligibility
at a Regional Immigration Bureau in Japan for his/her 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 90 days 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.

<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 a birth certificate from 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.

a. Birth certificate
b. Mother and Child Health Handbook
c. Applicant’s inkan stamp (signature also acceptable)
d. Health Insurance Card
1.6 入国・在留相談

1-6-1 インフォメーションセンター

出入国在留管理庁では、日本に在留する外国人のために、東京、横浜、名古屋、大阪、神戸、広島及び福岡の各地方出入国在留管理局・支局（P.184参照）に「外国人在留総合インフォメーションセンター」を開設し、外国語（英語、中国語、韓国語、スペイン語等）でも入国、在留に関する相談・案内をしています。

また、札幌、高松及び那覇の各地方出入国在留管理局・支局（P.185参照）には相談員を配置し、電話や訪問による問い合わせに対応しています。

★外国人在留総合インフォメーションセンター（平日8:30～17:15）
Tel: 0570-013904（ナビダイヤル）
Tel: 03-5796-7112（IP電話・PHS・海外から）
URL http://www.immi-moj.go.jp/info/

Chapter 1 Procedures for Entry and Residence in Japan

2) Passport Application

Apply for a passport for the newborn child at the Embassy or Consulate of your home country.

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

Apply at an Regional Immigration Bureau within 30 days of the date of birth.

If you submit a copy of your resident register when you apply for your newborn child’s visa status of residence, you do not need to report his/her address again to the municipal office after obtaining the visa.

1-6 Immigration and Visa Consultations

1-6-1 Information Centers

To help foreign residents of Japan, the Immigration Services Agency of Japan has established Immigration Information Centers at Regional Immigration Bureaus and branch offices (see p. 184) 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 and Spanish).

Consultants will respond to your inquiries over the phone or in person at Regional Immigration Bureaus and branch offices (see p. 185) in Sapporo, Takamatsu and Naha.

★ Immigration Information Centers (weekdays 8:30 a.m. to 5:15 p.m.)
Tel: 0570-013904 (Navi Dial)
Tel: 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)

おはよう (ございません)。
Ohayō (gozaimasu). Good morning.

こんにちは。
Konnichiwa. Hello. /Good afternoon.

おやすみ (なさい)。
Oyasumi (nasai). Good night.

こんばんは。
Konbanwa. Good evening.

さようなら。
Sayonara. Goodbye.

じゃ また。
Ja mata. See you.

はい。
Hai. Yes.

いいえ。
Iie. No.

ありがとうございます (ございます)。
Arigatō (gozaimasu). Thank you.

どういたしまして。
Dōitashimashite. You’re welcome.

すみません。
Sumimasen. Excuse me.

ごめんなさい。
Gomennasai. I’m sorry.

どうぞ。
Dōzo. Please. /Here you are.

わかりません。
Wakarimasen. I don’t understand.

わかりました。
Wakarimashita. I understand.

ō: Pronunciation should be lengthened, like “oh.”
2-1 宿舎の種類

2-1-1 外国人研究者のための宿舎

受入研究機関の中には、外国人研究者用の家賃の安い宿舎（通常、家具付）を用意しているところがあります（次表参照）。しかし、現状では各研究機関で受け入れる外国人研究者全員を収容するにはいまだ十分ではありません。従って、当該宿舎への入居を希望する場合は、速やかに来日日を決定し、受入研究者を通じて入居希望を申し出る必要があります。採用条件によっては入居できない場合があります。

【外国人研究者のための宿泊施設を持つ学術研究機関】

1) 国立大学法人
北海道大学 北海道教育大学 北海道医療大学
小樽商科大学 帯広畜産大学 旭川医科大学
北見工業大学 弘前大学 岩手大学
東北大学 秋田大学 山形大学
福島大学 福島県立大学 筑波大学
宇都宮大学 東京理科大学 埼玉大学
千葉大学 東京大学 東京医科大学
東京外国語大学 東京学芸大学 東京農工大学
東京芸術大学 東京工業大学 東京海洋大学

2) 私立大学
お茶の水女子大学 早稲田大学 関西学院大学
横浜国立大学 横浜学園大学 高槻大学
上越教育大学 富山大学 静岡大学
岐阜大学

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 (refer to the 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. Please note that you may not be able to live in this housing depending on your employment status.

The following academic institutions provide housing facilities for foreign researchers:

1) National University Corporations

Hokkaido University
Muroran Institute of Technology
Ohto University of Agriculture & Veterinary Medicine
Kitami Institute of Technology
Iwate University
Akita University
Fukushima University
University of Tsukuba
Gunma University
Chiba University
Tokyo Medical & Dental University
Tokyo Gakugei University
Tokyo National University of Fine Arts & Music
Tokyo University of Marine Science & Technology
The University of Electro-Communications
Yokohama National University
Nagasaki University of Technology
University of Yamanashi
University of Toyama
Fuku University
Shizuoka University

Hokkaido University of Education
Otaru University of Commerce
Asahikawa Medical College
Hirosaki University
Tohoku University
Yamagata University
Ibaraki University
Usunomiya University
Saitama University
The University of Tokyo
Tokyo University of Foreign Studies
Tokyo University of Agriculture & Technology
Tokyo Institute of Technology
Ochanomizu University
Hirotsubashi University
Niigata University
Joetsu University of Education
Shinshu University
Kanazawa University
Gifu University
Hamamatsu University School of Medicine
第2章 住まい

名古屋大学
愛知教育大学
名古屋工業大学

名古屋技術科学大学
三重大学
滋賀大学

滋賀医科大学
京都大学
京都教育大学

京都工芸繊維大学
大阪大学
大阪教育大学

兵庫教育大学
神戸大学
奈良女子大学

和歌山大学
鳥取大学
島根大学

岡山大学
広島大学
山口大学

德島大学
鳴門大学
香川大学

愛媛大学
高知大学
福岡教育大学

九州大学
九州市立大学
福岡大学

長崎大学
熊本大学
大分大学

宮崎大学
鹿児島大学
鹿屋体育大学

琉球大学
奈良先端科学技術大学院大学

北陸先端科学技術大学院大学
政策研究大学院大学

② 大学共同利用機関法人

人間文化研究機構
自然科学研究機構

高エネルギー加速器研究機構
情報・システム研究機構

③ その他

国立水産試験研究センター
（国研）宇宙航空試験研究開発機構

（国研）宇宙航空技術試験所
（国研）宇宙航空技術研究開発機構

（国研）産業技術総合研究所
（国研）産業技術総合研究所

（国研）産業技術総合研究所
（国研）理化学研究所

（国研）科学技術振興機構
（国研）日本原子力研究開発機構

（国研）国立国際医療研究センター

また、公・私立大学、国立研究機関、都道府県などにも、外国人研究者等のための宿泊施設を用意しているところがあります。

次の二つの施設は、それぞれ東京地区、つばき地区にあり、入居の条件として所属研究機関を限定せず、また、居室を多く有し設備も整っています。

《東京地区の宿泊施設》

東京地区には、臨海副都心、青海の国際交流大学村に留学生、研究者等のための施設「東京国際交流館」があり、この施設は約800室（研究者用居室はうち約10％の居室（家具等設備付き）と自習室、ラウンジ、体育室等の共用施設を提供しています。
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 民間宿舎の借り方

2-2-1 家賃の目安

家賃は、大都市と地方都市で大きな差があるほか、大都市では市街の中心地までの距離、部屋の広さ、築年数などによって異なります。月額家賃の目安としては、現在、一部屋に合所、トイレ・風呂付で、大都市では8〜9万円程度、地方都市で6〜7万円程度でしょう。なお、これに共益費、公共料金が加わった金額が、毎月必要な住居費となります。詳細は2-3を参照してください。

2-2-2 賃貸関連費用

日本では、民間宿舎に入居するために各種の費用を要します。その代表的な例は、手付金と、契約時に払う敷金、礼金、仲介斡旋料などの費用です。手付金とは、契約前に入居の意思を表明するために家主に払う予約金です。（予約を取消した場合に返金されないことがあります）
もってください。）手付金は、契約成立時に払う費用の一部に充当されます。契約時には敷金、礼金と1か月目の家賃と併せて家主へ支払い、仲介斡旋料は不動産業者を通した場合、業者に支払います。
これらの金額は、地域や物件によって違います。一応の目安として、1か月目の家賃を含めて、家賃のおおよそ5〜7か月分は必要だと考えておいた方がよいでしょう。

これらの費用の内訳及び返金の有無はおよそ次の表のとおりです。

<table>
<thead>
<tr>
<th>費用名</th>
<th>金額の目安</th>
<th>返金の有無</th>
<th>備考</th>
</tr>
</thead>
<tbody>
<tr>
<td>敷 金</td>
<td>1〜2ヶ月</td>
<td>有</td>
<td>これは定額のもので、必ず支払うべきものです。</td>
</tr>
<tr>
<td>礼 金</td>
<td>1〜2ヶ月</td>
<td>無</td>
<td>これは定額のもので、必ず支払うべきものです。</td>
</tr>
<tr>
<td>仲介斡旋料</td>
<td>1〜2ヶ月</td>
<td>無</td>
<td>仲介業者に対する料金です。</td>
</tr>
<tr>
<td>家賃</td>
<td>1〜2ヶ月</td>
<td>無</td>
<td>これは期間によって異なります。</td>
</tr>
</tbody>
</table>

*地域差があり必ずしも一律ではありません。

この他、火災保険に加入しないと、契約できない場合があります。

also need to pay the agent’s fee at that time.

The amount of these fees and deposits can vary by district and type of property. As a general practice, 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:

<table>
<thead>
<tr>
<th>Fee/Deposit</th>
<th>Amount Required</th>
<th>Refundable</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shiki-kin</td>
<td>About 1 - 2</td>
<td>Yes</td>
<td>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.</td>
</tr>
<tr>
<td>Rei-kin</td>
<td>About 1 - 2</td>
<td>No</td>
<td>Paid to the landlord as a custom to thank them for the right to use their property. Some landlords do not charge this fee.</td>
</tr>
<tr>
<td>Chukai-assenryo</td>
<td>About 1 month’s</td>
<td>No</td>
<td>Fee paid to the intermediary real estate agent.</td>
</tr>
<tr>
<td>Yachin</td>
<td>1 month’s</td>
<td>No</td>
<td>May be prorated when moving in or out in the middle of the month.</td>
</tr>
</tbody>
</table>

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

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

不動産業者のもとで借主と貸主のあいだで話がまとまると貸契約書が作成されます。

契約書には、押印（又はサイン）が必要ですが、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、十分理解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、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。

最近は保証人を立てる代わりに、保証料を支払って家賃保証会社を利用するケースも増えています。物件によって異なりますが、貸主や不動産業者が100%保証会社利用を決めていることもあります。賃貸保証料は初年度で家賃の0.5か月～1か月、1～3万円程度の固定額など様々です。

なお、契約書の多くは日本語で書かれていますので、契約時には、保証人又は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

入居以後に必要となる住居費には、家賃、共益費、公共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、マンションなどで、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支払う費用のことです、家賃とは別です。
③ 公共料金：電気、ガス、水道、電話などの料金は家賃とは別で、公共料金と呼ばれます。公共料金は、それぞれ取扱う会社などに料金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。
2-4 Electricity, Gas, and Water

Electricity The electrical frequency differs between eastern and western Japan as divided by the Fuji River (in Shizuoka Prefecture) and Itoi River (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 ask the gas company to come to open the main valve before you 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

---

### Frequently Used Housing Terms

<table>
<thead>
<tr>
<th>English</th>
<th>Japanese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holding deposit</td>
<td>tetsuke-kin</td>
</tr>
<tr>
<td>Security deposit</td>
<td>shiki-kin</td>
</tr>
<tr>
<td>Key money</td>
<td>rei-kin</td>
</tr>
<tr>
<td>Rent</td>
<td>yachin</td>
</tr>
<tr>
<td>Real estate agent’s fee</td>
<td>chūkai-assenryō</td>
</tr>
</tbody>
</table>

### 2-4 電気・ガス・水道

電気は、日本では富士川（静岡県）と糸魚川（新潟県）を境にして東と西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。

部屋全体の電気消えた時は、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ることもありますが、慌てないで少し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。使用開始時には、ガス会社に連絡をして開栓してもらうか、種類に合った器具が正しくセットされているか確認し、十分注意して使用してください。使用しない時は、必ず元栓を閉めることをお勧めします。
2-5 居住習慣に関する注意事項

日本の文化、生活習慣は外国とは異なるため、家主や隣人と思わぬことでトラブルが起きるかもしれません。日本の居住習慣には十分従うようお願いします。特に、次の点に注意してください。

2-5-1 換気

日本の気候は湿潤なため、特に、夏場は湿度が高いためカビが発生しやすくなります。

家屋内のカビの発生には注意してください。家主とのトラブルの原因になりますので、普段から十分に換気を行うことをお勧めします。

2-5-2 屋内の手入れ

部屋、備品などを破損したり汚したりした場合、自費で修理する必要があります。もしも改装をしたい場合には必ず事前に家主に了解を得てください。

2-5-3 ゴミの捨て方

家庭内で生じたゴミの捨て方は、市区町村によって指定されています。家主や各自治体のホームページやパンフレット等でルールを確認し、指示に従ってください。次に挙げるのは指定カテゴリの例です。

① 種別（分別）：可燃ゴミ、不燃ゴミ、粗大ゴミ、資源ゴミ（紙・ビン・カンなど）
分別は地域により異なることがあります。

② 収集日（曜日）：各分別ゴミにより、収集される曜日が異なります。

③ 収集場所：区、市町村ごとに指定されています。

④ ゴミ袋：ゴミ袋を指定（透明のゴミ袋等）している市区町村もあります。

---

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 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, Large-sized 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.

5) Large-sized Garbage Handling Fee Coupon
Handling fees for large-sized garbage vary depending on the municipality. Please purchase the necessary coupons (stickers) at a convenience store or other such outlet, and attach them to your large-sized garbage. Please note that you must make reservations for pickup with the large-sized garbage reception center of your local community.

6) Electrical Appliances
According to the Home Appliances Recycling Law, four types of electrical appliances must not be disposed of, even as large-sized 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.
7) Home Computers

Since personal computers are not collected with other large-sized 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 (URL http://www.pc3r.jp/e/) of the PC 3R Promotion Association (Tel: 03-5282-7685).

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.
Nihongo ga wakarimasen. I don’t understand Japanese.

Eigo wo hanasu hito wa imasuka? Is there anyone who can speak English?

Yukkuri onegai shimasu. More slowly, please.

Kaite kudasai. Please write it down.

Kibun ga warui. I don’t feel good.

Please give me ___.

How do you say it in Japanese?

How much?

Do you have ___?

Where is ___?

I want to go to ___.
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 maintenance allowance, pay utility bills, and conduct other transactions.

When opening a bank account, you will be asked to present your residence card to confirm your identification and your period of stay. You may not be able to open a bank account if your residence card is valid for less than three months.

Although some banks will allow you to open an account with your signature, you may also need an inkan (stamp), 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 resident 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 Residence 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).
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 as well. 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.

3-1-3 Cashless Payment

There are many cashless options you can use for shopping. In addition to credit cards, electronic money and debit cards, the use of mobile payment through smartphones is spreading. Touch-type method allows speedy payment, while method that uses QR codes allows you to refer to your purchasing history.

There are three types of cashless payments—prepayment when the money is electronically deposited in advance; debit cards when the money is withdrawn from your account on the spot; and credit cards when payment settlement takes place sometime after the purchase.

Please note that the availability of cashless payment options varies depending on the region.

Sales Tax and Reduced Tax Rate

The sales tax in Japan is 10 percent, but the tax rate is reduced to 8 percent for food and beverages (excluding alcohol, eating out and catering) and newspapers purchased through subscription.

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
If you move within Japan, you can notify your new address using online service of Japan Post (URL https://welcometown.post.japanpost.jp/en/) 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. – 9:00 p.m.

Saturdays, Sundays and national holidays, 9:00 a.m. – 9:00 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 (URL 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:

http://www.dhl.co.jp/

http://www.fedex.com/ja-jp/home.html/
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, Residence Card, or Health Insurance Card. There is a contract fee of ¥800 and a line facilities charge of ¥36,000. 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 are not 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: In addition to NTT, SoftBank, KDDI and other carriers provide telephone line installation services. Although these carriers do not require a line facilities charge, there are restrictions in their service areas and for 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 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
URL http://www.ntt.co.jp/index_e.html

★ SoftBank
Tel: 0120-0088-82
URL http://www.softbank.jp/en/

★ KDDI
Tel: 0077-777
URL http://www.kddi.com/english/

For inquiries in foreign languages concerning NTT

★ NTT East Information (toll-free)
Tel (English): 0120-565-950
Tel (Chinese): 0120-581-775
Tel (Korean): 0120-581-779
Tel (Portuguese): 0120-581-772
Tel (Spanish): 0120-581-773

★ NTT West Information (toll-free)
Tel (English, Chinese, Korean, Portuguese and Spanish): 0120-064-337
(9:00 a.m. to 5:00 p.m., Monday through Friday, except national holidays and year-end/New Year’s holidays)

3-3-3 International Telephone Calls

KDDI is the most widely used company for international calls. Alternative companies include SoftBank, 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</td>
<td>0061</td>
<td>Tel: 0120-0088-82</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.

3-3-4 Cellular Phones and Smartphones

There are two types of mobile phones in Japan: cellular (cell) phones and smartphones. 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 Residence Card with you when signing a mobile phone contract.
Unlocking SIMs and Using Mobile Phones from Outside Japan

Smartphones and cell phones in Japan are usually sold together with a SIM (subscriber identification module) card, and the SIMs in most devices are locked. You can ask the mobile phone company where you purchase your device to unlock it, which may involve additional fees.

When you insert a SIM card purchased and contracted in Japan into the smartphone/cell phone (without the Japanese technical standard mark) you use in your home country, you may use it for a maximum of ninety days after arrival to Japan. If you continue to use your device with the unlocked SIM card beyond the authorized period, however, you will be in violation of the Radio Act.

Main mobile phone companies

**Cellular phone, smartphones**

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

- **SoftBank**
  - Tel: 0800-919-0157 (press 8 to hear options in English)
  - URL: ![SoftBank](http://softbank.jp/en/mobile)

- **KDDI (au)**
  - Tel: 0077-7-111 (press 9 to be connected to an operator)
  - URL: ![KDDI](http://www.au.kddi.com/english/)

- **Rakuten Mobile**
  - Tel: 0800-600-4444 (9:00 a.m. to 6:00 p.m.)
  - Tel: 050-5212-2260 (to inquire in English about prepaid SIM cards; 9:00 a.m. to 6:00 p.m.)
  - URL: ![Rakuten Mobile](https://mobile.rakuten.co.jp/)

**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 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 (such as optical-fiber and high-speed mobile) has become very common in Japan. Features of the various Internet connections are as follows:

■ 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 connecting your computer and a mobile hotspot device via Wi-Fi. 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.
**Chapter 3  Daily Life in Japan**

### Daily Life 1

**CATV 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.

### 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 4-7** 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 (kyoko-ken), reserved seat ticket (shitei-ken), or special reserved “green car” ticket (guriin-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: URL http://www.jreast.co.jp/

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 train and bus lines operated by multiple companies. They can also be used as electronic money, and are very convenient. Please be sure to load your card with money before you use it.
3-4-3 Airlines
Domestic airlines make frequent flights to major cities in Japan. You can purchase tickets up to eleven months in advance directly from airline companies by phone or over the Internet. You can also purchase tickets at travel agencies. In addition to the two major carriers, Japan Air Lines and All Nippon Airways, many low-cost carriers (LCCs) have emerged. They offer lower fares by limiting service to popular routes and making in-flight meals and other services available for a cost. (See Appendix XII.)

Flight Information (For reservations and inquiries)

**Domestic Airlines**
- **All Nippon Airways (ANA)**
  - Tel: 0570-029-222
  - Tel: 0570-029-709 (English)
  - URL: http://www.ana.co.jp/
- **Japan Air Lines (JAL)**
  - Tel: 0570-025-071
  - Tel: 0570-025-121 (English)
  - URL: http://www.jal.co.jp/

**Major LCCs in Japan**
- **Jetstar Japan** (based at Narita Airport)
  - URL: https://www.jetstar.com/
- **Spring Airlines Japan** (based at Narita Airport)
  - URL: https://jp.ch.com/
- **Peach Aviation** (based at Kansai International Airport)
  - URL: https://www.flypeach.com/
- **AirAsia Japan** (based at Chubu Centrair International Airport)
  - URL: https://www.airasia.com/
3-4-4 Taxis

You can catch a taxi at designated taxi stands at stations and public facilities, or hail one along the street. The rear doors of virtually all taxis open and close automatically. Fares vary from city to city and according to the size of the cab. The initial charge in Tokyo is ¥420 for the first 1,052 meters (as of October 2019); 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 virtually all taxi opens automatically.

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 your overseas 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) Residence Card that lists your nationality
(4) Residence Card
(5) Passport
(6) 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.)
(7) License fees (as of October 2019)
  Ordinary passenger vehicle: ¥4,600
  Moped: ¥3,550
3-4-6 Rental Cars

Cars are driven on the left in Japan, and most steering wheels on rental cars here are on the right side. Please pay close attention to road signs.

A Japan Expressway Pass for foreigners that allows unlimited use of the expressways is an option when renting a car. The fee for a
3-5 医療

3-5-1 日本の医療体制

病気やケガで、医師の診察が必要になった時のために、日本の医療機関について説明します。（緊急の場合の連絡先は、4-1を参照してください。）日本には、総合病院や専門病院、個人医院などがありますが、どの病院に行くべきかは、病気やケガの種類、程度によります。近所の医院については、普段から情報（専門の診療科目、診療時間、休診日等）を得ておきましょう。

日本の医療機関は、多くの場合前もって予約をする必要はありませんが、歯科医院は予約を必要とする場合が多いです。

軽い病気やケガの時には、薬局、薬店で市販の薬を購入することもできます。

3-5-2 薬局

街の薬局で薬をもらう時（医療機関内の薬局で受け取るところもあります）は、医師による診察終了後、院外処方箋を受け取り、先に会計を済ませます。薬をもらう薬局（院外薬局）は「保険薬局」、「処方せん受付」といった表示のある薬局なら、全国どこでも自由に選ぶことができます。処方箋の有効期間は当日から4日間有効です。

3-4-7 Bicycles

There are traffic rules regarding bicycles as well. Please beware of the following when riding a bicycle.

1) As a rule, ride on the roads, only riding on sidewalks if absolutely necessary.
2) Ride on the left side.
3) When riding on the sidewalk, give priority to pedestrians, and ride slowly on the side nearest the road.
4) Two people may not ride on the same bicycle.
5) Do not ride side by side.
6) Do not drink and ride.
7) Do not ride while using an umbrella or smartphone.

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 Pharmacies

After receiving medical treatment, you must pay the medical expenses involved and receive a prescription from a doctor to receive medication from a pharmacy (in some cases the pharmacy is inside the medical institution). You can receive your medication in Japan from any pharmacy (outside medical institutions) that say 保険薬局 (hoken yakkyoku, insurance pharmacy) or 処方箋受付 (shohosen uketsuke, prescriptions accepted). The prescription is valid for four days from the date it was issued.
3-5-3 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 4-1-4 for medical terms.)

If you wish to receive medical care in English or another foreign language, you should collect information on hospitalsclinics 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 hospitalsclinics 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
URL https://www.amdamedicalcenter.com/
Tokyo Office Tel: 03-6233-9266
(Service provided in simple Japanese. 10:00 a.m. to 3:00 p.m., Monday through Friday, except national holidays and year-end/New Year’s holidays)

★ Tokyo Metropolitan Health and Medical Information Center “Himawari”
URL http://www.himawari.metro.tokyo.jp/
Tel: 03-5285-8181 (9:00 a.m. – 8:00 p.m., daily)

★ Medical Information Center Aichi (MICA)
URL http://npomica.jimdo.com/english/

★ Osaka Medical Net for Foreigners
URL http://www.mfis.pref.osaka.jp/omfo/

★ Fukuoka Asia Medical Support Center
URL https://asian-msc.jp/service/
List of Medical Institutions that accept Foreign Patients

The medical institutions on this list (compiled by the Ministry of Health, Labour and Welfare and the Japan Tourism Agency) include those experienced at treating foreign patients, core institutions the prefectures have identified as places that accept foreign patients, and institutions certified by JMIP (the Japan Medical Services Accreditation for International Patients).

The Japan National Tourism Organization (JNTO) offers information based on this list on its website, where you can easily search for medical institutions that handle different languages.

★ Japan National Tourism Organization (JNTO) “When you are not feeling well”

[URL](https://www.jnto.go.jp/emergency/jpn/mi_guide.html)

3-5-4 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.

3-5-5 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 everyone who lives or stays in Japan for more than 90 days must be covered by either form of insurance: “social insurance system” for those working at company or office or “national health insurance system” for those uncovered by the former system including foreign researchers.

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. Also, it provides lump-sum childbirth benefit.

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.

### 3-5-6 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 lump-sum childbirth benefit 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, and 3-8 for education of children.

3-5-7 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, rubella, etc.
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
URL https://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
URL https://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1210
Tel: 06-6212-2531
URL https://www.ntj.jac.go.jp/

南座
〒 605-0075 京都府京都市東山区四条大橋
Tel: 075-561-1155
URL https://www.shochiku.co.jp/play/theater/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
URL https://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.136参照）などを参照してください。

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)
102-8656
Tel: 03-3265-7411
URL https://www.ntj.jac.go.jp/english/

Kabuki-za
4-12-15 Ginza, Chuo-ku, Tokyo 104-0061
Tel: 03-3545-6800

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

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

Noh and Kyogen

National Noh Theatre (Kokuritsu Nohgakudo)
4-18-1 Sendagaya, Shibuya-ku, Tokyo 151-0051
Tel: 03-3423-1331
URL https://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 136]).
3-6-2 Museums

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

Art Museums

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

3-1 Kitanomaru-koen, Chiyoda-ku, Tokyo 102-8322
Tel: 03-5777-8600  URL https://www.momat.go.jp/english/

The National Museum of Western Art

7-7 Ueno-koen, Taito-ku, Tokyo 110-0007
Tel: 03-5777-8600  URL https://www.nact.jp/english/

The National Art Center, Tokyo

7-22-2 Roppongi, Minato-ku, Tokyo 106-8558
Tel: 03-5777-8600  URL https://www.nact.jp/english/

The National Museum of Modern Art, Kyoto

26-1, Okazaki-enshoji-cho, Sakyo-ku, Kyoto-shi, Kyoto 606-8344
Tel: 075-761-4111  URL https://www.momak.go.jp/English/

The National Museum of Art, Osaka

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

Museum of Contemporary Art Tokyo

Kiba Park, 4-1-1 Miyoshi, Koto-ku, Tokyo 135-0022
Tel: 03-5777-8600  URL https://www.mot-art-museum.jp/eng/

Museums

Tokyo National Museum (Japan’s largest museum)

13-9 Ueno-koen, Taito-ku, Tokyo 110-8712
Tel: 03-5777-8600  URL https://www.tnm.jp/?lang=en

National Museum of Nature and Science

7-20 Ueno-koen, Taito-ku, Tokyo 110-8718
Tel: 03-5777-8600  URL https://www.kahaku.go.jp/english/

National Museum of Japanese History

117 Jonai-cho, Sakura-shi, Chiba 285-8502
Tel: 03-5777-8600  URL https://www.rekihaku.ac.jp/english/
3-6-3 Libraries

There are many libraries in Japan, ranging from the National Diet Library, which holds the largest volume of books, to public libraries operated by prefectures, cities, wards and towns; university-affiliated libraries; and libraries accompanying art and other museums. The main libraries in Tokyo are as follows:

National Diet Library (NDL)
1-10-1 Nagata-cho, Chiyoda-ku, Tokyo 100-8924
Tel: 03-3581-2331 URL http://www.ndl.go.jp/en/
(Stocks more than 6.43 million volumes. Books may not be checked out. Provides materials and information via the Internet.)

Tokyo Metropolitan Central Library
5-7-13 Minami-azabu, Minato-ku, Tokyo 106-8575
Tel: 03-3442-8451 URL https://www.library.metro.tokyo.jp/1b/
(Stocks over 2 million volumes, partly on open shelves. Books may not be checked out.)

Kyoto National Museum
527 Chayamachi, Higashiyama-ku, Kyoto-shi, Kyoto 605-0931
Tel: 075-525-2473 URL https://www.kyohaku.go.jp/eng/index_top.html

Nara National Museum
50 Noborioji-cho, Nara-shi, Nara 630-8213
Tel: 074-5542-8600 URL https://www.narahaku.go.jp/english/

National Museum of Ethnology
10-1 Senri-banpakukoen, Suita-shi, Osaka 565-8511
Tel: 06-6876-2151 URL https://www.minpaku.ac.jp/english/

Kyushu National Museum
4-7-2 Ishizaka, Dazaifu-shi, Fukuoka 818-0118
Tel: 092-891-4211 URL https://www.kyushu-nationalmuseum.jp/

A cyclopedic guidebook of the art and science museums in Japan is *Zenkoku Hakubutsukan Soran (A Guidebook of Museums in Japan*, published by Gyosei Corporation, in Japanese only).

You can get English information on museums around Japan from the following websites:

DNP Museum Information: artscape Japan URL https://www.dnp.co.jp/artscape/eng/
Tokyo Art Beat URL https://www.tokyoartbeat.com/indexen
The Japan Foundation Information Center Library
4-4-1 Yotsuya, Shinjuku-ku, Tokyo 160-0004
Tel: 03-5369-6086  URL http://www.jpf.go.jp/e/about/jfic/lib/
(Stocks approximately 37,000 volumes related to Japanese studies and international relations. Most books may be checked out.)

Overseas newspapers, magazines, and other materials can also be read at the following facilities:

American Center Reference Service
(Tokyo) American Center Japan, Nomura Tameike Bldg. 8F, 1-1-14 Akasaka, Minato-ku, Tokyo 107-0052
Tel: 03-3545-7431
(The center closed in April 2019 for reorganization.)

(Sapporo) American Consulate General Sapporo, Kita 1-jo, Nishi 28-chome, Chuo-ku, Sapporo-shi, Hokkaido 064-0821
Tel: 011-641-1115

(Kansai) Consulate General of the United State of America 7F, 2-11-5 Nishitenma, Kita-ku, Osaka-shi, Osaka 530-8543
Tel: 06-6315-5970

(Fukuoka) Fukuoka American Center Reference Service, 2-2-67 Tenjin, Chuo-ku, Fukuoka-shi, Fukuoka 810-0001
Tel: 092-733-0246

Maison Franco-Japonaise Library (MFJ)
3-9-25 Ebisu, Shibuya-ku, Tokyo 150-0013
Tel: 03-5421-7643

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

Goethe Institute Library in Tokyo
Doitsu Bunka Kaikan 2F, 7-5-56 Akasaka, Minato-ku, Tokyo 107-0052
Tel: 03-3584-3203
URL https://www.goethe.de/ins/jp/ja/sta/tok.html

Villa Kamogawa Künstlerresidenz des Goethe-Instituts
19-3 Yoshida-kawara-machi, Sakyo-ku, Kyoto-shi, Kyoto 606-8305
Tel: 075-761-2188
URL https://www.goethe.de/ins/jp/ja/kam.html

Italian Cultural Institute Library
2-1-30 Kudan-minami, Chiyoda-ku, Tokyo 102-0074
Tel: 03-3584-3203
URL https://www.iictokyo.esteri.it/IIC_Tokyo/Menu/La_Biblioteca/
Japan Russian Sources Library
1-11-2 Kyodo, Setagaya-ku, Tokyo 156-0052
Tel: 03-3429-8239  URL https://www.tokyorus.ac.jp/jrsl/

OECD Tokyo Center Library
Nippon Press Center Bldg. 3F, 2-2-1 Uchisaiwai-cho, Chiyoda-ku, Tokyo 100-0011
Tel: 03-5532-0021  URL https://www.oecd.org/tokyo/publications/library.htm

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  URL https://www.ide.go.jp/English/Library/

JETRO Business Database Corner, Japan External Trade Organization
URL https://www.jetro.go.jp/db_corner.html/
(Tokyo) Ark Mori Bldg. 6F, 1-12-32 Akasaka, Minato-ku, Tokyo 107-6006
Tel: 03-3582-5651
(Osaka) Osaka Kokusai Bldg. 29F, 2-3-13 Azuchi-machi, Chuo-ku, Osaka-shi, Osaka 541-0052
Tel: 06-4705-8604

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

The Toyo Bunko
2-28-21 Honkomagome, Bunkyo-ku, Tokyo 113-0021
Tel: 03-3942-0122  URL https://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  URL https://www.koreaculture.jp/

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

E. H. Norman Library, Embassy of Canada
7-3-38 Akasaka, Minato-ku, Tokyo 107-8503
Chapter 3  Daily Life in Japan

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 schools. In addition, there are also many private language schools that cater to the needs of foreigners.

Some of the language schools associated with universities include:

- ACCU Library, Asia-Pacific Cultural Centre for UNESCO
  - Tel: 03-3269-4435  URL https://www.accu.or.jp/jp/en/accu_library/

- JICA Library, Japan International Cooperation Agency
  - Tel: 03-3296-2301  URL https://www.jica.go.jp/english/about/organization/library/index.html

- UNU Library, United Nations University
  - Tel: 03-5467-1359  URL https://www.unu.edu/about/unu-services/library#overview

Official documents are stored at the following facility:

- National Archives of Japan
  - Tel: 03-3214-0621  URL https://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).
Chapter 3  Daily Life in Japan

3-7-2 日本語能力試験

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.

As of the end of fiscal year 2018, the Association had certified 258 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  URL https://www.nisshinkyo.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 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 88 locations in countries/regions around the world (as of September 2019), twice a year in July and December. In some overseas cities it is only offered in either July or December, but not both.

For more information:
★ Japanese Language Proficiency Test

[URL https://www.jlpt.jp/e/index.html]
3-8 子どもの教育

3-8-1 日本の学校制度の概要

1947年に現在の教育基本法、学校教育法が制定され、教育の機会均等を目指して、いわゆる6・3・3・4制の学校教育制度が発足しました。小学校と中学校間の9年間が義務教育期間とされています。下表に示すように小中学校はそのほとんどが市町村立の学校となっています。学校や地域によって特色のある様々な教育活動が取り組まれています。

就学前から後期中等教育までを対象とする子どもの年齢区分、学校数と内訳は、次のようにになっています。

<table>
<thead>
<tr>
<th>幼稚園から高校までの入学者数</th>
<th>年齢</th>
<th>公立</th>
<th>私立</th>
</tr>
</thead>
<tbody>
<tr>
<td>幼稚園</td>
<td>2歳～6歳</td>
<td>10,474</td>
<td>0.5%</td>
</tr>
<tr>
<td>小学校</td>
<td>6歳～12歳</td>
<td>19,892</td>
<td>0.3%</td>
</tr>
<tr>
<td>中学校</td>
<td>12歳～15歳</td>
<td>10,270</td>
<td>0.7%</td>
</tr>
<tr>
<td>高校</td>
<td>15歳～18歳</td>
<td>4,897</td>
<td>0.3%</td>
</tr>
</tbody>
</table>

（文部科学統計要覧『平成31年度版』より作成）

また、障害のある児童生徒に対しては、障害の状態に応じて視覚特別支援学校・聴覚特別支援学校等の特別支援学校や小・中学校の特別支援学級などでそれぞれ適切な教育が行われています。

なお、小学校入学前の子どものための施設には、文部科学省所管の幼稚園以外に、厚生労働省所管の保育所や内閣府・文部科学省・厚生労働省が連携して所管認定こども園などがあります。

3-8-2 入学のための手続き

公立の幼稚園または小・中学校に子どもを入園・入学させることを希望する場合には、住居地の市区町村の教育委員会（多くの場合市区町村の役所と同じ建物の中にあります）へ、公立学校の場合には都道府県の教育委員会へ、また、保育所の場合は、市区町村の福祉事務所へ問い合わせてください。（直接足を運ぶ場合には、子どもの在留カードの上に学校の名称や住所を記載することが必要です。）

3-8 子どもの教育

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 students 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>3-6</td>
<td>10,474</td>
<td>0.5%</td>
<td>35.7%</td>
<td>63.8%</td>
</tr>
<tr>
<td>6-12</td>
<td>19,892</td>
<td>0.3%</td>
<td>98.5%</td>
<td>1.2%</td>
</tr>
<tr>
<td>12-15</td>
<td>10,270</td>
<td>0.7%</td>
<td>91.7%</td>
<td>7.6%</td>
</tr>
<tr>
<td>15-18</td>
<td>4,897</td>
<td>0.3%</td>
<td>72.7%</td>
<td>27.0%</td>
</tr>
</tbody>
</table>

(Statistical Abstract 2019 Edition [Education, Culture, Sports, Science and Technology])

Additionally, appropriate education is provided for disabled students based on their disabilities, such as special needs schools for the sight-impaired, the hearing-impaired, and other special needs schools. There are also special needs classes at elementary and junior high schools.

In addition to kindergartens under the jurisdiction of the Ministry of Education, Culture, Sports, Science and Technology (MEXT), there are facilities such as nursery schools under the jurisdiction of the Ministry of Health, Labour and Welfare (MHLW), as well as certified child centers (nintei-kodomo-en) under the jurisdiction of the Cabinet Office, MEXT and MHLW for children 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 prefectural Board of Education. If you would like to enroll them in a nursery school, you should apply at the welfare office of your city, ward, town or village. (When you go to enroll your children, bring their Residence 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.

Public high school tuition is free, but parents must pay fees for enrollment, textbooks, and school excursions. The policy of free high school tuition may be revised in the future.

### Estimated School Expenses (Annual, per student)

<table>
<thead>
<tr>
<th>School Level</th>
<th>National/Public (Locally-Affiliated)</th>
<th>Private</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten</td>
<td>¥120,000</td>
<td>¥320,000</td>
</tr>
<tr>
<td>Elementary School</td>
<td>¥60,000</td>
<td>¥870,000</td>
</tr>
<tr>
<td>Junior High School</td>
<td>¥130,000</td>
<td>¥1,000,000</td>
</tr>
<tr>
<td>Senior High School</td>
<td>¥280,000</td>
<td>¥760,000</td>
</tr>
</tbody>
</table>

(FY2016 Survey of Household Expenditure for Children's Education, MEXT)

#### 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 these children. These schools show a positive attitude toward accepting overseas children. In 1998, the first systematic curriculum for Japanese language instruction was created. At present, plans are being made to further propagate this program and expand awareness. However, to accept overseas children is still at an early stage. The need to strengthen such Japanese-language instruction is being treated as an urgent issue. Considerable efforts on the part of school personnel, parents, as well as children themselves are required when children from overseas enter an environment where the language and customs are different.

3-8-5 International Schools

International schools are used to receiving children from overseas. Since they are established to educate the children of foreigners living in Japan, their curricula differ from those of Japanese elementary and junior high schools. The tuition and other fees at these schools vary depending on the school, however, and are considerably higher than those of Japanese schools.

3-9 Information Provided by Local International Exchange Associations

In all prefectures and certain designated cities around Japan, there are local international exchange associations approved by the Ministry of Internal Affairs and Communications. They perform a variety of activities. One of these activities is to provide essential information in English and other languages to foreign residents about living in Japan. Though the content of the information varies with each association, it is generally beneficial information on topics such as information provided by the Japanese language schools in your area, hospitals and clinics, educational facilities, and more. We recommend that you take advantage of this information.

Some of these associations also provide information through a website in English and other languages such as Korean, Chinese, French, and Spanish. (See Appendix VII.)
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.

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

Asagao (Morning Glory)
What this flower signifies in Japan:
Unrequited love, strong bonds, love
It is just not summer in Japan without the morning glory. Morning glories came from China during the Heian Period (794–1185), and were cultivated as an expensive medicinal plant. During the Edo Period (1603–1868), the asagao was further cultured and became popular as a flower for display.

ō, ū: Pronunciation should be lengthened, like “oh” and “you.”
Chapter 4
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 Emergency Contact Numbers

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 get lost on their way.
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, Residence Card, and health insurance card with you. Please also call your host institution immediately.

4-1-3  Counseling Service
If you are stressed out and feel overwhelmed by everyday life in Japan and work that you’re not accustomed to, please do not keep everything bottled up inside. The counseling service center below offers free, confidential consultations in English and other languages.

★ Tokyo English Life Line
Tel: 03-5774-0992
(9:00 a.m. to 11:00 p.m.)
URL: http://www.telljp.com/
4-1-4 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 health conditions, subjective symptoms, and your medical history.

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

<table>
<thead>
<tr>
<th>Medical examination procedure</th>
<th>Shinryō-kōi</th>
<th>診療行為</th>
</tr>
</thead>
<tbody>
<tr>
<td>Examination</td>
<td>shinsatsu</td>
<td>診察</td>
</tr>
<tr>
<td>Administer medicine</td>
<td>tōyaku</td>
<td>投薬</td>
</tr>
<tr>
<td>Injection</td>
<td>chūsha</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>麻酔</td>
</tr>
</tbody>
</table>

ō, ū: Pronunciation should be lengthened, like “oh” and “you.”
Explanation of symptoms 症状を訴える
[Since when] + [frequency] + [symptom]，in this order
【いつから】 ＋ 【頻度】 ＋ 【症状】の順で

Since when 『Itsukara』【いつから】

<table>
<thead>
<tr>
<th>英語</th>
<th>ローマ字</th>
<th>日本語</th>
</tr>
</thead>
<tbody>
<tr>
<td>Since ( ) month(s) ago.</td>
<td>( ) kagetsu mae kara</td>
<td>（ ）か月前から</td>
</tr>
<tr>
<td>Since ( ) week(s) ago.</td>
<td>( ) shuuken mae kara</td>
<td>（ ）週間前から</td>
</tr>
<tr>
<td>Since ( ) day(s) ago.</td>
<td>( ) nichi mae kara</td>
<td>（ ）日前から</td>
</tr>
<tr>
<td>Since yesterday.</td>
<td>kinō kara</td>
<td>きのうから</td>
</tr>
<tr>
<td>Since last night.</td>
<td>sakuya kara</td>
<td>昨夜から</td>
</tr>
<tr>
<td>Since 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</th>
<th>ローマ字</th>
<th>日本語</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 『Shōjō』【症状】

<table>
<thead>
<tr>
<th>英語</th>
<th>ローマ字</th>
<th>日本語</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>nibui itami</td>
<td>にぶい痛み</td>
</tr>
<tr>
<td>It's a sharp pain.</td>
<td>sasuyouna itami</td>
<td>刺すような痛み</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 『Kotai』身体の名称

- Head atama
- Neck kubi
- Elbow hiji
- Hand te
- Leg ashi
- Foot ashi
- Eyes me
- Ear mimi
- Mouth kuchi
- Throat nodo
- Throat/Abdomen onaka
- Chin ago
- Cheek mune
- Shoulder kata
- Back senaka
- Hip/Lower back koshi
- Arm ude
- Stomach/Abdomen hiza
- Knee hiza
- Hip/Lower back koshi
4-2 Earthquakes

Japan is a country of frequent earthquakes. When you feel tremors inside your home, first take shelter in a safe place—such as under a table—to protect yourself in case objects fall over or drop from shelves. After the big tremors subside, turn the stove off and unplug electric appliances to prevent fire, then open a door or window to secure an exit. Most buildings in Japan are earthquake-proof, so keep calm and stay inside the house. Leaving your home/office 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 food (supply for some days), and shoes. Always keep your passport, Residence Card, health insurance card and other valuables 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 from the local municipal office, fire department, police and similar sources to be sure you receive correct information.

Emergency Earthquake Alerts
This is one of the Japan Meteorological Agency’s early earthquake alert systems. An alert is issued less than a minute before tremors from an earthquake with a seismic intensity in the low 5 range or higher will start, sent through television and radio broadcasts, government disaster prevention radio system broadcasts, messages sent to cellphones, and in-building broadcasts.

4-2-3 Tsunamis
When the epicenter of an earthquake occurs at a shallow depth beneath the ocean floor, the seabed may move up and down and generate a tsunami.

When a tsunami with a height of over twenty centimeters is predicted, a tsunami advisory will be issued. If you hear such an advisory, please move away from the shoreline quickly and head inland.

A tsunami with a height of over a meter is capable of causing damage to wooden buildings. A predicted tsunami of that size will trigger a tsunami warning, while one with a predicted height of more than three meters will trigger a major tsunami warning. Please evacuate immediately to a safe location on high ground if you hear either of these warnings.

Note: Tsunami advisories and warnings may not be issued in time to help people escape from a tsunami generated close to the shore. If you are near the coast and feel strong shaking, prepare for a possible tsunami.
4-2-4 Life Safety Learning Center

The Tokyo Fire Department operates the Ikebukuro Life Safety Learning Center and Honjo Life Safety Learning Center (URL: http://www.tfd.metro.tokyo.jp/hp-hjbskan/). Both centers teach people about disaster preparedness and first-aid measures and offer disaster simulation experiences. There are similar facilities throughout Japan, mainly operated by local governments. Please call your local municipal office for more information.

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. If your TV or radio is compatible with this system, 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. Emergency information is broadcast in English, Chinese, Korean and Portuguese on the subchannels of general ("sogo") NHK, NHK Educational TV, BS1, BS Premium, BS 4K and BS 8K, and NHK radio station No. 2 (Tokyo area: 693 kHz).

Note: To find out if your TV or radio is compatible with this system, please check the instruction manual, etc.

Major Disaster Information Websites

★ Cabinet Office Disaster Information
   URL: http://www.bousai.go.jp/index.html
★ Tokyo Metropolitan Government Disaster Prevention Information
   URL: http://www.bousai.metro.tokyo.lg/jp/
★ NHK World
   URL: http://www3.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、まれに停電、断水が生じます。台風が近づいたときはガラス戸を補強したり、庭の植木鉢やベランダの物干しなど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 水害・土砂災害
日本は台風だけでなく、季節の変わり目に梅雨前線や秋雨前線が停滞してしばしば大雨や集中豪雨に見舞われ、大きな被害をもたらすことがあります。水害、土砂災害などは天気予報などで情報収集し、被害を少なくするために早めの準備をすることができます。

4-4-1 防災気象情報
土砂災害・洪水などによって命に危険が及び、避難行動が必要になるタイミング（判断基準）とエリア（対象区域）のガイドラインを5段階の「警戒レベル」で示しています。

水害・土砂災害の警戒レベル

<table>
<thead>
<tr>
<th>警戒レベル</th>
<th>取るべき行動</th>
<th>市町村が発令</th>
<th>気象庁が発表</th>
</tr>
</thead>
<tbody>
<tr>
<td>レベル5</td>
<td>命を守る行動</td>
<td>お isi は乖乖いほう災害の発生情報</td>
<td>大雨特別警報、災害発生情報</td>
</tr>
<tr>
<td>レベル4</td>
<td>対象地域は全員避難</td>
<td>お isi は乖乖いほう避難勧告、乖乖い做避難指示</td>
<td>地方区分災害警報情報、乖乖い做災害危険情報</td>
</tr>
<tr>
<td>レベル3</td>
<td>乖乖い做避難準備、乖乖い做避難指導</td>
<td>乖乖い做避難準備情報</td>
<td>大雨警報、乖乖い做洪水警報、乖乖い做洪水危険情報</td>
</tr>
<tr>
<td>レベル2</td>
<td>乖乖い做避難行動の確認</td>
<td>—</td>
<td>大雨注意報、乖乖い做洪水注意報、乖乖い做洪水危険情報</td>
</tr>
<tr>
<td>レベル1</td>
<td>災害への心構えを</td>
<td>—</td>
<td>乖乖い做災害注意情報</td>
</tr>
</tbody>
</table>

4-3 Typhoons
Typhoons 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 Floods and Landslide Disaster
In addition to typhoons, Japan has seasonal rain fronts and rain fronts that remain stationary around the change of seasons. These produce heavy and even torrential rains that can cause massive disasters. Prepare for floods and landslide disasters early, and lessen the damage by heeding weather forecasts and other methods.

4-4-1 Disaster Prevention Weather Information
A five-step danger level indicator guideline shows the timing (decision criteria) and areas (targeted areas) where evacuations are necessary due to landslides or floods.

<table>
<thead>
<tr>
<th>Danger level</th>
<th>Actions to take</th>
<th>Issued by municipalities</th>
<th>Issued by the Japan Meteorological Agency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 5</td>
<td>Actions to protect your life</td>
<td>Disaster occurrence</td>
<td>Special heavy rain warning, overflow occurrence information</td>
</tr>
<tr>
<td>Level 4</td>
<td>Everyone in target areas must evacuate</td>
<td>Evacuation advisory, evacuation order</td>
<td>Landslide warning, overflow danger</td>
</tr>
<tr>
<td>Level 3</td>
<td>Prepare to evacuate (the elderly and disabled should start to evacuate)</td>
<td>Evacuation preparation</td>
<td>Heavy rain warning, flood warning, overflow warning</td>
</tr>
<tr>
<td>Level 2</td>
<td>Confirm evacuation procedures</td>
<td>—</td>
<td>Heavy rain advisory, flood advisory, overflow advisory</td>
</tr>
<tr>
<td>Level 1</td>
<td>Prepare for disasters</td>
<td>—</td>
<td>Early warning</td>
</tr>
</tbody>
</table>
4-4-2 Preparing for a Disaster

1) Check the hazard map of your neighborhood.
2) Confirm the evacuation sites in your area, and if you have a family, decide on a group evacuation site.
3) Everyone should evacuate if a “Danger level 4” is issued.

Note: When a municipality sends out an evacuation alert, it will be announced on TV, radio and the Internet as well as through government disaster prevention radio systems and public announcement vehicles.

Hazard Map

This map displays information such as where natural disasters are expected to occur, affected areas and degrees of damage, and evacuation routes and evacuation sites.

Each municipality makes these maps, which they distribute or make available at facilities and on the municipality website.
4-5 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、気候はだいたい温暖です。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め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なっています。

<table>
<thead>
<tr>
<th>札幌</th>
<th>Sapporo</th>
<th>仙台</th>
<th>Sendai</th>
<th>東京</th>
<th>Tokyo</th>
<th>新潟</th>
<th>Niigata</th>
<th>大阪</th>
<th>Osaka</th>
<th>福岡</th>
<th>Fukuoka</th>
</tr>
</thead>
<tbody>
<tr>
<td>平均気温 (℃)</td>
<td>Average Temperature</td>
<td>-2.6</td>
<td>-4.2</td>
<td>2.4</td>
<td>8.2</td>
<td>13.4</td>
<td>16.6</td>
<td>21.4</td>
<td>22.1</td>
<td>18.4</td>
<td>19.6</td>
</tr>
<tr>
<td>平均湿度 (%)</td>
<td>Average Humidity</td>
<td>66</td>
<td>65</td>
<td>62</td>
<td>57</td>
<td>63</td>
<td>69</td>
<td>77</td>
<td>79</td>
<td>69</td>
<td>72</td>
</tr>
</tbody>
</table>

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

### 4-5 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:

<table>
<thead>
<tr>
<th>札幌</th>
<th>Sapporo</th>
<th>仙台</th>
<th>Sendai</th>
<th>東京</th>
<th>Tokyo</th>
<th>新潟</th>
<th>Niigata</th>
<th>大阪</th>
<th>Osaka</th>
<th>福岡</th>
<th>Fukuoka</th>
</tr>
</thead>
<tbody>
<tr>
<td>平均気温 (℃)</td>
<td>Average Temperature</td>
<td>-2.6</td>
<td>-4.2</td>
<td>2.4</td>
<td>8.2</td>
<td>13.4</td>
<td>16.6</td>
<td>21.4</td>
<td>22.1</td>
<td>18.4</td>
<td>19.6</td>
</tr>
<tr>
<td>平均湿度 (%)</td>
<td>Average Humidity</td>
<td>66</td>
<td>65</td>
<td>62</td>
<td>57</td>
<td>63</td>
<td>69</td>
<td>77</td>
<td>79</td>
<td>69</td>
<td>72</td>
</tr>
</tbody>
</table>

(気象庁 2018年気象統計情報より作成) (Meteorologic Statistical Information 2018 by Japan Meteorological Agency)
### 4-6 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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Holiday Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 1</td>
<td>New Year’s Day</td>
</tr>
<tr>
<td>January 2 through 3</td>
<td>New Year Holidays 1)</td>
</tr>
<tr>
<td>2nd Monday of January</td>
<td>Coming-of-Age Day</td>
</tr>
<tr>
<td>February 11</td>
<td>National Foundation Day</td>
</tr>
<tr>
<td>February 23</td>
<td>The Emperor’s Birthday</td>
</tr>
<tr>
<td>March 21</td>
<td>Vernal Equinox 2)</td>
</tr>
<tr>
<td>April 1</td>
<td>Beginning of the new academic and fiscal year</td>
</tr>
<tr>
<td>April 29</td>
<td>Day of Showa</td>
</tr>
<tr>
<td>May 3</td>
<td>Constitution Memorial Day</td>
</tr>
<tr>
<td>May 4</td>
<td>Greenery Day</td>
</tr>
<tr>
<td>May 5</td>
<td>Children’s Day</td>
</tr>
<tr>
<td>3rd Monday of July</td>
<td>Marine Day 3)</td>
</tr>
<tr>
<td>August 11</td>
<td>Mountain Day 3)</td>
</tr>
<tr>
<td>August 15</td>
<td>O-bon or Buddhist All Souls’ Day.</td>
</tr>
<tr>
<td>3rd Monday of September</td>
<td>Respect-for-the-Aged Day</td>
</tr>
<tr>
<td>September 23</td>
<td>Autumnal Equinox 2)</td>
</tr>
<tr>
<td>2nd Monday of October</td>
<td>Sports Day 3)</td>
</tr>
<tr>
<td>November 3</td>
<td>Culture Day</td>
</tr>
<tr>
<td>November 23</td>
<td>Labor Thanksgiving Day</td>
</tr>
<tr>
<td>December 29</td>
<td>New Year’s Eve Year-end Holidays 1)</td>
</tr>
<tr>
<td>December 31</td>
<td></td>
</tr>
</tbody>
</table>

### 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) The dates will be different in 2020 because of the Olympics and Paralympics.
4-7 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 properly handle foreign tourists as JNTO Certified Foreign Tourist Information Centers. As of the end of September 2019, JNTO has certified 1,207 centers in Japan that are permitted to display the program’s logo.

★ JNTO
4-4-1 Yotsuya, Shinjuku-ku, Tokyo 160-0004
Tel: 03-6691-4850 URL http://www.jnto.go.jp/eng/

★ JNTO Tourist Information Center (TIC)
1st Floor, Shin-Tokyo Bldg., 3-3-1 Marunouchi, Chiyoda-ku, Tokyo
Located on Marunouchi-Naka Dori Street side of Shin-Tokyo Bldg.
Tel: 03-3201-3331 URL http://www.jnto.go.jp/eng/

★ JNTO Certified Foreign Tourist Information Centers
For details, visit URL http://tic.jnto.go.jp/

Onsen (Hot Springs): Japan has a lot of volcanoes and geothermal activity, and you can find hot springs in various parts of the country. The mineral contents of onsen differ by region, offering a variety of health and aesthetic benefits. Be sure to enjoy some onsen during your stay in Japan.
4-8 Transportation between International Airports and Metropolitan Areas

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

**Major Certified Tourist Information Centers**

Haneda Airport International Passenger Flight Terminal 2F
Tel: 03-6428-0653

Narita International Airport Terminal 1, 1F Tel: 03-6428-0653
Narita International Airport Terminal 2, 1F Tel: 0476-30-3383
Kansai International Airport Terminal 1, 1F, center of the floor Tel: 072-456-6160

**Flight Information**

Narita International Airport
Tel: 03-6428-0653 URL http://www.narita-airport.jp/en/
Kansai International Airport
Tel: 072-455-2500 URL http://www.kansai-airport.or.jp/en/
New Chitose Airport
Tel: 0123-23-0111 URL http://www.new-chitose-airport.jp/

Haneda Airport (Tokyo International Airport) International Flights
Tel: 03-6428-0888 URL http://www.haneda-airport.jp/

Central Japan International Airport (Centrair)
Tel: 0569-38-1195 URL http://www.centrair.jp/en/
Fukuoka Airport
Tel: 092-621-0303 URL http://www.fukuoka-airport.jp/

**Haneda Airport (Tokyo International Airport) Access**

Haneda Airport Access

Harajuku Shibuya Shinbashi Roppongi

**Narita International Airport Access**

Narita Airport

Shinkansen

**Kansai International Airport Access**

Kansai International Airport

Osaka Station

Kyoto

Osaka

Wakayama

Nara
4-8-1 Narita International Airport

Narita Airport, Terminal 1
(Narita Airport Station)

Narita Airport, Terminal 2
(Airport Terminal 2 Station)

Note: There are three terminals in Narita International Airport, but the trains only stop at Terminals 1 and 2. To get to Terminal 3, either walk or use the free shuttle bus from Terminal 2.

Tokyo City Air Terminal (T-CAT)

Limousine bus
(approx. 60 min., fare: ¥2,800)

Tokyo Station

Keisei highway bus (Tokyo Shuttle)
(approx. 80 min., fare: ¥1,000)

Narita Express (JR)
(approx. 60 min., fare: ¥3,070)

Keisei Ueno Station

Skyliner
(approx. 40 min., fare: ¥2,520)

Ikebukuro Station

Limousine bus
(approx. 90 min., fare: ¥3,200)

Narita Express (JR)
(approx. 90 min., fare: ¥3,250)

Shinjuku Station

Limousine bus
(approx. 90 min., fare: ¥3,200)

Narita Express (JR)
(approx. 80 min., fare: ¥3,250)

Haneda Airport

Limousine bus
(approx. 65 min., fare: ¥3,200)

Yokohama Station

Narita Express (JR)
(approx. 90 min., fare: ¥4,370)

Yokohama City Air Terminal (YCAT)

Limousine bus
(approx. 85 min., fare: ¥3,700)

Tsuchiura Station East Exit / Tsukuba Center

Narita Airport Line (NATT’S)
(approx. 95 min., fare: ¥2,300)

Notes:
1) Fares are current as of October 2019.
2) Narita Express (JR) fares are the regular season rates.
4-8-2 Haneda Airport (Tokyo International Airport)

International Flights

Haneda Airport International Passenger Flight Terminal
(Haneda Airport International Terminal Station,
Tokyo Monorail Line and Keikyu Line)

- **Tokyo Station**
  - Keikyu (or Rapid Limited Express, “Kaitoku”) + JR
    - (approx. 35 min., fare: ¥700)

- **Shibuya Station**
  - Keikyu (or Rapid Limited Express, “Kaitoku”) + JR
    - (approx. 45 min., fare: ¥500)

- **Shibuya Station**
  - Monorail (Rapid) + JR
    - (approx. 25 min., fare: ¥660)

- **Shibuya Station**
  - Keikyu (or Rapid Limited Express, “Kaitoku”) + JR
    - (approx. 35 min., fare: ¥770)

- **Ikebukuro Station**
  - Keikyu (or Rapid Limited Express, “Kaitoku”) + JR
    - (approx. 45 min., fare: ¥570)

- **Yokohama Station**
  - Keikyu (or Rapid Limited Express, “Kaitoku”)
    - (approx. 25 min., fare: ¥340)

- **Narita International Airport**
  - Limousine bus
    - (approx. 65 min., fare: ¥2,200)

- **Tsukuba**
  - Monorail (Rapid) + Tsukuba Express*
    - (approx. 100 min., fare: ¥1,870)

- **Tsukuba**
  - Limousine bus
    - (approx. 120 min., fare: ¥1,900)

Notes:
1) Fares are current as of October 2019.
2) Tsukuba Express is a dedicated rapid train.
4-8-3 関西国際空港

関西国際空港

4-8-3 Kansai International Airport

Kansai International Airport

京都駅

JR（特急） (所要時間：約 80 分，料金：2,770 円)

リムジンバス (所要時間：約 85 分，料金：2,600 円)

新大阪駅

JR（特急） (所要時間：約 50 分，料金：2,260 円)

大阪駅

JR（快速） (所要時間：約 70 分，料金：1,210 円)

リムジンバス (所要時間：約 50 分，料金：1,600 円)

なんば駅 (なんば OCAT)

南海電鉄（ラピート） (所要時間：約 40 分，料金：1,450 円)

リムジンバス (所要時間：約 50 分，料金：1,100 円)

大阪国際空港（伊丹）

リムジンバス (所要時間：約 70 分，料金：2,000 円)

奈良駅

JR（快速、大王寺経由） (所要時間：約 90 分，料金：1,740 円)

リムジンバス (所要時間：約 85 分，料金：2,100 円)

和歌山駅

JR (所要時間：約 55 分，料金：900 円)

リムジンバス (所要時間：約 40 分，料金：1,200 円)

神戸三宮

リムジンバス (所要時間：約 65 分，料金：2,000 円)

Note: Fares are current as of October 2019.
4-9 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) URL http://tokyo.afnpacific.net/
American Forces Network, a worldwide radio service operated by the U.S. military.

★ FM radio

◇ Inter FM 897 (89.7 MHz) URL http://www.interfm.co.jp/
Radio NEO (79.5 MHz) URL http://radio-neo.com/
Broadcasts news and information in English and other languages in the Tokyo metropolitan area and Nagoya area.

◇ FM Cocolo (76.5 MHz) URL 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 URL http://the-japan-news.com/
◇ The Japan Times
Tel: 0120-036-242 URL http://www.japantimes.co.jp/
◇ The Asahi Shimbun / Asia & Japan Watch
Tel: 0120-383-636 URL http://www.asahi.com/ajw/

---

Japanese sentences translated into English:

【テレビ放送】

日本には、ローカル局を含めて多数のテレビ局があります。その中で、公営の放送局として受信料で運営されているのが日本放送協会（NHK）です。NHKを受信するには、受信料を支払う必要があります。

放送されるニュース、映画など番組によっては日本語と英語で放送されているものもあります。

また、ケーブルテレビ、衛星放送では、世界中の様々な番組をみることができますが、衛星放送を直接受信するには専用のアンテナ、チューナーと受信料が必要です。

【外国語によるラジオ放送】

★ ラジオ AM
◇ AFN (東京地区周波数 810kHz) American Forces Network
米軍放送網。 URL https://www.afnpacific.net/Local-Stations/Tokyo/

★ ラジオ FM
◇ Inter FM 897 (周波数 89.7MHz) URL http://www.interfm.co.jp/
Radio NEO (周波数 79.5MHz) URL http://radio-neo.com/
首都圏や名古屋を中心としたエリアに英語などの外国語でニュースや生活情報を放送。
◇ FM Cocolo (周波数 76.5MHz) URL http://cocolo.jp/
関西圏をエリアに英語などの外国語でニュースや生活情報を放送。

【英字新聞】

◇ The Japan News
Tel: 0120-431-159 URL http://the-japan-news.com/
◇ The Japan Times
Tel: 0120-036-242 URL http://www.japantimes.co.jp/
◇ The Asahi Shimbun / Asia & Japan Watch
Tel: 0120-383-636 URL http://www.asahi.com/ajw/

English newspapers are also available at station stands.
4-10 Sizes of Clothes and Shoes

■ Men's

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

■ Women's

<table>
<thead>
<tr>
<th>Country</th>
<th>Japan</th>
<th>USA</th>
<th>UK</th>
<th>France</th>
</tr>
</thead>
<tbody>
<tr>
<td>Japan</td>
<td>7</td>
<td>4</td>
<td>32</td>
<td>36</td>
</tr>
<tr>
<td></td>
<td>9</td>
<td>6</td>
<td>34</td>
<td>38</td>
</tr>
<tr>
<td></td>
<td>11</td>
<td>8</td>
<td>36</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>13</td>
<td>10</td>
<td>38</td>
<td></td>
</tr>
<tr>
<td></td>
<td>15</td>
<td>12</td>
<td>40</td>
<td></td>
</tr>
</tbody>
</table>

Note: Please use these figures as a guide only, as actual sizes vary among manufacturers and products.
第5章 学術関連情報

5-1 日本の科学技術体制と学術研究機関

日本の科学技術体制の基本方針として、平成28年1月に「第5期科学技術基本計画」（平成28年から令和2年）が閣議決定され、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ています。第6期科学技術基本計画は、令和3年に閣議決定される予定です。

これらの課題に取り組む行政体制として、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「総合科学技術イノベーショント会議」（平成26年5月に「総合科学技術会議」から名称変更）があり、平成13年1月の中央官庁再編により設置されました。また同時期に、教育、文化、学術を担当する文部省と科学技術庁が統合され、総合的に科学技術と学術の振興を図ることを任務とする文部科学省が設置されました。

その一環として、各研究機関は効果的運営を図る等を目的として、科学技術イノベーションの実施、平成27年4月からは、独立行政法人は業務の特性によって、中期目標管理法人、国立研究開発法人、行政執行法人の3つに区分されることになりました。日本学術振興会は平成15年に文部科学省所管の独立行政法人となり、平成27年に中期目標管理法人に区分されました（日本学術振興会についてはP.150を参照）。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。

日本における学術研究の進め方は、大学と大学共同利用機関法人及び各省内の国立研究所や独立行政法人などが中心の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。

Science and Technology Policy System in Japan

| Prime Minister | Cabinet Office | Provides frameworks for S&T policy |
| MEXT | Provides S&T policies and budgets |
| JSPS | Funding |
| Universities & Research Institutes / Researchers | Research and education |

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 Cabinet approved the “Fifth Science and Technology Basic Plan” (2016-20) at a January 2016 meeting as the basic guideline for creating and promoting the policies governing innovation in science and technology in Japan. The Sixth Science and Technology Basic Plan is set to be finalized at a 2021 Cabinet meeting.

An administrative system for handling these issues was established in January 2001, when Japan’s government reorganized its ministries and agencies. The former Ministry of Education, Science and Culture—responsible for education, culture and academic learning—and the Science and Technology Agency were merged to form the Ministry of Education, Culture, Sports, Science and Technology (MEXT), whose duty is to work on the comprehensive promotion of science, technology and academic learning. At the same time, the Council for Science and Technology Policy—renamed the Council for Science, Technology and Innovation in May 2014—was established within the Cabinet Office to deliberate on basic policies for science and technology from the viewpoint of the overall government.

In line with this, research institutes in Japan were reorganized into Incorporated Administrative Agencies with objectives that include encouraging more flexible operations. In April 2004, national universities were made national university corporations. Each university is expected to conduct operations with independence, developing their own unique style of education and research.

From April 2015, Incorporated Administrative Agencies were divided into three categories based on their operational characteristics: the Agency Managed under the Medium-term Objectives, the National Research and Development Agency, and the Agency Engaged in Administrative Execution. In 2003, the Japan Society for the Promotion of Science (JSPS) became an Incorporated Administrative Agency under the administration of MEXT, and it was...
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>93</td>
<td>84</td>
</tr>
<tr>
<td>Private universities</td>
<td>607</td>
<td>472</td>
</tr>
<tr>
<td>Total</td>
<td>786</td>
<td>642</td>
</tr>
</tbody>
</table>

(FY2019 Report on School Basic Survey, MEXT)

For summaries on individual universities (graduate schools), please refer to the website of the Japan Student Services Organization. URL https://www.jasso.go.jp/ryugaku/index.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 MEXT and Others

Japan also has a large number of research institutes (National Research Institutes, Incorporated Administrative Agencies, Quasi-
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 the Directory of Academic Societies, March 4, 2018).

Information about these societies is published in the online List of Academic Societies (URL http://gakkai.jst.go.jp/gakkai/), 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.

★ National Institute of Informatics,
Research Organization of Information and Systems

URL http://www.nii.ac.jp/en/
Main Services

1. **CiNii** (NII academic content portal)
   - Comprehensively searches various types of academic information, including academic papers, literature and periodicals.

2. **KAKEN** (the Grants-in-Aid for Scientific Research database)
   - Searches outlines of research results conducted under the grants-in-aid programs.

3. **NII-REO** (Electronic Journal Archive)
   - Provides a crossover search function among multiple electronic journals, and article abstracts can be viewed free of charge.

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

5. **NACSIS-CAT/ILL** (Catalog Information Services)
   - Provides a catalog database for literature and periodical materials held at university libraries and research institutions.

In addition, the **Japan Science and Technology Agency** (JST)—a national research and development agency under the jurisdiction of 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).

**Japan Science and Technology Agency**

URL: [http://www.jst.go.jp/EN/](http://www.jst.go.jp/EN/)

---

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. **researchmap**—A next-generation research infrastructure
   - Communication service for researchers that links various types of research databases open to the public.

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

5. **National Bioscience Database Center (NBDC)**
   - Provides databases such as the Human Organized Whole Genome Database (HOWDY-R).
Chapter 6

Japan Society for the Promotion of Science (JSPS)

Useful Japanese Expressions (4)

- **Numbers**

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

ū: Pronunciation should be lengthened, like “you.”

The naganakidori, a long-crowing rooster 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.
6-1 Japan Society for the Promotion of Science

Since the Japan Society for the Promotion of Science (JSPS) was established with an imperial endowment in 1932, it has been Japan’s premier funder of scientific research. JSPS has five basic pillars: (1) Create world-class knowledge in diverse fields; (2) Foster next generation of researchers who challenge to create new genres of knowledge; (3) Improve education/research functions that leverage strengths of universities, etc.; (4) Build robust international research base; and (5) Build comprehensive academic information analysis base. Based on these pillars, JSPS promotes academic research through the Grants-in-Aid for Scientific Research (KAKENHI) program—which is Japan’s biggest competitive funding program—and other subsidies; the Research Fellowship for Young Researchers program and other researcher development programs; international exchange related to academic research; and support for university reform and globalization. All fields of research are eligible for support, from the humanities and social sciences to the natural sciences. The special characteristic of JSPS is that it emphasizes bottom-up support for the researcher’s creative ideas.

The JSPS Tokyo Headquarters, located in the Kojimachi district of Tokyo’s Chiyoda Ward, has ten organizational units—Administration Department, Policy Planning Department, Headquarters for International Affairs, International Program Department, Human Resource Development Program Department, Research Program Department, Research Center for Science Systems, Center for Science Information Analysis, Center for World Premier International Research Center Initiative, and Center for Constructing Data Infrastructure for the Humanities and Social Sciences—with a total of 175 full-time employees. In addition to its headquarters in Tokyo, JSPS has ten liaison offices overseas in nine countries. As of 2015, the organization established a new post, JSPS Science Advisor, in São Paulo to collect information on research trends and provide specialized advice in Brazil and neighboring areas. Cooperative ties have been built with 98 overseas counterpart institutions—including two international institutions—in 50 countries around the world to promote various international programs (as of June 2019). JSPS plays a crucial role as the Japan’s premier funder of scientific research.

Please refer to the list on page 153 for the JSPS programs. For details on each program, such as the KAKENHI program, the World Premier International Research Center Initiative (WPI), fellowship programs, and outreach programs, please see the JSPS website or brochure.

### 6-1-1 日本学術振興会の事業一覧

<table>
<thead>
<tr>
<th>6-1-1 List of JSPS Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>事業名</strong></td>
</tr>
<tr>
<td>---</td>
</tr>
<tr>
<td>Ⅰ 世界レベルの多様な知の創 造</td>
</tr>
<tr>
<td>科学研究費助成事業</td>
</tr>
<tr>
<td>二国間交流事業</td>
</tr>
<tr>
<td>共同研究・セミナー</td>
</tr>
<tr>
<td>特定国派遣研究者事業</td>
</tr>
<tr>
<td>日独共同大学院プログラム</td>
</tr>
<tr>
<td>国際共同研究事業</td>
</tr>
<tr>
<td>研究拠点形成事業</td>
</tr>
<tr>
<td>題目設定による先導的人文学・社会科学研究推進事業</td>
</tr>
<tr>
<td>人文学・社会科学データインフラストラクチャー構築推進事業</td>
</tr>
<tr>
<td>Ⅱ 知の開拓に挑戦する次世代の研究者の養成</td>
</tr>
<tr>
<td>特別研究員</td>
</tr>
<tr>
<td>海外特別研究員</td>
</tr>
<tr>
<td>若手研究者海外挑戦プログラム</td>
</tr>
<tr>
<td>国際的な活躍が期待できる研究者の育成</td>
</tr>
<tr>
<td>外国人研究者招へい事業</td>
</tr>
<tr>
<td>外国人特別研究員</td>
</tr>
<tr>
<td>A. サマ－・プログラム</td>
</tr>
<tr>
<td>B.戦略的プログラム</td>
</tr>
<tr>
<td>C.短期</td>
</tr>
<tr>
<td>D.一般</td>
</tr>
<tr>
<td>外国人招へい研究者</td>
</tr>
<tr>
<td>E.長期</td>
</tr>
<tr>
<td>F.短期</td>
</tr>
<tr>
<td>ヨンパック（博士号）プログラム</td>
</tr>
<tr>
<td>サイエンス・ダイアログ</td>
</tr>
<tr>
<td>HOPE ミーティング：ノーベル賞受賞者との5日間</td>
</tr>
<tr>
<td>リンダウ：ノーベル賞受賞者会議派遣事業</td>
</tr>
<tr>
<td>博士後期教育リーディングプログラム</td>
</tr>
<tr>
<td>学術セミナーの実施</td>
</tr>
<tr>
<td>ノーベル・プラザ：ダイアログ</td>
</tr>
<tr>
<td>先端科学（FoS）シンポジウム事業</td>
</tr>
<tr>
<td>順進研究員事業</td>
</tr>
<tr>
<td>Ⅲ 大学等の強みを生かした教育研究機能の強化</td>
</tr>
<tr>
<td>世界トップレベル研究拠点プログラム（WPI）</td>
</tr>
<tr>
<td>博士課程教育リーディングプログラム</td>
</tr>
<tr>
<td>卓越大学院プログラム</td>
</tr>
<tr>
<td>大学教育再生加速プログラム（AP）</td>
</tr>
<tr>
<td>地（知）の拠点大学による地方創生推進事業（COC+）</td>
</tr>
<tr>
<td>大学の世界展開力強化事業</td>
</tr>
<tr>
<td>スーパーグローバル大学創成支援事業</td>
</tr>
<tr>
<td>Ⅳ 強固な国際研 究基盤の構築</td>
</tr>
<tr>
<td>Ⅴ 横断的 事項</td>
</tr>
<tr>
<td>ひらめき☆ときめきサイエンス～ようこそ大学の研究室へ～KAKENHI</td>
</tr>
<tr>
<td>卓越研究成果公開事業</td>
</tr>
<tr>
<td>藤田記念医学研究振興基金研究助成事業</td>
</tr>
<tr>
<td>学術関係国際会議開催募金事務の受託</td>
</tr>
<tr>
<td>研究公正推進事業</td>
</tr>
<tr>
<td>Ⅵ 顕彰</td>
</tr>
<tr>
<td>国際生物学賞</td>
</tr>
<tr>
<td>日本学術振興会賞</td>
</tr>
<tr>
<td>日本学術振興会育志賞</td>
</tr>
</tbody>
</table>
Chapter 6  Japan Society for the Promotion of Science (JSPS)

Map and Contact Information of JSPS Head Office

Access:
About eight-minute walk from Yotsuya Station (use Exit Kojimachi-guchi) on JR Chuo Line or Sobu Line.
About ten-minute walk from Yotsuya Station (use Exit No.1) on subway Marunouchi Line or Nanboku Line.
About six-minute walk from Kojimachi Station (use Exit No.2) on subway Yurakucho Line.

Japan Society for the Promotion of Science (as of November 2019)
URL https://www.jsps.go.jp/

5-3-1 Kojimachi, Chiyoda-ku, Tokyo 102-0083

<table>
<thead>
<tr>
<th>Division/Office</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Affairs Division</td>
<td>+81-3(3263)1722</td>
</tr>
<tr>
<td>Budget and Accounting Division</td>
<td>+81-3(3263)2083</td>
</tr>
<tr>
<td>Policy Planning Division</td>
<td>+81-3(3263)3461</td>
</tr>
<tr>
<td>Institutional Research and Information Division</td>
<td>+81-3(3263)2365</td>
</tr>
<tr>
<td>Public Relations Office</td>
<td>+81-3(3263)1842</td>
</tr>
<tr>
<td>International Research Cooperation Div. I</td>
<td>+81-3(3263)1826</td>
</tr>
<tr>
<td>International Research Cooperation Div. II</td>
<td>+81-3(3263)1769</td>
</tr>
<tr>
<td>Overseas Fellowship Division</td>
<td>+81-3(3263)2368</td>
</tr>
<tr>
<td>University Cooperation Program Division</td>
<td>+81-3(3263)0994</td>
</tr>
<tr>
<td>Research Fellowship Division</td>
<td>+81-3(3263)3576</td>
</tr>
<tr>
<td>Overseas Training Program Division</td>
<td>+81-3(3263)1943</td>
</tr>
<tr>
<td>University-Industry Cooperation and Research Program Division</td>
<td>+81-3(3263)4645</td>
</tr>
<tr>
<td>Research Aid Planning Division</td>
<td>+81-3(3263)0964</td>
</tr>
<tr>
<td>Research Aid Division I</td>
<td>+81-3(3263)0976</td>
</tr>
<tr>
<td>Research Aid Division II</td>
<td>+81-3(3263)1431</td>
</tr>
<tr>
<td>International Policy Planning Division</td>
<td>+81-3(3263)1798</td>
</tr>
<tr>
<td>Research Integrity and Auditing Office</td>
<td>+81-3(3263)5104</td>
</tr>
<tr>
<td>Research Center for Science Systems</td>
<td>+81-3(3263)1882</td>
</tr>
<tr>
<td>Center for Science Information Analysis</td>
<td>+81-3(3263)1971</td>
</tr>
<tr>
<td>Center for World Premier International Research Center Initiative(WPI Program Center)</td>
<td>+81-3(3263)0967</td>
</tr>
<tr>
<td>Center for Constructing Data Infrastructure for the Humanities and Social Sciences</td>
<td>+81-3(3263)4645</td>
</tr>
</tbody>
</table>

JSPS office 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, Sundays, national holidays and on September 21 (JSPS Foundation Day).
6-2 Services for JSPS Fellows

JSPS offers the following services to help foreign researchers who have come to Japan under a JSPS program so that they can spend fruitful research life in Japan and continue to develop their network with international and Japanese researchers after returning their home countries.

(1) Services for current JSPS fellows
- Distribution of Life in Japan for Foreign Researchers before they come to Japan
- Orientations for the fellows of the JSPS Postdoctoral Fellowships for Research in Japan (Standard) program after their arrival (four or five times a year)

(2) Services for post JSPS fellows
- Support for the formation of a researcher community (alumni association) and related activities
- BRIDGE Fellowship Program (only for alumni association members)

(3) Services for all JSPS fellows
Note: The portal site JSPS Fellows Plaza provides details of the following services.

URL: https://www.jsps.go.jp/english/e-plaza/index.html
- Find Nearby Fellows (a database of active fellows arranged by area of residence and research field)
- Posting of an online version of Life in Japan
- Testimonials and advice, etc., from participants in past programs
- Photos of orientations for the JSPS Postdoctoral Fellowships for Research in Japan (Orientation Photo Album)
- Management and operation of a SNS of researchers, “JSPS Researchers Network (JSPS-Net)”
6-3 Researcher Community Network (Alumni Association)

JSPS supports the formation of researcher communities (alumni associations) of the former 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 even after the completion of their fellowship tenure. As of October 2019, 20 researcher communities had formally received certification from JSPS, and about 25 percent of former fellows—a total of 26,000 since the fellowship programs were launched—belong to one of them. As JSPS alumni associations, these groups receive support from the JSPS head office and overseas branches, and independently engage in such activities as periodically hosting academic symposia, publishing newsletters and e-mail magazines. Many overseas 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:

URL: https://www.jsps.go.jp/english/e-plaza/20_alumni.html
The JSPS has ten liaison offices in nine countries to reinforce relations and foster international exchanges between Japan and various countries in the fields of research and technology, and is actively pursuing the activities mentioned below. In addition, a JSPS science advisor in São Paulo, Brazil collects information on research trends and provides specialized advice in Brazil and neighboring areas.

○ Working together with overseas research promotion institutes that have cooperative agreements with the JSPS
○ Holding symposiums and colloquia with the cooperation of overseas research institutes
○ Cooperate with Japanese universities and support the development of their overseas activities
○ Build and support networks formed among former participants in JSPS programs, such as fellowships
○ Disseminate information on scientific trends in Japan and gather information on academic trends and university reforms overseas

Chapter 6 Japan Society for the Promotion of Science (JSPS)

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: +1-202-639-8190 Fax: +1-202-639-8199 E-mail: info@jspsusa.org [URL] 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 [URL] 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 [URL] 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 [URL] http://www.jsps.org

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 [URL] http://jsps.unistra.fr

タイ Thailand
バンコク研究連絡センター JSPS Bangkok Office
No.1016/3, 10th Fl., Sornmit Tower, 159 Sukhumvit Soi 21, Bangkok 10110, THAILAND
Tel: +66-2-661-6533 Fax: +66-2-661-6535 E-mail: jspsbkk@jsps-th.org [URL] http://www.jsps-th.org

中国 China
北京研究連絡センター JSPS Beijing Office
A-404, China Foreign Language Mansion, No. 89 Xisanhuan Beilu, Haidian District, Beijing 100089, P.R. CHINA
Tel: +86-10-8882-4331 Fax: +86-10-8882-4332 E-mail: beijing@jsps.org.cn [URL] http://www.jsps.org.cn

エジプト Egypt
カイロ研究連絡センター JSPS Cairo Research Station
9 Al-Kamel Muhammad Street, Flat No. 4, Zamalek, Cairo, EGYPT
Tel & Fax: +20-2-27363752 E-mail: webmaster@jspscairo.com [URL] http://jspscairo.com

ケニア Kenya
ナイロビ研究連絡センター JSPS Nairobi Research Station
House Number 3, Windy Ridge Heights on L. R. No.195/31 and 28, Off Dagoretti Road, 3D Lane, Karen, Nairobi, KENYA
Tel: +254-20-4348000 E-mail: jsps1@africaonline.co.ke [URL] https://www.jspsnairobi.org

ブラジル Brazil
二宮正人サンパウロ海外アドバイザー
Masato Ninomiya, JSPS Science Advisor in Sao Paulo
E-mail: ninomiya@jspsbr.org [URL] https://www.jsps.go.jp/english/saopaulo/index.html
6-5 Japan Society for the Promotion of Science (JSPS)

JSPS’s Overseas Counterpart Institutions

The JSPS has built ties with the following 98 research promotion institutes in 50 countries, including two international institutes, creating a strong and diverse international cooperative network for promoting JSPS bilateral programs and fellowship programs for overseas research:

<table>
<thead>
<tr>
<th>Region</th>
<th>Country/Region</th>
<th>Counterpart Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asia</td>
<td>Bangladesh</td>
<td>University Grants Commissions of Bangladesh (UGC) ♦</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bangladesh Academy of Sciences (BAS) ★</td>
</tr>
<tr>
<td></td>
<td>China</td>
<td>Chinese Academy of Sciences (CAS) ♦</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chinese Academy of Social Sciences (CASS) ♦</td>
</tr>
<tr>
<td></td>
<td></td>
<td>China Scholarship Council (CSC) ♦</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ministry of Education (MOE) ♦</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ministry of Science and Technology (MOST) ♦</td>
</tr>
<tr>
<td></td>
<td></td>
<td>National Natural Science Foundation of China (NSFC) ♦★</td>
</tr>
<tr>
<td></td>
<td>India</td>
<td>Department of Science and Technology (DST) ♦★</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Indian Council of Historical Research (ICHR) ♦★</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Indian Council of Social Science Research (ICSSR) ♦★</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The Indian National Science Academy (INSA) ♦★</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Indonesian Institute of Sciences (LIPI) ♦★</td>
</tr>
<tr>
<td></td>
<td>Korea, Rep.</td>
<td>National Research Foundation of Korea (NRF) ★★</td>
</tr>
<tr>
<td></td>
<td>Malaysia</td>
<td>Vice-Chancellors' Council of National Universities in Malaysia (VVC) ★</td>
</tr>
<tr>
<td></td>
<td>Myanmar</td>
<td>Ministry of Education ★</td>
</tr>
<tr>
<td></td>
<td>Philippines</td>
<td>Department of Science and Technology (DOST) ★★</td>
</tr>
<tr>
<td></td>
<td>Singapore</td>
<td>National University of Singapore (NUS) ★★</td>
</tr>
<tr>
<td></td>
<td>Thailand</td>
<td>National Research Council of Thailand (NRCT) ★★</td>
</tr>
<tr>
<td></td>
<td>Vietnam</td>
<td>Ministry of Science and Technology (MOST) ★★</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vietnam Academy of Science and Technology (VAST) ★★</td>
</tr>
<tr>
<td></td>
<td>Taiwan</td>
<td>Academia Sinica ★</td>
</tr>
<tr>
<td>Oceania</td>
<td>Australia</td>
<td>Australian Academy of Science (AAS) ★★★</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Australian Research Council (ARC) ★</td>
</tr>
<tr>
<td></td>
<td>New Zealand</td>
<td>Ministry of Business, Innovation and Employment (MBIE) ★</td>
</tr>
<tr>
<td></td>
<td>Egypt</td>
<td>The Royal Society of New Zealand (RSNZ) ★★★</td>
</tr>
<tr>
<td></td>
<td>Kenya</td>
<td>Ministry of Higher Education and Scientific Research (MHESR) ★</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Science and Technology Development Fund (STDF) ★</td>
</tr>
<tr>
<td></td>
<td>South Africa</td>
<td>National Research Foundation (NRF) ★★★</td>
</tr>
<tr>
<td></td>
<td>Tunisia</td>
<td>Ministry of Higher Education and Scientific Research (MHESR) ★</td>
</tr>
<tr>
<td></td>
<td></td>
<td>National Commission for Science, Technology and Innovation (NACOSTI) ★★★</td>
</tr>
<tr>
<td>Europe</td>
<td>Austria</td>
<td>Austrian Academy for International Cooperation in Education and Research (OeAD-GbF) ★★★</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Austrian Science Fund (FWF) ★★★</td>
</tr>
<tr>
<td></td>
<td>Belgium</td>
<td>Federal Ministry of Science and Research (BMWP) ★★</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Research Foundation-Flanders (FWO) ★★★</td>
</tr>
<tr>
<td></td>
<td>Bulgaria</td>
<td>Ministry of Education and Science of Bulgaria (MES) ★★</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The Bulgarian National Science Fund (BNSF) ★★</td>
</tr>
<tr>
<td></td>
<td>Czech Rep.</td>
<td>Czech Academy of Sciences (CAS) ★★★</td>
</tr>
<tr>
<td>North America</td>
<td>Canada</td>
<td>Canadian Institute For Advanced Research (CIFAR) ★</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Natural Sciences and Engineering Research Council of Canada (NSERC) ★★★</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mitacs ★★★</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Social Sciences and Humanities Research Council (SSHRC) ★★★</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Royal Society of Canada (RSC) ★★★</td>
</tr>
<tr>
<td></td>
<td>USA</td>
<td>National Academy of Sciences (NAS) ★★★</td>
</tr>
<tr>
<td></td>
<td></td>
<td>National Institutes of Health (NIH) ★★★</td>
</tr>
<tr>
<td></td>
<td></td>
<td>National Science Foundation (NSF) ★★★</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Social Science Research Council (SSRC) ★★★</td>
</tr>
<tr>
<td>Central/ South America</td>
<td>Argentina</td>
<td>National Council of Scientific and Technological Research (CONICET) ★</td>
</tr>
<tr>
<td></td>
<td>Brazil</td>
<td>Brazilian Federal Agency for Support and Evaluation of Graduate Education (CAPES) ★</td>
</tr>
<tr>
<td></td>
<td>Chile</td>
<td>Chilean National Commission for Scientific and Technological Research (CONICYT) ★★★</td>
</tr>
<tr>
<td></td>
<td>Mexico</td>
<td>National Council on Science and Technology (CONACYT) ★★★</td>
</tr>
<tr>
<td></td>
<td>Turkey</td>
<td>Turkish National Commission for Scientific and Technological Research (TUBITAK) ★★★</td>
</tr>
<tr>
<td></td>
<td>Israel</td>
<td>Ministry of Science and Technology ★★★</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Israel Science Foundation (ISF) ★★★</td>
</tr>
<tr>
<td></td>
<td>International Organizations</td>
<td>United Nations University (UNU) ★★★</td>
</tr>
</tbody>
</table>

Fellowships
- Postdoctoral Fellowship
- Bilateral Programs
  - Researcher Exchanges
  - Research Projects/ Seminars
  - Multilateral and Other Programs
### Japanese-Gregorian Year Conversion Table

<table>
<thead>
<tr>
<th>年号</th>
<th>令和 Reiwa</th>
<th>平成 Heisei</th>
<th>昭和 Shōwa</th>
<th>侯</th>
<th>1992</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>1992</td>
<td></td>
<td>38</td>
<td>1963</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>1993</td>
<td></td>
<td>39</td>
<td>1964</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>1994</td>
<td></td>
<td>40</td>
<td>1965</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>1995</td>
<td></td>
<td>41</td>
<td>1966</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>1996</td>
<td></td>
<td>42</td>
<td>1967</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>1997</td>
<td></td>
<td>43</td>
<td>1968</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>1998</td>
<td></td>
<td>44</td>
<td>1969</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>1999</td>
<td></td>
<td>45</td>
<td>1970</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>2000</td>
<td></td>
<td>46</td>
<td>1971</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>2001</td>
<td></td>
<td>47</td>
<td>1972</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>2002</td>
<td></td>
<td>48</td>
<td>1973</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>2003</td>
<td></td>
<td>49</td>
<td>1974</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>2004</td>
<td></td>
<td>50</td>
<td>1975</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>2005</td>
<td></td>
<td>51</td>
<td>1976</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>2006</td>
<td></td>
<td>52</td>
<td>1977</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>2007</td>
<td></td>
<td>53</td>
<td>1978</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>2008</td>
<td></td>
<td>54</td>
<td>1979</td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>2009</td>
<td></td>
<td>55</td>
<td>1980</td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>2010</td>
<td></td>
<td>56</td>
<td>1981</td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>2011</td>
<td></td>
<td>57</td>
<td>1982</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>2012</td>
<td></td>
<td>58</td>
<td>1983</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>2013</td>
<td></td>
<td>59</td>
<td>1984</td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>2014</td>
<td></td>
<td>60</td>
<td>1985</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>2015</td>
<td></td>
<td>61</td>
<td>1986</td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>2016</td>
<td></td>
<td>62</td>
<td>1987</td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>2017</td>
<td></td>
<td>63</td>
<td>1988</td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>2018</td>
<td></td>
<td>64</td>
<td>1989</td>
<td></td>
</tr>
<tr>
<td>31</td>
<td>2019</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>32</td>
<td>2020</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>33</td>
<td>2021</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Japanese calendar types have included a range of official and unofficial systems. At present, Japan uses the Gregorian calendar, together with year designations stating the year of the regin of the current emperor.

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

---

**Appendices**

巻末付録

カマツブキ

花言い葉「控えめな美しさ」

春の到来を告げる花。「吉祥」を

意味する花。花の付け根からボトリと散る姿は、首を落とす様を

連想させ武家に相応しくないとされた。現在でも病人や怪我人に贈

ることは避けられている。

**Tsubaki (Camellia)**

What this flower signifies in Japan: Beauty of modesty, pride

Camellias announce the arrival of spring. While the camellia is

considered a good omen on one hand, it was thought to be an

inappropriate flower for a samurai family because the way the flowers

fall to the ground made a person think of human heads

being cut off. Even today, people avoid giving camellias as gifts to

those who are sick or injured.
日本の行政機構图

Japanese Government Structure

- 内閣府
  - Cabinet Secretariat
  - Cabinet Legislation Bureau
  - National Personnel Authority
  - Board of Audit of Japan

- 内閣
  - Cabinet

- 宮内庁
  - Imperial Household Agency

- 公正取引委員会
  - Japan Fair Trade Commission

- 国家公安委員会
  - National Public Safety Commission

- 警察庁
  - National Police Agency

- 各庁
  - Ministry of Internal Affairs and Communications
  - Ministry of Justice
  - Ministry of Foreign Affairs
  - Ministry of Finance
  - Ministry of Education, Culture, Sports, Science and Technology
  - Ministry of Health, Labour and Welfare
  - Ministry of Agriculture, Forestry and Fisheries
  - Ministry of Economy, Trade and Industry
  - Ministry of Land, Infrastructure, Transport and Tourism
  - Ministry of the Environment
  - Ministry of Defence

- 各庁
  - Environmental Dispute Coordination Commission
  - Fire and Disaster Management Agency
  - Public Security Intelligence Agency
  - Public Security Examination Commission
  - Immigration Services Agency
  - National Tax Agency
  - Agency for Cultural Affairs
  - Sports Agency
  - Central Labour Relations Commission
  - Forestry Agency
  - Fisheries Agency
  - Agency for Natural Resources and Energy
  - Japan Patent Office
  - Small and Medium Enterprise Agency
  - Japan Meteorological Agency
  - 日本海岸警備隊
  - Japan Tourism Agency
  - Japan Transport Safety Board
  - Nuclear Regulation Authority
  - Acquisition, Technology and Logistics Agency
日本の学術行政組織図
Organization of Japanese Research Administration
Government Offices, etc.

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

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

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

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

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

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

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

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

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

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

Ministry of Education, Culture, Sports, Science and Technology
3-2-2 Kasumigaseki, Chiyoda-ku, Tokyo 100-8959
Tel: 03-5253-4111 URL http://www.mext.go.jp/

Agency for Cultural Affairs
3-2-2, Kasumigaseki, Chiyoda-ku, Tokyo 100-8974
Tel: 03-3581-0141 URL http://www.bunka.go.jp/

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

Ministry of Agriculture, Forestry and Fisheries
1-2-2 Kasumigaseki, Chiyoda-ku, Tokyo 100-8916
Tel: 03-3502-8111 URL http://www.maff.go.jp/

Ministry of Economy, Trade and Industry
1-2-1 Kasumigaseki, Chiyoda-ku, Tokyo 100-8950
Tel: 03-3581-4111 URL http://www.meti.go.jp/

Ministry of the Environment
2-1-3 Kasumigaseki, Chiyoda-ku, Tokyo 100-8918
Tel: 03-3581-1101 URL http://www.env.go.jp/

Agency for Cultural Affairs
3-2-2, Kasumigaseki, Chiyoda-ku, Tokyo 100-8916
Tel: 03-3502-8111 URL http://www.maff.go.jp/

Ministry of Education, Culture, Sports, Science and Technology
3-2-2 Kasumigaseki, Chiyoda-ku, Tokyo 100-8959
Tel: 03-5253-4111 URL http://www.mext.go.jp/

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

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

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

Japan Patent Office
1-3-1 Kasumigaseki, Chiyoda-ku, Tokyo 100-8901
Tel: 03-3501-1511 URL http://www.jpo.go.jp/

Ministry of Internal Affairs and Communications
Central Government Bldg. No.7,
3-2-1, Kasumigaseki, Chiyoda-ku, Tokyo 100-8967
Tel: 03-3506-6000 URL http://www.fsa.go.jp/

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

Ministry of Foreign Affairs
2-2-1 Kasumigaseki, Chiyoda-ku, Tokyo 100-8919
Tel: 03-3580-3311 URL http://www.mofa.go.jp/mofaj/
<table>
<thead>
<tr>
<th>Appendix IV</th>
</tr>
</thead>
</table>

### Inter-University Research Institute Corporations

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

**National Museums and Research Institutes**

<table>
<thead>
<tr>
<th>Museum/Institute</th>
<th>Address</th>
<th>Phone</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute for Japanese Literature</td>
<td>10-3 Midori-cho, Tachikawa-shi, Tokyo 190-0014</td>
<td>050-5533-2900</td>
<td><a href="http://www.nijl.ac.jp/">URL</a></td>
</tr>
<tr>
<td>National Institute for Japanese Literature</td>
<td>10-3 Midori-cho, Tachikawa-shi, Tokyo 190-0014</td>
<td>050-5533-2900</td>
<td><a href="http://www.nijl.ac.jp/">URL</a></td>
</tr>
<tr>
<td>National Institute for Japanese Language and Linguistics</td>
<td>10-2 Midori-cho, Tachikawa-shi, Tokyo 190-8561</td>
<td>042-540-4300</td>
<td><a href="http://www.nijl.ac.jp/">URL</a></td>
</tr>
<tr>
<td>International Research Center for Japanese Studies</td>
<td>3-2 Oeyama-cho, Goryo, Nishikyo-ku, Kyoto 605-8511</td>
<td>075-707-2100</td>
<td><a href="http://www.chikyu.ac.jp/">URL</a></td>
</tr>
</tbody>
</table>

### Research Institutes and Museums

<table>
<thead>
<tr>
<th>Institute/Museum</th>
<th>Address</th>
<th>Phone</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Astronomical Observatory of Japan</td>
<td>2-21-1 Osawa, Mitaka-shi, Tokyo 181-8588</td>
<td>0422-34-3600</td>
<td><a href="http://www.nao.ac.jp/">URL</a></td>
</tr>
<tr>
<td>National Institute for Fusion Science</td>
<td>322-6 Oroshi-cho, Toki-shi, Gifu 509-5292</td>
<td>0572-58-2222</td>
<td><a href="http://www.nifs.ac.jp/">URL</a></td>
</tr>
<tr>
<td>International Research Center for Japanese Studies</td>
<td>10-2 Midori-cho, Tachikawa-shi, Tokyo 190-8561</td>
<td>042-540-4300</td>
<td><a href="http://www.rekihaku.ac.jp/">URL</a></td>
</tr>
</tbody>
</table>

---

**大学共同利用機関法人**

**Inter-University Research Institute Corporations**

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

**National Museums and Research Institutes**

<table>
<thead>
<tr>
<th>Museum/Institute</th>
<th>Address</th>
<th>Phone</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute for Japanese Literature</td>
<td>10-3 Midori-cho, Tachikawa-shi, Tokyo 190-0014</td>
<td>050-5533-2900</td>
<td><a href="http://www.nijl.ac.jp/">URL</a></td>
</tr>
<tr>
<td>National Institute for Japanese Language and Linguistics</td>
<td>10-2 Midori-cho, Tachikawa-shi, Tokyo 190-8561</td>
<td>042-540-4300</td>
<td><a href="http://www.nijl.ac.jp/">URL</a></td>
</tr>
<tr>
<td>International Research Center for Japanese Studies</td>
<td>3-2 Oeyama-cho, Goryo, Nishikyo-ku, Kyoto 605-8511</td>
<td>075-707-2100</td>
<td><a href="http://www.chikyu.ac.jp/">URL</a></td>
</tr>
</tbody>
</table>

### Research Institutes and Museums

<table>
<thead>
<tr>
<th>Institute/Museum</th>
<th>Address</th>
<th>Phone</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Astronomical Observatory of Japan</td>
<td>2-21-1 Osawa, Mitaka-shi, Tokyo 181-8588</td>
<td>0422-34-3600</td>
<td><a href="http://www.nao.ac.jp/">URL</a></td>
</tr>
<tr>
<td>National Institute for Fusion Science</td>
<td>322-6 Oroshi-cho, Toki-shi, Gifu 509-5292</td>
<td>0572-58-2222</td>
<td><a href="http://www.nifs.ac.jp/">URL</a></td>
</tr>
</tbody>
</table>

---

**科学技術振興機構**

**Japan Science and Technology Agency**
Kawaguchi Center Bldg., 4-1-8 Honcho, Kawaguchi-shi, Saitama 332-0012
Tel: 048-226-5601 [URL](http://www.jst.go.jp/)
統計数理研究所

National Institute of Statistical Mathematics
10-3 Midori-cho, Tachikawa-shi, Tokyo 190-8562
Tel: 050-5533-8500  URL 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  URL 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  URL 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  URL 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  URL http://www.ims.ac.jp/

大学共同利用機関法人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  URL 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  URL http://www2.kek.jp/ipns/

物質構造科学研究所
Institute of Materials Structure Science
1-1 Oho, Tsukuba-shi, Ibaraki 305-0801
Tel: 029-864-5602  URL http://www2.kek.jp/imss/

加速器研究施設
Accelerator Laboratory
1-1 Oho, Tsukuba-shi, Ibaraki 305-0801
Tel: 029-864-5205  URL http://www2.kek.jp/accl/

共通基盤研究施設
Applied Research Laboratory
1-1 Oho, Tsukuba-shi, Ibaraki 305-0801
Tel: 029-864-5455  URL http://www2.kek.jp/engineer/jobs/arl.html

大学共同利用機関法人情報・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  URL http://www.rois.ac.jp/

国立極地研究所
National Institute of Polar Research
10-3 Midori-cho, Tachikawa-shi, Tokyo 190-8518
Tel: 042-512-0608  URL http://www.nipr.ac.jp/

国立情報学研究所
National Institute of Informatics
2-1-2 Hitotsubashi, Chiyoda-ku, Tokyo 101-8430
Tel: 03-4212-2000  URL http://www.nii.ac.jp/
主な研究機関等（国立研究所、独立行政法人）

Main Research Institutes, etc. (National Research Institutes, Incorporated Administrative Agencies)

文部科学省
Ministry of Education, Culture, Sports, Science and Technology

国立教育政策研究所
National Institute for Educational Policy Research
3-2-2 Kasumigaseki, Chiyoda-ku, Tokyo 100-8951
Tel: 03-6733-6833 [URL] http://www.nier.go.jp/

科学技術・学術政策研究所
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: 03-3581-2391 [URL] http://www.nistep.go.jp/

国際特別支援教育総合研究所
National Institute of Special Needs Education
5-1-1 Nobi, Yokosuka-shi, Kanagawa 239-8585

国際科学博物館
National Museum of Nature and Science
7-20 Ueno Koen, Taito-ku, Tokyo 110-8718
Tel: 03-5777-8600 [URL] http://www.kahaku.go.jp/

物質・材料研究機構
National Institute of Materials Science
1-2-1 Sengen, Tsukuba-shi, Ibaraki 305-0047

防災科学技術研究所
National Research Institute for Earth Science and Disaster Prevention
3-1 Tennodai, Tsukuba-shi, Ibaraki 305-0006

宇宙航空研究開発機構
Japan Aerospace Exploration Agency
7-44-1 Jindaiji-higashi-machi, Chofu-shi, Tokyo 182-8522

放射線医学総合研究所
National Institute of Radiological Sciences
4-9-1 Anagawa, Inage-ku, Chiba-shi, Chiba 263-8555
Tel: 043-251-2111 [URL] http://www.nirs.qst.go.jp/

内閣府
Cabinet Office

科学警察研究所
National Research Institute of Police Science
6-3-1 Kashiwanoha, Kashiwa-shi, Chiba 277-0882
Tel: 04-7135-8001 [URL] http://www.npa.go.jp/nrips/jp/

総務省
Ministry of Internal Affairs and Communications

情報通信研究機構
National Institute of Information and Communications Technology
4-2-1 Nukui-Kitamachi, Koganei-shi, Tokyo 184-8795
Tel: 042-327-7429 [URL] http://www.nict.go.jp/

消防研究センター
National Research Institute of Fire and Disaster
4-35-3 Jindaiji-higashi-machi, Chofu-shi, Tokyo 182-8508
Tel: 0422-44-8331 [URL] http://nrifd.fdma.go.jp/
Ministry of Finance

National Institute of Population and Social Security Research
Hibiya Kokusai Bldg. 6F, 2-2-3 Uchisaiwaicho, Chiyoda-ku, Tokyo 100-011
Tel: 03-3595-2984 [URL: http://www.ipss.go.jp/]

National Institute of Health, Labour and Welfare

Ministry of Agriculture, Forestry and Fisheries

Institute of Vegetable and Floriculture Science, National Food Research Organization
2-1-2 Kannondai, Tsukuba-shi, Ibaraki 305-8518
Tel: 029-838-6416 [URL: http://www.nifr.go.jp/]

Institute of Cereal and Flower Science, National Research Organization
2-1-18 Kannondai, Tsukuba-shi, Ibaraki 305-8666
Tel: 029-838-8481 [URL: http://www.nifo.go.jp/]

Institute of Agricultural and Food Research Organization
Central Region Agricultural Research Center, National Agriculture and Food Research Organization
2-1-18 Kannon Davies, Tsukuba-shi, Ibaraki 305-8666
Tel: 029-838-8481 [URL: http://www.naro.affrc.go.jp/laboratory/carc/]

Institute of Crop Science, National Agriculture and Food Research Organization
2-1-2 Kannon Davies, Tsukuba-shi, Ibaraki 305-8518
Tel: 029-838-7404 [URL: http://www.naro.affrc.go.jp/laboratory/nics/]

Institute of Vegetable and Floriculture Science, National Agriculture and Food Research Organization
2-1 Fujimoto, Tsukuba-shi, Ibaraki 305-8605
Tel: 029-838-6416 [URL: http://www.naro.affrc.go.jp/laboratory/nifs/]

Appendix V

National Institute of Health, Labour and Welfare

Ministry of Agriculture, Forestry and Fisheries

Institute of Vegetable and Floriculture Science, National Food Research Organization
2-1-2 Kannondai, Tsukuba-shi, Ibaraki 305-8518
Tel: 029-838-6416 [URL: http://www.nifr.go.jp/]

Institute of Cereal and Flower Science, National Research Organization
2-1-18 Kannondai, Tsukuba-shi, Ibaraki 305-8666
Tel: 029-838-8481 [URL: http://www.nifo.go.jp/]

Institute of Agricultural and Food Research Organization
Central Region Agricultural Research Center, National Agriculture and Food Research Organization
2-1-18 Kannon Davies, Tsukuba-shi, Ibaraki 305-8666
Tel: 029-838-8481 [URL: http://www.naro.affrc.go.jp/laboratory/carc/]

Institute of Crop Science, National Agriculture and Food Research Organization
2-1-2 Kannon Davies, Tsukuba-shi, Ibaraki 305-8518
Tel: 029-838-7404 [URL: http://www.naro.affrc.go.jp/laboratory/nics/]

Institute of Vegetable and Floriculture Science, National Agriculture and Food Research Organization
2-1 Fujimoto, Tsukuba-shi, Ibaraki 305-8605
Tel: 029-838-6416 [URL: http://www.naro.affrc.go.jp/laboratory/nifs/]

Appendix V
<table>
<thead>
<tr>
<th>Ministry of Economy, Trade and Industry</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute of Advanced Industrial Science and Technology</td>
</tr>
<tr>
<td>AIST Tsukuba Central 1, 1-1-1 Umezono, Tsukuba-shi, Ibaraki 305-8568 Tel: 029-861-2000 URL <a href="http://www.aist.go.jp/">http://www.aist.go.jp/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ministry of Land, Infrastructure, Transport and Tourism</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ministry of the Environment</td>
</tr>
<tr>
<td>National Institute for Environmental Studies</td>
</tr>
<tr>
<td>16-2 Onogawa, Tsukuba-shi, Ibaraki 305-8506 Tel: 029-850-2314 URL <a href="http://www.maff.go.jp/primaff">http://www.maff.go.jp/primaff</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ministry of the Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute for Land and Infrastructure Management</td>
</tr>
<tr>
<td>1 Asahi, Tsukuba-shi, Ibaraki 305-0804 Tel: 029-864-2211 URL <a href="http://www.nilim.go.jp/">http://www.nilim.go.jp/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ministry of the Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute for Minamata Disease</td>
</tr>
<tr>
<td>4058-18 Hama, Minamata-shi, Kumamoto 867-0008 Tel: 0966-63-3111 URL <a href="http://nimd.env.go.jp/">http://nimd.env.go.jp/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ministry of the Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute for Land and Infrastructure Management</td>
</tr>
<tr>
<td>1 Asahi, Tsukuba-shi, Ibaraki 305-0804 Tel: 029-864-2211 URL <a href="http://www.nilim.go.jp/">http://www.nilim.go.jp/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ministry of the Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute for Environmental Studies</td>
</tr>
<tr>
<td>16-2 Onogawa, Tsukuba-shi, Ibaraki 305-8506 Tel: 029-850-2314 URL <a href="http://www.nies.go.jp/">http://www.nies.go.jp/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ministry of the Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute for Land and Infrastructure Management</td>
</tr>
<tr>
<td>1 Asahi, Tsukuba-shi, Ibaraki 305-0804 Tel: 029-864-2211 URL <a href="http://www.nilim.go.jp/">http://www.nilim.go.jp/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ministry of the Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute for Environmental Studies</td>
</tr>
<tr>
<td>16-2 Onogawa, Tsukuba-shi, Ibaraki 305-8506 Tel: 029-850-2314 URL <a href="http://www.nies.go.jp/">http://www.nies.go.jp/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ministry of the Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute for Land and Infrastructure Management</td>
</tr>
<tr>
<td>1 Asahi, Tsukuba-shi, Ibaraki 305-0804 Tel: 029-864-2211 URL <a href="http://www.nilim.go.jp/">http://www.nilim.go.jp/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ministry of the Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute for Environmental Studies</td>
</tr>
<tr>
<td>16-2 Onogawa, Tsukuba-shi, Ibaraki 305-8506 Tel: 029-850-2314 URL <a href="http://www.nies.go.jp/">http://www.nies.go.jp/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ministry of the Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute for Land and Infrastructure Management</td>
</tr>
<tr>
<td>1 Asahi, Tsukuba-shi, Ibaraki 305-0804 Tel: 029-864-2211 URL <a href="http://www.nilim.go.jp/">http://www.nilim.go.jp/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ministry of the Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute for Environmental Studies</td>
</tr>
<tr>
<td>16-2 Onogawa, Tsukuba-shi, Ibaraki 305-8506 Tel: 029-850-2314 URL <a href="http://www.nies.go.jp/">http://www.nies.go.jp/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ministry of the Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute for Land and Infrastructure Management</td>
</tr>
<tr>
<td>1 Asahi, Tsukuba-shi, Ibaraki 305-0804 Tel: 029-864-2211 URL <a href="http://www.nilim.go.jp/">http://www.nilim.go.jp/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ministry of the Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute for Environmental Studies</td>
</tr>
<tr>
<td>16-2 Onogawa, Tsukuba-shi, Ibaraki 305-8506 Tel: 029-850-2314 URL <a href="http://www.nies.go.jp/">http://www.nies.go.jp/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ministry of the Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute for Land and Infrastructure Management</td>
</tr>
<tr>
<td>1 Asahi, Tsukuba-shi, Ibaraki 305-0804 Tel: 029-864-2211 URL <a href="http://www.nilim.go.jp/">http://www.nilim.go.jp/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ministry of the Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute for Environmental Studies</td>
</tr>
<tr>
<td>16-2 Onogawa, Tsukuba-shi, Ibaraki 305-8506 Tel: 029-850-2314 URL <a href="http://www.nies.go.jp/">http://www.nies.go.jp/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ministry of the Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute for Land and Infrastructure Management</td>
</tr>
<tr>
<td>1 Asahi, Tsukuba-shi, Ibaraki 305-0804 Tel: 029-864-2211 URL <a href="http://www.nilim.go.jp/">http://www.nilim.go.jp/</a></td>
</tr>
</tbody>
</table>
Appendix VI

Regional Immigration Bureaus and District Immigration Offices

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

東京出入国在留管理局
Tokyo Regional Immigration Bureau
5-30 Konan, Minato-ku, Tokyo 108-8255
Tel: 0570-034259
Jurisdiction: Tokyo, Kanagawa, Saitama, Chiba, Ibaraki, Tochigi, Gunma, Yamanashi, Nagano and Niigata

Yokohama District Immigration Office
10-7 Torihama-cho, Kanazawa-ku, Yokohama-shi, Kanagawa 236-0002
Tel: 045-769-1720
(Kanagawa)

Narita Airport District Immigration Office
1-1 Furugome, Narita-shi, Chiba 282-0004
Tel: 0476-34-2222
(Narita Airport)

Haneda Airport District Immigration Office
C.I.Q Bldg., Haneda Airport 2-6-4 Haneda-kuko, Ota-ku, Tokyo 144-0041
Tel: 03-5708-3202
(Haneda Airport)

大阪出入国在留管理局
Osaka Regional Immigration Bureau
1-29-53, Nankai Kita, Suminoe-ku, Osaka-shi, Osaka 559-0034
Tel: 06-4703-2100
Jurisdiction: Osaka, Kyoto, Hyogo, Nara, Shiga and Wakayama

Kansai Airport Immigration Office
1 Senshu-kuko-naka, Tajiri-cho, Sennan-gun, Osaka-shi, Osaka 549-0011
Tel: 072-455-1453
(Kansai Airport)

Kobe District Immigration Office
Kobe Local Joint Government Bldg., 29 Kaigan-dori, Chuo-ku, Kobe-shi, Hyogo 650-0024
Tel: 078-391-6377
(Hyogo)

名古屋出入国在留管理局
Nagoya Regional Immigration Bureau
5-18 Shoho-cho, Minato-ku, Nagoya-shi, Aichi 455-8601
Tel: 052-559-2150
Jurisdiction: Aichi, Mie, Shizuoka, Gifu, Fukuoka, Toyama and Ishikawa

Takamatsu Regional Immigration Bureau
Takamatsu Second Legal Affairs Joint Government Bldg., 1-1-27 Kamihata, Takamatsu-shi, Kagawa 760-0033
Tel: 088-822-5852
Jurisdiction: Kagawa, Ehime, Tokushima and Kochi

古川出入国在留管理局
Kumamoto Regional Immigration Bureau
Takamatsu Legal Affairs Joint Government Bldg., 1-1-27 Kamihata, Takamatsu-shi, Kagawa 760-0033
Tel: 088-822-5852
Jurisdiction: Kagawa, Ehime, Tokushima and Kochi

福岡出入国在留管理局
Fukuoka Regional Immigration Bureau
Fukuoka Legal Affairs Government Complex No. 1, 3-5-25, Izumizaki, Chuoku, Fukuoka-shi, Fukuoka 810-0073
Tel: 092-717-5420
Jurisdiction: Fukuoka, Saga, Nagasaki, Oita, Kumamoto, Kagoshima, Miyazaki and Okinawa

Naha District Immigration Office
Naha First Local Joint Government Bldg., 1-1-60 Hikawa, Naha-shi, Okinawa 900-0022
Tel: 098-832-4185
(Okinawa)
Appendix VII

Prefectural and City Governments’ URLs and International Exchange Associations

Prefectures (alphabetical order)

URL

FUKUOKA Prefecture 福岡県
http://www.pref.fukuoka.lg.jp/

FUKUSHIMA Prefecture 福島県
URL http://www.pref.fukushima.lg.jp/

GIFU Prefecture 岐阜県
URL http://www.pref.gifu.lg.jp/

GUNMA Prefecture 群馬県
http://www.pref.gunma.lg.jp/

HIROSHIMA Prefecture 平和県
URL http://www.pref.hiroshima.lg.jp/

HOKKAIDO Prefecture 北海道
URL http://www.pref.hokkaido.lg.jp/

HYOGO Prefecture 兵庫県
https://web.pref.hyogo.lg.jp/

穗南・ふくく

道府県の URL と 地域国際交流協会

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

AICHI Prefecture 愛知県
URL http://www.pref.aichi.jp/

AKITA Prefecture 秋田県
URL http://www.pref.akita.lg.jp/

AOMORI Prefecture 青森県
URL http://www.pref.aomori.lg.jp/

CHIBA Prefecture 千葉県
URL http://www.pref.chiba.lg.jp/

EHIME Prefecture 愛媛県
URL http://www.pref.ehime.jp/

FUKUI Prefecture 福井県
URL http://www.pref.fukui.jp/

HIROSHIMA Prefecture 平和県
URL http://www.pref.hiroshima.lg.jp/

HOKKAIDO Prefecture 北海道
URL http://www.pref.hokkaido.lg.jp/

HYOGO Prefecture 兵庫県
URL https://web.pref.hyogo.lg.jp/

AICHI Prefecture 愛知県
URL http://www.pref.aichi.jp/

AKITA Prefecture 秋田県
URL http://www.pref.akita.lg.jp/

AOMORI Prefecture 青森県
URL http://www.pref.aomori.lg.jp/

CHIBA Prefecture 千葉県
URL http://www.pref.chiba.lg.jp/

EHIME Prefecture 愛媛県
URL http://www.pref.ehime.jp/

FUKUI Prefecture 福井県
URL http://www.pref.fukui.jp/

HYOGO Prefecture 兵庫県
URL https://web.pref.hyogo.lg.jp/

URL

1-1 Dogo Ichiman, Matsuyama-shi, Ehime 790-0844
Tel: 089-917-5678 http://www.epic.or.jp/

1-1 Dogo Ichiman, Matsuyama-shi, Ehime 790-0844
Tel: 089-917-5678 http://www.epic.or.jp/

3-1-1 Hoef, Fukui-shi, Fukui 910-0004
Tel: 0776-28-8800 http://www.f-i-a.or.jp/ja/
IBARAKI Prefecture  茨城県
URL http://www.pref.ibaraki.lg.jp/
(公財）茨城県国際交流協会
Ibaraki International Association
The Hirosawa City Kaikan Annex 2F, 745 Ushirokawa, Senba-cho, Mito-shi, Ibaraki 310-0851
Tel: 029-241-1611  URL http://www.ia-iabaraki.or.jp/

ISHIKAWA Prefecture  石川県
URL http://www.pref.ishikawa.lg.jp/
(公財）石川県国際交流協会
Ishikawa Foundation for International Exchange
RIFARE 3F, 1-5-3 Honmachi, Kanazawa-shi, Ishikawa 920-0853
Tel: 076-262-5931  URL http://www.ifie.or.jp/

IWATE Prefecture  岩手県
URL http://www.pref.iwate.jp/
(公財）岩手県国際交流協会
Iwate International Association
Iwate Prefecture Citizen’s Cultural Exchange Center (Aiina) 5F, International Exchange Center, 1-7-1 Morioka-eki Nishi-dori, Morioka-shi, Iwate 020-0045
Tel: 019-654-8900  URL http://iwate-ia.or.jp/

KAGAWA Prefecture  香川県
URL http://www.pref.kagawa.lg.jp/
(公財）香川県国際交流協会
Kagawa Prefecture International Exchange Association
c/o I-pal Kagawa, 1-11-63 Bancho, Takamatsu-shi, Kagawa 760-0017
Tel: 087-837-5908  URL http://www.i-pal.or.jp/

KAGOSHIMA Prefecture  鹿児島県
URL http://www.pref.kagoshima.jp/
(公財）鹿児島県国際交流協会
Kagoshima International Association
Kagoshima Prefectural Citizens Exchange Center 1F, 14-50 Yamashita-cho, Kagoshima-shi, Kagoshima 892-0816
Tel: 099-221-6620  URL http://www.kiaweb.or.jp/

KANAGAWA Prefecture  神奈川県
URL http://www.pref.kanagawa.jp/
(公財）かながわ国際交流財団
Kanagawa International Foundation
Inside Multilingual Support Center Kanagawa, Kanagawa Kenmin Center 13F, 2-42-2, Tsuruya-cho, Kanagawa-ku, Yokohama-shi, Kanagawa 221-0835
Tel: 045-620-0011  URL http://www.kifjp.org/

KOKUSHO Prefecture  高知県
URL http://www.pref.kocho.lg.jp/
(公財）高知県国際交流協会
Kocho International Association
4-1-37 Honmachi, Kocho-shi, Kocho 780-0870
Tel: 088-875-0022  URL http://www.kocho-kia.or.jp/

KUMAMOTO Prefecture  熊本県
URL http://www.pref.kumamoto.jp/
(公財）熊本県国際協会
Kumamoto International Association
c/o International Division, Kumamoto Prefectural Government Main Bldg. 7F, 6-18-1 Suizenji, Chuo-ku, Kumamoto-shi, Kumamoto 862-8570
Tel: 096-385-4488  URL http://www.kuma-koku.jp/

KYOTO Prefecture  京都府
URL http://www.pref.kyoto.jp/
(公財）京都府国際センター
Kyoto Prefectural International Center
Tel: 075-342-5000  URL http://www.kpic.or.jp/

MIE Prefecture  三重県
URL http://www.pref.mie.lg.jp/
(公財）三重県国際交流財団
Mie International Exchange Foundation
UST-TSU 3F, 700 Hadakoro-cho, Tsu-shi, Mie 514-0009
Tel: 059-223-5006  URL http://www.mief.or.jp/

MIYAGI Prefecture  宮城県
URL http://www.pref.miyagi.jp/
(公財）宮城県国際化協会
Miyagi International Association
Miyagi-ken Sendai Godo Chosha 7F, 4-17 Tsutsumidori, Amamiyamachi, Miyagi-ken, Sendai-shi, Miyagi 981-0914
Tel: 022-275-7186  URL http://www.miyagi.or.jp/

MIYAZAKI Prefecture  宮崎県
URL http://www.pref.miyazaki.lg.jp/
(公財）宮崎県国際交流協会
Miyazaki International Foundation
Carino B1F, 4-8-1 Tachibanadori-higashi, Miyazaki-shi, Miyazaki 880-0805
Tel: 0985-32-8457  URL http://www.mif.or.jp/

NAGANO Prefecture  長野県
URL http://www.pref.nagano.lg.jp/
(公財）長野県国際化協会
Association of Nagano Pref. for Internationalization
Nagano Kencho Higashi-chosha 1F, Habashita 692-2 Minaminagano, Nagano-shi, Nagano 380-8570
Tel: 026-235-7186  URL http://www.apnie.or.jp/

NAGASAKI Prefecture  熊本県
URL http://www.pref.nagasaki.lg.jp/
(公財）長崎県国際交流協会
Nagasaki International Association
2-11 Dejima-machi, Nagasaki-shi, Nagasaki 850-0862
Tel: 095-823-3931  URL http://www.nia.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  URL 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  URL http://www.s-i-a.or.jp/

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

The Shizuoka Association for International Relations
Mizunomori Bldg. 2F, 1-4-1, Minamicho, Suruga-ku, Shizuoka-shi, Shizuoka
422-8067
Tel: 054-202-3411  URL http://www.sir.or.jp/

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

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

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

Tokushima Prefectural International Exchange Association
Clement Plaza 6F, 1-61 Terashima Honcho Nishi, Tokushima-shi,
Tokushima 770-0831
Tel: 088-656-3303  URL http://www.topia.ne.jp/

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

東京都国際交流委員会

Tokyo International Communication Committee
Ono Bldg. 3F, 17-15 Kanda-Matsunaga-cho, Chiyoda-ku, Tokyo 101-0023
Tel: 03-5294-6542  URL http://www.tokyo-icc.jp/
付録 VII

TOTTORI Prefecture とっとり県
URL http://www.pref.tottori.lg.jp/
(公財) 吠吼国際交流財団
Tottori Prefectural International Exchange Foundation
Kenmin Fureai Kaikan 3F, 21 Ogi-machi, Tottori-shi, Tottori 680-0846
Tel: 0857-51-1165 URL http://www.torisaku.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 URL http://www.tic-toyama.or.jp/

WAKAYAMA Prefecture 和歌山県
URL http://www.pref.wakayama.lg.jp/
(公財) 和歌山国際交流協会
Wakayama International Exchange Association
Wakayama Big Ai 9F, 2-1-2 Tebira, Wakayama-shi, Wakayama 640-8319
Tel: 073-423-5717 URL http://www.wixas.or.jp/

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

YAMAGUCHI Prefecture 山口県
URL http://www.pref.yamaguchi.lg.jp/
(公財) 山口国際交流協会
Yamaguchi International Exchange Association
Mizuno Bldg. 3F, 1-7 Mizuno-cho, Yamaguchi-shi, Yamaguchi 753-0082
Tel: 083-925-7353 URL http://www.yiea.or.jp/

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

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 Community Center 2F, 2-1 Chiba-Minato, Chuo-ku, Chiba-shi,
Chiba 260-0026 Tel: 043-202-3000 URL http://www.ccia-chiba.or.jp/

FUKUOKA Designated City 福岡市
URL http://www.city.fukuoka.lg.jp/
（公財）福岡友好都市国際交流財団
Fukuoka City International Foundation
Fukuoka City International Center 1F, 4-1 Tenya-machi, Hakata-ku, Fukuoka-shi,
Fukuoka 812-0025 Tel: 092-262-1799 URL http://www.fcif.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 URL 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
Hirosioma Peace Culture Foundation
1-2 Naka-jima-cho, Naka-ku, Hiroshima-shi, Hiroshima 730-0811
Tel: 082-241-5246 URL 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 URL http://www.city.kawasaki.or.jp/

KITAKYUSHU Designated City 北九州市
URL http://www.city.kitakyushu.lg.jp/
（公財）北九州国際交流協会
Kitakyushu International Association
Com City 3F, 3-15-3, Kurosaki, Yahatanishi-ku, Kitakyushu-shi, Fukuoka
806-0021 Tel: 093-643-5931 URL http://www.kitaq-koryu.jp/
KOBE Designated City  神戸市
URL http://www.city.kobe.lg.jp/
(k) Kobe International Center for Cooperation and Communication
Boeki Center Bldg. 2F, 5-1-14, Hamab-e-dori, Chuo-ku, Kobe-shi, Hyogo
651-0083
Tel: 078-291-8441  URL http://www.kicc.jp/

KUMAMOTO Designated City  熊本市
URL http://www.city.kumamoto.jp/
（一）熊本市国際交流振興事業団
Kumamoto International Foundation
4-18 Hanabata-cho, Chuo-ku, Kumamoto-shi, Kumamoto 860-0806
Tel: 096-359-2121  URL http://www.kumamoto-if.or.jp/

KYOTO Designated City  京都市
URL http://www.city.kyoto.lg.jp/
（公）京都国際交流協会
Kyoto City International Foundation
2-1 Torii-cho, Awataguchi, Sakyo-ku, Kyoto-shi, Kyoto 606-8536
Tel: 075-752-3010  URL http://www.kcif.or.jp/

NAGOYA Designated City  名古屋市
URL http://www.city.nagoya.jp/
（公）名古屋国際センター
Nagoya International Center
1-47-1 Nagono, Nakamura-ku, Nagoya-shi, Aichi 450-0001
Tel: 052-581-0100  URL http://www.nic-nagoya.or.jp/

NIIGATA Designated City  新潟市
URL http://www.city.niigata.lg.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/
（公）大阪国際交流センター
Osaka International House Foundation
8-2-6 Uehonmachi, Tennoji-ku, Osaka-shi, Osaka 543-0001
Tel: 06-6773-8182  URL http://www.ih-osaka.or.jp/

SAGAMIHARA Designated City  相模原市
URL http://www.city.sagamihara.kanagawa.jp/

SAITAMA Designated City  さいたま市
URL http://www.city.saitama.jp/
（公） さいたま国際交流協会
Saitama Tourism and International Relations Bureau
JACK OMIYA Bldg. 3F, 682-2, Nishiki-cho, Omiya-ku, Saitama-shi, Saitama
330-0853
Tel: 048-647-8338  URL http://www.stib.jp/

SAKAI Designated City  堺市
URL http://www.city.sakai.lg.jp/

SAPPORO Designated City  札幌市
URL http://www.city.sapporo.jp/

SENDAI Designated City  仙台市
URL http://www.city.sendai.jp/
（公）仙台国際交流協会
Sendai Tourism, Convention and International Association
Higashinihon Fudosan Sendai Ichibancho Bldg. 6F, 3-3-20 Ichiban-cho, Aoba-
ku, Sendai-shi, Miyagi 980-0811
Tel: 022-268-6251  URL http://www.sentia-sendai.jp

SHIZUOKA Designated City  静岡市
URL http://www.city.shizuoka.jp/
静岡市国際交流協会
Shizuoka City Association for Multicultural Exchange
Shizuoka City Hall 17F, 5-1 Otemachi, Aoi-ku, Shizuoka-shi, Shizuoka
420-8602
Tel: 054-273-5931  URL http://www.samenet.jp/

YOKOHAMA Designated City  横浜市
URL http://www.city.yokohama.lg.jp/
（公）横浜国際交流協会
Yokohama Association for International Communications and Exchanges
Yokohama International Organizations Center 5F, Pacifico Yokohama, 1-1-1
Minato Mirai, Nishi-ku, Yokohama-shi, Kanagawa 220-0012
Tel: 045-222-1171  URL https://www.yokeweb.com/
Private Sector Foundations and Other 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. A number of organizations in the private sector also run programs that invite overseas researchers to Japan, such as those listed below (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  [URL](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  [URL](http://www.inoue-zaidan.or.jp/)

**Osawa Scientific Studies Grants Foundation**
(Science and technology)
3-22 Honnogahara, Toyokawa-shi, Aichi 442-8543
Tel: 0533-86-1938  [URL](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  [URL](http://www.kajima-for.jp/)

**International Information Science Foundation**
(Science and technology)
Gloria-III 805, 1-10-7 Shibuya, Shibuya-ku, Tokyo 150-0002
Tel: 03-5766-3641  [URL](http://www.isif.or.jp/index-en.html)

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

**Tateisi Science and Technology Foundation**
(Science and technology)
11 Minami-fudondo-cho, Aburanokoji-dori-Shiokoji-sagaru, Shimogyo-ku, Kyoto-shi, Kyoto 600-8234
Tel: 075-365-4771  [URL](http://www.tateisi-f.org/)
卷末付録 Ⅷ

中部電気利用基礎研究振興財団（科学技術／医保／環境）
〒460-0007 愛知県名古屋市中区栄1231 フロンティア新栄2階
Tel: 052-259-7550 URL http://www006.upp.so-net.ne.jp/refec/WELCOME.HTM

テルモ生命科学振興財団（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 URL 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 URL 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 南江堂ビル 8階
Tel: 03-3813-3005 URL http://www.naito-for.or.jp/

ノバルティス科学振興財団（科学技術／医保）
〒105-6333 東京都港区虎ノ門1-23-1 虎ノ門ヒルズタワー31階
Tel: 03-6899-2100 URL http://japanfoundation.novartis.org/

野村財団（人社）
〒103-8011 東京都中央区日本橋 1-9-1
Tel: 03-3271-2330 URL 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 新宿文化クィーンビル
Tel: 03-5309-6712 URL http://www.health-research.or.jp/

松橋国際友好財団（科学技術／医保／環境）
〒167-0043 東京都杉並区上荻 4-14-46
Tel: 03-3301-7600 URL http://www.mif-japan.org

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

なお、これらの助成団体の概要については、例えば次の図書が参考になります。

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

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

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

Novartis Foundation (Japan) for the Promotion of Science
(Science and technology; medicine and health)
Toranomon Hills Mori Tower 31F, 1-23-1 Toranomon, Minato-ku, Tokyo 105-6333
Tel: 03-6899-2100 URL http://japanfoundation.novartis.org/

Nomura Foundation
(Humanities and social science)
1-9-1 Nihonbashi, Chuo-ku, Tokyo 103-8011
Tel: 03-3271-2330 URL 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 URL http://www.health-research.or.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 URL http://www.mif-japan.org/?hl=en

Yamada Science Foundation
(Science and technology)
1-8-1 Tatsumi-nishi, Ikuno-ku, Osaka-shi, Osaka 544-8666
Tel: 06-6758-3745 URL http://www.yamadazaidan.jp/english.html

Please check the portal sites of universities and other research institutes, since more detailed information may be posted there.
The Japan Foundation Center also handles inquiries concerning organizations listed in this Guidebook.

Additionally, please check the portal sites of universities and other research institutes since information may be posted there.

**The Japan Foundation Center**
Believe Shinjuku 4F, 1-26-9 Shinjuku, Shinjuku-ku, Tokyo 160-0022
Tel: 03-3350-1857 Fax: 03-3350-1858
[URL](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
[URL](http://www.jpf.go.jp/e/)

【助成団体要覧 2018－民間助成金ガイドー】
公益財団法人助成団体センター編集・発行

公益財団法人助成団体センターでは、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。
また、大学等研究機関のポータルサイトで情報提供していることもありますので確認してみてください。

**公益財団法人助成財団センター**
〒160-0022 東京都新宿区新宿1-26-9 ビリーヴ新宿4階
Tel: 03-3350-1857 Fax: 03-3350-1858
[URL](http://www.jfc.or.jp/)

また、次の団体でも外国人研究者招へい等の事業を行っています。

**独立行政法人国際交流基金**
〒160-0004 東京都新宿区四谷4-4-1
Tel: 03-5369-6075 Fax: 03-5369-6044
[URL](http://www.jpf.go.jp/)
Postal Fees

Domestic Postage Rates

◎ Postcards: ¥63

◎ Double postcards with replies attached: ¥126

◎ 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>¥84</td>
</tr>
<tr>
<td>Nonstandard-size items</td>
<td>Up to 4 kg</td>
<td>¥120 to ¥1,350 (Rate varies depending on the weight)</td>
</tr>
<tr>
<td>Letter-cards (mini-letters)</td>
<td></td>
<td>¥63</td>
</tr>
</tbody>
</table>

[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>¥290</td>
</tr>
<tr>
<td></td>
<td>Up to 1 kg</td>
<td>¥390</td>
</tr>
<tr>
<td></td>
<td>Up to 4 kg</td>
<td>¥660</td>
</tr>
<tr>
<td>Yu-Mail</td>
<td>Up to 150 g (standard: ¥180)</td>
<td>¥330</td>
</tr>
<tr>
<td></td>
<td>Up to 250 g (standard: ¥215)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Up to 500 g (standard: ¥310)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Up to 1 kg  (standard: ¥360)</td>
<td></td>
</tr>
</tbody>
</table>

◎ Registered mail

<table>
<thead>
<tr>
<th>Contents</th>
<th>Claimable Amount</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash</td>
<td>Per additional ¥5,000 increment, over ¥10,000</td>
<td>Additional ¥10</td>
</tr>
<tr>
<td>General</td>
<td>Per additional ¥50,000 increment, over ¥100,000</td>
<td>Additional ¥21</td>
</tr>
<tr>
<td>Simple registered mail</td>
<td>Claimable damage up to ¥50,000</td>
<td>¥320</td>
</tr>
</tbody>
</table>
**International Postage Rates**

- **Postcards (airmail):** ¥70 worldwide
- **Aerogrammes:** ¥90 worldwide
- **Letters**

<table>
<thead>
<tr>
<th>Contents</th>
<th>Weight</th>
<th>Destination</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Asia, Guam, Midway Islands, etc.</td>
<td>Oceania, Middle East, North and Central America, Europe, etc.</td>
<td>Africa, South America</td>
</tr>
<tr>
<td>Standard-size</td>
<td>Up to 25g</td>
<td>¥90</td>
</tr>
<tr>
<td></td>
<td>Up to 50g</td>
<td>¥160</td>
</tr>
<tr>
<td>Nonstandard-size</td>
<td>Up to 2kg</td>
<td>¥220 – ¥2,150</td>
</tr>
</tbody>
</table>

- **Parcel Post**

<table>
<thead>
<tr>
<th>Class</th>
<th>Weight</th>
<th>Destination</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Asia, Guam, Midway Islands, etc.</td>
<td>Southeast Asia</td>
<td>Oceania, Middle East, North and Central America, Europe, etc.</td>
</tr>
<tr>
<td>Airmail</td>
<td>Up to 500g</td>
<td>¥1,700</td>
</tr>
<tr>
<td></td>
<td>Per additional 500g increment, over 500g and up to 5kg</td>
<td>Additional</td>
</tr>
<tr>
<td></td>
<td></td>
<td>¥350</td>
</tr>
<tr>
<td></td>
<td>Per additional 500 g increment, over 5kg and up to 10kg</td>
<td>Additional</td>
</tr>
<tr>
<td></td>
<td></td>
<td>¥300</td>
</tr>
<tr>
<td></td>
<td>Per additional 1kg increment, over 10kg and up to 30kg</td>
<td>Additional</td>
</tr>
<tr>
<td></td>
<td></td>
<td>¥400</td>
</tr>
<tr>
<td>Seamail</td>
<td>Up to 1kg</td>
<td>¥1,600</td>
</tr>
<tr>
<td></td>
<td>Per additional 1kg increment, over 1kg and up to 10kg</td>
<td>Additional</td>
</tr>
<tr>
<td></td>
<td></td>
<td>¥300</td>
</tr>
<tr>
<td></td>
<td>Per additional 1kg increment, over 10kg and up to 30kg</td>
<td>Additional</td>
</tr>
<tr>
<td></td>
<td></td>
<td>¥250</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 URL: http://www.post.japanpost.jp/english/.
### Weights & Measures

#### Length

<table>
<thead>
<tr>
<th>センチメートル (cm)</th>
<th>メートル (m)</th>
<th>キロメートル (km)</th>
<th>インチ (inch)</th>
<th>フィート (foot)</th>
<th>ヤード (yard)</th>
<th>マイル (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>100000</td>
<td>1000</td>
<td>1</td>
<td>39370.0</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>
<tr>
<td>91.440</td>
<td>0.9144</td>
<td>–</td>
<td>36</td>
<td>3</td>
<td>1</td>
<td>–</td>
</tr>
<tr>
<td>–</td>
<td>1609.3</td>
<td>1.6093</td>
<td>63360.0</td>
<td>5280.0</td>
<td>1760.0</td>
<td>1</td>
</tr>
</tbody>
</table>

#### Area

<table>
<thead>
<tr>
<th>メートル² (m²)</th>
<th>平方メートル (km²)</th>
<th>フィート² (square foot)</th>
<th>アール (acre)</th>
<th>ヘクタール (hectare)</th>
<th>エーカー (acre)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>–</td>
<td>10.764</td>
<td>0.01</td>
<td>0.0001</td>
<td>0.0002</td>
</tr>
<tr>
<td>–</td>
<td>1</td>
<td>10000</td>
<td>100</td>
<td>247.11</td>
<td>0.3861</td>
</tr>
<tr>
<td>0.0929</td>
<td>–</td>
<td>1</td>
<td>0.0009</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>100</td>
<td>0.0001</td>
<td>1076.4</td>
<td>1</td>
<td>0.01</td>
<td>0.0274</td>
</tr>
<tr>
<td>10000</td>
<td>0.01</td>
<td>–</td>
<td>100</td>
<td>1</td>
<td>2.4711</td>
</tr>
<tr>
<td>4046.9</td>
<td>0.0040</td>
<td>–</td>
<td>40.469</td>
<td>0.4047</td>
<td>1</td>
</tr>
<tr>
<td>–</td>
<td>2.5900</td>
<td>–</td>
<td>25900</td>
<td>259.00</td>
<td>640</td>
</tr>
</tbody>
</table>

#### Weight

<table>
<thead>
<tr>
<th>グラム (g)</th>
<th>キログラム (kg)</th>
<th>オンス (ounce)</th>
<th>ボンド (pound)</th>
<th>トン (UK) (ton)</th>
<th>トン (USA) (ton)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0.001</td>
<td>0.035</td>
<td>0.002</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>1000</td>
<td>1</td>
<td>35.274</td>
<td>2.205</td>
<td>0.0010</td>
<td>0.0011</td>
</tr>
<tr>
<td>28.35</td>
<td>0.028</td>
<td>1</td>
<td>0.063</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>453.59</td>
<td>0.454</td>
<td>16</td>
<td>1</td>
<td>0.0004</td>
<td>0.0005</td>
</tr>
<tr>
<td>–</td>
<td>1016</td>
<td>35840</td>
<td>2240</td>
<td>1</td>
<td>1.12</td>
</tr>
<tr>
<td>–</td>
<td>907</td>
<td>32000</td>
<td>2000</td>
<td>0.8929</td>
<td>1</td>
</tr>
</tbody>
</table>

#### Volume

<table>
<thead>
<tr>
<th>リットル (liter)</th>
<th>リットル (liter)</th>
<th>キューブインチ (cubic inch)</th>
<th>キューブ英尺 (cubic foot)</th>
<th>ガロン (英) (gallon (UK))</th>
<th>ガロン (米) (gallon (USA))</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0.001</td>
<td>0.0610</td>
<td>–</td>
<td>0.0002</td>
<td>0.0003</td>
</tr>
<tr>
<td>1000</td>
<td>1</td>
<td>61.024</td>
<td>0.0353</td>
<td>0.2200</td>
<td>0.2642</td>
</tr>
<tr>
<td>16.387</td>
<td>0.0164</td>
<td>1</td>
<td>0.006</td>
<td>0.0036</td>
<td>0.0043</td>
</tr>
<tr>
<td>28317</td>
<td>28.317</td>
<td>1728</td>
<td>1</td>
<td>6.2288</td>
<td>7.48</td>
</tr>
<tr>
<td>4546</td>
<td>4.5461</td>
<td>277.42</td>
<td>0.1605</td>
<td>1</td>
<td>1.2010</td>
</tr>
<tr>
<td>3785</td>
<td>3.7854</td>
<td>231</td>
<td>0.134</td>
<td>0.833</td>
<td>1</td>
</tr>
</tbody>
</table>

### 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.

- **No overtaking**
- **Road closed**
- **No entry for vehicles**
- **Reduce speed**
- **No parking or stopping**
- **Minimum speed 30 km/h**
- **No U-turn**
- **Closed to all vehicles except motorcycles**
- **No bicycles**
- **Closed to all vehicles**
- **Crossing by pedestrians prohibited**
- **Proceed only to designated directions**
- **Slippery**
- **Under construction**
- **Pedestrians only**
- **P** (Parking)
- **Pedestrians crossing**
- **One way only**

---

**Weights & Measures**

<table>
<thead>
<tr>
<th>Length</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cm = 0.01 m = 0.001 km = 0.3937 inch = 0.0328 foot = 0.0109 yard = 0.0006 mile</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 m² = 0.0001 km² = 10.764 ft² = 0.0001 acre = 0.0002 hectare</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 g = 0.001 kg = 0.035 ounce = 0.002 pound = 0.0001 ton (UK) = 0.0001 ton (USA)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Volume</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 liter = 0.0610 cubic inch = 0.0061 cubic foot = 0.0028 gallon (UK) = 0.0036 gallon (USA)</td>
</tr>
</tbody>
</table>
Regions and Prefectures of Japan

Railway and Airline Network
World Heritage Sites in Japan

1. 法隆寺地域の仏教建造物
   Buddhist Monuments in the Horyu-ji Area

2. 姫路城
   Himeji-jo

3. 屋久島
   Yakushima

4. 白神山地
   Shirakami-Sanchi

5. 古都奈良の文化財
   Historic Monuments of Ancient Nara

6. 日光の社寺
   Shrines and Temples of Nikko

7. 原爆ドーム
   Hiroshima Peace Memorial [Genbaku Dome]

8. 琉球王国のグスク及び関連遺産群
   Gusuku Sites and related properties of the Kingdom of Ryukyu

9. 紀伊山地の霊場と参詣道
   Sacred Sites and Pilgrimage Routes in the Kii Mountain Range

10. 坂戸
    Shizuoka

11. 千葉県の海稜線
    coast line of Chiba

12. 福岡製糸場と絹産業関連遺産群
    Tomioka Silk Mill and Related Sites

13. 明治日本の産業革命遺産
    Sites of Japan’s Meiji Industrial Revolution: Iron and Steel, Shipbuilding and Coal Mining

14. ル・コルビュジエの建築作品
    The Architectural Work of Le Corbusier, an Outstanding Contribution to the Modern Movement

15. 神宿る島宗像・沖ノ鳥と関連遺産群
    Sacred Island of Okinoshima and Associated Sites in the Munakata Region

16. 長崎と天草地方の潜伏キリシタン関連遺産
    Hidden Christian Sites in the Nagasaki Region

17. 百舌鳥・古市古墳群
    Mozu-Furuichi Kofun Group: Mounded Tombs of Ancient Japan

Notes: 1. Circled numbers in blue indicate locations of cultural heritage, while those in pink show natural heritage.
2. See the UNESCO website (http://whc.unesco.org/en/statesparties/jp) for more information.
Map Symbols for Foreign-Language Maps

The Geospatial Information Authority of Japan has chosen sixteen new map symbols for foreign-language maps for facilities that foreigners regularly visit—such as post offices, hotels, convenience stores and supermarkets—to create a friendlier environment for overseas visitors traveling in Japan.

The information in this Guidebook is current as of November 2019. Please note that this information may change.