LIFE IN JAPAN
FOR FOREIGN RESEARCHERS
来日外国人研究者のための生活ガイドブック
2024-2025
JSPS
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Foreign Researchers
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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研究者招へい事業により来日する外国人研究者のみなさまのために、日本での生活に必要な情報をまとめたガイドブックです。是非、ご活用ください。

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

独立行政法人日本学術振興会

Foreword

This Guide containing information on living in Japan was prepared by the Japan Society for the Promotion of Science (JSPS) for the benefit of overseas researchers who come to Japan under Postdoctoral Fellowship for Research in Japan. 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
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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.
Chapter 1

Procedures for Entry and Residence in Japan

This chapter explains the immigration and resident registration procedures which must be followed by all foreign researchers planning to conduct academic research activities at a Japanese university or other research institute for a period exceeding 90 days. Please also note that citizens from some countries are required to obtain a visa even if they plan to stay in Japan for less than 90 days.

1-1 Obtaining a Visa

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

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

Certificate of Eligibility (CoE)

Attaching your Certificate of Eligibility (CoE) when applying for a visa will shorten the time it takes to issue the visa. This certificate is issued when an application is made on your behalf by your agent in Japan (generally a host researcher). You should therefore consult with your host researcher regarding this matter. The application process for a Certificate of Eligibility will take 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 Immigration Services Agency of Japan, Ministry of Justice.

(2) It takes approximately one to three months for the Certificate of Eligibility to be issued, which is then sent to the host institution.
審査及び送付にかかる期間を計算に入れると、受入研究機関は外国人研究者の入国予定日の3〜3か月半前に「在留資格認定証明書」を管轄の日本公館に送請してください。査証申請の詳細については、各公館に確認してください。

審査及び送付にかかる期間を計算に入れると、受入研究機関は外国人研究者の入国予定日の3〜3か月半前に「在留資格認定証明書」を管轄の日本公館に送請してください。査証申請の詳細については、各公館に確認してください。

番号1
入国・在留の諸手続き

(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) Foreign researcher should submit their visa application, accompanied by the Certificate of Eligibility, to the Japanese Embassy or Consulate in their respective countries of residence. Researchers 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 foreign researchers consult their host researchers about the application well in advance.

(1) Applies for Certificate of Eligibility

Immigration Services Agency of Japan, Ministry of Justice

(2) Issues Certificate of Eligibility

Host Institution

(3) Sends Certificate of Eligibility to Foreign Researcher

Foreign Researcher

(4) Applies for Visa (with Certificate of Eligibility attached)

Japanese Embassy or Consulate Overseas

(5) Issues Visa

Foreign Researcher

Entry to Japan

Note: Refer to each Program Guidelines
### 1-2 Status of Residence

Foreign persons’ status of residence and period of stay are officially determined when they are permitted to enter (land in) Japan, and a landing permission stamp will be placed in their passport. A sample of the landing permission stamp is shown below.

Long-term (exceeding 90 days) foreign researchers conducting research in Japan are assigned one of three statuses of residence: **Professor**, **Researcher** or Cultural Activities.

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

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

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

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

1-3-1 Ports of Entry

If Entering Via New Chitose Airport, Narita Airport, Haneda Airport, Chubu Airport, Kansai Airport, Hiroshima Airport or Fukuoka Airport

A landing permission verification stamp will be placed into your passport. If you became a mid- to long-term resident, you will be issued a Residence Card. Within 14 days of establishing your place of residence, you must bring your Residence Card to your local municipal office and notify the authorities of your address.

If Entering Via Another Port of Entry

The landing permission stamp will be placed in your passport and accompanied by a note indicating that you will be issued a Residence Card at a later date. Within 14 days of establishing your place of residence, you must visit your local municipal office and notify the authorities of your address. Once you do that, a Regional Immigration Bureau will mail your Residence Card to you.
【その他の出入国を利用する場合】
旅行券の上陸許可の認証とともに、在留カードが後日交付されることが記載されます。居住地を定めてから14日以内に居住地の市区町村の窓口で居住地を届け出してください。
その後、在留カードが地方出入国在留管理局から居住地に郵送されます。

1-3-2 よく携帯義務
旅行を携帯しているかどうかにかかわらず、在留カードは常時携帯することが必要です。入国審査官、入国警備官、警察官などのみを対象とする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、90日を超えて日本で研究滞在を行い「短期滞在」以外の在留資格を持つ外国人を含む、住民票を有する全ての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、住民登録等と併せて通知を受けてください。一度発行された番号は原則一生涯変更されず、本邦へ就労した場合でも日本の再入国時に同じ番号が交付されます。

Individuals who will be staying in Japan 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.

For the national health insurance system, see section 2-2-5.

1-3-2 Carry Your Residence Card at All Times
You are required to carry your Residence Card with you at all times, even if you are carrying your passport. You must show your card to any immigration inspector, immigration control officer, police officer or other such authority that asks to see it. If you forget to keep your Residence Card with you, you may be punished by law with a fine.

1-3-3 Social Security and Tax Number System
In accordance with the Social Security and Tax Number System (nicknamed “My Number”), which went into effect in January 2016, all registered residents of Japan are being issued a twelve-digit individual number, including foreign residents conducting research in Japan for more than 90 days who have a visa status other than “short-term stay” (temporary visitors).

This number will be required for various types of administrative procedures, including social security and tax procedures as well as disaster countermeasures. Since you will be asked for your individual number for tax procedures at the research institute where you work and other places, please be sure to obtain your individual number and individual number notification card when you file your resident registration. As a rule, once you receive your number, it will not change throughout your lifetime. If you leave Japan and then re-enter the country, you will be given the same number.
Chapter 1 Procedures for Entry and Residence in Japan

1-4 在留手続き

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

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

1-4-1 一時出国と再入国許可

有効な旅券及び在留カードを持つ外国人が出国する際、出国後1年以内にこれまでの活動を継続するために再入国する場合は、原則として再入国許可を受けた必要はありません（この制度を「みなし再入国許可」といいます）。みなし再入国許可を出国した人は、その有効期間を海外で延長することはできません。出国後1年以内に再入国しないと在留資格が失われることになりますので、注意してください。

在留期限が出国後1年未満の場合には、その在留期限までに再入国してください。

1-4-2 資格外活動

外国人が現に有する在留資格に該当する活動以外の、収入を伴う事業を運営する活動、又は報酬を受ける活動を行う場合には、予め、資格外活動の許可を受けなければなりません。

外国人が許可を受けることなく資格外の活動を行った場合は、処罰の対象となります。

1-4-3 在留期間の更新

在留期間は、入国の際に在留資格とともに決定されますが、外国人はその決定された在留期間内に限って日本に在留することができます。従って、現在の在留資格のまま許可された在留期間を超えて引続き在留しようとする場合には、在留期間の更新の許可を受けて、在留期間を延長する必要があります。

在留期間の更新を希望する場合には、現在の在留期間を満了する日までに在留期間の更新の許可申請（6か月以上の在留期間を有する人にあたっては在留期間の満了するおおよそ3か月前に受付）をしなければなりません。申請手続きには、旅券、在留カード等の提示が必要ですが、詳細は、居住地の地方出入国在留管理局、外国人在留総合情報センターに問い合わせてください。

1-4 Residency Procedures

Visa-related procedures must be performed at the Regional Immigration Bureau that administers the area where you live.

If you get married, or if there is a change in your surname or your nationality/region, please file a notification of a change of name, gender, or nationality/region. If your Residence Card is lost, stolen or destroyed, you must request a replacement card from your Regional Immigration Bureau within 14 days of the day you noticed it was missing (or from the day you re-enter Japan, if you noticed this while you were overseas).

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

As a general rule, foreigners nationals with a valid passport and Residence Card who leave Japan and return within one year of their departure date to continue their previous activities do not need to obtain re-entry permission. (This is called the Special Re-entry System.) Those who leave Japan under the Special Re-entry System, however, cannot extend the valid period while abroad. Please note that you will lose your status of residence if you do not return to Japan within a year of your departure.

If your visa expires within one year, please return to Japan before it expires.

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
1-4-4 在留資格の変更

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

なお、在留資格の変更は、申請すれば必ず許可されるというわけではありません。

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

1-4-5 高度外国人材の受入れ

高度外国人材の受入れを促進するため新制度が創設されました。

★特別高度人材制度 (J-Skip)

学歴又は年収が一定以上であれば「高度専門職」の在留資格が付与される制度


★未来創造人材制度 (J-Find)

優秀な海外大学等を卒業等した方が、本国において「就職活動」又は「起業準備活動」を行う場合、在留資格「特定活動」が付与される制度

URL https://www.moj.go.jp/isa/applications/status/designatedactivities51.html

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

1-4-5 Acceptance of Highly-Skilled Foreign Professionals

A new system has been established to promote the acceptance of highly skilled foreign professionals.

★ Japan System for Special Highly-Skilled Professionals (J-Skip)

This system grants status of residence of “highly-skilled professional” to candidates with a certain level of academic and/or professional experience and annual income.


★ Japan System for Future Creation Individual Visa (J-Find)

This system grants status of residence of “designated activities” to graduates of excellent overseas universities, etc. who are looking for employment need to present your passport, Residence Card and other documents. For details, please inquire at the Regional Immigration Bureau where you live or the Immigration Information Center.
1-5 家族の同行・呼び寄せ

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

<table>
<thead>
<tr>
<th>在留資格</th>
<th>本邦において行うことができる活動</th>
<th>在留期間</th>
</tr>
</thead>
<tbody>
<tr>
<td>家族滞在</td>
<td>「教授」、「研究」、「文化活動」などの在留資格をもって在留する者の扶養を受ける配偶者又は子として行う日常的な活動</td>
<td>5年、4年3か月、3年、2年3か月、2年1年3か月、1年6か月又は3か月</td>
</tr>
<tr>
<td>短期滞在</td>
<td>本邦に短期間滞在して行う親族の訪問、見学、講習又は会合への参加、業務連絡その他これに類する活動</td>
<td>90日、30日又は15日</td>
</tr>
</tbody>
</table>

若者人は家族を同行する場合、本人の査証申請とは別に、同行する家族滞在の査証取得に時間がかかることがあります。

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

同様家族で90日を超える長期間の滞在予定者が持って在留資格「短期滞在」（通称観光ビザ）を受けて入国してしまった場合、日本国内で在留資格を変更することは極めて困難ですので十分に注意する必要があります。

<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 foreign researchers are already in Japan, they can either submit an Application for the Certificate of Eligibility at a Regional Immigration Bureau in Japan for their family to obtain a visa, or the main family member can apply at a Japanese Embassy or Consulate abroad. For application forms and details, please inquire at your Regional Immigration Bureau.

Please be aware that if accompanying family members are planning a long-term stay of more than 90 days and mistakenly enter Japan under the status of temporary visitor (normally called “tourist visa”), it is quite difficult to change their visa status after they enter the country.

<table>
<thead>
<tr>
<th>Status of Residence</th>
<th>Authorized Activities in Japan</th>
<th>Period of Stay</th>
</tr>
</thead>
<tbody>
<tr>
<td>Temporary Visitor</td>
<td>Sightseeing, vacation, sports, visiting relatives, going on site inspection tours, participating in lectures/meetings, business contacts or other similar activities during a short period of stay in Japan.</td>
<td>90 days, 30 days, or 15 days</td>
</tr>
</tbody>
</table>
1-5-1 If a Child is Born in Japan

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

1) **Birth Registration Certificate**

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

The following items are required when applying for a birth registration:

a. Birth certificate  
b. Mother and Child Health Handbook  
c. Applicant’s *inkan* stamp (signature also acceptable)  
d. Health Insurance Card

2) **Passport Application**

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

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

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

If you submit a copy of your resident register when you apply for your newborn child’s visa status of residence, you do not need to report your address again to the municipal office after obtaining the visa.
Chapter 1    Procedures for Entry and Residence in Japan

1-6 Immigration and Visa Consultations

1-6-1 Information Centers

To help foreign residents of Japan, the Immigration Services Agency of Japan has established Immigration Information Centers at Regional Immigration Bureaus and branch offices (see p.48) in Sendai, Tokyo, Yokohama, Nagoya, Osaka, Kobe, Hiroshima and Fukuoka. These centers provide consultation services and information on immigration and visa-related issues in several foreign languages (including English, Chinese, Korean and Spanish).

Consultants will respond to your inquiries over the phone or in person at Regional Immigration Bureaus and branch offices (see p.48) in Sapporo, Takamatsu and Naha.

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).

★ 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 or overseas)

★ 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: 053-458-1510
Chapter 2
Daily Life in Japan

紫陽花
花言葉「移り気・辛抱強さ・無常」
梅雨（6〜7月）に咲く、古くから愛され「万葉集」にも詠まれた花。
幾重にも重なる花弁が「繁栄」を表すことでも好まれた。
土壌のpH値により色が変わる。

Ajisai (Hydrangea)
What this flower signifies in Japan: Fickleness, patience, transience
Hydrangeas bloom during the rainy season in Japan (June through July),
and have been loved by Japanese people since ancient times,
appearing even in the Manyoshu, an anthology of ancient poetry.
The layers of overlapping petals symbolize prosperity.
The colors of these flowers change depending on the pH balance of the soil.
2-1 銀行

2-1-1 銀行口座の開設

銀行口座を開設しておくと、滞在費の受け取りや公共料金の支払いなどに大変便利です。

銀行口座開設の場合は、本人であることと在日残存期間の確認のため在留カードの提示が求められます。在留カードの残存期間が3か月未満など短い場合は口座開設ができることもあります。

また、印鑑を持参する必要もありますが、銀行によっては、サインでも口座を開設できるところもありますので、事前に問い合わせてください。

<table>
<thead>
<tr>
<th>印鑑の基礎知識</th>
</tr>
</thead>
<tbody>
<tr>
<td>銀行口座開設の際、日本では、申込書にサインの代わりに印鑑を使用することが多く、印鑑による押印はサインと同じ効果があります。銀行に登録した印鑑は、預金の引出しや口座を解約するときに必要ですので、保管には十分注意してください。</td>
</tr>
</tbody>
</table>

また、市区町村に印鑑登録したものを「実印」と呼び、それ以外の印鑑（謄印）と区別します。「実印」は契約書作成や法的手続きのために使用され、車の購入など必要です。住民登録を完了した人は、一人につき1個の印鑑を登録できます。謄印は、漢字、仮名、ローマ字などでもよいですが、「実印」は在留カードと同じ表記でなければなりません。登録できない印鑑がありますので、詳しくは市区町村の担当課に問い合わせてください。

2-2 医療

2-2-1 日本の医療体制

病気やケガで、医師の診察が必要になった時のために、日本の医療機関について説明します。（緊急の場合の連絡先は、3-1を参照してください。）日本には、総合病院や専門病院、個人医院などがありますが、どの病院に行くべきかは、病気やケガの種類、程度によります。近所の病院については、普段からの情報を（専門の診療科目、診療時間、休診日等）を

Chapter 2

Daily Life in Japan

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

2-1 Banks

2-1-1 Opening a Bank Account

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

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

Although some banks will allow you to open an account with your signature, you may also need an inkan (stamp), so it is best to ask in advance.

Basic knowledge about inkan stamps

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

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

2-2 Medical Care

2-2-1 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 3-1 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
得ておきましょう。

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

軽い病気やケガの時には、薬局、薬店で市販の薬を購入することもできます。

### 2-2-2 薬局

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

### 2-2-3 外国語にしんじん受診

日本の医療機関で診療を受ける時には、あなたが日本語を話さない場合は、あなたと医療機関との意思疎通のために、日本語を話せる人に付き添ってもらうと良いでしょう。（医療用語については3-1-4参照）

英語や他の日本語以外の言語で診療できる医療機関で診療を受けることを希望する場合は、普段から情報を集めておかないのはなりません。あなたの周りの人から情報を入手するのも良いでしょうし、役所等の窓口で尋ねてみるのも一つの方法です。

また、各地域の「国際交流協会」ではホームページ上で、その地域の英語等による受診ができる病院情報を提供しているところもあります。

大都市では、電話などで外国語のできる医師を紹介している団体があります。以下に、その一部を紹介します。

**★ AMDA 国際医療情報センター**

URL: https://www.amdamedicalcenter.com/

東京オフィス  〒103-0026
（やさしい日本語で対応。月～金曜日 午前10時～午後4時。祝日・年末年始は除く）

**★ 東京都医療機関案内サービス “ひまわり”**

（東京の外国語で診療できる医療機関や日本の医療制度などの違い合わせて、英語、中国語、韓国語、タイ語、スペイン語で対応）

Tel：03-5285-8181  毎日 午前9時～午後8時

URL: https://www.himawari.metro.tokyo.jp/

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.

### 2-2-2 Pharmacies

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

### 2-2-3 Medical Care in Foreign Languages

If you do not speak Japanese, it is a good idea for you to bring someone who can interpret for you when visiting a doctor. (See section 3-1-4 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 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: https://www.amdamedicalcenter.com/

Tokyo Office  〒103-0026
（Service provided in simple Japanese. 10:00 a.m. to 4:00 p.m., Monday through Friday, except national holidays and year-end/New Year’s holidays）

**★ Tokyo Metropolitan Health and Medical Information Center “Himawari”**

(Provides information on the Japanese medical systems and medical institutions that have foreign language-speaking staff. Inquiries in English, Chinese, Korean, Thai and Spanish are accepted.)

URL: https://www.himawari.metro.tokyo.jp/

Tel: 03-5285-8181 (9:00 a.m. – 8:00 p.m., daily)
2-2-4 Traveler’s Insurance

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

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

Be sure to read the terms of your traveler’s insurance carefully, as there are illnesses and injuries that may not be covered.
2-2-5 National Health Insurance Program

The National Health Insurance Program in Japan is an insurance system designed to reduce the individual’s medical cost in the event of illness or injury through a system of mutual payments and assistance. Japan has a compulsory insurance system, and everyone who lives or stays in Japan for more than 90 days must be covered by either form of insurance: “social insurance system” for those working at company or office or “national health insurance system” for those uncovered by the former system including foreign researchers.

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

If you join this program, a National Health Insurance Card will be issued. You may also register your Individual Number Card (nicknamed “My Number Card”) as your insurance card. The card allows you to receive medical treatment at only 30% of the cost by showing it at the medical facility. National health insurance can also partially cover fees for illnesses and injuries that may exceed the limit paid by your traveler’s insurance, or it may help pay for treatment for dental care and treatment for pre-existing/chronic conditions not covered by your traveler’s insurance. Also, it provides lump-sum childbirth benefit.

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

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

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

If you move to a different local district, leave Japan, have a birth or death in your family, or lose your health insurance certificate, you need to report these types of changes to the national health insurance section of your current or new local municipal office. If you fail to report such changes, your health insurance certificate will be treated as invalid.
2-2-6 Pregnancy and Childbirth

Japan has various health services to protect the health of both the mother and child. Non-Japanese who have completed resident registration are also eligible to receive these services. If you are diagnosed as having become pregnant, you should register your pregnancy at your local municipal office. You will then be given a Maternal 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 at the medical facility that you are planning to give birth. If you are enrolled in national health insurance, a lump-sum childbirth benefit of ¥500,000 is paid upon application.

Refer to section 1-5-1 for additional procedures to take following the birth of a child in Japan, and 2-3 for education of children.
2-2-7 Immunizations

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

Immunizations are available for the following diseases:

- BCG, Polio, diphtheria, pertussis, tetanus, measles, rubella, etc.

Structure of the National Health Insurance Plan

Medical treatment costs are covered partly by members who pay insurance premiums, and the remainder is made up by the national government and through a number of subsidies. The insurance scheme is managed by your prefecture.

The personal expense for medical fees is 30%. The remainder is paid to the medical institution by National Health Insurance.
2-3 Children’s Education

2-3-1 Japanese School System

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

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

<table>
<thead>
<tr>
<th>Description of Children’s Ages and Number of Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age</strong></td>
</tr>
<tr>
<td>----------</td>
</tr>
<tr>
<td>Kindergarten: 3-6</td>
</tr>
<tr>
<td>Elementary School: 6-12</td>
</tr>
<tr>
<td>Junior High School: 12-15</td>
</tr>
<tr>
<td>Senior High School: 15-18</td>
</tr>
</tbody>
</table>

(Statistical Abstract 2023 Edition (Education, Culture, Sports, Science and Technology))

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

In addition to kindergartens under the jurisdiction of the Ministry of Education, Culture, Sports, Science and Technology (MEXT), there are facilities such as nursery schools under the jurisdiction of the Ministry of Health, Labour and Welfare (MHLW), as well as certified child centers (ninetei-kodomo-en) under the jurisdiction of the Cabinet Office, MEXT and MHLW for children of preschool age.

2-3-2 Enrollment Procedures

If you would like to enroll your children in a public (lo-
めします。（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。（但し、
これ以外に、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。）
高等学校的場合は、授業料に充てるための支援金が給付
されます。給付条件には所得制限があります。

【学校教育に係る費用の概算（年間／１人当たり）】

<table>
<thead>
<tr>
<th>幼稚園</th>
<th>国・公立</th>
<th>私立</th>
</tr>
</thead>
<tbody>
<tr>
<td>6万円</td>
<td>13万円</td>
<td></td>
</tr>
<tr>
<td>小学校</td>
<td>7万円</td>
<td>96万円</td>
</tr>
<tr>
<td>中学校</td>
<td>13万円</td>
<td>106万円</td>
</tr>
<tr>
<td>高校</td>
<td>31万円</td>
<td>75万円</td>
</tr>
</tbody>
</table>

（文部科学省令和3年度「子供の学習費調査」より作成）

2-3-3 児童手当

国籍を問わず、日本国内に住所を持ち、0歳以上から中
学校修了までの子どもに児童手当が支給されます。
3歳未満は月額一律15,000円、3歳～12歳の第一子と第
二子は月額10,000円（第三子以降は月額15,000円）。中学
生は月額10,000円。児童手当には所得制限があります。
詳しくは、お住まいの各区市町村にお問い合わせくださ
い。

2-3-4 海外からの子どもの受入態度

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。
特に平成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、その受入態度は幅
についたばかりで整っているとは言い難く、日本語指導を
はじめとする教育の充実は急務となっています。
子ども言語も生活習慣も異なる環境の中心に入ることは、
学校関係者、親はもちろん子ども自身にも、多くの努力が
必要となることが予想されます。

2-3-3 Child Allowance

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

2-3-4 Acceptance of Children from Overseas

The number of children from overseas attending Japa-
nese schools has been increasing in recent years. Some
schools have been hiring staff specifically to take
charge of education for these children. These schools
cally-affiliated) preschool, elementary school or junior
high school, you should apply at the Board of Educa-
tion 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 should apply at the welfare office
of your city, ward, town or village. (When you go to en-
roll your children, bring their Residence Card with you.
It is also a good idea to take along someone who can
interpret for you.) If you would like to enroll your chil-
dren in a national school or private school, you should
ask the school directly.

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

The aid for high school students will be paid to cover
tuition fees. Please be aware that there are conditions
such as income restrictions to receive this aid.

Estimated School Expenses (Annual, per student)

<table>
<thead>
<tr>
<th></th>
<th>National/Public (Locally-Affiliated)</th>
<th>Private</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kinder</td>
<td>¥60,000</td>
<td>¥130,000</td>
</tr>
<tr>
<td>Primary</td>
<td>¥70,000</td>
<td>¥960,000</td>
</tr>
<tr>
<td>Junior</td>
<td>¥130,000</td>
<td>¥1,060,000</td>
</tr>
<tr>
<td>Senior</td>
<td>¥130,000</td>
<td>¥750,000</td>
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</table>

(FY2021 Survey of Household Expenditure for Children’s Education, MEXT)
2-3-5 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, they are considerably higher than those of Japanese schools.

2-4 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 websites in English and other languages such as Korean, Chinese, French, and Spanish.
Chapter 3
Other Useful Information

Asagao (Morning Glory)
What this flower signifies in Japan:
Unrequited love, strong bonds, love.
It is just not summer in Japan without the morning glory. Morning glories came from China during the Heian Period (794–1185), and were cultivated as an expensive medicinal plant. During the Edo Period (1603–1868), the asagao was further cultured and became popular as a flower for display.
Chapter 3
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.

3-1 Emergency Contact Numbers

3-1-1 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 when calling from a payphone. 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.
3-1-2  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.

3-1-3  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
URL https://telljp.com/lifeline/
### 3-1-4 Medical Terms for Describing Symptoms

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

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<thead>
<tr>
<th>Department</th>
<th>Shinryō-kamoku</th>
<th>診療科目</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>Japanese pronunciation</td>
<td>Japanese</td>
</tr>
<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>
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<tr>
<td>Dentistry</td>
<td>shika</td>
<td>南科</td>
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<tr>
<td>Ophthalmology</td>
<td>ganka</td>
<td>眼科</td>
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<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>
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</tbody>
</table>

### Medical examination procedure Shinryō-kōi 診療行為

<table>
<thead>
<tr>
<th>English</th>
<th>Japanese pronunciation</th>
<th>Japanese</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>
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<tr>
<td>Treatment</td>
<td>shochi</td>
<td>処置</td>
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<tr>
<td>Surgery</td>
<td>shujutsu</td>
<td>手術</td>
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<tr>
<td>Anesthesia</td>
<td>masui</td>
<td>麻醉</td>
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</tbody>
</table>

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

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### Hospital Byōin 病院

<table>
<thead>
<tr>
<th>English</th>
<th>Japanese pronunciation</th>
<th>Japanese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reception</td>
<td>uketsuke</td>
<td>受付</td>
</tr>
<tr>
<td>Consultation ticket</td>
<td>shinsatsuken</td>
<td>診察券</td>
</tr>
<tr>
<td>Waiting room</td>
<td>machiaishitsu</td>
<td>待合室</td>
</tr>
<tr>
<td>Examination room</td>
<td>shinsatsushitsu</td>
<td>診察室</td>
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<tr>
<td>Doctor</td>
<td>isha</td>
<td>医者</td>
</tr>
<tr>
<td>Nurse</td>
<td>kangoshi</td>
<td>看護師</td>
</tr>
<tr>
<td>Outpatient</td>
<td>gairai</td>
<td>外来</td>
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<tr>
<td>Hospitalization</td>
<td>nyūin</td>
<td>入院</td>
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<td>Pharmacy</td>
<td>yakkoku</td>
<td>薬局</td>
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<tr>
<td>Prescription</td>
<td>shohōsen</td>
<td>処方箋</td>
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</tbody>
</table>

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### Medicine Kusuri 薬

<table>
<thead>
<tr>
<th>English</th>
<th>Japanese pronunciation</th>
<th>Japanese</th>
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<tbody>
<tr>
<td>Cold medicine</td>
<td>kazegusuri</td>
<td>風邪薬</td>
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<tr>
<td>Medicine to relieve fever</td>
<td>genetsuzai</td>
<td>解熱剤</td>
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<tr>
<td>Painkiller</td>
<td>chintśūzai</td>
<td>鎮痛剤</td>
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<tr>
<td>Medicine for the digestive organs</td>
<td>ichōyaku</td>
<td>胃腸薬</td>
</tr>
<tr>
<td>Ointment</td>
<td>nankō</td>
<td>軟膏</td>
</tr>
<tr>
<td>Eye drops (medicine)</td>
<td>megusuri</td>
<td>目薬</td>
</tr>
</tbody>
</table>
Chapter 3    Other Useful Information

★ Explaining your symptoms

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

【いつから】 + 【頻度】 + 【症状】の順で

Since ( ) month(s) ago. ( ) kagetsu mae kara ( )か月前から
Since ( ) week(s) ago. ( ) shukan mae kara ( )週間前から
Since ( ) day(s) ago. ( ) nichi mae kara ( )日前から
Since yesterday. kinō kara きのうから
Since last night. sakuya kara 昨夜から
Since this morning. kesa kara 今朝から

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3-2 地震

日本は、地震が多い国で度々発生します。屋内で揺れを感じた時には、まずは机の下など、物が倒れたり落ちたりしても安全な場所に避難してください。大きな揺れが収まったら、ガスの元栓を締めたり電気製品のプラグを抜くなどして火災を防ぎ、出入口のドアを開けて避難経路を確保してください。落ち着いて騒ぎ出すと、かえって危険なことがありますので落ち着いて行動してください。

また、地震に伴い、津波が発生することがありますので、特に海沿いの地域では、テレビ・ラジオなどで情報の収集に努めてください。

3-2-1 地震への備え

地震に対しては、普段から次のように準備と心構えをしておくようにしましょう。

① 家具類や大型電化製品など転倒の危険があるものは、大家さんや管理人さんと断ってから転倒防止器具で固定するなど転倒防止策を施しておきます。
② 消火器を用意（使用方法の確認）。
③ 非常に持ち出し品（応急医療品、日用品、数日分の保存食と水、乾燥剤等）を用意し、特にパスポート、在留カード、保険証、貴重品等はいつも持ち出せる場所に。
④ 家族のある人は、地震が起きたときの各自の役割や、家族が離れられたときの連絡先や避難場所を確認しておきましょう。
⑤ 地域で行われる防災訓練には、積極的に参加しましょう。

3-2 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.

3-2-1 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.
3-2-2 If an Earthquake Occurs and You Feel Your House Shaking

1. Take shelter under a table and make sure that you are safe first.
2. Avoid the possibility of fire by closing the main gas valve and unplugging electrical appliances.
3. Open a window or door to secure an escape route.
4. Call out to immediate neighbors to see if they need help.
5. Pay attention to TV or radio reports. Tune in to information from the local municipal office, fire department, police and similar sources to be sure you receive correct information.

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

3-2-3 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.
Chapter 3 Other Useful Information

3-2-4 Life Safety Learning Center

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

Emergency Warning System

This is a broadcast aired when a natural disaster such as an earthquake or tsunami occurs. An alert tone will sound, followed by an announcement giving information on the disaster. If your TV or radio is compatible with this system, as long as they are plugged in they will automatically be turned on and the announcement will be aired. NHK and many other private broadcasting companies offer this service. Emergency information is broadcast in English, Chinese, Korean, Portuguese and Vietnamese on the subchannels of general ("sogo") NHK, NHK Educational TV, BS, BS Premium 4K and BS 8K, and NHK radio station No. 2 (Tokyo area: 693 kHz).

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

Major Disaster Information Websites

★ Cabinet Office Disaster Information
★ Tokyo Metropolitan Government Disaster Prevention Information
URL https://www.bousai.metro.tokyo.lg.jp/
★ NHK World
URL https://www3.nhk.or.jp/nhkworld/
NHK World’s news and other programs can be viewed on a personal computer or smartphone.

3-3 Typhoons

Typhoons strike every year from summer to fall (especially in August and September) in Japan. When a typhoon approaches, the rains are heavy, with rare cases of power failure or suspension of water supply. When a typhoon approaches, you should reinforce your glass doors and be sure to secure potted plants in your garden or clothes hanging on your verandah so that they won’t be blown away. Since other events such as water rising or landslides can also occur depending on the region, be sure to tune in to a radio or TV for information. Also, pay attention to information announced by the fire department or other sources.
3-4 水害・土砂災害

日本は台風だけでなく、季節の変わり目には梅雨前線や秋雨前線が停滞してしばしば大雨や集中豪雨に見舞われ、大きな被害をもたらすことがあります。水害、土砂災害などは天気予報などで情報収集し、被害を少なくするために早めの準備をすることができます。

3-4-1 防災気象情報

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

### 水害・土砂災害の警戒レベル

<table>
<thead>
<tr>
<th>警戒レベル</th>
<th>取るべき行動</th>
<th>市町村か発令</th>
<th>気象庁が発表</th>
</tr>
</thead>
<tbody>
<tr>
<td>レベル5</td>
<td>命の危険、直ちに安全確保</td>
<td>命の危険、直ちに安全確保</td>
<td>大雨特別警報、緊急安全確保</td>
</tr>
<tr>
<td>レベル4</td>
<td>危険な場所から、全員避難</td>
<td>危険な場所から、全員避難</td>
<td>土砂災害警戒情報、洪水警報、高齢者等避難</td>
</tr>
<tr>
<td>レベル3</td>
<td>危険な場所から、高齢者等は避難</td>
<td>危険な場所から、高齢者等避難</td>
<td>大雨警報、洪水警報、土砂災害警戒情報、高齢者等避難</td>
</tr>
<tr>
<td>レベル2</td>
<td>自らの避難行動を確認</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>レベル1</td>
<td>災害への心構えを高める</td>
<td>-</td>
<td>早期注意情報</td>
</tr>
</tbody>
</table>

### Danger levels for flood and landslide disasters

#### 3-4 Floods and Landslide Disaster

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

#### 3-4-1 Disaster Prevention Weather Information

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

<table>
<thead>
<tr>
<th>Danger level</th>
<th>Actions to take</th>
<th>Issued by municipalities</th>
<th>Issued by the Japan Meteorological Agency</th>
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</thead>
<tbody>
<tr>
<td>Level 5</td>
<td>Life-threatening situation; seek safety immediately</td>
<td>Emergency safety measures</td>
<td>Special heavy rain warning, Overflow occurrence information</td>
</tr>
<tr>
<td>Level 4</td>
<td>Everyone in dangerous areas must evacuate</td>
<td>Evacuation order</td>
<td>Landslide warning, Overflow danger, Storm surge warning, Storm surge emergency warning</td>
</tr>
<tr>
<td>Level 3</td>
<td>The elderly and others needing assistance should begin evacuating from dangerous areas</td>
<td>Evacuation of the elderly, etc.</td>
<td>Heavy rain warning, Flood warning, Overflow warning, Storm surge advisory</td>
</tr>
<tr>
<td>Level 2</td>
<td>Confirm evacuation procedures</td>
<td>-</td>
<td>Heavy rain advisory, Flood advisory, Overflow advisory, Storm surge advisory</td>
</tr>
<tr>
<td>Level 1</td>
<td>Prepare for disasters</td>
<td>-</td>
<td>Early warning</td>
</tr>
</tbody>
</table>
### 3-4-2 いざという時に備えて

1. あなたが住む地区のハザードマップを確認しておく。
2. 地域の避難場所の確認と家族があれば家族の避難場所を決めておく。
3. 『災害レベル4』は危険な場所から全員が避難しなくてもいけるタイミングです。

※ 市町村から避難情報が発令された場合にはテレビやラジオ、インターネットなどのほか、防災行政無線や広報車などで伝達されます。

#### ハザードマップ

予測される自然災害の発生地点、被害の拡大範囲および被害程度、さらには避難経路、避難場所などの情報を表示した地図。名市町村で作成しており、閲覧・配布・ホームページでの公開を行っています。

### Where to obtain disaster prevention weather information

The main sources of disaster prevention weather information are as follows:

- **★Japan Meteorological Agency website**
  - Disaster prevention weather information is available on this website.
  - URL: https://www.jma.go.jp/jma/menu/menuflash.html

- **★Mobile website of the Center for Providing Disaster Management Information, Ministry of Land, Infrastructure, Transport and Tourism Weather.** Alerts and warnings, weather information, river water levels and other information are posted here.
  - URL: https://www.mlit.go.jp/saigai/bosaijoho/i-index.html

- **★Meteorological companies offering information services**
  - List of services:
    - URL: https://www.jma.go.jp/jma/kishou/info/keitai.html

- **★Prefectures and municipalities offering information services**
  - List of services:
    - URL: https://www.jma.go.jp/jma/kishou/info/jichitai.html

### 3-4-2 Preparing for a Disaster

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

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

#### Hazard Map

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

Each municipality makes these maps, which they distribute or make available at facilities and on the municipality website.
Chapter 4
Academic Information

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.
4-1 Japan's Science and Technology Administration and Academic Research Institutes

The Cabinet approved the “Science, Technology, and Innovation Basic Plan” (2021-25) at a March 2021 meeting as the basic guideline for creating and promoting the policies governing innovation in science and technology in Japan.

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

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

From April 2015, Incorporated Administrative Agencies were divided into three categories based on their operational characteristics: the Agency Managed under the Medium-term Objectives, the National Research and Development Agency, and the Agency Engaged in Administrative Execution. In 2003, the Japan Society for the Promotion of Science (JSPS) became an Incorporated Administrative Agency under the administration of MEXT, and it was categorized as an Agency Managed under the Medium-term Objectives in 2015 (See page 37 concerning JSPS).

The main roles for the advancement of academic research...
4-1-1 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. For summaries on individual universities (graduate schools), please refer to the website of the Japan Student Services Organization. URL: https://www.jasso.go.jp/en/ryugaku/index.html

4-1-2 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.

4-1-3 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 and other ministries and agencies which conduct investigative research to meet administrative objectives of the respective ministries and agencies.
4-2 学会
日本の学会に関する情報については日本学術会議（SCJ）が作成している「学会情報」のWeb版（URL: https://www.sci.go.jp/ja/gakkai/index.html）が公開されており、参考になります。
また、国立情報学研究所では、Web上で、各学協会とリンクして学会情報の提供を行っています。（4-3参照）

4-3 学術情報システム
日本の学術情報システムは、人文・社会・自然科学を含む全学問分野の学術情報の提供として、広く情報発信しています。その中核的な機関である「国立情報学研究所（NII）」を中心として、全国の大学の情報基盤センター、情報処理センター及び図書館や、大学共同利用機関法人及び学協会などと連携を図り、大学、研究機関及び諸外国の研究者が必要とする学術情報システムの構築と学術情報の提供（一部有料）を行っています。
★ 情報・システム研究機構 国立情報学研究所
URL: http://www.nii.ac.jp/

【主なサービス】
1. CiNii（NII学術情報ナビゲータ）：学術論文、図書・雑誌など多様な学術情報を統合的に検索できるデータベースサービス
2. KAKEN（科学研究費助成事業データベース）：科学研究費助成事業により行われた研究の成果要旨等を検索できるサービス
3. NII-REO（電子ジャーナルアーカイブ、人文社会科学研究電子コレクション）：複数の電子ジャーナル等を横断的に検索し、抄録などを無料で閲覧するサービス
4. Webcat Plus（総合目録データベース WWW検索サービス）：全国の大学図書館等で所蔵している図書・雑誌の情報を提供するサービス
5. NACSIS-CAT/ILL（目録情報サービス）：大学・研究機関等の図書館が所蔵している書誌情報と所在情報のデータベースの提供

さらに、学振と同様に文部科学省所管の国立研究開発法人である「科学技術振興機構（JST）」は、文献情報データベースや、日本の研究機関や研究者の情報をディレクトリ形式にまとめたデータベースの提供等、日本の科学技術情報の

4-2 Academic Societies
Information about academic societies in Japan is published in the online List of Academic Societies (URL: https://www.sci.go.jp/ja/gakkai/index.html), managed by the Science Council of Japan (SCJ).
In addition, the website maintained by the National Institute of Informatics provides information on various academic societies through links to these societies. (See section 4-3.)

4-3 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)
Comprehensive database service where you can search for various types of academic information, including academic papers, literature and periodicals
(2) KAKEN (the Grants-in-Aid for Scientific Research database)
Service where you can search for outlines of research results conducted under the grants-in-aid programs
(3) NII-REO (Electronic Journal Archive, Humanities and Social Sciences Electronic Collection)
Provides a crossover search function among multiple electronic journals and the like, and article abstracts can be viewed free of charge
(4) Webcat Plus (General catalog database search)
A service that provides information on books and periodicals held in university libraries and other locations in Japan
(5) NACSIS-CAT/ILL (Catalog Information Services)
Provides a catalog database for materials held at university libraries and research institutions and location information for those materials

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

★ Japan Science and Technology Agency
URL http://www.jst.go.jp/EN/

Main Services
(1) Japan Science and Technology Agency Link Center (J-Global)
A service that links and organizes information on science and technology that had previously existed separately.
(2) Electronic journal (J-STAGE)
Supports the production of electronic versions of journals on Japanese science and technology issued by academic societies
(3) researchmap—A next-generation research infrastructure
Communication service for researchers that links various types of research databases open to the public.
(4) Researcher recruiting information (JREC-IN Portal)
Information service for researchers looking for employment as a researcher or technician at Japan’s research institutes
(5) National Bioscience Database Center (NBDC)
Provides bioscientific databases such as the Human Organized Whole Genome Database (HOWDY-R)
Chapter 5

Japan Society for the Promotion of Science (JSPS)

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.
5-1 Japan Society for the Promotion of Science

Since the Japan Society for the Promotion of Science (JSPS) was established with an imperial endowment in 1932, it has been Japan’s premier funder of scientific research. JSPS has five missions: (1) Create Knowledge in Diverse and Profound Fields; (2) Foster Next Generation of Researchers who Challenge the Creation of New Genres of Knowledge; (3) Strengths of Research Bases in Universities; (4) Strengths of International Research Network; and (5) Strengths of Support Base for Science-Promotion. Based on these missions, JSPS promotes academic research through the Grants-in-Aid for Scientific Research (KAKENHI) program—which is the largest competitive research funds program in Japan—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 from basic to applied are eligible for support, from the humanities to the social sciences and natural sciences. The characteristic of JSPS is that it emphasizes bottom-up support for the researcher’s creative ideas.

The JSPS Tokyo Headquarters, located in the Kojimachi district of Tokyo’s Chiyoda Ward, has one headquarters, six departments and three centers—Policy Planning Department, Administration Department, Headquarters for International Affairs, International Policy Planning Department, International Program Department, Human Resource Development Program Department, Research Program Department, Research Center for Science Systems, Center for Science Information Analysis, and Center for Promotion of World Premier International Research Center Initiative—with a total of 177 full-time employees (as of April 1, 2023). 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 91 overseas counterpart institutions—including two international institutions—in 49 countries/regions around the world to promote various international programs (as of October 2023). JSPS plays a crucial role as the Japan’s premier funder of scientific research.

Please refer to the list on page 39 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.

URL: https://www.jsps.go.jp/english/index.html
Visit the JSPS YouTube channel for an overview of JSPS activities.

URL: https://www.youtube.com/user/jspsvideos

5-1 日本学術振興会

日本学術振興会（以下、「学振」）は、天皇陛下の御下賜金により昭和7年（1932年）に設立され、学術の振興を図ることを目的とする我が国唯一の独立した資金配分機関（ファンディング・エージェンシー）として、研究者の活動を支えてきました。学振は、①多様で厚みのある知の創造、②知の開拓に挑戦する次の世代の研究者の養成、③大学等における研究基盤の強化、④国際研究ネットワークの強化、⑤学術振興のための支援基盤の強化を基盤に、国内最大の競争的資金である科学研究費助成事業をはじめとする学術研究の助成、特別研究員等の若手研究者養成、学術に関する国際交流の推進、大学改革やグローバル化の支援を通じて、学術の振興を図ることを目的としています。基礎から応用まで、そして人文学、社会科学から自然科学まであらゆる研究分野を支援対象としており、研究者の自由な発想を重視するボトムアップ型の支援を行なっている点が特徴です。

学振は、東京都千代田区麹町に本部を置き、経営企画部、帳務部、国際統括本部、国際企画部、国際事業部、人材育成事業部、研究事業部、学術システム研究センター、学術情報分析センター、世界トップレベル拠点形成推進センターの1本部、6部、3センターからなっており、177人（令和5年4月1日現在時点）の常勤職員が働いています。本部の他に、仙台、京都、奈良、名古屋、神戸、松山、ミュンヘン等に7拠点が設置されており、平成27年からはサンパウロに、ブラジルとその周辺国の学術動向に関する情報収集及び専門的助言を行う「日本学術振興会海外アドバイザー」が設置されました。国際事業の実施にあたり、世界49か国、地域、2国際機関を含む91の学術振興機関等との良好な協力関係を築いており、日本を代表する資金配分機関として重要な役割を担っています（令和5年10月時点）。

学振の事業は、39ページの一覧をご参照ください。科学研究費助成事業、世界トップレベル研究拠点プログラム、各種フェローシップ、アメニティ事業、各事業の詳細に関してはウェブサイト及びパンフレットをご覧ください。

URL: https://www.jsps.go.jp
学振の活動概要はYouTubeでもご覧いただけます。

URL: https://www.youtube.com/user/jspsvideos
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<tr>
<td></td>
<td>Leading Initiative for Excellent Young Researchers (LEADER)</td>
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<tr>
<td>II</td>
<td>Foster Next Generation of Researchers who Challenge the Creation of New Genres of Knowledge</td>
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<tr>
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<td>JSPS Prize</td>
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<td>JSPS Ikushi Prize</td>
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<td></td>
<td>International Prize for Biology</td>
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<td>Hideyo Noguchi Africa Prize</td>
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<td></td>
<td>HOPE Meetings with Nobel Laureates</td>
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<td></td>
<td>Frontiers of Science (FoS) Symposia</td>
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<td></td>
<td>Nobel Prize Dialogue</td>
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<td>Young Researcher Support for Attending Lindau Nobel Laureate Meetings</td>
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<td>World Premier International Research Center Initiative (WPI)</td>
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<td>Program for Promoting the Enhancement of Research Universities with a Regional Core and Distinctive Characteristics (tentative translation)</td>
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<tr>
<td></td>
<td>Project for Designing Graduate Programs Emphasizing Digital Literacy across Diverse Fields; X Program</td>
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<tr>
<td>III</td>
<td>Strengths of Research Bases in Universities</td>
</tr>
<tr>
<td></td>
<td>Project for the Establishment of Networked Graduate Schools in the Humanities and Social Sciences</td>
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<td>Human Resource Development Project for Supporting Knowledge-Based Society</td>
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<td>Supereminent Program for Activating Regional Collaboration <del>SPARC</del></td>
</tr>
<tr>
<td></td>
<td>Producing Professional Human Resources in Growth Fields – Recurrent Education Promotion Project</td>
</tr>
<tr>
<td></td>
<td>Inter-University Exchange Project</td>
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<td></td>
<td>Top Global University Project</td>
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<td>IV</td>
<td>Strengths of International Research Network</td>
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<tr>
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<td>Bilateral Programs (Joint Research Projects and Seminars)</td>
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<td>Japanese-German Graduate Externship</td>
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<td>International Joint Research Program</td>
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<td></td>
<td>Core-to-Core Program</td>
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<tr>
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<td>A. Advanced Research Networks</td>
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<td></td>
<td>B. Asia-Africa Science Platforms</td>
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<td></td>
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<td></td>
<td>Postdoctoral Fellowships for Research in Japan</td>
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<tr>
<td></td>
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<td>B. Short-term Program</td>
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<tr>
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<td>C. Standard Program</td>
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<tr>
<td></td>
<td>Invitational Fellowships for Research in Japan</td>
</tr>
<tr>
<td></td>
<td>D. Long-term</td>
</tr>
<tr>
<td></td>
<td>E. Short-term</td>
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<tr>
<td></td>
<td>RONPAKU (Dissertation PhD) Program</td>
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<td>BRIDGE Fellowship Program</td>
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<td></td>
<td>Science Dialogue</td>
</tr>
<tr>
<td>V</td>
<td>Strengths of Support Base for Science-Promotion</td>
</tr>
<tr>
<td></td>
<td>HIRAMEKI ☆ TOKIMEKI SCIENCE - Welcome to a University Research Lab - Science That Inspires and Inspires</td>
</tr>
<tr>
<td></td>
<td>University-Industry Research Cooperation Societally Applied Scientific Linkage and Collaboration</td>
</tr>
</tbody>
</table>
Chapter 5  Japan Society for the Promotion of Science (JSPS)

### International Fellowships for Research in Japan

International Fellowships for Research in Japan provide opportunities to conduct collaborative research, discussions, and opinion exchanges with researchers in Japan. The JSPS offers several different fellowship programs, such as Summer Program for young pre- and postdoctoral researchers, Postdoctoral Fellowships (in two categories: Standard and Short-term) and Invitational Fellowships (in two categories: Long-term and Short-term) for researchers with excellent records of research achievements.

### HOPE ミーティング －ノーベル賞受賞者との3日間

**HOPE Meetings with Nobel Laureates**

Asia-Pacific and African regions are host countries for Nobel laureates to visit and meet with researchers, students, and young scientists. The JSPS annually invites opportunities to conduct joint research with Nobel laureates and top scientists in the world through a five-day program in Japan.

### スーパーグローバル大学創成支援事業

**Top Global University Project**

Japan's global education is in a competitive and internationalized environment. The JSPS, in cooperation with MEXT, gives priority support to 13 world-class universities designated as "top type" and 24 innovative universities designated as "global traction type" that proactively carry out collaborations with top-level institutions overseas and pursue reforms toward globalization of their institutions.

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**Map and Information of JSPS Head Office**

Kojimachi Business Center Building, 5-3-1 Kojimachi, Chiyoda-ku, Tokyo 102-0083

**Access:**
- About eight-minute walk from Yotsuya Station (use Exit Kojimachi-guchi) on JR Chuo Line or Sobu Line
- About ten-minute walk from Yotsuya Station (use Exit No.1) on subway
- Marunouchi Line or Nanboku Line
- About six-minute walk from Kojimachi Station (use Exit No.2) on subway Yurakucho Line
5-2 Services for JSPS Fellows

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

(1) Services for current JSPS fellows
- Orientations for the fellows of the JSPS Postdoctoral Fellowships for Research in Japan after their arrival (three or four times a year)
- Provision of outreach opportunities for fellows to speak in English at local high schools near the host institutions about their research activities, their home countries, and other topics.

(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.
- 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 for Foreign Researchers
- Testimonials and advice, etc., from participants in past programs
- Management and operation of a SNS of researchers, “JSPS Researchers Network (JSPS-Net)"

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5-2 JSPS Fellows' Services

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### 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>ドイツ語圏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フランス語圏同窓会</td>
<td>Association des Anciens Boursières 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>日本学術振興会東南アジア研究者同窓会</td>
<td>US and Canada JSPS Alumni Association</td>
<td>2004</td>
</tr>
<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</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 Afrcia 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>JSPS Korea Fellows Alumni Association (Association of the Korea-Japan Research Network)</td>
<td>2008</td>
</tr>
<tr>
<td>JSPSバンガラデシュ同窓会</td>
<td>Bangladesh JSPS Alumni Association (BJSPSAA)</td>
<td>2009</td>
</tr>
<tr>
<td>JSPSフィンランド同窓会</td>
<td>JSPS Alumni Club in Finland (ACF)</td>
<td>2009</td>
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<tr>
<td>JSPSタイ同窓会</td>
<td>JSPS Alumni Association of Thailand (JAT)</td>
<td>2010</td>
</tr>
<tr>
<td>JSPS中国同窓会</td>
<td>JSPS Fellow Alumni Association of China</td>
<td>2010</td>
</tr>
<tr>
<td>JSPSフィリピン同窓会</td>
<td>JSPS Alumni Association of the Philippines Inc. (JAAP)</td>
<td>2013</td>
</tr>
<tr>
<td>JSPSネパール同窓会</td>
<td>Nepal JSPS Alumni Association (NJAA)</td>
<td>2015</td>
</tr>
<tr>
<td>JSPSデンマーク同窓会</td>
<td>JSPS Alumni Club in Denmark (ACD)</td>
<td>2015</td>
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<tr>
<td>JSPSインドネシア同窓会</td>
<td>JSPS Alumni Association of Indonesia (JAAI)</td>
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<tr>
<td>JSPSオーストラリア同窓会</td>
<td>JSPS Alumni Association in Australia (JSPSAA)</td>
<td>2017</td>
</tr>
<tr>
<td>JSPSノルウェー同窓会</td>
<td>JSPS Alumni Club in Norway (ANC)</td>
<td>2019</td>
</tr>
<tr>
<td>JSPSマレーシア同窓会</td>
<td>JSPS Alumni Association Malaysia</td>
<td>2019</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、ザンビアを含む。
*1 The area covered includes Germany, Austria and Switzerland.
*2 The area covered includes Kenya, Uganda, Ethiopia, Tanzania, Burundi, Rwanda and Zambia.

**5-3 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 2023, 20 researcher communities have formally received certification from JSPS, and about 25 percent of former fellows—a total of 31,000 since the fellowship programs were launched—belong to one of them. As JSPS alumni associations, these groups receive support from the JSPS head office and overseas branches, and independently engage in such activities as periodically hosting academic symposia, publishing newsletters and e-mail magazines. Many overseas fellows work hard on alumni association activities to serve as a bridge between Japan and their home countries.

For details regarding the alumni associations, visit the following website:

[URL](https://www.jspss.go.jp/english/e-alumni/index.html)

**URL**

https://www.jspss.go.jp/english/e-alumni/index.html

**List of Researcher Communities**

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<td>2003</td>
</tr>
</tbody>
</table>
| JSPSイギリス・アイル...
5-4  海外研究連絡センター等

JSPS Overseas Centers

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.

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

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

サンフランシスコ研究連絡センター JSPS San Francisco Office
1936 University Ave., Suite250, Berkeley, Ca, USA
Tel: +1-510-665-1890  Fax: +1-510-665-1891
E-mail: sfso-info@overseas.jsps.go.jp  http://www.jspsusa-sf.org

ドイツ Germany
ボン研究連絡センター JSPS Bonn Office
Wissenschaftszentrum, Ahnstr. 58, 53175, Bonn, GERMANY
Tel: +49-228-375050  Fax: +49-228-95777
E-mail: bonn-info@overseas.jsps.go.jp  https://www.jsps-bonn.de

英国 UK
ロンドン研究連絡センター JSPS London Office
14 Stephenson Way, London, NW1 2HD, UK
Tel: +44-20-7255-4000  E-mail: lon-info@overseas.jsps.go.jp  https://www.jsps.org.uk

スウェーデン Sweden
ストックホルム研究連絡センター JSPS Stockholm Office
Retzius Vag 3, 171 65 Solna, SWEDEN
Tel: +46-8-5284-4561  E-mail: sto-info@overseas.jsps.go.jp  https://www.jsps-sto.com

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

タイ Thailand
バンコク研究連絡センター JSPS Bangkok Office
No1016/3, 10th Fl., Serm-mit Tower, 159 Sukhumvit Soi 21, Bangkok 10110, THAILAND
Tel: +66-2-661-6533  Fax: +66-2-661-6535
E-mail: bkk@overseas.jsps.go.jp  https://www.jsps-th.org

中国 China
北京研究連絡センター JSPS Beijing Office
A804, China Foreign Language Mansion, No. 89 Xisanhuan Beiia, Haidian District, Beijing 100089, P.R. CHINA
Tel: +86-10-8882-4331  Fax: +86-10-8882-4332
E-mail: beijing@jps.org.cn  https://www.jsps.org.cn

エジプト Egypt
カイロ研究連絡センター JSPS Cairo Research Station
9 Al-Kamel Mohammad Street, Flat No. 4, Zamalek, Cairo, EGYPT
Tel & Fax: +20-2-27363752
E-mail: cai-info@overseas.jsps.go.jp  https://jpscairo.com

ケニア Kenya
ナイロビ研究連絡センター JSPS Nairobi Research Station
Woodlands Estate, House Number 4, Ngong Rd, Karen, Nairobi, KENYA
Tel: +254-2-4348000  E-mail: nbo-academia@overseas.jsps.go.jp  https://www.jspsnairobi.org

ブラジル Brazil
サンパウロ研究連絡センター JSPS São Paulo Office
二宮正人サンパウロ海外アドバイザー
Masato Ninomiya, JSPS Science Advisor in São Paulo
E-mail: sao-info@overseas.jsps.go.jp  https://www.jsps.go.jp/english/saopaulo/index.html
5-5  日本学術振興会の対応機関

**JSPS’s Overseas Counterpart Institutions**

The JSPS has built ties with the following 91 research promotion institutes in 49 countries/regions, including two international institutions, creating a strong and diverse international cooperative network for promoting JSPS bilateral programs and fellowship programs for overseas research:

<table>
<thead>
<tr>
<th>Region</th>
<th>Country/Region</th>
<th>Counterpart Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asia</td>
<td>Bangladesh</td>
<td>University Grants Commissions of Bangladesh (UGC) ♦ Bangladesh Academy of Sciences (BAS) ♦</td>
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<tr>
<td></td>
<td>China</td>
<td>Chinese Academy of Sciences (CAS) ♥ Chinese Academy of Social Sciences (CASS) ♥ Ministry of Education (MOE) ♥ National Natural Science Foundation of China (NSFC) ♥</td>
</tr>
<tr>
<td></td>
<td>India</td>
<td>Department of Science and Technology (DST) ♥♥ Indian Council of Historical Research (ICHR) ♥♥</td>
</tr>
<tr>
<td></td>
<td>Indonesia</td>
<td>Directorate General of Higher Education, Research, and Technology, Ministry of Education Culture, Research and Technology (DGHERT) ♥ Indonesian Institute of Sciences (LIPI) ♥ National Research and Innovation Agency (BRIN) ♥</td>
</tr>
<tr>
<td></td>
<td>Korea, Rep.</td>
<td>National Research Foundation of Korea (NRF) ♥♥</td>
</tr>
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<td></td>
<td>Malaysia</td>
<td>Vice-Chancellors' Council of National Universities in Malaysia (VCC) ♥</td>
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<tr>
<td></td>
<td>Myanmar</td>
<td>Ministry of Education ★</td>
</tr>
<tr>
<td></td>
<td>Philippines</td>
<td>Department of Science and Technology (DOST) ♥♥ National University of Singapore (NUS) ♥♥</td>
</tr>
<tr>
<td></td>
<td>Singapore</td>
<td>National Institute of Education Culture, Research and Technology (INETER) ♥♥</td>
</tr>
<tr>
<td></td>
<td>Thailand</td>
<td>National Research Council of Thailand (NRCT) ♥♥</td>
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<tr>
<td></td>
<td>Vietnam</td>
<td>Ministry of Science and Technology (MOST) ♥♥ Vietnam Academy of Science and Technology (VAST) ♥♥</td>
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<td></td>
<td>Taiwan</td>
<td>Academia Sinica ♥</td>
</tr>
<tr>
<td>Oceania</td>
<td>Australia</td>
<td>Australian Academy of Science (AAS) ♥♥ Australian Research Council (ARC) ♥♥</td>
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<tr>
<td></td>
<td>New Zealand</td>
<td>Ministry of Business, Innovation and Employment (MBIE) ♥♥ The Royal Society of New Zealand (RSNZ) ♥♥</td>
</tr>
<tr>
<td>Africa</td>
<td>Egypt</td>
<td>Ministry of Higher Education and Scientific Research (MHERS) ★ Science, Technology and Innovation Funding Authority (STDF) ♥♥</td>
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<tr>
<td></td>
<td>Kenya</td>
<td>National Commission for Science, Technology and Innovation (NACOSTI) ♥♥</td>
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<tr>
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<td>Senegal</td>
<td>Ministry of Higher Education, Research and Innovation ♥♥</td>
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<td>South Africa</td>
<td>National Research Foundation (NRF) ♥♥</td>
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<td>Tunisia</td>
<td>Ministry of Higher Education and Scientific Research (MHERS) ★</td>
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<td>Europe</td>
<td>Austria</td>
<td>Austrian Agency for International Cooperation in Education and Research (OeAD-GmbH) ♥♥ Austrian Science Fund (FWF) ♥♥ Federal Ministry of Science and Research (BMWF) ♥♥</td>
</tr>
<tr>
<td></td>
<td>Belgium</td>
<td>Fonds de la Recherche Scientifique-FNRS (F.R.S.-FNRS) ♥♥♥ Research Foundation-Flanders (FWO) ♥♥♥</td>
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<tr>
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<td>Bulgaria</td>
<td>Ministry of Education and Science of Bulgaria (MES) ♥♥ The Bulgarian National Science Fund (BNSF) ♥♥</td>
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<tr>
<td></td>
<td>Denmark</td>
<td>Universities Denmark (DU) ★ ♥♥</td>
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</table>

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<thead>
<tr>
<th>Region</th>
<th>Country/Region</th>
<th>Counterpart Institution</th>
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<tbody>
<tr>
<td>Europe</td>
<td>Estonia</td>
<td>Estonian Research Council (ETAG) ♥♥</td>
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<td></td>
<td>Finland</td>
<td>Research Council of Finland (AKA) ♥♥♥ French National Research Agency (ANR) ♥♥</td>
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<td></td>
<td>France</td>
<td>Ministry for Europe and Foreign Affairs - Ministry of Higher Education and Research (MEAE-MESR) ♥♥ Centre National de la Recherche Scientifique (CNRS) ♥♥♥ National Institute of Health and Medical Research (Inserm) ♥♥</td>
</tr>
<tr>
<td></td>
<td>Germany</td>
<td>Alexander von Humboldt Foundation (AvH) ♥♥ Council for the Lindau Nobel Laureate Meetings ♥♥♥ German Academic Exchange Service (DAAD) ♥♥♥</td>
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<tr>
<td></td>
<td>Hungary</td>
<td>Hungarian Academy of Sciences (HAS) ♥♥</td>
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<td>Italy</td>
<td>Ministry of University and Research (MUR) ♥♥ The National Research Council of Italy (CNR) ♥♥</td>
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<td>Lithuania</td>
<td>The Research Council of Lithuania (RCL) ♥♥</td>
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<td>Netherlands</td>
<td>Netherlands Organisation for Scientific Research (NWO) ♥♥♥</td>
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<td>Ministry of National Education (MEN) ♥♥♥</td>
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<td>Ministry of Higher Education, Science and Innovation (MESI) ♥♥♥</td>
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<td>Ministry of Education, Science and Sport (MESS) ♥♥♥</td>
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<td>Spanish National Research Council (CSIC) ♥♥♥</td>
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<td>ETH Zurich (KTHZ) ♥♥♥ Swiss National Science Foundation (SNF) ♥♥♥</td>
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<td>The Scientific and Technological Research Council of Türkiye ♥♥♥ The Turkish Academy ♥♥♥ The British Council ♥♥♥ The British Council ♥♥♥ The Royal Society ♥♥♥ Economic and Social Research Council (ESRC) ♥♥♥ UK Research and Innovation (UKRI) ♥♥♥</td>
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<td>European Research Council (ERC) ♥♥♥</td>
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<td>Canada</td>
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<td>National Council on Science and Technology (CONACYT) ♥♥♥</td>
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<td>Israel</td>
<td>Ministry of Innovation, Science and Technology ♥♥♥ Israel Science Foundation (ISF) ♥♥♥</td>
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<td>International Organizations</td>
<td>United Nations University (UNU) ♥♥♥</td>
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**Fellowships**

- Postdoctoral Fellowship

**Bilateral Programs**

- Researcher Exchanges
- Research Projects/ Seminars
- Multilateral and Other Programs
Appendices

巻末付録

椿

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、花の付け根からポ
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。現在でも病人や怪我人に贈
ることは避けられている。

Tsubaki (Camellia)
What this flower signifies in Japan: Beauty of modesty, pride
Camellias announce the arrival of spring. While the camellia is considered a good omen on one hand, it was thought to be an inappropriate flower for a samurai family because the way the flowers fall to the ground 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.
日本の学術行政組織図

Organization of Japanese Research Administration

総務省
Ministry of Internal Affairs and Communications

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

科学技術・学術審議会
Council for Science and Technology

日本学士院
The Japan Academy

地震調査研究推進本部
The Headquarters for Earthquake Research Promotion

日本ユネスコ国内委員会
Japanese National Commission for UNESCO

私立大学 (622)
Private Universities

国立大学法人 (86)
National University Corporations

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

国立研究所
National Research Institutes

日本学術振興会
Japan Society for the Promotion of Science (JSPS)

日本科学技術振興機構
Japan Science and Technology Agency (JST)

国立研究開発法人科学技術振興機構
National Research and Development Corporation for Science and Technology

科学技術・イノベーション会議
Council for Science, Technology and Innovation

原子力委員会
Japan Atomic Energy Commission

日本学術会議等
Science Council of Japan, etc.

文部科学省

国際社会

経済産業省
Ministry of Economy, Trade and Industry

厚生労働省
Ministry of Health, Labour and Welfare

農林水産省
Ministry of Agriculture, Forestry and Fisheries

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

環境省
Ministry of the Environment

国立研究開発法人科学技術振興機構
National Research and Development Corporation for Science and Technology

日本科学技術振興機構
Japan Science and Technology Agency (JST)

科学技術・イノベーション会議
Council for Science, Technology and Innovation

原子力委員会
Japan Atomic Energy Commission

日本学術会議等
Science Council of Japan, etc.
Regional Immigration Bureaus and District Immigration Offices

Tokyo Regional Immigration Bureau
5-5-30 Konan, Minato-ku, Tokyo 108-8255
Tel: 0570-034259 (03-5796-7234 for an IP phone or overseas)
Jurisdiction: Tokyo, Kanagawa, Saitama, Chiba, Ibaraki, Tochigi, Gunma, Yamanashi, Nagano and Niigata

Kansai Regional Immigration Bureau
10-7 Torihama-cho, Kanazawa-ku, Yokohama-shi, Kanagawa 236-0002
Tel: 045-769-1729 for an IP phone or overseas

Osaka Regional Immigration Bureau
1-29-53, Nanko Kita, Suminoe-ku, Osaka-shi, Osaka 559-0034
Tel: 0570-064259 (06-4703-2050 for an IP phone or overseas)

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

Kyoto Regional Immigration Bureau
48 Uogami, Minami-ku, Kyoto-shi, Kyoto 600-8243
Tel: 075-351-2111 (075-351-2112 for an IP phone or overseas)
Jurisdiction: Kyoto, Osaka, Hyogo, Nara, Shiga and Wakayama

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

Nagoya Regional Immigration Bureau
5-18 Shoho-cho, Minato-ku, Nagoya-shi, Aichi 455-8601
Tel: 0570-052259 (052-217-8944 for an IP phone or overseas)
Jurisdiction: Aichi, Mie, Shizuoka, Gifu, Fukui, Toyama and Ishikawa

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

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

Sapporo Regional Immigration Bureau
Sapporo Third Joint Government Bldg., Odori-nishi 12-chome, Chuo-ku, Sapporo-shi, Hokkaido 060-0042
Tel: 0570-003259 (011-261-7502 for an IP phone or overseas)
Jurisdiction: Hokkaido

Chubu Regional Immigration Bureau
3rd Floor, CIQ Bldg., 1-1 Centrair, Tokoname-shi, Aichi 479-0881
Tel: 0569-38-7410
(Chubu Airport)
<table>
<thead>
<tr>
<th>Useful Japanese Expressions (1)</th>
<th>Useful Japanese Expressions (2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>おはよう (ございます)。</td>
<td>日本語がわかりません。</td>
</tr>
<tr>
<td>Ohayō (gozaimasu).</td>
<td>Nihongo ga wakarimasen.</td>
</tr>
<tr>
<td>こんにちは。</td>
<td>I don’t understand Japanese.</td>
</tr>
<tr>
<td>Konnichiwa.</td>
<td>Eigo o hanasu hito wa imasuka?</td>
</tr>
<tr>
<td>おやすみ (なさい)。</td>
<td>Is there anyone who can speak English?</td>
</tr>
<tr>
<td>Oyasumi(nasai).</td>
<td>Yūkuri onegai shimasu.</td>
</tr>
<tr>
<td>こんばんは。</td>
<td>More slowly, please.</td>
</tr>
<tr>
<td>Konbanwa.</td>
<td>Kaite kudasai.</td>
</tr>
<tr>
<td>さようなら。</td>
<td>Please write it down.</td>
</tr>
<tr>
<td>Sayōnara.</td>
<td>Kibun ga warui.</td>
</tr>
<tr>
<td>じゃ また。</td>
<td>I don’t feel good.</td>
</tr>
<tr>
<td>Ja mata.</td>
<td>いくらですか。</td>
</tr>
<tr>
<td>はい。</td>
<td>Ikura desuka?</td>
</tr>
<tr>
<td>Hai.</td>
<td>How much?</td>
</tr>
<tr>
<td>いいえ。</td>
<td>いくらですか。</td>
</tr>
<tr>
<td>Iie.</td>
<td>How much?</td>
</tr>
<tr>
<td>ありがとう (ございます)。</td>
<td>はい。</td>
</tr>
<tr>
<td>Arigatō (gozaimasu).</td>
<td>Yes.</td>
</tr>
<tr>
<td>どういたしまして。</td>
<td>いいえ。</td>
</tr>
<tr>
<td>Doitashimashite.</td>
<td>No.</td>
</tr>
<tr>
<td>すみません。</td>
<td>だれか。</td>
</tr>
<tr>
<td>Sumimasen.</td>
<td>Arigatō ga kudasai.</td>
</tr>
<tr>
<td>ごめんなさい。</td>
<td>Please give me ___.</td>
</tr>
<tr>
<td>Gomennasai.</td>
<td>げんきで、ありますか。</td>
</tr>
<tr>
<td>どうぞ。</td>
<td>げんきで、ありますか。</td>
</tr>
<tr>
<td>Dōzo.</td>
<td>げんきで、ありますか。</td>
</tr>
<tr>
<td>わかりません。</td>
<td>げんきで、ありますか。</td>
</tr>
<tr>
<td>Wakarimasen.</td>
<td>げんきで、ありますか。</td>
</tr>
<tr>
<td>わかりました。</td>
<td>げんきで、ありますか。</td>
</tr>
<tr>
<td>Wakarimashita.</td>
<td>げんきで、ありますか。</td>
</tr>
</tbody>
</table>

ō: Pronunciation should be lengthened, like “oh.”
Introducing yourself in Japanese.

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

私の名前は、___です。
 Watashi wa ___ desu. My name is ___.

___から来ました。
___kara kimasita. 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 kenkyū
sha desu. I’m a researcher under
the JSPS program.

___を研究しています。
___ o 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.

---

Useful Japanese Expressions (3)

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 |

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

ō: Pronunciation should be lengthened, like “oh.”
The information in this Guidebook is current as of August 2023. Please note that this information may change.

Life in Japan for Foreign Researchers 2024-2025

December 2023
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