LIFE IN JAPAN
For Foreign Researchers
2016 - 2017
LIFE IN JAPAN

For
Foreign Researchers
2016-2017

2016-2017
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。

日本学術振興会

研究者国際交流センター

Foreword

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

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

Japan Society for the Promotion of Science
JSPS Fellows Plaza
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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.
入国・在留の諸手続き

この章では、外国人研究者が3か月を超える長期間、日本の大学など学術研究機関に滞在する場合、外国人として必要となる日本入国あるいは在留に係る諸手続きについて説明します。

1-1 識別証の取得

外国人が日本に入国するためには、まず海外にある日本公館において、自本国政府から発給された旅券に入国目的・期間に合った証明を受ける必要があります。

なお、長期間滞在するための証明を申請する外国人研究者は、次の点に注意してください。

証明は、日本公館に申請してから取得まで2～3か月、あるいはそれ以上の時間がかかることがあります。外国人研究者はこの点を考えて、十分な時間的余裕を持って、予め各日本公館に手続き方法を確認してください。

【在留資格認定証明書】

証明申請時に日本で発行される「在留資格認定証明書」を添付すると、発給までにかかる時間を短くすることができます。これは日本にいる代理人（一般には受入研究機関の研究者）が申請をして発給されるもので、受入研究機関の研究者に申請を依頼してください。

在留資格認定証明書の発行に要する時間は1～3か月を目安としてください。

在留資格認定証明書交付申請による上陸手続きの流れ

① 外国人研究者の申告の決定をした受入研究機関は、まず日本国務省入国管理局に「在留資格認定証明書」を申請します。

② 「在留資格認定証明書」の申請から交付まで1～3か月を要し、発行後受入研究機関宛に送られます。

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、海外にある申告の予定の外国人研究者に送ります。

Chapter 1

Procedures for Entry and Residence in Japan

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

1-1 Obtaining a Visa

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

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

Certificate of Eligibility

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

Procedure for Obtaining a Certificate of Eligibility and Disembarkation

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

(2) It takes approximately one to three months for the Certificate of Eligibility to be issued, which is then sent to the host institution.

(3) Once the Certificate of Eligibility is received, the person in charge at the host institution forwards it to the foreign researcher overseas.
(4)(5) The foreign researcher should submit his/her visa application, accompanied by the Certificate of Eligibility, to the Japanese Embassy or Consulate in his/her country of residence. The researcher should contact the nearest Japanese Embassy or Consulate for details.

The host institution is advised to take into account the time it takes for processing and sending the certificate and apply for the Certificate of Eligibility at least three to three and a half months prior to the foreign researcher’s scheduled date of entry to Japan. It is recommended that the foreign researcher consult his/her host researcher about the application well in advance.
1-2  在留資格

外国人が入国（上陸）を許可されると、在留資格と在留期間が決定され、上陸許可証印が旅券に表示されます。上陸許可証印については、下記のシール式の証印が使用されています。

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

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

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

<table>
<thead>
<tr>
<th>Status of Residence</th>
<th>Authorized Activities in Japan</th>
<th>Period of Stay</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professor</td>
<td>Research, research guidance and educational activities at universities and affiliated institutes or at advanced technical schools designated as Koto-senmon-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 “College Student” or “Trainee”).</td>
<td>3 years, 1 year, 6 months, or 3 months</td>
</tr>
</tbody>
</table>
Chapter 1  Procedures for Entry and Residence in Japan

1-3 Residence Card

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

Please provide a photo meeting the following criteria when completing the 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 entered 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 entered in your passport will be 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 office will mail your Residence Card to you.
【その他の出入国際を利用する場合】

旅券上に記載された居住地を定めるとともに、在留カードが後日交付されることで記載されます。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てください。その後、在留カードが地方入国管理局から居住地に郵送されます。

3か月以上日本に滞在する人は、国民健康保険及び国民年金への加入義務がありますので、上記手続きを行ってこれらの加入手続きを行ってください。在留カードを持っている人は、日本人と同様に居住地の市区町村で住民票の写しの交付を申請できます。

国民健康保険制度については、3-2-4を参照してください。

1-3-2 常時携帯義務

旅券を携帯しているか否かにかかわらず、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、罰金に処さ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、3か月以上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に順次必要となり、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。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での再入国時と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入国管理局で行う必要があります。

結婚する場合等で家庭内連帯者の氏名、国籍、居住地等の変更届を出してください。また、入国カードの紛失、偽造又は減失等をした場合は、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日以内に地方入国管理局で再交付を申請してください。

Individuals who will be staying in Japan for three months or longer are required to enroll in the national health insurance and the national pension 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 3-5-4.

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 three months or longer who have a visa status other than “short-term stay” (temporary visitors).

This number will gradually 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 office that administers the area where you live.

If you get married, or if there is a change in your surname or your nationality/region, please complete a notification of a
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 resident 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 resident card with you.

As this system is subject to change, please be sure to check the latest information on the Immigration Bureau’s webpage (http://www.immi-moj.go.jp/newimmiaact_1/en/)

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.
Chapter 1 Procedures for Entry and Residence in Japan

1-5 Procedures for Family Members

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

<table>
<thead>
<tr>
<th>Status of Residence</th>
<th>Authorized Activities in Japan</th>
<th>Period of Stay</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dependent</td>
<td>The daily activities as spouse and dependent children of those authorized to reside in Japan under the status of Professor, Researcher, or Cultural Activities.</td>
<td>5 years, 4 years and 3 months, 4 years, 3 years and 3 months, 3 years, 2 years and 3 months, 2 years, 1 year and 3 months, 1 year, 6 months, or 3 months</td>
</tr>
</tbody>
</table>
If family members accompany foreign researchers, a separate visa application from that of the foreign researcher must be made and extra time may be required to process the application.

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

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

<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 Certificate:

a. Birth certificate
b. Mother and Child Health Handbook
c. Applicant’s inkan stamp (signature also acceptable)
d. Health Insurance Card
1) Passport Application
Apply for a passport for the newborn child at the Embassy or Consulate of your home country.

2) Application for Visa Status of Residence and Period of Stay
Apply at an immigration bureau office within 30 days of the date of birth.
If you submit a copy of your resident register when you submit your application for visa status and period of stay, you do not need to report your address again to the municipal office after receiving that permission.

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

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

1-6 Immigration and Visa Consultations

1-6-1 Information Centers
To help serve foreign residents of Japan, the Immigration Bureau has established Immigration Information Centers at Regional Immigration Bureaus and branch offices (see p. 176) in Sendai, Tokyo, Yokohama, Nagoya, Osaka, Kobe, Hiroshima and Fukuoka. These centers provide consultation services and information on immigration and visa-related issues in several foreign languages (including English, Chinese, Korean, Spanish and others).

Consultants will respond to your inquiries over the phone or in person at Regional Immigration Bureaus and branch offices (see p. 177) 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)

<table>
<thead>
<tr>
<th>オーラス (ございます)。</th>
<th>Good morning.</th>
</tr>
</thead>
<tbody>
<tr>
<td>こんにちは。</td>
<td>Hello. /Good afternoon.</td>
</tr>
<tr>
<td>おやすみ (なさい)。</td>
<td>Good night.</td>
</tr>
<tr>
<td>こんばんは。</td>
<td>Good evening.</td>
</tr>
<tr>
<td>さようなら。</td>
<td>Goodbye.</td>
</tr>
<tr>
<td>Ja mata.</td>
<td>See you.</td>
</tr>
<tr>
<td>はい。</td>
<td>Yes.</td>
</tr>
<tr>
<td>いいえ。</td>
<td>No.</td>
</tr>
<tr>
<td>ありがとうございます。</td>
<td>Thank you.</td>
</tr>
<tr>
<td>どういたしまして。</td>
<td>You’re welcome.</td>
</tr>
<tr>
<td>すみません。</td>
<td>Excuse me.</td>
</tr>
<tr>
<td>ごめんなさい。</td>
<td>I’m sorry.</td>
</tr>
<tr>
<td>どうぞ。</td>
<td>Please. /Here you are.</td>
</tr>
</tbody>
</table>

おはよう (ございます)。 Ohayō (gozaimasu).
こんにちは。 Konnichiwa.
おやすみ (なさい)。 Oyasumi(nasai).
こんばんは。 Konbanwa.
さようなら。 Sayonara.
じゃ また。 Ja mata.
はい。 Hai.
いいえ。 Iie.
ありがとうございます。 Arigatō (gozaimasu).
どういたしまして。 Dōitashimashite.
すみません。 Sumimasen.
ごめんなさい。 Gomennasai.
どうぞ。 Dōzo.
わかりません。 Wakarimasen.
わかりました。 Wakarimashita.

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

2-1-1 外国人研究者のための宿舎

外国人研究者が日本で長期間研究生活を送っていくためには、その生活の基礎となる良質の宿舎を早く確保することが大切です。良質の宿舎を確保するためには、外国人研究者は、来日前の早い時期から受入研究者とよく相談することをお勧めします。

【外国人研究者のための宿舎施設を持つ学術研究機関】（2015年9月現在）

1) 国立大学法人（82大学）

北海道大学
北海道教育大学
専門大学
小樽商科大学
帯広畜産大学
北見工業大学
東北大学
秋田大学
福島大学
茨城大学
千葉大学
東京大学
東京工科大学
東京芸術大学
東京外国語大学
お茶の水女子大学
横浜国立大学
上越教育大学
富山大学
岐阜大学
静岡大学

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 (see table below). Most, however, do not have sufficient housing to accommodate everyone. If you wish to secure housing at your host institution, you should decide the date of your arrival in Japan, and consult with your host researcher and apply for it through the person in charge of housing well in advance. 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 (as of September 2015):

1) National University Corporations (82 universities):

Hokkaido University
Miyazaki Institute of Technology
Okayama 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 University of Agriculture & Technology
Tokyo University of Marine Science & Technology
The University of Electro-Communications
Kochi University
Nagoya University of Technology
University of Yamanashi
University of Toyama
Fukuoka University
Shizuoka University
第2章 住まい

名古屋大学

愛知教育大学

名古屋工業大学

豊橋技術科学大学

三重大学

滋賀大学

滋賀医科大学

京都大学

京都工芸繊維大学

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

山口大学

岡山大学

広島大学

香川大学

徳島大学

鳴門大学

高知大学

愛媛大学

九州大学

九州工業大学

佐賀大学

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（4機関）

人间科学研究機構

科学技術研究機構

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（9機関）

国立水産総合研究センター

（国研）宇宙航空研究開発機構

（国研）原子力研究開発機構

（国研）産業技術総合研究所

（国研）農業・食品産業技術総合研究所

（国研）科学技術振興機構

（国研）日本原子力研究開発機構

国立国際医療研究センター

また、公・私立大、国立研究機関、都道府県などにも、外国人研究者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、つば市地区にあり、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。

東京都の宿泊施設

東京都には、臨海副都心、青海の国際交流大学村に留学生、研究者のための施設「東京国際交流館」があります。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。

Chapter 2 Living Accommodations in Japan

Nagoya University

Aichi University of Education

Nagoya Institute of Technology

Toyoohashi University of Technology

Mie University

Shiga University

Shiga University of Medical Science

Kyoto University

Kyoto Institute of Technology

Osaka University

Osaka Kyoudai University

Hyogo University of Teacher Education

Kobe University

Nara Women’s University

Wakayama University

Tottori University

Shimane University

Okayama University

Hiroshima University

Yamaguchi University

The University of Tokushima

Naruto University of Education

Kagawa University

Euime University

Kochi University

Fukuoka University of Education

Kyushu University

Kyushu Institute of Technology

Saga University

Nagasaki University

Kumamoto University

Oita University

University of Miyazaki

Kagoshima University

National Institute of Fitness and Sports in Kanoya

University of the Ryukyus

Nara Institute of Science and Technology

Japan Advanced Institute of Science & Technology National Graduate Institute for Policy Studies

2) Inter-University Research Institute Corporations (4 Institutes)

National Institutes for the Humanities National Institutes of Natural Sciences

High Energy Accelerator Research Organization Research Organization of Information and Systems

3) Others (9 Institutes)

National Institute for Minamata Disease Japan Aerospace Exploration Agency

National Institute of Radiological Sciences National Institute of Advanced Industrial Science and Technology

National Agriculture and Food Research Organization RIKEN Japan Science and Technology Agency

Japan Advanced Institute of Science & Technology National Center for Global Health and Medicine

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

Housing in the Tokyo Area

In the Tokyo area, the Tokyo International Exchange Center of the Tokyo Academic Park in Aomi, the Rinkai district, is a housing facility for foreign students and researchers. This facility provides about 800 furnished rooms for living (about 10% of which are for researchers) and common facilities such as study rooms, lounges, and gyms. The facility includes an international conference hall, meeting rooms, and open spaces where a variety of international exchange events can be held. If you want to live here, you must apply through your host institution.
2-1-2 Private Housing

Private housing can be divided into two general types:

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

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

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

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

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

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

2-2-1 Average Rental Fee

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

Generally, the monthly rental fee for an apartment with one living room, a kitchen, and a bathroom is about ¥80,000 to 90,000 in major cities and ¥60,000 to 70,000 in outlying cities.

A maintenance fee and utility charges will also be added to your monthly housing expense. For details, see section 2-3.

2-2-2 Rent-related Costs

Various fees and deposits are required when renting real estate in Japan. These may include tetsuke-kin (holding deposit), shiki-kin (security deposit), rei-kin (key money), and chukai-assenryo (real estate agent’s fee). The tetsuke-kin is a deposit paid to the landlord in advance of signing the rental contract to show that you are interested in securing the property. (Please note that the deposit may not be refundable if you decide not to rent the property.) The tetsuke-kin is applied to the rent-related fees when you sign the contract. You will need to pay the required shiki-kin and rei-kin as well as one month’s rent in advance to the landlord when you sign the
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>家賃1〜2か月分程度*</td>
<td>あり</td>
<td>無交納などに対する担保金です。退去時に部屋の清掃、備品などの修理、更新費に充当され、余りがあれば返金されますが、追徴されることもあります。</td>
</tr>
<tr>
<td>礼金</td>
<td>家賃1〜2か月分程度*</td>
<td>なし</td>
<td>無て、習慣的に必要な経費で、宿舎を利用することの対価として払います。必要のない物件もあります。</td>
</tr>
<tr>
<td>仲介斡旋料</td>
<td>家賃1か月分程度*</td>
<td>なし</td>
<td>なし</td>
</tr>
<tr>
<td>家賃</td>
<td>家賃1か月分*</td>
<td>なし</td>
<td>なし</td>
</tr>
</tbody>
</table>

*地域差があり必ずしも一律ではありません。

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

<table>
<thead>
<tr>
<th>Fee/Deposit</th>
<th>Amount Required</th>
<th>Refundable</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shiki-kin (security deposit)</td>
<td>About 1 - 2 months’ rent*</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 (key money)</td>
<td>About 1 - 2 months’ rent*</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 (real estate agent’s fee)</td>
<td>About 1 month’s rent*</td>
<td>No</td>
<td>Fee paid to the intermediary real estate agent.</td>
</tr>
<tr>
<td>Advance Rent</td>
<td>1 month’s rent*</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.
2-2-3 賃貸契約の仕方と注意

不動産業者のもとで借主と貸主のあいだで話がまとまると賃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、十分理解内容を検討してから押印（又はサイン）するようにしてください。
通常、賃貸契約のためには保証人が必要です。保証人になりうる資格をもつ人（受入れ研究者など）に保証人となってもらってください。
なお、契約書の多くは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

入居後に毎月必要な住居費には、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、アパートなどで、共通の廊下、階段、エレベータ、外灯など、生活上の共有部分の維持、管理のために住人が出し合う費用のことで、家賃とは別です。
③ 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使用料を支払う必要があります。
支払方法は、銀行口座からの自動振替、または金融機関、郵便局、コンビニエンスストアなどで支払うことができます。

よく使われる住居関連用語

<table>
<thead>
<tr>
<th>日本語</th>
<th>英語</th>
</tr>
</thead>
<tbody>
<tr>
<td>住宅</td>
<td>House</td>
</tr>
<tr>
<td>アパート</td>
<td>Apartment</td>
</tr>
<tr>
<td>マンション</td>
<td>Real Estate Agent</td>
</tr>
<tr>
<td>オーヨーサン</td>
<td>Landlord</td>
</tr>
<tr>
<td>礼金</td>
<td>Holding deposit</td>
</tr>
<tr>
<td>敷金</td>
<td>Security deposit</td>
</tr>
<tr>
<td>礼金</td>
<td>Key money</td>
</tr>
<tr>
<td>家賃</td>
<td>Rent</td>
</tr>
<tr>
<td>仲介斡旋料</td>
<td>Real estate agent’s fee</td>
</tr>
</tbody>
</table>

*ã, ò, ū: Pronunciation should be lengthened, like “ah,” “oh” and “you.”*
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 Itoigawa City (in Niigata Prefecture). Since it is 100 volts/50 hertz in eastern Japan and 100 volts/60 hertz in western Japan, please take care when using electrical appliances in an area they were not designed for.

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

Gas There are two types of gas service depending on the area: city gas and propane gas. You need to 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 home. If you suspect a gas leak, open the windows and doors to ventilate the room thoroughly and contact your local gas company for service when needed.

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

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

2-5-1 Ventilation

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

2-5-2 Interior Care

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

2-5-3 Garbage Disposal

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

1) Garbage Categories:

Combustible garbage, Non-combustible garbage, 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,
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.

Please write it down.

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 living allowance, pay utility bills, and conduct other transactions.

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

Basic knowledge about *inkan* stamps

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

The *inkan* that you register at your local government office, however, is called a *jitsuin* and is different from other *inkan* which are referred to as *mitomein*. The *jitsuin* is used when making formal contracts or legal documents. You will need a *jitsuin* for instance, when you purchase a car. Each foreign resident who has completed their alien registration is permitted to register one *jitsuin*. While kanji, kana, or roman letters can be used for a *mitomein*, with a *jitsuin*, your name must appear as shown on your 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. Operating hours, however, differ depending on the bank and branch. Also, handling fees vary depending on the time of the transaction.

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

### 3-2 Mail

#### 3-2-1 Post Offices

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

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

If you are not at home when the mail-carrier delivers mail such as a parcel or registered letter that requires your signature (or inkan), he/she will take these back to the post office and leave a notice of delivery instead. You can arrange a redelivery, or, if you would like to pick it up, you must bring the notice of delivery, personal identification such as your Residence Card and your inkan if you have to the designated post office.
If you move within Japan, you can notify your new address using online service of Japan Post (URL: http://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. – 10:00 p.m.
Saturdays, Sundays and national holidays, 9:00 a.m. – 10:00 p.m.
Tel: 0120-23-28-86 (recorded guidance in Japanese)
0570-046-111 (for calls in English, fees apply)
0570-046-666 (for calls from a cellular phone in Japanese, fees apply)

Information is also available on the Japan Post English Website (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:

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

★ Federal Express
Tel: 0120-003200 (043-298-1919)
URL: http://www.fedex.com/jp_english/

★ Nippon Courier Service
Tel: 03-6892-8120
URL: http://www.nippon-courier.co.jp/

★ Overseas Courier Service (OCS)
Tel: 0120-627-012
URL: http://www.ocs.co.jp/

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

★ TNT Express Japan
Tel: 0120-599-868
URL: http://www.tnt.com/express/en_us/site/home.html

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

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

3-3-1 自宅への電話のひき方

自宅へ電話をひくには、NTT（116番）に電話して申し込みます。その際、パスポートや在留カード、健康保険証等の身分を証明できるものが必要です。施設設置費用は、契約料864円と施設設置負担金38,880円です。また、施設設置負担金が不要になるかわりに、月々支払い回線使用料が若干割高になる加入電話・ライトプランもあります（料金はすべて税込み価格です）。

電話回線には、アナログ回線方式とデジタル回線方式の2タイプがあります。インターネットへの接続には、アナログ回線およびデジタル回線のどちらでも利用できます。（インターネットへの接続については3-3-6を参照）

注）これまでは、自宅に電話をひくサービスはNTTのみが行なってきましたが、ソフトバンクやKDDIなどの電話会社も、新たにサービスを始めました。その際、施設設置負担金は必要ありませんが、サービスの提供区域や特殊な番号（コレクトコールなど）の利用に制限がありますので、まずは問い合わせをしてください。

3-3-2 国内電話

国内電話は、NTTが広く利用されていますが、これ他、ソフトバンク、KDDI等があります。通話料金には若干の差があるようですが、夜間割引や休日割引などの割引プランがあります。

それぞれの問い合わせ先は、次のとおりです。

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

★ ソフトバンク
Tel: 0088-82/0120-0088-82
URL http://www.softbank.jp/

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

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

info-japan/Yellow pages URL http://en.itp.ne.jp/

3-3 Phone

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 ¥864 and a line facilities charge of ¥38,880. There is also Kanyu Denwa Lite Plan which does not charge a line facilities fee if you pay a slightly higher basic monthly fee (prices included tax).

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

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

3-3-2 Domestic Telephone Calls

For domestic calls, NTT is most widely used. Alternative companies include SoftBank 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: 0088-82/0120-0088-82
URL http://www.softbank.jp/en/

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

You can find a telephone directory in English called info-japan/Yellow pages on the Internet.

info-japan/Yellow pages URL http://en.itp.ne.jp/
For inquiries in foreign languages concerning NTT
★ NTT East Information Tel: 0120-364-463 (toll-free)
★ NTT West Information Tel: 0120-064-337 (toll-free)

Inquiries can be made in English, Chinese, Korean, Portuguese, and Spanish. (9:00 a.m.–5:00 p.m., Monday through Friday, except national holidays and year-end/New Year 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: 0120-03-0061</td>
</tr>
<tr>
<td>NTT Communications</td>
<td>0033</td>
<td>Tel: 0120-506506</td>
</tr>
</tbody>
</table>

How to Make an Overseas Call
Dial
Telephone Company Prefix + 010 + Country Code + Area Code (without first 0) + Telephone Number in the correct order.
Skype

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

User guide: [URL] https://support.skype.com/en/

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

There are three types of mobile phones in Japan: cellular (cell) phones, smart phones, and PHS. In addition to the basic telephone functions such as domestic and international calling, all types offer a variety of other services depending on the mobile phone service provider. These services include sending and receiving e-mail, accessing the Internet, browsing websites, downloading various applications, and allowing other devices to access the Internet over a wireless network. There are also services that let you take, send, or receive pictures and short movies. Sending and receiving video streams and other high-volume data as well as videophone service has become possible with the start of high-speed communication services. Since service offerings, sign-up charges, and monthly usage fees vary from company to company, you will need to choose the plan that best serves your needs. You will need to have your passport and 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 (as of September 2015)

**Cellular phone, smart phones, PHS**

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

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

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

- **Y!mobile**
  - Tel: 0570-039-151 (press 0 to be connected to an operator; 9:00 a.m.–8:00 p.m.)
  - [URL](http://ymobile.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 公衆電話

10 円、100 円硬貨かテレホンカードを入れてダイヤルします。テレホンカードは、駅の売店や自動販売機などで買うことができます。
公衆電話の中には、国際電話ができるものもあります。
110 番（警察）・119 番（火事・救急時）には硬貨やテレホンカードは必要ありません。

3-3-6 インターネットへの接続

自宅でインターネットに接続する方法として、光ファイバーや高速モバイルなどのブロードバンド接続が主流となっています。それぞれの特徴を以下に説明します。
■ ADSL（2016年に新規申込受付を終了）
アナログ電話回線を利用する方法で、設置は簡単で済みます。利用するにはプロバイダー（インターネット接続事業者）と契約を結ぶことが一般的です。詳細についてはプロバイダーに相談してください。
（電話回線の設置については 3-3-1 を参照）
■ 光ファイバー
光ファイバーケーブルを使用する方法で通信速度が高速です。プロバイダーを選んで申し込みます。プロバイダーが提供する IP 電話を利用するのであれば、電話回線は必要ありません。ただし光ファイバーのサービス提供区域内に住んでいることが条件となります。またマンションやアパートの場合、技術的に工事ができるかどうかが問題となります。場合によっては工事費が追加請求となることもありますので、業者に申し込む前に、大家さんの同意を得るようにしてください。
■ 高速モバイル
無線通信で高速インターネットに接続する方法です。回線の工事等の必要を無く端末とパソコンなどの機器を Wi-Fi 接続するだけで利用することができます。また、外出先でも電波の届くエリアではインターネットに接続することができます。
■ ダイヤルアップ接続
ダイアルアップによるインターネット接続は、通常の電話回線を利用してします。ダイアルアップサービスを受けるにはプロバイダーと契約し、毎月自分が接続するおおよその時間を目安に最も適した料金体系を選択するとよいでしょう。

3-3-5 Public Telephones

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

Some public telephones allow users to make international calls.

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

3-3-6 Connecting to the Internet

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

■ ADSL (New applications will no longer be accepted after June 2016.)
Since ADSL uses the analog phone line, installation is easy. To get ADSL, you basically need to make a contract with an Internet service provider (ISP). For details, please talk with an ISP. (For information on applying for a phone line, see section 3-3-1.)

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

■ High-Speed Mobile
This is a method of connecting to the Internet by radio. There is no need to install a cable, and you can use the Internet simply by 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 on line each month.
Cable TV line

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

Notes on Connecting to the Internet

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

Choosing a Provider

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

The main Internet providers in Japan are as follows:

- **@nifty**
  - URL: http://www.nifty.com/
  - Tel: 0120-50-2210

- **au one net**
  - URL: http://www.au.kddi.com/internet
  - Tel: 0077-777 (0120-22-0077)

- **BIGLOBE**
  - URL: http://www.biglobe.ne.jp/
  - Tel: 0120-56-0962

- **J:com**
  - URL: http://www.jcom.co.jp/
  - Tel: 0120-999-000

- **OCN**
  - URL: http://www.ocn.ne.jp/
  - Tel: 0120-506-506

- **ODN**
  - URL: http://www.odn.ne.jp/
  - Tel: 0088-228-325

- **So-net**
  - URL: http://www.so-net.ne.jp/
  - Tel: 0120-117-268

- **Yahoo! BB**
  - URL: http://bbpromo.yahoo.co.jp/
  - Tel: 0120-33-4546
3-4  Transportation

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

Details on ticket fares, schedules, and other information can be found in timetables (jikokuhyo) sold at kiosks and bookstores.

Refer to section 4-6 for more information on traveling within Japan.

3-4-1  Japan Railway

Since the Japan Railway (JR) operates a network of train lines throughout Japan, traveling around the country is very convenient. (See Appendix XIII.) 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 (kyoku-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/e/
3-4-2 Trains, Subways and Buses

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

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

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

3-4-3 Airlines

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

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

Flight Information (For reservations and inquiries)

**Domestic Airlines**

<table>
<thead>
<tr>
<th>Company</th>
<th>Phone Number</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Nippon Airways (ANA)</td>
<td>0570-029-222</td>
<td><a href="http://www.ana.co.jp/">http://www.ana.co.jp/</a></td>
</tr>
<tr>
<td></td>
<td>0570-025-121 (English)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>0570-029-709 (English)</td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.ana.co.jp/">http://www.jal.co.jp/</a></td>
<td></td>
</tr>
</tbody>
</table>
3-4-4 タクシー
タクシーは、駅や路上、公共施設などにあるタクシー乗り場で利用できます。ドアは自動開閉です。
料金は、各都市、車の大きさによって異なります。東京の場合は、一般的に基本料金は2kmまでは730円（2015年9月現在）ですが、深夜・早朝は割増し料金になります。料金は、運転席前のメーターに表示され、チップは必要ありません。

3-4-5 車の運転免許
日本で自動車を運転するには、外国で国際免許証を取得してから来日するか、外国の免許証を日本の免許証に書き換える方法があります。
ただし国際免許証の有効期間は日本に到着後1年間、または当該免許証の有効期間のいずれか短い期間で、更新は日本国内ではできません。引き続き日本で運転をする場合は、外国の有効な免許証を日本の免許証に書き換える必要があります。

外国の免許証の書き換えは、最寄りの運転免許試験場で行ってください。
免許証の書き換えには、次の書類が必要です。
(1) 現在有効な外国の免許証（発行後、発行国に3か月以上滞在していたことを証明する必要があります。発行日が記載されていない場合、発行日の証明書が必要です）
(2) 免許証の日本語訳文（免許を発行した国の大使館または日本自動車連盟[JAF]で翻訳されたものに限ります）
(3) 住所証明書
(4) パスポート
(5) 最近6か月以内に撮影した写真（縦3cm×横2.4cm）1枚（写真は、申請先で撮ることもできます---有料）
(6) 手数料（2015年9月現在）
普通自動車 4,450円
自動二輪車 5,200円

3-4-4 Taxis
You can catch a taxi at designated taxi stands at stations and public facilities, or hail along the street. The rear doors open and close automatically. Fares vary from city to city and according to the size of the cab. The initial charge in Tokyo is typically ¥730 for the first 2km (as of September 2015); 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.

3-4-5 Driver’s Licenses
To drive a car in Japan, you need to obtain an international driver’s license before arriving in Japan or convert your overseas driver’s license to a Japanese driver’s license. An international driver’s license is valid for one year after entry into Japan or until the international driver’s license expires, whichever comes first. You cannot renew your international driver’s license in Japan. To continue driving in Japan after that, you need to convert your regular overseas driver’s licenses to a Japanese driver’s license before its expiration.

To transfer to a Japanese license, you need to go to your nearest Driver’s License Center and bring the following documents:
(1) Valid driver’s license issued overseas. (You need to prove residency in the country where it was issued for a minimum of three months after license issuance. If the date of issue is not shown on the license, you also need to obtain a document certifying the date of issue.)
(2) Japanese translation of your driver’s license. (The translation must be prepared at the embassy of the country where the license was issued, or at a Japan Automobile Federation [JAF] office.)
(3) Residence Card
(4) Passport
(5) One photo taken within the last six months (3.0 × 2.4 cm). (Photos can be taken for a fee at the office accepting applications.)
(6) License fees (as of September 2015)
Ordinary passenger vehicle: ¥4,450
Motorcycle: ¥5,200
For more details on procedures, please visit the following English Webpage of the National Police Agency (URL http://www.npa.go.jp/english/index.htm).

The Japan Automobile Federation (JAF) issues a booklet entitled *Kotsu-no Kyosoku*, which describes Japanese traffic rules. The booklet’s foreign-language versions—in English, Spanish, Portuguese, Chinese and Korean—are also available for sale.

**Japanese Automobile Federation (JAF) Headquarters**

Jidosha Kaikan, 1-1-30 Shiba-daimon, Minato-ku, Tokyo 105-0012

Tel: 0570-00-2811

URL http://www.jaf.or.jp/e/

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

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

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

2. Driving test

   These above tests are not required, however, if you have a valid driver’s license issued in any of the following 26 countries and regions (as of September 2015): Australia, Austria, Belgium, Canada, Czech Republic, Denmark, Finland, France, Germany, Greece, Iceland, Ireland, Italy, Korea, Luxembourg, Monaco, the Netherlands, New Zealand, Norway, Portugal, Slovenia, Spain, Sweden, Switzerland, the UK, Taiwan.

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

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

The Japan Automobile Federation (JAF) issues a booklet entitled *Kotsu-no Kyosoku*, which describes Japanese traffic rules. The booklet’s foreign-language versions—in English, Spanish, Portuguese, Chinese and Korean—are also available for sale.

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2. Driving test

   These above tests are not required, however, if you have a valid driver’s license issued in any of the following 26 countries and regions (as of September 2015): Australia, Austria, Belgium, Canada, Czech Republic, Denmark, Finland, France, Germany, Greece, Iceland, Ireland, Italy, Korea, Luxembourg, Monaco, the Netherlands, New Zealand, Norway, Portugal, Slovenia, Spain, Sweden, Switzerland, the UK, Taiwan.

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

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

The Japan Automobile Federation (JAF) issues a booklet entitled *Kotsu-no Kyosoku*, which describes Japanese traffic rules. The booklet’s foreign-language versions—in English, Spanish, Portuguese, Chinese and Korean—are also available for sale.

**Japanese Automobile Federation (JAF) Headquarters**

Jidosha Kaikan, 1-1-30 Shiba-daimon, Minato-ku, Tokyo 105-0012

Tel: 0570-00-2811

URL http://www.jaf.or.jp/e/
3-5 Medical Care

3-5-1 Medical System in Japan

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

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

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

3-5-2 Medical Care in Foreign Languages

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

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

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

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

**AMDA International Medical Information Center**

URL: http://amda-imic.com/Eng

Center Tokyo Tel: 03-5285-8088

(Services provided in English, Chinese, Korean, Spanish, Thai, Portuguese, Filipino, and Vietnamese.)

Osaka Office Tel: 050-3598-7574

(Services provided in English, Chinese and Spanish.)

The languages available vary depending on the day of the week and the time of day.
3-5-3 Traveler’s Insurance

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

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

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

3-5-4 National Health Insurance

The National Health Insurance Program in Japan is an insurance system designed to reduce the individual’s medical cost in the event of illness or injury through a system of mutual payments and assistance. Japan has a compulsory insurance system, and all those living in Japan must be covered by either form of insurance: “social insurance system” for those working at company or office and “national health insurance system” for those uncovered by the former system including foreign researchers.
生活 1

国民健康保険制度に加入すると、保険料の支払い義務が生じますが、
医療機関で国民健康保険被保険者証を提示することにより、かかった
医療費の3割負担で、病気やケガの治療が受けられるため、万一、海
外旅行保険から支払われる保険金の限度額を超える費用を要する病気
やケガをした場合にも安心です。また、海外旅行保険では対象外の歯
科治療、既往症、慢性疾患などにも適用されるほか、規定の出産育児
一時金も支給されます。

保険料は、あなたの住んでいる市区町村、あなたの所得や世帯人員
などによって異なります。

住んでいる市区町村で住民登録を済ませた後、併せて国民健康保険の加入手続きを
行ってください。

詳しくは市区町村の国民健康保険を
担当している部署に問い合わせてください。

また、他の市区町村への転出、帰国、出
産、死亡、紛失したときは手続きが必要です。

必要な手続きをしていないと保険証が無効扱いになりますので注意し
てください。

3-5-5 妊娠と出産

日本には、母と子を守るために様々なサービスがあります。外国人で
も住民登録をしていれば、これらのサービスを受けることができます。
妊娠と診断された場合の市区町村に妊娠届をします。この届け出を
することにより、母子健康手帳の交付を受けたり、他のいろいろな母子
保健サービスを受けることができます。母子健康手帳には母と子の健康
状態が記録されます。妊娠健診、出産時、出産後、子どもを病院や保健
所に連れて行くときには、忘れずにこの手帳を持参しましょう。

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

子どもが誕生してからの手続きは1-5-1、子どもの教育については
3-8 を参照してください。

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

If you subscribe to this program, a National Health Insurance
Card will be issued, which allows you to receive medical treat-
ment 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
and treatment for pre-existing/chronic conditions not cov-
ered by your traveler’s insurance, as well as lump-sum childbirth
benefit.

You need to pay monthly premiums for national health insur-
ance, 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 munici-
pal 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 certifi-
cate will be treated as invalid.

3-5-5 Pregnancy and Childbirth

Japan has various health services to protect the health of both
the mother and child. Non-Japanese who have completed resi-
dent registration are also eligible to receive these services. If
you are diagnosed as having become pregnant, you should reg-
ister 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.

3-5-6 Immunizations

Japan offers immunizations for designated diseases to prevent epidemics among children.

**Immunizations are available for the following diseases:**

BCG, Polio, diphtheria, pertussis, tetanus, measles, and rubella, etc.
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)

National Noh Theatre (Kokuritsu Noh Gekijo)

Minami-za

Noh, Kyogen

National Noh Theatre (Kokuritsu Nohgakudo)

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 129>).
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, Chiyodaku, Tokyo 102-8322
Tel: 03-3214-2561
URL http://www.momat.go.jp/

**The National Museum of Western Art**

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

**The National Art Center, Tokyo**

7-22-2 Roppongi, Minato-ku, Tokyo 106-8558
Tel: 03-3828-0111
URL http://www.nact.jp/

**The National Museum of Modern Art, Kyoto**

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

**The National Museum of Art, Osaka**

4-2-55 Nakanoshima, Kita-ku, Osaka-shi, Osaka 530-0005
Tel: 06-6447-4680

**Museum of Contemporary Art Tokyo**

Kiba Park, 4-1-1 Miyoshi, Koto-ku, Tokyo 135-0022
Tel: 03-5245-4111
URL http://www.mot-art-museum.jp/eng/

**Museums**

**Tokyo National Museum** (Japan’s largest museum)

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

**National Museum of Nature and Science**

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

**National Museum of Japanese History**

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

**Kyoto National Museum**

527 Chayamachi, Higashiyama-ku, Kyoto-shi, Kyoto 605-0091
Tel: 075-541-1151
URL http://www.kyohaku.go.jp/eng/index_top.html
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 http://library.metro.tokyo.jp/1b/
(Stocks over 1.88 million volumes, partly on open shelves. Books may not be checked out.)

The Japan Foundation Information Center Library
4-4-1 Yotsuya, Shinjuku-ku, Tokyo 160-0004
Tel: 03-5396-6086 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.)
Chapter 3  Daily Life in Japan

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

**American Center Reference Service**

URL http://japan.usembassy.gov/e/irc-main.html

(Tokyo) American Center Japan, NOF Tameike Bldg. 8F, 1-1-14 Aka-
saka, Minato-ku, Tokyo 107-0052
Tel: 03-5545-7431

(Sapporo) American Consulate General Sapporo, Kita 1-jo, Nishi-
28-chome, Chuo-ku, Sapporo-shi, Hokkaido 064-0821
Note: Temporarily closed; please call American Center Japan
for inquiries.

(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 http://www.institutfrancais.jp/tokyo/mediatheque/

**Tokyo German Cultural Center Library**

Doitsu Bunka Kaikan 2F, 7-5-56 Akasaka, Minato-ku, Tokyo 107-0052
Tel: 03-3584-3203  URL http://www.goethe.de/ins/jp/ja/kam.html

**Villa Kamogawa Künstlerresidenz des Goethe-Instituts**

19-3 Yoshida-kawara-machi, Saijo-ku, Kyoto-shi, Kyoto 606-8305
Tel: 075-761-2188  URL http://www.goethe.de/ins/jp/ja/kam.html

**Italian Cultural Institute Library**

2-1-30 Kudan-minami, Chiyoda-ku, Tokyo 102-0074
Tel: 03-3264-6011  URL http://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 http://www.h5.dion.ne.jp/biblio/
Chapter 3  Daily Life in Japan

OECD Tokyo Center Library
Nippon Press Center Bldg. 3F, 2-2-1 Uchisaiwai-cho, Chiyoda-ku, Tokyo 100-0011
Tel: 03-5532-0021  URL http://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 http://www.ide.go.jp/English/Library/

JETRO Business Library, Japan External Trade Organization
(Tokyo) Ark Mori Bldg. 6F, 1-12-32 Akasaka, Minato-ku, Tokyo 107-6006
Tel: 03-3582-1775
(Osaka) Osaka Kokusai Bldg. 29F, 2-3-13 Azuchi-machi, Chuo-ku, Osaka-shi, Osaka 541-0052
Tel: 06-4705-8607

Asia-Africa Library
5-14-16 Shinkawa, Mitaka-shi, Tokyo 181-0004
Tel: 042-44-4640  URL http://www.aacf.or.jp/library/

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

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

His Imperial Highness Prince Mikasa Memorial Library,
Middle Eastern Culture Center in Japan
3-10-31 Osaka, Mitaka-shi, Tokyo 181-0015
Tel: 042-32-7111  URL http://www.meccj.or.jp/

E. H. Norman Library, Embassy of Canada
7-3-38 Akasaka, Minato-ku, Tokyo 107-8503

ACCU Library, Asia-Pacific Cultural Centre for UNESCO
Japan Publishers Bldg., 6 Fukuromachi, Shinjuku-ku, Tokyo 162-8484
Tel: 03-3269-4435  URL http://www.accur.or.jp/en/accu_library/
カナダ大使館 E・H ノーマン図書館
〒 107-8503 東京都港区赤坂 7-3-38
Tel: 03-5412-6200

ユネスコ・アジア文化センター ACCU ライブラリー
〒 162-8484 東京都新宿区袋町 6 日本出版会館
Tel: 03-3269-4435 URL http://www.accu.or.jp/jp/accu_library/

国際協力機構図書館
〒 162-8433 東京都新宿区谷本村町 10-5

国の大学ライブラリー
〒 150-8925 東京都渋谷区神宮前 5-3-70
Tel: 03-5467-1359 URL http://www.unu.edu/about/uniservices/library#overview

このほか、公文書を集めたものとして、次の施設があります。

国立公文書館
〒 102-0091 東京都千代田区北の丸公園 3-2
Tel: 03-3214-0621 URL http://www.archives.go.jp/

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

国立情報学研究所については、5-3 を参照してください。

3-7 日本語の学習

来日するためにあたって日本語が役に立つことは言うまでもありません。
日本語は学ぶ意欲のある外国人研究者にとって、選択の幅は広いといえます。

また、受入の大学、研究所でも独自の日本語研修コースを開設して

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 bor-
row literature collected at the libraries of affiliated universities.

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

3-7 日本語の学習

Obviously, it would be beneficial if
you were able to speak and read some
Japanese while you are in Japan. Al-
though most public facilities in major
cities and provincial towns provide
signs in English and Japanese, we rec-

commend foreign researchers to learn
Japanese before coming to Japan.

3-7-1 日本語学校の選択

Many of the universities and institutions have their own Japa-
ese-language training courses. Making use of these courses is
recommended because they are convenient and priced reason-
ably. 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 July 2014, the Association had certified 375 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 http://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 66 locations in countries/regions around the world (as of 2014), 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 http://www.jlpt.jp/e/index.html
3-8  Children’s Education

3-8-1  Japanese School System

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

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

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

<table>
<thead>
<tr>
<th></th>
<th>Age</th>
<th>Number</th>
<th>National</th>
<th>Public (Locally-affiliated)</th>
<th>Private</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten</td>
<td>3-6</td>
<td>12,905</td>
<td>0.4%</td>
<td>36.5%</td>
<td>63.1%</td>
</tr>
<tr>
<td>Elementary School</td>
<td>6-12</td>
<td>20,852</td>
<td>0.3%</td>
<td>98.6%</td>
<td>1.1%</td>
</tr>
<tr>
<td>Junior High School</td>
<td>12-15</td>
<td>10,557</td>
<td>0.7%</td>
<td>91.9%</td>
<td>7.4%</td>
</tr>
<tr>
<td>Senior High School</td>
<td>15-18</td>
<td>4,963</td>
<td>0.3%</td>
<td>73.1%</td>
<td>26.6%</td>
</tr>
</tbody>
</table>

(Statistical Abstract 2015 Edition [Education, Culture, Sports, Science and Technology])

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

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

3-8-2  Enrollment Procedures

If you would like to enroll your children in a public (locally-affiliated) preschool, elementary school or junior high school, you should apply at the **Board of Education** in the city, ward, town or village where you live. (The Board of Education is usually located in the local municipal office.) If you would like to enroll them in a public high school, you should apply at the prefectoral Board of Education. If you would like to enroll them in a nursery school, you
第3章 日常生活

一方、国立・私立学校への入学を希望する場合には、それぞれの学校に直接問い合わせてください。

国・公立の小・中学校の場合、授業料、教科書代などは、日本国籍の子どもと同様の扱いを受け、無料です。ただし、これに沿って、学用品・実験実習材料費など、おおよそ、下表に示す費用が必要となります。

3-8-4 入学年齢

3歳未満は一歳月15,000円、3歳〜12歳の第一子と第二子は月10,000円（第三子以降は月15,000円）、中学生は一歳月10,000円。所得制限があります。

詳しくは、お住まいの区市町村にお問い合わせください。

3-8-4 海外からの子どもの受入態勢

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

子どもが言語も生活習慣も異なる環境の中に入ることは、学校関係

学校教育に係る費用の概算（年間／1人当たり）

<table>
<thead>
<tr>
<th>幼稚園</th>
<th>国・公立</th>
<th>私立</th>
</tr>
</thead>
<tbody>
<tr>
<td>幼稚園</td>
<td>13万円</td>
<td>34万円</td>
</tr>
<tr>
<td>小学校</td>
<td>6万円</td>
<td>82万円</td>
</tr>
<tr>
<td>中学校</td>
<td>13万円</td>
<td>100万円</td>
</tr>
<tr>
<td>高校</td>
<td>23万円</td>
<td>72万円</td>
</tr>
</tbody>
</table>

【文部科学省統計要覧（平成27年度版）より作成】

3-8-3 児童手当

海外出身者の子どもに児童手当が支給されます。

3歳〜12歳の第一子・第二子は月10,000円（第三子以降は月15,000円）、中学生は一歳月10,000円。所得制限があります。

詳しくは、お住まいの区市町村にお問い合わせください。

3-8-3 児童手当

国・公立の小・中学校の場合、授業料、教科書代などは、日本国籍の子どもと同様の扱いを受け、無料です。ただし、これに沿って、学用品・実験実習材料費など、おおよそ、下表に示す費用が必要となります。

3-8-3 児童手当

海外出身者の子どもに児童手当が支給されます。

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詳しくは、お住まいの区市町村にお問い合わせください。

3-8-4 海外からの子どもの受入態勢

海外からの子どもの教育を担当する教員を雇用するなどして、受入に積極的に取り組んでいるところもあります。平成10年には、はじめて体系的な日本語指導カリキュラムが作成され、現在その普及・啓発に努めるなど充実を図っているところです。しかし、未だ、その受入態勢は緩に続いており、言葉は難く、日本語指導をはじめとする教育の充実は急務となっています。

子どもが言語も生活習慣も異なる環境の中に入ることは、学校関係

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 that 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 such topics as the Japanese language schools in your area, hospitals and clinics, educational facilities, details on various procedures, an advisory service on living in Japan for foreign residents, cultural facilities and events, and classes that let you experience Japanese culture. 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.
Nice to meet you.

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

ō, ū: Pronunciation should be lengthened, like “oh” and “you.”
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 normal health conditions, subjective symptoms, and your medical history.

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

<table>
<thead>
<tr>
<th>Medical examination procedure</th>
<th>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>

 dép: Pronunciation should be lengthened, like “oh” and “you.”
### Since when  
**Itsukara**  【いつから】

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

### Frequency  
**Hindo**  【頻度】

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

### Symptom  
**Shōjō**  【症状】

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

### Parts of the Body  
**Kérashin**  身体の名称

- Head  【頭】  atama
- Ear  【耳】  mimi
- Eye  【目】  me
- Mouth  【口】  kuchi
- Throat  【喉】  nodo
- Chest  【胸】  mune
- Chin  【顎】  ago
- Shoulders  【肩】  kata
- Back  【背中】  senaka
- Hip/Lower back  【腰】  koshi
- Arm  【腕】  ude
- Hand  【手】  te
- Thigh  【もも】  momo
- Knee  【ひざ】  hiza
- Stomach/Abdomen  【お腹】  onaka
- Leg  【脚】  ashi
- Foot  【足】  ashi

---

- My chest feels tight.  mune ga kurushii
- I’m short of breath.  ikigire
- I’m constipated.  benpi
- I have a sprain.  nenza
- My eyes are tired.  me ga tsukareru
- My ears are ringing.  miminari ga suru
- I have a cavity.  mushiba
- I have pyorrhea.  shisōnōrō
- I have an allergy.  arerugii ga aru
- I have atopic dermatitis.  atopiisei hifuen desu
- I have hay fever (or pollinosis).  kafunshō
- I get a rash (such as hives, nettle rash, or urticaria).  jinmashin
- I have high blood pressure.  ketsuatsu ga takai
- I’m taking medicine called ( ).  ( ) no kusuri wo tsukatte imasu
- I have had (a disease called) ( ) before.  ( ) no byōki wo shita gotoga arimasu
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.
4-2-3 津波
地震の震源が海底下で浅い場合、海底が上昇し、津波が発生します。津波の高さが20cmを超えると予測されると「津波注意報」が発表されます。海から上がって速やかに陸側に移動してください。

津波の高さが1mを超えると木造家屋などに被害が出始めます。1mを超える予測には「津波警戒報」、3mを超える予測には「大津波警報」が発表されます。大至急、安全な高台に非難してください。

沿岸近くで発生した津波には津波注意報・警報の発表が間に合わないこともあります。沿岸近くで強い揺れを感じたら念のため津波の発生に注意してください。

4-2-4 防災館・防災体験館
東京都消防庁が運営する池袋防災館（URL http://www.tfd.metro.tokyo.jp/hp-ikbskan/）のように、各地には、主に地方自治体が運営する防災知識や応急処置について学んだり災害を擬似的に体験できる施設があります。お住まいの自治体にお問い合わせにてみてください。

緊急警報発送
地震・津波などの災害発生時に警報音に続いて、災害の発生と情報をいち早く知らせる発送です。テレビやラジオのスイッチがオフでも、待機状態にある場合は、受信のスイッチは自動的にオンになり発送が流れます（対応設備のみ※）。日本放送協会（NHK）とほとんどの民放各放送局で実施されており、NHKの総合テレビ、BS1、BSプレミアムでは副音声で英語の、ラジオ第2放送（東京地区周波数 693kHz）では、英語、中国語、韓国語、ポルトガル語で緊急警報発送が流れます。
※お持ちの機器が対応設備かは、取扱説明書等で確認してください。

災害発生時に各種情報が提供される主なウェブサイト
★内閣府防災情報のページ
URL http://www.bousai.go.jp/index.html

★東京都防災ホームページ

★NHK ワールド
URL http://www.nhk.or.jp/nhkworld/
NHKワールドのニュース、番組はパソコンやスマートフォンで視聴することができます。

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, where you can learn about disaster preparedness and first-aid measures and get disaster simulation experience. There are also 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. Information is provided in English on a subchannel of the general ("sogo") NHK, BS1 and BS Premium channels. On NHK radio station No. 2 (Tokyo area: 693 kHz), the emergency information is broadcast in English, Chinese, Korean and Portuguese.

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
★ NHK World
URL http://www.nhk.or.jp/nhkworld/
NHK World’s news and other programs can be viewed on a personal computer or smartphone.
4-3 台風

日本は毎年春から秋にかけて（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、断水が発生します。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、屋崩れなどが起こる場合がありますので、テレビ、ラジオ、消防署等の情報に注意をしてください。

4-4 気候

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

日本各地の月別平均気温、平均湿度は次のようにになっています。

<table>
<thead>
<tr>
<th>地域</th>
<th>1月</th>
<th>2月</th>
<th>3月</th>
<th>4月</th>
<th>5月</th>
<th>6月</th>
<th>7月</th>
<th>8月</th>
<th>9月</th>
<th>10月</th>
<th>11月</th>
<th>12月</th>
</tr>
</thead>
<tbody>
<tr>
<td>札幌</td>
<td>1月</td>
<td>2月</td>
<td>3月</td>
<td>4月</td>
<td>5月</td>
<td>6月</td>
<td>7月</td>
<td>8月</td>
<td>9月</td>
<td>10月</td>
<td>11月</td>
<td>12月</td>
</tr>
<tr>
<td>Sapporo</td>
<td>69</td>
<td>69</td>
<td>66</td>
<td>63</td>
<td>65</td>
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<td>70</td>
<td>73</td>
<td>68</td>
<td>64</td>
<td>66</td>
<td>67</td>
</tr>
<tr>
<td>仙台</td>
<td>1月</td>
<td>2月</td>
<td>3月</td>
<td>4月</td>
<td>5月</td>
<td>6月</td>
<td>7月</td>
<td>8月</td>
<td>9月</td>
<td>10月</td>
<td>11月</td>
<td>12月</td>
</tr>
<tr>
<td>Sendai</td>
<td>2.5</td>
<td>2.5</td>
<td>6.1</td>
<td>11.1</td>
<td>17.1</td>
<td>22</td>
<td>24.9</td>
<td>26.1</td>
<td>21.6</td>
<td>16</td>
<td>11.1</td>
<td>3.4</td>
</tr>
<tr>
<td>東京</td>
<td>1月</td>
<td>2月</td>
<td>3月</td>
<td>4月</td>
<td>5月</td>
<td>6月</td>
<td>7月</td>
<td>8月</td>
<td>9月</td>
<td>10月</td>
<td>11月</td>
<td>12月</td>
</tr>
<tr>
<td>Tokyo</td>
<td>71</td>
<td>71</td>
<td>70</td>
<td>65</td>
<td>65</td>
<td>73</td>
<td>78</td>
<td>77</td>
<td>70</td>
<td>71</td>
<td>74</td>
<td>79</td>
</tr>
<tr>
<td>大阪</td>
<td>1月</td>
<td>2月</td>
<td>3月</td>
<td>4月</td>
<td>5月</td>
<td>6月</td>
<td>7月</td>
<td>8月</td>
<td>9月</td>
<td>10月</td>
<td>11月</td>
<td>12月</td>
</tr>
<tr>
<td>Osaka</td>
<td>5.9</td>
<td>5.8</td>
<td>9.9</td>
<td>14.8</td>
<td>19.8</td>
<td>23.9</td>
<td>27.8</td>
<td>27.8</td>
<td>24</td>
<td>19.5</td>
<td>14.2</td>
<td>6.8</td>
</tr>
<tr>
<td>福岡</td>
<td>1月</td>
<td>2月</td>
<td>3月</td>
<td>4月</td>
<td>5月</td>
<td>6月</td>
<td>7月</td>
<td>8月</td>
<td>9月</td>
<td>10月</td>
<td>11月</td>
<td>12月</td>
</tr>
<tr>
<td>Fukuoka</td>
<td>7.5</td>
<td>7.6</td>
<td>11.5</td>
<td>15.6</td>
<td>20.5</td>
<td>22.6</td>
<td>27.1</td>
<td>26.5</td>
<td>24.2</td>
<td>19.7</td>
<td>14.7</td>
<td>7.6</td>
</tr>
</tbody>
</table>

4-3 台風

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 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:
### 4-5 National Holidays and Other Important Dates

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

<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>February 11</td>
<td>Coming-of-Age Day</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</td>
</tr>
<tr>
<td>August 11</td>
<td></td>
</tr>
<tr>
<td>August 15</td>
<td></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</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 23</td>
<td>The Emperor’s Birthday</td>
</tr>
<tr>
<td>December 29</td>
<td></td>
</tr>
<tr>
<td>December 31</td>
<td>Year-end Holidays 1)</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.
4-6  Traveling in Japan

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

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

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

Travel Information in English

The Japan National Tourism Organization (JNTO) provides tourists from overseas with travel information in multiple languages, and distributes maps and pamphlets on travel within Japan. It also offers tourism information through the Internet, and operates several Tourist Information Centers in Tokyo.

These centers provide sightseeing information across Japan throughout the year (except on New Year’s Day). JNTO also launched a program to certify the Tourist Information Centers that can handle foreign tourists as Visit Japan Centers. As of April 2015, a total of 528 centers had been certified throughout Japan and are permitted to display the program’s logo.

★ JNTO
10th Floor, Tokyo Kotsu Kaikan Bldg., 2-10-1 Yuraku-cho, Chiyoda-ku, Tokyo 100-0006
Tel: 03-3216-1905 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/arrange/travel/guide/tic.html
Daily from 9:00 a.m. to 5:00 p.m.

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

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.
Chapter 4  Other Useful Information

4-7  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.

Flight Information

<table>
<thead>
<tr>
<th>Airport/Center</th>
<th>Address/Website</th>
<th>Tel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haneda Airport (Tokyo International Airport)</td>
<td><a href="http://www.haneda-airport.jp/">http://www.haneda-airport.jp/</a></td>
<td>03-6428-0888</td>
</tr>
<tr>
<td>Kansai International Airport Terminal 2</td>
<td><a href="http://www.fuk-ab.co.jp/english/">http://www.fuk-ab.co.jp/english/</a></td>
<td>092-621-0303</td>
</tr>
</tbody>
</table>

Major Certified Tourist Information Centers

<table>
<thead>
<tr>
<th>Airport/Center</th>
<th>Address/Website</th>
<th>Tel</th>
</tr>
</thead>
</table>

Kansai International Airport Access

[切断]

Haneda Airport (Tokyo International Airport) Access, Narita International Airport Access
### 4-7-1 Narita International Airport

<table>
<thead>
<tr>
<th>Destination</th>
<th>Travel Time</th>
<th>Fare</th>
</tr>
</thead>
<tbody>
<tr>
<td>Narita Airport, Terminal 1</td>
<td>(approx. 90 min.)</td>
<td>¥4,290</td>
</tr>
<tr>
<td>Narita Airport, Terminal 2</td>
<td>(approx. 80 min.)</td>
<td>¥3,190</td>
</tr>
<tr>
<td>Tokyo City Air Terminal (T-CAT)</td>
<td>(approx. 60 min.)</td>
<td>¥3,020</td>
</tr>
<tr>
<td>Tokyo Station</td>
<td>(approx. 80 min.)</td>
<td>¥3,020</td>
</tr>
<tr>
<td>Keisei Ueno Station</td>
<td>(approx. 65 min.)</td>
<td>¥3,100</td>
</tr>
<tr>
<td>Ikebukuro Station</td>
<td>(approx. 75 min.)</td>
<td>¥3,100</td>
</tr>
<tr>
<td>Shinjuku Station</td>
<td>(approx. 85 min.)</td>
<td>¥3,100</td>
</tr>
<tr>
<td>Haneda Airport</td>
<td>(approx. 65 min.)</td>
<td>¥3,100</td>
</tr>
<tr>
<td>Yokohama Station</td>
<td>(approx. 90 min.)</td>
<td>¥4,290</td>
</tr>
<tr>
<td>Yokohama City Air Terminal (YCAT)</td>
<td>(approx. 85 min.)</td>
<td>¥3,600</td>
</tr>
<tr>
<td>Tsuchiura Station East Exit / Tsukuba Center</td>
<td>(approx. 95 min.)</td>
<td>¥2,600</td>
</tr>
</tbody>
</table>

### Notes:
1) Fares are current as of September 2015.
2) Narita Express (JR) fares are the regular season rates.
4-7-2 羽田空港（東京国際空港）国際線

羽田空港国際線旅客ターミナル
（羽田空港国際線ビル駅）

2) つくばエクスプレスは快速

東京駅

モノレール（快速） + JR
(所要時間：約 25 分、料金：¥650)

渋谷駅

モノレール（快速） + JR
(所要時間：約 35 分、料金：¥690)

京急（一部快速） + JR
(所要時間：約 32 分、料金：¥580)

新宿駅

モノレール（快速） + JR
(所要時間：約 41 分、料金：¥690)

京急（一部快速） + JR
(所要時間：約 41 分、料金：¥610)

池袋駅

モノレール（快速） + JR
(所要時間：約 46 分、料金：¥750)

京急（一部快速） + JR
(所要時間：約 47 分、料金：¥670)

横浜駅

京急（一部快速）
(所要時間：約 31 分、料金：¥450)

成田国際空港

リムジンバス
(所要時間：約 65 分、料金：¥3,100)

つくばセンター

モノレール（快速） + つくばエクスプレス
(所要時間：約 80 分、料金：¥1,840)

リムジンバス
(所要時間：約 120 分、料金：¥1,850)

注）料金は2015年9月現在のもの
注2）つくばエクスプレスは快速

4-7-2 Haneda Airport (Tokyo International Airport)

International Flights

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

<table>
<thead>
<tr>
<th>Destination</th>
<th>Route Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tokyo Station</td>
<td>Monorail (Rapid) + JR (approx. 25 min., fare: ¥650)</td>
</tr>
<tr>
<td>Shibuya Station</td>
<td>Monorail (Rapid) + JR (approx. 35 min., fare: ¥690)</td>
</tr>
<tr>
<td>Shinjuku Station</td>
<td>Keikyu (or Rapid Limited Express, “Kaitoku”) + JR (approx. 32 min., fare: ¥580)</td>
</tr>
<tr>
<td>Ikebukuro Station</td>
<td>Monorail (Rapid) + JR (approx. 41 min., fare: ¥690)</td>
</tr>
<tr>
<td>Yokohama Station</td>
<td>Keikyu (or Rapid Limited Express, “Kaitoku”) + JR (approx. 41 min., fare: ¥670)</td>
</tr>
<tr>
<td>Narita International Airport</td>
<td>Keikyu (or Rapid Limited Express, “Kaitoku”) (approx. 31 min., fare: ¥450)</td>
</tr>
<tr>
<td>Tsukuba Center</td>
<td>Monorail (Rapid) + JR + Tsukuba Express* (approx. 80 min., fare: ¥1,840)</td>
</tr>
<tr>
<td></td>
<td>Limousine bus (approx. 120 min., fare: ¥1,850)</td>
</tr>
</tbody>
</table>

Note: Fares are current as of September 2015.
* Tsukuba Express is a dedicated rapid train.
4-7-3 Kansai International Airport

Kansai International Airport

Kyoto Station
- JR (Limited Express) (approx. 75 min., fare: ¥2,850)
- Limousine bus (approx. 85 min., fare: ¥2,550)

Shin-Osaka Station
- JR (Limited Express) (approx. 50 min., fare: ¥2,330)

Osaka Station
- JR (Rapid) (approx. 65 min., fare: ¥1,190)
- Limousine bus (approx. 50 min., fare: ¥1,550)

Namba Station (Namba OCAT)
- Nankai Dentetsu ("Rapi:t") (approx. 40 min., fare: ¥1,430)
- Limousine bus (approx. 50 min., fare: ¥1,050)

Osaka International Airport (Itami)
- Limousine bus (approx. 70 min., fare: ¥1,950)

Nara Station
- JR (Rapid, via Tennoji Station) (approx. 90 min., fare: ¥1,710)
- Limousine bus (approx. 85 min., fare: ¥2,050)

Wakayama Station
- JR (approx. 56 min., fare: ¥890)
- Limousine bus (approx. 40 min., fare: ¥1,150)

Kobe Sannomiya
- Limousine bus (approx. 65 min., fare: ¥1,950)

Note: Fares are current as of September 2015.
4-8 Various Mass Media:
TV, Radio, Newspapers

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

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

Radio Broadcasts in Foreign Languages

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

★ FM radio
◇ Inter FM (76.1 MHz) [URL] http://www.interfm.co.jp/
Inter FM Nagoya (79.5 MHz)
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
◇ The Japan Times
Tel: 0120-036-242 [URL] http://www.japantimes.co.jp/
◇ The Asahi Shimbun / Asia & Japan Watch
4-9 **Sizes of Clothes and Shoes**

**Men's**

<table>
<thead>
<tr>
<th>襤 （ ネック・サイズ ）</th>
<th>日本 (センチ)</th>
<th>36</th>
<th>37</th>
<th>38</th>
<th>39</th>
<th>40</th>
<th>41</th>
<th>42</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Inches</td>
<td>14</td>
<td>14½</td>
<td>15</td>
<td>15⅜</td>
<td>16</td>
<td>16⅜</td>
<td>17</td>
</tr>
</tbody>
</table>

**Shoes**

<table>
<thead>
<tr>
<th>襤</th>
<th>日本 (センチ)</th>
<th>24.5</th>
<th>25</th>
<th>25.5</th>
<th>26</th>
<th>26.5</th>
<th>27</th>
<th>27.5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Inches</td>
<td>9.65</td>
<td>9.5</td>
<td>10</td>
<td>8.85</td>
<td>9</td>
<td>9.5</td>
<td>10</td>
</tr>
</tbody>
</table>

**Women's**

<table>
<thead>
<tr>
<th>襤 ( 衣服とセーター )</th>
<th>日本</th>
<th>7</th>
<th>9</th>
<th>11</th>
<th>13</th>
<th>15</th>
</tr>
</thead>
<tbody>
<tr>
<td>襤 ( 衣服とセーター )</td>
<td>アメリカ合衆国</td>
<td>4</td>
<td>6</td>
<td>8</td>
<td>10</td>
<td>12</td>
</tr>
<tr>
<td>襤 ( 衣服とセーター )</td>
<td>英国</td>
<td>32</td>
<td>34</td>
<td>36</td>
<td>38</td>
<td>40</td>
</tr>
<tr>
<td>襤 ( 衣服とセーター )</td>
<td>フランス</td>
<td>36</td>
<td>38</td>
<td>40</td>
<td>42</td>
<td>44</td>
</tr>
</tbody>
</table>

**Shoes**

<table>
<thead>
<tr>
<th>襤</th>
<th>日本 (センチ)</th>
<th>23</th>
<th>23.5</th>
<th>24</th>
<th>24.5</th>
<th>25</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Inches</td>
<td>9</td>
<td>9.5</td>
<td>10</td>
<td>9.5</td>
<td>10</td>
</tr>
</tbody>
</table>

**Note:** Please use these figures as a guide only, as actual sizes vary among manufacturers and products.

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**Kiku (Chrysanthemum)**

What this flower signifies in Japan: Nobility, idealism

This is one of the national flowers of Japan. The petals in full bloom are symbolic of the sun. A symbol of nobility and idealism, the chrysanthemum is the motif for the Imperial Family crest and the badge of National Diet members.
5-1 日本の科学技術体制と学術研究機関

日本の科学技術政策の基本方針として、平成23年8月に「第4期科学技術基本計画」（平成23年から平成27年）が閣議決定され、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計画されています。第5期科学技術基本計画は、平成28年に閣議決定される予定です。

これらの課題に取り組むため、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・イノベーション会議」（平成26年5月に「総合科学技術会議」から名称変更）が、平成13年1月の中央省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、各研究機関も弾力的運営を図る等を目的として、独立行政法人化が実施され、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.142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経営を行い、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推進は、大学と大学を含む関係法人及び各省庁の国立研究所や独立行政法人などが中心的役割を担っています。主な学術研究機関について、次に述べます。

Science and Technology Policy System in Japan

<table>
<thead>
<tr>
<th>Prime Minister</th>
<th>Cabinet Office</th>
<th>MEXT</th>
<th>JSPS</th>
<th>Universities &amp; Research Institutes / Researchers</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Provides frameworks for S&amp;T policy</td>
<td>Provides S&amp;T policies and budgets</td>
<td>Funding</td>
<td>Research and education</td>
</tr>
</tbody>
</table>
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>89</td>
<td>78</td>
</tr>
<tr>
<td>Private universities</td>
<td>604</td>
<td>463</td>
</tr>
<tr>
<td>Total</td>
<td>779</td>
<td>627</td>
</tr>
</tbody>
</table>

(FY2015 Report on Basic School Statistics; MEXT)

For summaries on individual universities (graduate schools), please refer to the website of the Japan Student Services Organization. [URL](http://www.jasso.go.jp/study_j/schinfo.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-Governmental Organizations) under the jurisdiction of the MEXT.
5-2 Academic Societies

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

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

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

5-3 Academic Information System

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

★ 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 (Overseas Electronic Journal)**
   Provides a crossover search function among multiple overseas electronic journals and abstracts of articles 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)**—an Incorporated Administrative 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).
Useful Japanese Expressions (4)

• Numbers

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

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

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

第 6 章
日本学術振興会

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 four basic pillars: (1) Creating world-class knowledge in diverse fields; (2) Building robust international cooperative networks; (3) Fostering the next generations of researchers and enhancing the education and research functions of universities; and (4) Building evidence-based science-promotion systems while strengthening linkage with society. 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, located in the Kojimachi district of Tokyo’s Chiyoda Ward, has six organizational units—Administration Department, International Program Department, Human Resource Development Program Department, Research Program Department, Research Center for Science Systems, and Center for Global Science Information—with a total of 145 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 88 overseas counterpart institutions—including one international institution—in 49 countries around the world to promote various international programs. JSPS plays a crucial role as the Japan’s premier funder of scientific research (as of June 2015).

Please refer to the list on page 145 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.
第6章 日本学術振興会

6-1-1 日本学術振興会の事業一覧

<table>
<thead>
<tr>
<th>事業名</th>
<th>事業</th>
<th>種類</th>
<th>番号</th>
</tr>
</thead>
<tbody>
<tr>
<td>世界レベルの多様な知識の創造</td>
<td>本国間交流事業</td>
<td>一般</td>
<td>A.-standard</td>
</tr>
<tr>
<td>二国間交流事業</td>
<td>共同研究・セミナー</td>
<td>欧米短期</td>
<td>B. Europe/US (short-term)</td>
</tr>
<tr>
<td>特定国派遣研究者事業</td>
<td>日独共同大学院プログラム</td>
<td>C. Summer program</td>
<td></td>
</tr>
<tr>
<td>国際共同教育パートナーシッププログラム</td>
<td>国際共同研究教育パートナーシッププログラム</td>
<td>D. Pathway to University Positions in Japan</td>
<td></td>
</tr>
<tr>
<td>欧州との社会科学分野における国際共同研究プログラム</td>
<td>国際化学研究協力事業</td>
<td>E. Strategic Program</td>
<td></td>
</tr>
<tr>
<td>多国間国際研究協力事業（G8 Research Councils Initiative）</td>
<td>国際科学技術協力事業</td>
<td>F. Long-term</td>
<td></td>
</tr>
<tr>
<td>国際化学研究協力事業（ICCプログラム）</td>
<td>国際科学技術協力事業</td>
<td>G. Short-term</td>
<td></td>
</tr>
<tr>
<td>災害からの回復力強化等に関する領域横断的研究協力事業</td>
<td>先端科学（FoS）シンポジウム</td>
<td>H. Short-term S</td>
<td></td>
</tr>
<tr>
<td>研究拠点形成事業</td>
<td>リンガウ・ノーベル賞受賞者会議派遣事業</td>
<td>A. Advanced Research Networks</td>
<td></td>
</tr>
<tr>
<td>若手研究者のための学術セミナー・ワークショップ</td>
<td>若手研究者招へい事業</td>
<td>B. Asia-Africa Science Platforms</td>
<td></td>
</tr>
<tr>
<td>外国人研究者招へい事業</td>
<td>外国人特別研究員</td>
<td>A. Standard</td>
<td></td>
</tr>
<tr>
<td>外国人特別研究員</td>
<td>A.一般、B. 欧米短期、C. サマー・プログラム、</td>
<td>B. North America/Europe (short-term)</td>
<td></td>
</tr>
<tr>
<td>A. 一般、B. 欧米短期、C. サマー・プログラム、</td>
<td>D. 定着促進、E. 戦略的プログラム</td>
<td>C. Summer program</td>
<td></td>
</tr>
<tr>
<td>D. 定着促進、E. 戦略的プログラム</td>
<td>外国人招へい研究者</td>
<td>D. Pathway to University Positions in Japan</td>
<td></td>
</tr>
<tr>
<td>F. 長期、G. 短期、H. 短期S</td>
<td>理論博士号取得希望者に対する支援事業</td>
<td>E. Strategic Program</td>
<td></td>
</tr>
</tbody>
</table>

6-1-1 List of JSPS Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creating Diverse World-Level Knowledge</td>
<td>Area Cultivation</td>
</tr>
<tr>
<td>Topic-Setting Program to Advance Cutting-Edge Humanities and Social Sciences Research</td>
<td>Responding to Real Society</td>
</tr>
<tr>
<td>Research Integrit</td>
<td>Global Initiatives</td>
</tr>
<tr>
<td>Social Scientific Survey of Great East Japan Earthquake</td>
<td>World Premier International Research Center Initiative</td>
</tr>
<tr>
<td>World Premier International Research Center Initiative</td>
<td></td>
</tr>
<tr>
<td>Core-to-Core Program</td>
<td>A. Advanced Research Networks</td>
</tr>
<tr>
<td>Bilateral Collaborations</td>
<td>B. Asia-Africa Science Platforms</td>
</tr>
<tr>
<td>Researcher Exchange Program (Sending and Receiving)</td>
<td></td>
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<tr>
<td>Japanese-German Graduate Externship</td>
<td></td>
</tr>
<tr>
<td>Partnerships for International Research and Education (PIRE Program)</td>
<td></td>
</tr>
<tr>
<td>Open Research Area for the social science (ORA Program)</td>
<td></td>
</tr>
<tr>
<td>G8 Research Councils Initiative for Multilateral Research Funding</td>
<td></td>
</tr>
<tr>
<td>JSPS-NSF International Collaborations in Chemistry (ICC Program)</td>
<td></td>
</tr>
<tr>
<td>JSPS-NSF Cooperative Program for Interdisciplinary Joint Research Projects in Hazards and Disasters</td>
<td></td>
</tr>
<tr>
<td>Core-to-Core Program</td>
<td>A. Advanced Research Networks</td>
</tr>
<tr>
<td>JSPS Core-to-Core Program (Old)</td>
<td>B. Asia-Africa Science Platforms</td>
</tr>
<tr>
<td>Asian CORE Program</td>
<td></td>
</tr>
<tr>
<td>A3 Foresight Program</td>
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<tr>
<td>HOPE Meetings with Nobel Laureates</td>
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<tr>
<td>Frontiers of Science (FoS) Symposia</td>
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<tr>
<td>Travel Grant for Attending Lindau Meetings</td>
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</tr>
<tr>
<td>Academic Workshops &amp; Seminars for Young Researchers</td>
<td></td>
</tr>
<tr>
<td>JSPS Fellowship Program for Overseas Researchers</td>
<td></td>
</tr>
<tr>
<td>JSPS Postdoctoral Fellowships for Foreign Researchers</td>
<td>A. Standard</td>
</tr>
<tr>
<td>JSPS Invitations Fellowships for Research in Japan</td>
<td>B. North America/Europe (short-term)</td>
</tr>
<tr>
<td>JSPS Invitation Fellowships</td>
<td>C. Summer program</td>
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<tr>
<td>JSPS Invitation Fellowships</td>
<td>D. Pathway to University Positions in Japan</td>
</tr>
<tr>
<td>JSPS Invitation Fellowships</td>
<td>E. Strategic Program</td>
</tr>
<tr>
<td>JSPS Invitation Fellowships</td>
<td>F. Long-term</td>
</tr>
<tr>
<td>JSPS Invitation Fellowships</td>
<td>G. Short-term</td>
</tr>
<tr>
<td>JSPS Invitation Fellowships</td>
<td>H. Short-term S</td>
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<tr>
<td>RONPAKU (Dissertation PhD) Program</td>
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<td>Research Fellowships for Young Scientists</td>
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<td>Postdoctoral Fellowships for Research Abroad</td>
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<tr>
<td>Program for Advancing Strategic International Networks to Accelerate the Circulation of Talented Researchers</td>
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<tr>
<td>Strategic Young Researcher Overseas Visits Program for Accelerating Brain Circulation</td>
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</tr>
<tr>
<td>Young Researchers’ Exchange Program between Japan and Switzerland</td>
<td></td>
</tr>
<tr>
<td>Program for Leading Graduate Schools</td>
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<tr>
<td>Acceleration Program for University Education Rebuilding (AP)</td>
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<tr>
<td>Program for Promoting Inter-University Collaborative Education</td>
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<tr>
<td>Program for Center of Community (COC+)</td>
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<tr>
<td>Re-inventing Japan Project</td>
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<td>Top Global University Project</td>
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<td>Go Global Japan</td>
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</tr>
<tr>
<td>Building an Evidence-Based Science-Promotion Systems and Strengthening Linkage with Society</td>
<td></td>
</tr>
<tr>
<td>HIRAMEKI ☆ TOKIMEKI SCIENCE (Welcome to a University Research Lab - Science that Inspires and Inspirits)</td>
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<tr>
<td>Science Dialogue Program</td>
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<tr>
<td>Program for Publication of Noteworthy Contributions to Science and Technology</td>
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<td>Fujita Memorial Fund for Medical Research</td>
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<tr>
<td>Proxy Collection of Funds to Support Hosting International Scientific Meeting</td>
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</tr>
<tr>
<td>Contributions collected under JSPS’s status as “special public-interest promotion corporation”</td>
<td></td>
</tr>
<tr>
<td>Contributions collected as specified tax-exempt donations</td>
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<tr>
<td>Awards of Recognition</td>
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<tr>
<td>International Prize for Biology</td>
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<tr>
<td>Ikushi Prize</td>
<td></td>
</tr>
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</table>
Chapter 6 Japan Society for the Promotion of Science (JSPS)

6-1-2 日本学術振興会の連絡先・案内図

Map and Contact Information of JSPS Head Office

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

Japan Society for the Promotion of Science
URL http://www.jsps.go.jp/

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

<table>
<thead>
<tr>
<th>Division</th>
<th>Telephone</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Affairs Division</td>
<td>+81-3(3263)1722</td>
</tr>
<tr>
<td>Policy Planning, Information and Systems Division</td>
<td>+81-3(3263)3461</td>
</tr>
<tr>
<td>Budget Division</td>
<td>+81-3(3263)2083</td>
</tr>
<tr>
<td>Accounting Division</td>
<td>+81-3(3263)1723</td>
</tr>
<tr>
<td>International Policy Planning Division</td>
<td>+81-3(3263)1798</td>
</tr>
<tr>
<td>Research Cooperation Division</td>
<td>+81-3(3263)1697</td>
</tr>
<tr>
<td>Bilateral Cooperation Division</td>
<td>+81-3(3263)1769</td>
</tr>
<tr>
<td>Overseas Fellowship Division</td>
<td>+81-3(3263)9094</td>
</tr>
<tr>
<td>JSPS Fellows Plaza</td>
<td>+81-3(3263)1872</td>
</tr>
<tr>
<td>University Cooperation Program Division</td>
<td>+81-3(3263)1758</td>
</tr>
<tr>
<td>Research Fellowship Division</td>
<td>+81-3(3263)5576</td>
</tr>
<tr>
<td>Overseas Training Program Division</td>
<td>+81-3(3263)1943</td>
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<tr>
<td>University-Industry Cooperation and Research Program Division</td>
<td>+81-3(3263)4645</td>
</tr>
<tr>
<td>Research Aid Division I</td>
<td>+81-3(3263)9064</td>
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<tr>
<td>Research Aid Division II</td>
<td>+81-3(3263)1431</td>
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<tr>
<td>Planning and Analysis Division</td>
<td>+81-3(3263)1738</td>
</tr>
<tr>
<td>Research Integrity Office</td>
<td>+81-3(3263)1738</td>
</tr>
<tr>
<td>Research Center for Science Systems</td>
<td>+81-3(3263)1882</td>
</tr>
<tr>
<td>Global Science Information Center</td>
<td>+81-3(3263)1971</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  JSPS Fellows Plaza

The JSPS Fellows Plaza 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
- Orientation for the JSPS Postdoctoral Fellowship for Foreign Researchers program after their arrival in Japan (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.
- Publication of the *JSPS Quarterly* four times a year
- 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 the JSPS Postdoctoral Fellowship Program for Overseas Researchers orientation (e-Orientation)
- Management and operation of a database of researchers with experience living in Japan, the Japan-Affiliated Research Community Network (JARC-Net)
6-3 研究者コミュニティ（同窓会）ネットワーク

日本学術振興会の研究者コミュニティ（同窓会）ネットワークは、学振の事業により日本に滞在した外国人研究者が、フェローシップ期間を経過後も在日外国人研究者及び日本人研究者とのネットワークを維持・発展できるように、学振本部から正式に認定を受けた研究者コミュニティは2015年に150個を数え、これまでに151個の同窓会が設立されています。研究者コミュニティの設立年は1995年から2015年までで、その数は24,000人を超える元フェローのうち25%がいずれかの同窓会に所属しています。JSPS同窓会では、本部や海外研究連絡センターから支援を受けて、定期的に学術シンポジウムやセミナーの開催、ニュースレターやメールマガジンの発行等の活動を通じて、研究者同士の交流を促進しています。世界には日本との架け橋として同窓会活動に尽力するフェローがたくさんいます。

各国の同窓会の詳細は、以下のウェブサイトをご覧ください。

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

研究者コミュニティ（同窓会）一覧
List of Researcher Communities

<table>
<thead>
<tr>
<th>日本語名</th>
<th>Name</th>
<th>設立年 / Year of Establishment</th>
</tr>
</thead>
<tbody>
<tr>
<td>ドイツ語圈日本学術振興会研究者同窓会 ※1</td>
<td>Deutsche Gesellschaft der JSPS-Stipendiaten e.V.</td>
<td>1995</td>
</tr>
<tr>
<td>JSPSフランス語圈同窓会</td>
<td>l'Association des Anciens Boursiers Francophones de la JSPS</td>
<td>2003</td>
</tr>
<tr>
<td>JSPSイギリス・アイルランド同窓会</td>
<td>The JSPS Alumni Association of the UK and the Republic of Ireland</td>
<td>2004</td>
</tr>
<tr>
<td>日本学術振興会米国研究者同窓会</td>
<td>US JSPS Fellows Alumni Association</td>
<td>2005</td>
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<tr>
<td>JSPSスウェーデン同窓会</td>
<td>JSPS Alumni Club in Sweden (SAC)</td>
<td>2005</td>
</tr>
<tr>
<td>JSPSインド同窓会</td>
<td>Indian JSPS Alumni Association (IJAA)</td>
<td>2006</td>
</tr>
<tr>
<td>JSPSエジプト同窓会</td>
<td>JSPS Alumni Association in Egypt (JSPSAAE)</td>
<td>2008</td>
</tr>
<tr>
<td>JSPS東アフリカ同窓会 ※2</td>
<td>Eastern Africa JSPS Alumni Association</td>
<td>2008</td>
</tr>
<tr>
<td>JSPS韓国同窓会 (日韓研究者交流協会)</td>
<td>Korean JSPS Fellows Alumni Association (Association of the Korea-Japan Researcher Network)</td>
<td>2008</td>
</tr>
<tr>
<td>JSPSフィンランド同窓会</td>
<td>Bangladesh JSPS Alumni Association (BJSPSAA)</td>
<td>2009</td>
</tr>
<tr>
<td>JSPSタイ同窓会</td>
<td>JSPS Alumni Association of Thailand (JAAT)</td>
<td>2010</td>
</tr>
<tr>
<td>JSPSフィリピン同窓会</td>
<td>JSPS Fellow Alumni Association in the Philippines Inc. (JAAP)</td>
<td>2013</td>
</tr>
</tbody>
</table>

※1 ドイツ語圏であるオーストリア、スイスも含む。
※2 ケニア、ウガンダ、エチオピア、タンザニア、ブルンジ、ルワンダを含む。

*1 The area covered includes Germany, Austria and Switzerland.
*2 The area covered includes Kenya, Uganda, Ethiopia, Tanzania, Burundi and Rwanda.

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 2015, 14 researcher communities had formally received certification from JSPS, and about 25 percent of former fellows—a total of 24,000 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 and seminars, 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 http://www.jsps.go.jp/english/e-plaza/20_alumni.html
6-4 海外研究連絡センター等

**JSPS Overseas Offices**

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 colloquiums 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
6-5 Japan Society for the Promotion of Science (JSPS)’s Overseas Counterpart Institutions

The JSPS has built ties with the following 88 research promotion institutes in 49 countries, including one international institute, 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</th>
<th>Counterpart Institution</th>
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<tbody>
<tr>
<td>Asia</td>
<td>Bangladesh</td>
<td>University Grants Commission (UGC) ★</td>
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<td>Bangladesh Academy of Sciences (BAS) ★</td>
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<td>China</td>
<td>Chinese Academy of Sciences (CAS) ★</td>
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<td></td>
<td></td>
<td>Chinese Academy of Social Sciences (CASS) ♥</td>
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<td>Ministry of Education (MOE) ★</td>
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<td></td>
<td>Ministry of Science and Technology (MOST) ★</td>
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<td>Indonesia</td>
<td>Department of Science and Technology (DST) ★</td>
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<tr>
<td></td>
<td></td>
<td>National Natural Science Foundation of China (NSFC) ★</td>
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<tr>
<td></td>
<td>Korea, Rep.</td>
<td>National Research Foundation of Korea (NRF) ★ ★</td>
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<td>Malaysia</td>
<td>Vice-Chancellors’ Council of National Universities in Malaysia (VCC) ★</td>
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<td>Mongolia</td>
<td>Ministry of Education, Culture and Science (MECS) ★</td>
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<td>Philippines</td>
<td>Department of Science and Technology (DOST) ★</td>
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<tr>
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<td>Singapore</td>
<td>National University of Singapore (NUS) ★</td>
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<tr>
<td></td>
<td>Thailand</td>
<td>National Research Council of Thailand (NRCT) ★</td>
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<td></td>
<td>Vietnam</td>
<td>Ministry of Science and Technology (MOST) ★</td>
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<td>Taiwan</td>
<td>Academia Sinica ★</td>
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<td>Australia</td>
<td>Australian Academy of Science (AAS) ★ ★ ★</td>
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<td>National Research Foundation (NRF) ★ ★</td>
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<td>Tunisia</td>
<td>Ministry of Higher Education and Scientific Research (MHESR) ★</td>
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<td>Austria</td>
<td>Austrian Agency for International Cooperation in Education and Research (OeAD-GmbH) ★ ★</td>
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<td>Belgium</td>
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<td>Bulgaria</td>
<td>Research Foundation-Flanders (FWO) ★ ★</td>
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<td>Denmark</td>
<td>University of Denmark (DU) ★ ★</td>
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<td>Estonian Research Council (ETAG) ★ ★</td>
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<td>Finland</td>
<td>Academy of Finland (AF) ★ ★ ★</td>
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<td>Institut des Hautes Études Scientifiques (IHES) ★</td>
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<td>National Institute of Health and Medical Research (Inserm) ★ ★</td>
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<td>Council for the Lindau Nobel Laureate Meetings ★</td>
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<td>Hungarian Scholarship Board (HSB) ★ ★</td>
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<td>National Research Council of Italy (CNR) ★</td>
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<td>Russian Foundation for Basic Research (RFBR) ★ ★</td>
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<td>National Science Foundation (NSF) ★ ★</td>
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<td>Chile</td>
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<td>National Council on Science and Technology (CONACYT) ★</td>
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<td>The Scientific and Technological Research Council of Turkey (TÜBİTAK) ★ ★</td>
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<td>Israel</td>
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<td>International Organizations</td>
<td>United Nations University(UNU) ★</td>
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</table>

Fellowships
- Invitation Fellowship ♦
- Postdoctoral Fellowship ★

Bilateral Programs
- Researcher Exchanges ★
- Research Projects/ Seminars ♦
- Multilateral and Other Programs ★
### Japanese-Gregorian Year Conversion Table

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<th>昭和 Shōwa</th>
<th>平成 Heisei</th>
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<td>58  1983</td>
<td>24 2012</td>
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<tr>
<td>59  1984</td>
<td>25 2013</td>
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<td>60  1985</td>
<td>26 2014</td>
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<td>61  1986</td>
<td>27 2015</td>
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<td>62  1987</td>
<td>28 2016</td>
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<tr>
<td>63  1988</td>
<td>29 2017</td>
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<tr>
<td>64  1989</td>
<td>30 2018</td>
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</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 reign of the current emperor.

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

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**Appendices**

**巻末付録**

**椿**（ツバキ）

花言葉「控えめな美しさ・誇り」

春の到来を告げる花。吉祥を意味する一方、花の付け根からボトリと散る姿は、首が落ちる様を連想させ武家に相応しくないとされた。現在でも剣や怪我人に贈ることは避けられている。

*Camellia* (Tsubaki)

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 from the neck 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.
Japanese Government Structure

内閣府
Cabinet Office
- 総合科学技術・イノベーション会議
  Council for Science, Technology and Innovation
- 男女共同参画会議
  Council for Gender Equality
- 原子力委員会等
  Atomic Energy Commission, etc

内閣
Cabinet
- 内閣官房
  Cabinet Secretariat
- 内閣法制局
  Cabinet Legislation Bureau
- 人事院
  National Personnel Authority
- 会計検査院
  Board of Audit of Japan

宮内庁
Imperial Household Agency

公正取引委員会
Japan Fair Trade Commission

原子力規制委員会
Nuclear Regulation Authority

金融庁
Financial Services Agency

消費者庁
Consumer Affairs Agency

特定個人情報保護委員会
Specific Personal Information Protection Commission

復興庁
Reconstruction Agency

総務省
Ministry of Internal Affairs and Communications

法務省
Ministry of Justice

外務省
Ministry of Foreign Affairs

財務省
Ministry of Finance

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

厚生労働省
Ministry of Health, Labour and Welfare

農林水産省
Ministry of Agriculture, Forestry and Fisheries

経済産業省
Ministry of Economy, Trade and Industry

国土交通省
Ministry of Land, Infrastructure, Transport and Tourism

環境省
Ministry of the Environment

防衛省
Ministry of Defence

警察庁
National Police Agency

環境庁
Environmental Management Agency

防災庁
Disaster Management Agency

地方公共団体
Local Governments

Appendix I

Appendix I
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/]

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Cabinet Office

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

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

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

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### 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
3-4-3 Kasumigaseki, Chiyoda-ku, Tokyo 100-8915
Tel: 03-3581-1101 [URL http://www.jpo.go.jp/indexj.htm]

### Ministry of Land, Infrastructure, Transport and Tourism
2-1-3 Kasumigaseki, Chiyoda-ku, Tokyo 100-8918
Tel: 03-5253-8111 [URL http://www.mlit.go.jp/]

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

### Ministry of Defense
5-1 Honmura-cho, Ichigaya, Shinjuku-ku, Tokyo 162-8801
Tel: 03-5366-3111 [URL http://www.mod.go.jp/]

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Appendix IV

大学共同利用機関法人

Inter-University Research Institute Corporations

国立歴史民俗博物館
National Museum of Japanese History
117 Jonai-cho, Sakura-shi, Chiba 285-8502
Tel: 043-486-0123 URL http://www.rekikaku.ac.jp/

国文学研究資料館
National Institute of Japanese Literature
10-3 Midori-cho, Tachikawa-shi, Tokyo 190-0014
Tel: 050-5533-2900 URL http://www.nijl.ac.jp/

国立国語研究所
The National Institute for Japanese Language and Linguistics
10-2 Midori-cho, Tachikawa-shi, Tokyo 190-8561
Tel: 042-540-4300 URL http://www.nijl.ac.jp/

国際日本文化研究センター
International Research Center for Japanese Studies
3-2 Oeyama-cho, Goryo, Nishikyo-ku, Kyoto 610-1192
Tel: 075-335-2222 URL http://www.nichibun.ac.jp/ja/

総合地球環境学研究所
Research Institute for Humanity and Nature
457-4 Motoyama, Kamigamo, Kita-ku, Kyoto 603-8047
Tel: 075-707-2100 URL http://www.chikyu.ac.jp/

国立民族学博物館
National Museum of Ethnology
10-1 Senri-banpakukoen, Suita-shi, Osaka 565-8511
Tel: 06-6876-2151 URL http://www.minpaku.ac.jp/

大学共同利用機関法人自然科学研究機構

National Institutes of Natural Sciences
Hulic Kamiyacho Bldg., 2F,
4-3-13 Toranomon, Minato-ku, Tokyo 105-0001
Tel: 03-5425-1300 URL http://www.nins.jp/

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

大学共同利用機関法人核融合科学研究機構

National Institute for Fusion Science
322-6 Oroshi-cho, Toki-shi, Gifu 509-5292
Tel: 0572-58-2222 URL http://www.nifs.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/

統計数理研究所
The Institute of Statistical Mathematics
10-3 Midori-cho, Tachikawa-shi, Tokyo 190-8562
Tel: 050-5533-8500 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/

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

Ministry of Education, Culture, Sports, Science and Technology

National Institute for Educational Policy Research
3-2-2 Kasumigaseki, Chiyoda-ku, Tokyo 100-0013
Tel: 03-5778-8600 [URL http://www.kahaku.go.jp/]

National Institute of Materials Science
1-2-1 Sengen, Tsukuba-shi, Ibaraki 305-0047
Tel: 029-859-2000 [URL http://www.nims.go.jp/]

National Institute of Earth Science and Disaster Prevention
3-1 Tennodai, Tsukuba-shi, Ibaraki 305-0006
Tel: 029-851-1000 [URL http://www.niet.go.jp/]

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

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

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/]

National Institute of Science and Technology Policy
Central Government Bldg. 15F, No.7 East Wing
3-2-2 Kasumigaseki, Chiyoda-ku, Tokyo 100-0013
Tel: 03-5778-8600 [URL http://www.nistep.go.jp/]

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

National Institute of Information and Communications Technology
6-3-1 Kashiwanoha, Kashiwa-shi, Chiba 277-0882
Tel: 04-7135-8001 [URL http://www.nict.go.jp/]

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

Japan Atomic Energy Agency
2-1 Hirosawa, Wako-shi, Saitama 351-0198
Tel: 0422-44-8331 [URL http://www.jaea.go.jp/]

RIKEN
2-1 Hirosawa, Wako-shi, Saitama 351-0198
Tel: 0422-44-8331 [URL http://www.riken.jp/]

Nara National Research Institute for Cultural Properties
247-1 Saki-cho, Nara-shi, Nara 630-8577
Tel: 0742-30-6733 [URL http://www.nabunken.go.jp/]

Japan National Museum of Nature and Science
2-15 Natsushima-cho, Yokosuka-shi, Kanagawa 237-0061
Tel: 046-866-3811 [URL http://www.jamstec.go.jp/j/]

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

Japan Atomic Energy Agency
2-1 Hirosawa, Wako-shi, Saitama 351-0198
Tel: 0422-44-8331 [URL http://www.riken.jp/]

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

Ministry of Finance

Central Customs Laboratory
6-3-5 Kashiwanoha, Kashiwa-shi, Chiba 277-0882
Tel: 04-7135-0160 URL http://www.customs.go.jp/ccl/

酒類総合研究所
National Research Institute of Brewing
3-7-1 Kagamiyama, Higashihiroshima-shi, Hiroshima 739-0046
Tel: 082-420-0800 URL http://www.nrib.go.jp/

厚生労働省

Ministry of Health, Labour and Welfare

国立社会福祉専門職教育研究所
National Institute of Population and Social Security Research
Hibiya Kokusai Bldg. 6F, 2-2-3 Uchisaiwaicho, Chiyoda-ku, Tokyo 100-0011
Tel: 03-3595-2984 URL http://www.ipss.go.jp/

国立健康・栄養研究所
National Institute of Health and Nutrition
1-23-1 Toyama, Shinjuku-ku, Tokyo 162-8636
Tel: 03-3203-5721 URL http://www.niph.go.jp/

農林水産省

Ministry of Agriculture, Forestry and Fisheries

農業・食品生産技術総合研究機構　中央農業研修センター
Agricultural Research Center, National Agriculture and Food Research Organization
3-1-1 Kannondai, Tsukuba-shi, Ibaraki 305-8666
Tel: 029-838-8481 URL http://www.naro.affrc.go.jp/narc/

農業・食品産業技術総合研究機構　作物研究所
Institute of Crop Science, National Agriculture and Food Research Organization
2-1-18 Kannondai, Tsukuba-shi, Ibaraki 305-8518
Tel: 029-838-8260 URL http://www.naro.affrc.go.jp/nics/

農業・食品産業技術総合研究機構　果樹研究所
Institute of Fruit Tree 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/fruit/

農業・食品産業技術総合研究機構　野菜茶葉研究所
Institute of Vegetable and Tea Science, National Agriculture and Food Research Organization
360 Kusawa, Ano-cho, Tsu-shi, Mie 514-2392
Tel: 059-268-1331 URL http://www.naro.affrc.go.jp/vegetea/
農業・食品産業技術総合研究機構

**National Food Research Institute, National Agriculture and Food Research Organization**

2-1-12 Kannondai, Tsukuba-shi, Ibaraki 305-8642
Tel: 029-838-7406 [URL http://www.naro.affrc.go.jp/nfri/]

農業・食品産業技術総合研究機構

**Institute of Floricultural Science, National Agriculture and Food Research Organization**

2-1 Fujimoto, Tsukuba-shi, Ibaraki 305-8519
Tel: 029-838-6801 [URL http://www.naro.affrc.go.jp/flower/]

農業・食品産業技術総合研究機構

**Institute of Livestock and Grassland Science, National Agriculture and Food Research Organization**

2-1-6 Kannondai, Tsukuba-shi, Ibaraki 305-8609
Tel: 029-838-7513 [URL http://www.naro.affrc.go.jp/nk/]

農業・食品産業技術総合研究機構

**National Institute of Animal Health, National Agriculture and Food Research Organization**

3-1-5 Kannondai, Tsukuba-shi, Ibaraki 305-0856
Tel: 029-838-7713 [URL http://www.naro.affrc.go.jp/niach/]

農業・食品産業技術総合研究機構　北海道農業研究センター

**Hokkaido Agricultural Research Center, National Agriculture and Food Research Organization**

1 Hitsujigaoka, Toyohira-ku, Sapporo-shi, Hokkaido 062-8555
Tel: 011-851-9141 [URL http://www.naro.affrc.go.jp/harc/]

農業・食品産業技術総合研究機構　東北農業研究センター

**Tohoku Agricultural Research Center, National Agriculture and Food Research Organization**

4 Akahira, Shimo-kuriyagawa, Morioka-shi, Iwate 020-0198
Tel: 019-643-3433 [URL http://www.naro.affrc.go.jp/tarc/]

農業・食品産業技術総合研究機構　近畿中国四国農業研究センター

**Western Region Agricultural Research Center, National Agriculture and Food Research Organization**

6-12-1 Nishifukatsuro-cho, Fukuyama-shi, Hiroshima 721-8514
Tel: 084-923-4100 [URL http://www.naro.affrc.go.jp/warc/]

農業・食品産業技術総合研究機構　九州沖縄農業研究センター

**Kyushu Okinawa Agricultural Research Center, National Agriculture and Food Research Organization**

2421 Suya, Koshi-shi, Kumamoto 861-1192
Tel: 096-242-1150 [URL http://www.naro.affrc.go.jp/karc/]

農業・食品産業技術総合研究機構　農村工学研究所

**National Institute for Rural Engineering, National Agriculture and Food Research Organization**

2-1-2 Kannon-dai, Tsukuba-shi, Ibaraki 305-8602
Tel: 029-838-7406 [URL http://www.nias.affrc.go.jp/]

農業生物資源研究所

**National Institute of Agrobiological Sciences**

2-1-2 Kannon-dai, Tsukuba-shi, Ibaraki 305-8602
Tel: 029-838-7406 [URL http://www.nias.affrc.go.jp/]

農業環境技術研究所

**National Institute for Agro-Environmental Sciences**

3-1-3 Kannondai, Tsukuba-shi, Ibaraki 305-8604
Tel: 029-838-8148 [URL http://www.niaes.affrc.go.jp/]

国際農林水産業研究センター

**Japan International Research Center for Agricultural Sciences**

1-1 Owashi, Tsukuba-shi, Ibaraki 305-8686
Tel: 029-838-6313 [URL http://www.jircas.affrc.go.jp/index.sjis.html]

森林総合研究所

**Forestry and Forest Products Research Institute**

1 Matsunosato, Tsukuba-shi, Ibaraki 305-8687
Tel: 029-873-3211 [URL http://www.ffpri.affrc.go.jp/]

水産総合研究所 北海道水産研究所

**Hokkaido National Fisheries Research Institute, Fisheries Research Agency**

2-4-1, Nakanoshima 2-jo, Toyohira-ku, Sapporo-shi, Hokkaido 062-0922
Tel: 011-822-2131 [URL http://bnf.fra.affrc.go.jp/]

水産総合研究所 東北区水産研究所

**Tohoku National Fisheries Research Institute, Fisheries Research Agency**

3-27-5 Shinhama-cho, Shiogama-shi, Miyagi 985-0001
Tel: 022-365-1191 [URL http://mfr.fra.affrc.go.jp/]

水産総合研究所 中央水産研究所

**National Research Institute of Fisheries Science, Fisheries Research Agency**

2-12-4 Fukuura, Kanazawa-ku, Yokohama-shi, Kanagawa 236-8648
Tel: 045-788-7615 [URL http://nrifs.fra.affrc.go.jp/]

水産総合研究所 日本海区水産研究所

**Japan Sea National Fisheries Research Institute, Fisheries Research Agency**

1-5939-22 Suido-cho, Chuo-ku, Niigata-shi, Niigata 951-8121
Tel: 025-228-0451 [URL http://jsnfr.fra.affrc.go.jp/]

水産総合研究所 国際水産資源研究所

**National Research Institute of Far Seas Fisheries, Fisheries Research Agency**

5-7-1 Orido, Shimizu-ku, Shizuoka-shi, Shizuoka 424-8633
Tel: 054-336-6000 [URL http://fsf.fra.affrc.go.jp/]

URLs:
- http://www.naro.affrc.go.jp/nfri/
- http://www.naro.affrc.go.jp/flower/
- http://www.naro.affrc.go.jp/nilgs/
- http://www.naro.affrc.go.jp/nih/
- http://www.naro.affrc.go.jp/nfri/
- http://www.niatdb.affrc.go.jp/pbdb/
- http://www.naro.affrc.go.jp/warc/
- http://www.naro.affrc.go.jp/tarc/
- http://www.naro.affrc.go.jp/nk/
- http://www.nias.affrc.go.jp/
### Ministry of Economy, Trade and Industry

**National Institute of Advanced Industrial Science and Technology**  
AIST Tsukuba Central 1, 1-1-1 Umezono, Tsukuba-shi, Ibaraki 305-8568  
Tel: 029-861-2000 [URL](http://www.aist.go.jp/)

### Ministry of Land, Infrastructure, Transport and Tourism

**Public Works Research Institute**  
1-6 Minamihara, Tsukuba-shi, Ibaraki 305-8516  
Tel: 029-879-6700 [URL](http://www.pwri.go.jp/)

**Civil Engineering Research Institute for Cold Region, Public Works Research Institute**  
1-3-1-34 Hiragishi, Toyohira-ku, Sapporo-shi, Hokkaido 062-8602  
Tel: 011-841-1112 [URL](http://www.ceri.go.jp/)

**National Maritime Research Institute**  
6-38-1 Shinkawa, Mitaka-shi, Tokyo 181-0004  
Tel: 0422-41-3005 [URL](http://www.nmri.go.jp/)

### Ministry of the Environment

**National Institute for Environmental Studies**  
16-2 Onogawa, Tsukuba-shi, Ibaraki 305-8506  
Tel: 029-850-2314 [URL](http://www.nies.go.jp/)

**National Institute for Minamata Disease**  
4058-18 Hama, Minamata-shi, Kumamoto 867-0008  
Tel: 0966-63-3111 [URL](http://www.nimd.go.jp/)

### Port and Airport Research Institute

**Port and Airport Research Institute**  
3-1-1 Nagase, Yokosuka-shi, Kanagawa 239-0826  
Tel: 046-844-5010 [URL](http://www.pari.go.jp/)

### National Maritime Research Institute

**National Maritime Research Institute, Fisheries Research Agency**  
1551-8 Taira-machi, Nagasaki-shi, Nagasaki 851-2213  
Tel: 095-860-1600 [URL](http://www.nmri.go.jp/)

**National Research Institute of Fisheries and Environment of Inland Sea, Fisheries Research Agency**  
2-17-5 Maruishi, Hatsukaichi-shi, Hiroshima 739-0452  
Tel: 0829-55-0666 [URL](http://feis.fra.affrc.go.jp/)

### National Institute for Land and Infrastructure Management

**National Institute for Land and Infrastructure Management**  
3-1-1 Nagase, Yokosuka-shi, Kanagawa 239-0826  
Tel: 046-844-5010 [URL](http://www.pari.go.jp/)

### National Institute for Environmental Studies

**National Institute for Environmental Studies**  
1-3-1-34 Hiragishi, Toyohira-ku, Sapporo-shi, Hokkaido 062-8602  
Tel: 011-841-1112 [URL](http://www.ceri.go.jp/)

### Marine Technical College

**Marine Technical College**  
12-24 Nishikura-cho, Ashiya-shi, Hyogo 659-0026  
Tel: 0797-38-6201 [URL](http://www.mtc.ac.jp/)

### Meteorological Research Institute

**Meteorological Research Institute**  
1-1 Nagamine, Tsukuba-shi, Ibaraki 305-0052  
Tel: 029-853-8552 [URL](http://www.mri-jma.go.jp/)

### Geospatial Information Authority of Japan

**Geospatial Information Authority of Japan**  
1 Tachihara, Tsukuba-shi, Ibaraki 305-0802  
Tel: 0797-38-6201 [URL](http://www.gsi.go.jp/)

### National Institute of Advanced Industrial Science and Technology

**National Institute of Advanced Industrial Science and Technology**  
1-1-1 Umezono, Tsukuba-shi, Ibaraki 305-8568  
Tel: 029-861-2000 [URL](http://www.aist.go.jp/)

### National Institute for Land and Infrastructure Management

**National Institute for Land and Infrastructure Management**  
1 Asahi, Tsukuba-shi, Ibaraki 305-0804  
Tel: 029-864-2211 [URL](http://www.nilim.go.jp/)

### National Institute for Environmental Studies

**National Institute for Environmental Studies**  
1-1-1 Umezono, Tsukuba-shi, Ibaraki 305-8568  
Tel: 029-861-2000 [URL](http://www.aist.go.jp/)

### National Institute for Environmental Studies

**National Institute for Environmental Studies**  
1-1-1 Umezono, Tsukuba-shi, Ibaraki 305-8568  
Tel: 029-861-2000 [URL](http://www.aist.go.jp/)
Regional Immigration Bureaus and District Immigration Offices
URL http://www.immi-moj.go.jp/soshiki/

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

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)

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

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

Kansai Airport District 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)

札幌入国管理局
Sapporo Regional Immigration Bureau
Sapporo Third Joint Government Bldg., Odori-nishi 12-chome, Chuo-ku, Sapporo-shi, Hokkaido 060-0042
Tel: 011-261-7502
Jurisdiction: Hokkaido

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

広島入国管理局
Hiroshima Regional Immigration Bureau
Hiroshima Legal Affairs Joint Government Bldg., 2-31 Kamihatchobori, Naka-ku, Hiroshima-shi, Hiroshima 730-0012
Tel: 082-231-4411
Jurisdiction: Hiroshima, Yamaguchi, Okayama, Tottori and Shimane

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

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

Naha District Immigration Office
Naha First Local Joint Government Bldg., 1-15-15 Hikawa, Naha-shi, Okinawa 900-0022
Tel: 098-832-4185
(Okinawa)
### Prefectural and City Governments’ URLs and International Exchange Associations

(Approved by the Ministry of Internal Affairs and Communications)

<table>
<thead>
<tr>
<th>Prefecture</th>
<th>Website URL</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>AICHI Prefecture</td>
<td><a href="http://www.pref.aichi.jp/">http://www.pref.aichi.jp/</a></td>
<td>052-961-8744</td>
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<td><a href="http://www2.aia.pref.aichi.jp/">http://www2.aia.pref.aichi.jp/</a></td>
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<tr>
<td>AKITA Prefecture</td>
<td><a href="http://www.pref.akita.jp/">http://www.pref.akita.jp/</a></td>
<td>018-893-5499</td>
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<td><a href="http://www.aihome.or.jp/">http://www.aihome.or.jp/</a></td>
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<td>AOMORI Prefecture</td>
<td><a href="http://www.pref.aomori.jp/">http://www.pref.aomori.jp/</a></td>
<td>017-735-2221</td>
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<td><a href="http://www.kokusai-koryu.jp/">http://www.kokusai-koryu.jp/</a></td>
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<tr>
<td>CHIBA Prefecture</td>
<td><a href="http://www.pref.chiba.jp/">http://www.pref.chiba.jp/</a></td>
<td>043-297-4301</td>
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<td><a href="http://www.ccb.or.jp/">http://www.ccb.or.jp/</a></td>
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<td>EHIME Prefecture</td>
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<td>089-917-5678</td>
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<td><a href="http://www.epic.or.jp/">http://www.epic.or.jp/</a></td>
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<tr>
<td>FUKUI Prefecture</td>
<td><a href="http://www.pref.fukui.jp/">http://www.pref.fukui.jp/</a></td>
<td>0776-28-8800</td>
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<td><a href="http://www.f-i-a.or.jp/ja/">http://www.f-i-a.or.jp/ja/</a></td>
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<td>FUKUSHIMA Prefecture</td>
<td><a href="http://www.pref.fukushima.lg.jp/">http://www.pref.fukushima.lg.jp/</a></td>
<td>092-725-9204</td>
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<td><a href="http://www.kokusaihiroba.or.jp/">http://www.kokusaihiroba.or.jp/</a></td>
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<td>GUNMA Prefecture</td>
<td><a href="http://www.pref.gunma.lg.jp/">http://www.pref.gunma.lg.jp/</a></td>
<td>085-214-7700</td>
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<td><a href="http://www.gic.or.jp/">http://www.gic.or.jp/</a></td>
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<td>HIROSHIMA Prefecture</td>
<td><a href="http://www.pref.hiroshima.lg.jp/">http://www.pref.hiroshima.lg.jp/</a></td>
<td>082-541-3777</td>
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<td>HOKKAIDO Prefecture</td>
<td><a href="http://www.pref.hokkaido.lg.jp/">http://www.pref.hokkaido.lg.jp/</a></td>
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<td><a href="http://www.hyogo-ip.or.jp/">http://www.hyogo-ip.or.jp/</a></td>
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</table>

**Appendix VII**

- Prefectures (alphabetical order)
- Prefectural and City Governments’ URLs and International Exchange Associations (Approved by the Ministry of Internal Affairs and Communications)
<table>
<thead>
<tr>
<th>Prefecture/県</th>
<th>City 市</th>
<th>Address 地 址</th>
<th>Phone 电话</th>
<th>URL URL</th>
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<td>KUMAMOTO 熊本県</td>
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</table>
付録 Ⅶ

NARA Prefecture　奈良県
URL http://www.pref.nara.jp/

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

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

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

OKINAWA Prefecture　沖縄県
URL http://www.pref.okinawa.lg.jp/

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

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

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

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

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

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

TOKACHI Prefecture　北海道
URL http://www.pref.tokachi.lg.jp/

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

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

Tokushima Prefectural International Exchange Association
Clement Plaza 6F, 1-61 Terashima Honcho, Tokushima-shi, Tokushima 770-0831
Tel: 088-621-0777 URL http://www.topia.ne.jp/

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/
TOTTORI Prefecture  鳥取県
URL http://www.pref.tottori.lg.jp/

Tottori Prefectural International Exchange Foundation
Tottori Airport International Center 1F, 4-110-5 Koyamacho-nishi, Tottori-shi, Tottori 680-0947
Tel: 0857-31-5951  URL http://www.torisakyu.or.jp/

TOYAMA Prefecture  富山県
URL http://www.pref[toyama].lsg.jp/

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].lsg.jp/

Wakayama Big Ai 9F, 2-1-2 Tebira, Wakayama-shi, Wakayama 640-8319
Tel: 073-435-5240  URL http://www.wixas.or.jp/

YAMAGATA Prefecture  山形県
URL http://www.pref[yamagata].lsg.jp/

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.airyamagata.org/

YAMAGUCHI Prefecture  山口県
URL http://www.pref[yamaguchi].lsg.jp/

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].lsg.jp/

Yamanashi International Association
Yamanashi International Center, 2-2-3 Iida, Kofu-shi, Yamanashi 400-0035
Tel: 055-228-5419  URL http://www.yia.or.jp/

CHIBA Designated City  千葉市
URL http://www.city.chiba.jp/

（公財）千葉市国際交流財団

FUKUOKA Designated City  福岡市
URL http://www.city.fukuoka.lg.jp/

（公財）福岡よかトピア国際交流財団

HIROSHIMA Designated City  広島市
URL http://www.city.hiroshima.lg.jp/

（公財）広島平和文化センター

HIROSHIMA Peace Culture Foundation
1-2 Nakajima-cho, Naka-ku, Hiroshima-shi, Hiroshima 730-0811
Tel: 082-241-5246  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.kian.or.jp/

KITAKYUSHU Designated City  北九州市
URL http://www.city.kitakyushu.lg.jp/

（公財）北九州市国際交流協会

Kitakyushu International Association
Com City 3F, 3-15-3, Kurosaki, Yahatanishi-ku, Kitakyushu-shi, Fukuoka 806-0021
Tel: 093-643-6464  URL http://www.kitaq-koryu.jp/
KOBE Designated City 神戸市
URL http://www.city.kobe.lg.jp/

Kobe International Center for Cooperation and Communication
Boeki Center Bldg. 2F, 5-1-14, Hamabe-dori, Chuo-ku, Kobe-shi, Hyogo 651-0083
Tel: 078-291-0641  URL http://www.kicc.jp/

KUMAMOTO Designated City 熊本市
URL http://www.city.kumamoto.jp

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/

Kyoto City International Foundation
2-1 Torii-cho, Awatchuguchi, 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/

Nagoya International Center
Nagoya International Center 3F, 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.yamap.jp/

OSAKA Designated City 大阪市
URL http://www.city.osaka.lg.jp/

Osaka International House Foundation
8-2-6 Uehonmachii, 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/

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.sitb.jp/

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

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

Sapporo International Communication Plaza Foundation
Sapporo MN Bldg. 3F, 1-1-6 Nishi 3-chome, Chuo-ku, Sapporo-shi, Hokkaido 060-0001
Tel: 011-211-3670  URL http://www.plaza-sapporo.or.jp/

SENDAI Designated City 仙台市
URL http://www.city.sendai.jp/

Sendai Tourism, Convention and International Association
Sendai-Aoba Wing Bldg. A-11F, 2-2-10 Omachi, Aoba-ku, Sendai-shi, Miyagi 980-0804
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
CCC 1F, 4-16 Otemachi, Aoi-ku, Shizuoka-shi, Shizuoka 420-0853
Tel: 054-273-5931  URL http://www.samnet.jp/

YOKOHAMA Designated City 横浜市
URL http://www.city.yokohama.lg.jp/

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 http://www.yoke.or.jp/

注）（公財）は公益財団法人、（一財）は一般財団法人、（公社）は公益社団法人です
Private Sector Foundations and Other Organizations Inviting Overseas Researchers Other Than the JSPS

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

Iketani Science and Technology Foundation
(Science and technology)
3-7-1 Kasumigaseki, Chiyoda-ku, Tokyo 100-0013
Tel: 03-3580-1712 [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)
OSG Annex Bldg., 3-25-4 Minami-magome, Ota-ku, Tokyo 143-0025
Tel: 03-5709-4510 [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-II 805, 1-10-7 Shibuya, Shibuya-ku, Tokyo 150-0002

Daiichi Sankyō Foundation of Life Science
(Science and technology)
Daiichi Sankyō Nihonbashī Bldg. 10F, 3-14-10 Nihonbashī, Chuo-ku, Tokyo 103-8234
Tel: 03-3243-9061 [URL] http://www.ds-fdn.or.jp/
テルモ科学技術振興財団（科学技術）
〒259-0151 神奈川県足柄上郡中井町井ノ口1500
Tel: 0465-81-4236 URL http://www.terumozaidan.or.jp/

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

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

松前国際友好財団（科学技術／医保／環境）
〒167-0043 東京都杉並区上荻4-14-14
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雲西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、次の図書が参考になります。

★「助成団体要覧2014－民間助成金ガイド－」
（公益財団法人助成財団センター編集・発行）

公益財団法人助成財団センターでは、要観の中の個々の財団についての問い合わせにも応えております。

Tateisi Science and Technology Foundation
(Science and technology)
801 Minami-fudondo-cho, Horikawahigashiru, Shioko-dori
Shimogyo-ku, Kyoto-shi, Kyoto 600-8234
Tel: 075-365-4771 URL http://www.tateisi-f.org/

Research Foundation for the Electrotechnology of Chubu
(Science and technology; medicine and health; environment)
Frontier Shin-sakae Bldg. 2F, 1-2-31 Shin-sakae, Naka-ku,
Nagoya-shi, Aichi 460-0007
Tel: 052-259-7550 URL http://www006.upp.so-net.ne.jp/refec/WELCOME.HTM

Terumo Life Science Foundation
(Science and technology)
1500 Inokuchi, Nakai-machi, Ashigarakami-gun, Kanagawa 259-0151
Tel: 0465-81-4236 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)
NKD Bldg. 8F, 3-42-6 Hongo, Bunkyo-ku, Tokyo 113-0033
Tel: 03-3813-3005 URL https://www.naito-f.or.jp/en/

Novartis Foundation (Japan) for the Promotion of Science
(Science and technology; medicine and health)
Toranomon Hills Mori Tower 29F, 1-23-1 Toranomon, Minato-ku,
Tokyo 105-6333
Tel: 03-6899-2100 URL http://japanfoundation.novartis.org/en/index.html

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 refer to the following publication for summaries on these support organizations:

(Edited and issued by The Japan Foundation Center)

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

The 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/
Postal Fees
Domestic Postage Rates
◎ Postcards: ¥52
◎ Double postcards with replies attached: ¥104
◎ Letter post

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<td>Standard-size items Up to 50 g</td>
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<td>¥92</td>
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<td>Nonstandard-size items Up to 4 kg</td>
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[Special Handling Mail (Additional fees in the following tables apply)]

◎ Express-delivery mail

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<td>Letter post Up to 4 kg</td>
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<td>¥650</td>
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<td>Parcel post Up to 1 kg</td>
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<tr>
<td>Parcel post Up to 4 kg</td>
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◎ Registered mail

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<tr>
<td>Cash (claimable damages up to ¥500,000) Up to ¥10,000</td>
<td>Up to ¥10,000</td>
<td>¥430</td>
</tr>
<tr>
<td>Cash (claimable damages up to ¥500,000) Per additional ¥5,000 increment, over ¥10,000</td>
<td>Per additional ¥5,000 increment, over ¥10,000</td>
<td>¥10</td>
</tr>
<tr>
<td>Other than cash (claimable damages up to ¥5,000,000) Up to ¥100,000</td>
<td>Up to ¥100,000</td>
<td>¥430</td>
</tr>
<tr>
<td>Other than cash (claimable damages up to ¥5,000,000) Per additional ¥50,000 increment, over ¥100,000</td>
<td>Per additional ¥50,000 increment, over ¥100,000</td>
<td>¥21</td>
</tr>
<tr>
<td>Simple registered mail Claimable damage up to ¥50,000</td>
<td>Claimable damage up to ¥50,000</td>
<td>¥310</td>
</tr>
</tbody>
</table>
## International Postage Rates

### Postcards
- **Postcards**: ¥70 worldwide

### Aerograms
- **Aerograms**: ¥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>Airmail</td>
<td>Up to 500g</td>
<td>East Asia, Guam, Midway Islands, etc.</td>
</tr>
<tr>
<td></td>
<td>Up to 500g and up to 5kg</td>
<td>¥1,700</td>
</tr>
<tr>
<td></td>
<td>Per additional 500g increment, over 500g and up to 5kg</td>
<td>¥350</td>
</tr>
<tr>
<td></td>
<td>Per additional 500g increment, over 5kg and up to 10kg</td>
<td>¥300</td>
</tr>
<tr>
<td></td>
<td>Per additional 1kg increment, over 10kg and up to 30kg</td>
<td>¥400</td>
</tr>
<tr>
<td>Seamail</td>
<td>Up to 1kg</td>
<td>East Asia, Guam, Midway Islands, etc.</td>
</tr>
<tr>
<td></td>
<td>Up to 1kg</td>
<td>¥1,500</td>
</tr>
<tr>
<td></td>
<td>Per additional 1kg increment, over 1kg and up to 10kg</td>
<td>¥250</td>
</tr>
<tr>
<td></td>
<td>Per additional 1kg increment, over 10kg and up to 30kg</td>
<td>¥200</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>Unit</th>
<th>Centimeters</th>
<th>Meters</th>
<th>Kilometers</th>
<th>Inches</th>
<th>Feet</th>
<th>Yards</th>
<th>Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>cm</td>
<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></td>
<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></td>
<td>100000</td>
<td>100</td>
<td>1</td>
<td>39370</td>
<td>3280.8</td>
<td>1093.6</td>
<td>0.6214</td>
</tr>
<tr>
<td></td>
<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></td>
<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></td>
<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>–</td>
<td>1609.3</td>
<td>1.6093</td>
<td>63360</td>
<td>5280</td>
<td>1760</td>
<td>1</td>
</tr>
</tbody>
</table>

#### Area

<table>
<thead>
<tr>
<th>Unit</th>
<th>Square Meters</th>
<th>Square Feet</th>
<th>Acre (UK)</th>
<th>Hectare</th>
<th>Acre (USA)</th>
<th>Square Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>m²</td>
<td>1</td>
<td>10.764</td>
<td>0.01</td>
<td>0.0001</td>
<td>0.0002</td>
<td>–</td>
</tr>
<tr>
<td></td>
<td>–</td>
<td>10000</td>
<td>100</td>
<td>247.11</td>
<td>0.3861</td>
<td>–</td>
</tr>
<tr>
<td></td>
<td>0.0929</td>
<td>–</td>
<td>1</td>
<td>0.0009</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td></td>
<td>100</td>
<td>0.0001</td>
<td>1076.4</td>
<td>1</td>
<td>0.0247</td>
<td>–</td>
</tr>
<tr>
<td></td>
<td>10000</td>
<td>0.01</td>
<td>–</td>
<td>100</td>
<td>2.4711</td>
<td>–</td>
</tr>
<tr>
<td></td>
<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>–</td>
<td>2.5900</td>
<td>–</td>
<td>25900</td>
<td>259.00</td>
<td>1</td>
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</tbody>
</table>

#### Weight

<table>
<thead>
<tr>
<th>Unit</th>
<th>Grams</th>
<th>Kilograms</th>
<th>Ounces</th>
<th>Pounds</th>
<th>Ton (UK)</th>
<th>Ton (USA)</th>
</tr>
</thead>
<tbody>
<tr>
<td>g</td>
<td>1</td>
<td>0.001</td>
<td>0.035</td>
<td>0.02</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td></td>
<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></td>
<td>28.35</td>
<td>0.028</td>
<td>1</td>
<td>0.063</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td></td>
<td>453.6</td>
<td>0.454</td>
<td>16</td>
<td>1</td>
<td>0.0004</td>
<td>0.0005</td>
</tr>
<tr>
<td></td>
<td>–</td>
<td>1016</td>
<td>35840</td>
<td>2240</td>
<td>1</td>
<td>1.12</td>
</tr>
<tr>
<td></td>
<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>Unit</th>
<th>Cubic Meters</th>
<th>Liters</th>
<th>Cubic Feet</th>
<th>Gallon (UK)</th>
<th>Gallon (US)</th>
</tr>
</thead>
<tbody>
<tr>
<td>cm³</td>
<td>1</td>
<td>0.061</td>
<td>–</td>
<td>0.0002</td>
<td>0.0003</td>
</tr>
<tr>
<td></td>
<td>1000</td>
<td>1</td>
<td>61.024</td>
<td>0.0353</td>
<td>0.2200</td>
</tr>
<tr>
<td></td>
<td>16.387</td>
<td>0.0164</td>
<td>1</td>
<td>0.0006</td>
<td>0.0036</td>
</tr>
<tr>
<td></td>
<td>28317</td>
<td>0.0172</td>
<td>1728</td>
<td>1</td>
<td>6.2288</td>
</tr>
<tr>
<td></td>
<td>4546</td>
<td>4.546</td>
<td>277.42</td>
<td>0.1605</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>3785</td>
<td>3.7854</td>
<td>231</td>
<td>0.134</td>
<td>0.833</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.
Tokyo Railway and Subway Network

Lines and symbol colors:
- Ginza line
- Marunouchi line
- Hibiya line
- Tozai line
- Chiyoda line
- Ginza line
- Yurakucho line
- Harajuku line
- Namboku line
- Fukutoshin line

Appendix XII

Seibu Shinjuku line
Seibu Ikebukuro line
Tokyo Railway and Subway Network

Appendix XII

Tokyo Monorail

Haneda Airport International Terminal Station
Haneda Airport International Terminal Station

To Haneda Airport
Nagoya Railway and Subway Network
Regions and Prefectures of Japan

Railway and Airline Network
World Heritage Sites in Japan

1. 古都京都的文化財
   Historic Monuments of Ancient Kyoto [Kyoto, Uji and Ohtsu Cities]
2. 姫路城
   Himeji-jo
3. 屋久島
   Yakushima
4. 白山地
   Shirakami-Sanchi
5. 豊国神社
   Itsukushima Shinto Shrine
6. 原爆ドーム
   Hiroshima Peace Memorial [Genbaku Dome]
7. 蝦竜古窪遺跡とその文化的景観
   The Iwami Ginzan Silver Mine and its Cultural Landscape
8. 小笠原諸島
   Ogasawara Islands
9. 長野県の高原国定公園及び周辺の自然遺産
   The Iwami Ginzan Silver Mine and its Cultural Landscape
10. 長野県の高原国定公園及び周辺の自然遺産
    The Iwami Ginzan Silver Mine and its Cultural Landscape
11. 琉球王国の歴史的遺産群
    Gusuku Sites and related properties of the Kingdom of Ryukyu
12. 日光の社寺
    Shrines and Temples of Nikko
13. 聖地及び巡礼ルート
    Sacred Sites and Pilgrimage Routes in the Kii Mountain Range
14. 田舎の集落
    Historic Villages of Shirakawago and Gokayama
15. 富士山
    Fujisan, sacred place and source of artistic inspiration
16. 有料道路
    Shiretoko
17. 観光地
    The Iwami Ginzan Silver Mine and its Cultural Landscape
18. 薬師寺
    Hiraizumi Temples, Gardens and Archeological Sites Representing the Buddhist Pure Land
19. 知床
    Shiretoko

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

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