LIFE IN JAPAN
FOR FOREIGN RESEARCHERS
2022-2023

来日外国人研究者のための
生活ガイドブック

JSPS
まえがき

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

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

日本学術振興会

Foreword

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

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

Japan Society for the Promotion of Science
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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.
Chapter 1  Procedures for Entry and Residence in Japan

(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.
1-2 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 Kotosenmon-gakko in Japan.</td>
<td>5 years, 3 years, 1 year, or 3 months</td>
</tr>
<tr>
<td>Researcher</td>
<td>Research activities performed under a contract with public or private institutions in Japan (excluding activities described under the status of “Professor”).</td>
<td>5 years, 3 years, 1 year, or 3 months</td>
</tr>
<tr>
<td>Cultural Activities</td>
<td>Non-salaried academic/artistic activities, specialized research into Japanese culture/art, or study of Japanese culture/art under the guidance of specialists (excluding activities under the status of “Student” or “Trainee”).</td>
<td>3 years, 1 year, 6 months, or 3 months</td>
</tr>
</tbody>
</table>


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

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

1-3-3 Social Security and Tax Number System

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

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

1-4 Residency Procedures

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

If you get married, or if there is a change in your surname or your nationality/region, please file a notification of a change of
Chapter 1  Procedures for Entry and Residence in Japan

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

As a general rule, foreign 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 need to present your passport, Residence Card and other documents. For details, please inquire at the Regional Immigration Bureau where you live or the Immigration Information Center.
1-4-4 在留資格の変更

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

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ないです。

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

1-5 家族の同行・呼び寄せ

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

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

The Application for Extension of Period of Stay can be downloaded from website of the Ministry of Justice (URL http://www.moj.go.jp/isa/applications/procedures/16-3-1.html)

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

1-4-4 Change of Your Status of Residence

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

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

Anyone receiving an income from an activity other than that authorized under their status of residence or conducting an unauthorized activity with remuneration without first obtaining this permission is subject to punishment and/or deportation by law.

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

1-5 Procedures for Family Members

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

<table>
<thead>
<tr>
<th>Status of Residence</th>
<th>Authorized Activities in Japan</th>
<th>Period of Stay</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dependent</td>
<td>The daily activities as spouse and dependent children of those authorized to reside in Japan under the status of Professor, Researcher, or Cultural Activities.</td>
<td>5 years, 4 years and 3 months, 4 years, 3 years 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>
外外国人研究者が家族を同行する場合、本人の査証申請とは別に、同行する家族滞在の査証取得に時間がかかることがあります。
家族の査証の取得方法は、既に外国人研究者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。申請書類等詳細は地方出入国在留管理局に問い合わせてください。

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

1-5-1 子どもが生まれたとき

日本で子どもが生まれたときは、以下のような手続きが必要になります。

① 出生届

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

出生届に必要なものは下記のとおりです。

a. 出生証明書  b. 母子健康手帳

c. 届出人の印鑑（サインでも可） d. 健康保険証

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

If the foreign 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 a “tourist visa”), it is quite difficult to change their visa status after they enter the country.

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

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

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

1) Birth Registration Certificate

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

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

a. Birth certificate
b. Mother and Child Health Handbook
c. Applicant’s inkan stamp (signature also acceptable)
d. Health Insurance Card
第1章 入国・在留の諸手続き

2) 旅券申請

日本にあるそれぞれの国大使館または領事館に申請します。

3) 在留資格及び在留期間の取得許可申請

出生の日から30日以内に地方出入国在留管理局で申請します。

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

1-6入国・在留相談

1-6-1 インフォメーションセンター

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

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

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

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.

1-6 Immigration and Visa Consultations

1-6-1 Information Centers

To help foreign residents of Japan, the Immigration Services Agency of Japan has established Immigration Information Centers at Regional Immigration Bureaus and branch offices (see p. 184) in Sendai, Tokyo, Yokohama, Nagoya, Osaka, Kobe, Hiroshima and Fukuoka. These centers provide consultation services and information on immigration and visa-related issues in several foreign languages (including English, Chinese, Korean and Spanish).

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

★ Immigration Information Centers (weekdays 8:30 a.m. to 5:15 p.m.)
Tel: 0570-013904 (Navi Dial)
Tel: 03-5796-7112 (for an IP phone or overseas)
1-6-2 One-Stop Consultation Support Centers

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

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

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

★ Hamamatsu One-Stop Support Center for Foreign Residents
Create Hamamatsu 4F, 2-1 Hayauma-cho, Naka-ku, Hamamatsu-shi, Shizuoka 430-0916
Tel: 053-458-1510
### Useful Japanese Expressions (1)

<table>
<thead>
<tr>
<th>English</th>
<th>Japanese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good morning.</td>
<td>Ohayō (gozaimasu).</td>
</tr>
<tr>
<td>Hello. /Good afternoon.</td>
<td>Konnichiwa.</td>
</tr>
<tr>
<td>Good night.</td>
<td>Oyasumi (nasai).</td>
</tr>
<tr>
<td>Good evening.</td>
<td>Konbanwa.</td>
</tr>
<tr>
<td>Goodbye.</td>
<td>Sayonara.</td>
</tr>
<tr>
<td>See you.</td>
<td>Ja mata.</td>
</tr>
<tr>
<td>Yes.</td>
<td>Hai.</td>
</tr>
<tr>
<td>No.</td>
<td>Iie.</td>
</tr>
<tr>
<td>Thank you.</td>
<td>Arigatō (gozaimasu).</td>
</tr>
<tr>
<td>You’re welcome.</td>
<td>Dōitashimashite.</td>
</tr>
<tr>
<td>Excuse me.</td>
<td>Sumimasen.</td>
</tr>
<tr>
<td>I’m sorry.</td>
<td>Gomennasai.</td>
</tr>
<tr>
<td>Please. /Here you are.</td>
<td>Dōzo.</td>
</tr>
<tr>
<td>I don’t understand.</td>
<td>Wakarimasen.</td>
</tr>
<tr>
<td>I understand.</td>
<td>Wakarimashita.</td>
</tr>
</tbody>
</table>

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

### Chapter 2

**Living Accommodations in Japan**

---

**Ayame (Japanese Iris)**

What this flower signifies in Japan:

- Good news, hope
- A flower of late spring, the ayame is a very popular iris species in Japan. However, there are similar iris species (shobu and kakitsubata), which causes some confusion. Since all of them are beautiful, there is a Japanese expression—“In any case, it’s either ayame or kakitsubata”—meaning that it is difficult to select one.
Chapter 2
Living Accommodations in Japan

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

2-1 Types of Housing

2-1-1 Housing for Foreign Researchers

Some research institutions which host foreign researchers provide inexpensive (usually furnished) lodging (refer to the table below). Most, however, do not have sufficient housing to accommodate everyone. If you wish to secure housing at your host institution, you should decide the date of your arrival in Japan, and consult with your host researcher and apply for it through the person in charge of housing well in advance. Please note that you may not be able to live in this housing depending on your employment status.

The following academic institutions provide housing facilities for foreign researchers:

1) National University Corporations

<table>
<thead>
<tr>
<th>University Name</th>
<th>City</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hokkaido University</td>
<td>Sapporo</td>
</tr>
<tr>
<td>Muroran Institute of Technology</td>
<td>Jeju</td>
</tr>
<tr>
<td>Ohto University of Agriculture &amp; Veterinary Medicine</td>
<td>Fukuoka</td>
</tr>
<tr>
<td>Kitami Institute of Technology</td>
<td>Higashi</td>
</tr>
<tr>
<td>Iwate University</td>
<td>Sendai</td>
</tr>
<tr>
<td>Akita University</td>
<td>Toyama</td>
</tr>
<tr>
<td>Fukushima University</td>
<td>Miyagi</td>
</tr>
<tr>
<td>University of Tsukuba</td>
<td>Tottori</td>
</tr>
<tr>
<td>Gunma University</td>
<td>Maebashi</td>
</tr>
<tr>
<td>Chiba University</td>
<td>Chiba</td>
</tr>
<tr>
<td>Tokyo Medical &amp; Dental University</td>
<td>Tokyo</td>
</tr>
<tr>
<td>Tokyo Gakugei University</td>
<td>Tokyo</td>
</tr>
<tr>
<td>Tokyo National University of Fine Arts &amp; Music</td>
<td>Tokyo</td>
</tr>
<tr>
<td>Tokyo University of Marine Science &amp; Technology</td>
<td>Yokohama</td>
</tr>
<tr>
<td>The University of Electro-Communications</td>
<td>Nagoya</td>
</tr>
<tr>
<td>Yokohama National University</td>
<td>Yokohama</td>
</tr>
<tr>
<td>Nagoya University of Technology</td>
<td>Nagoya</td>
</tr>
<tr>
<td>University of Yamashino</td>
<td>Osaka</td>
</tr>
<tr>
<td>University of Toyama</td>
<td>Aichi</td>
</tr>
<tr>
<td>Fukui University</td>
<td>Okayama</td>
</tr>
<tr>
<td>Shizuoka University</td>
<td>Shizuoka</td>
</tr>
</tbody>
</table>

Note: The above list is not exhaustive. Please check with your host institution for more information.
第2章 住まい

名古屋大学 名古屋工業大学
豊橋技術科学大学 三重大学
許智医科学大学 京都大学
京都工芸繊維大学 大阪大学
兵庫教育大学 神戸大学
和歌山大学 大阪大学
岡山大学 鳥取大学
徳島大学 鳴門大学
愛媛大学 高知大学
九州大学 九州工業大学
長崎大学 諏訪大学
宮崎大学 鹿児島大学
琉球大学 奈良先端科学技術大学院大学
北陸先端科学技術大学院大学 政策研究大学院大学

② 大学共同利用機関法人

人間文化研究機構 自然科学研究所
高エネルギー加速器研究機構 情報・システム研究機構

③ その他

国立水産技術総合研究センター（国研）宇宙航空研究開発機構
（国研）放射医学総合研究所（国研）産業技術総合研究所
（国研）農業・食品産業技術総合研究所
（国研）産業技術振興機構（国研）日本原子力研究開発機構
（国研）国立国際医療研究センター

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

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

《東京地区の宿泊施設》

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

Chapter 2 Living Accommodations in Japan

Nagoya University Aichi University of Education
Nagoya Institute of Technology Toyohashi University of Technology
Mie University Shiga University
Shiga University of Medical Science Kyoto University
Kyoto University of Education Kyoto Institute of Technology
Osaka University Osaka Kyushu University
Hyogo University of Teacher Education Kobe University
Nara Women’s University Wakayama University
Tottori University Shimane University
Okayama University Hiroshima University
Yamaguchi University The University of Tokushima
Naruto University of Education Kagawa University
Ehime University Kochi University
Fukuoka University of Education Kyushu University
Kyushu Institute of Technology Saga University
Nagasaki University Kumamoto University
Oita University University of Miyazaki
Kagoshima University National Institute of Fitness and Sports in Kanoya
University of the Ryukyus National Institute of Science and Technology
Japan Advanced Institute of Science & Technology National Graduate Institute for Policy Studies

2) Inter-University Research Institute Corporations

National Institutes for the Humanities National Institutes of Natural Sciences
High Energy Accelerator Research Organization Research Organization of Information and Systems

3) Others

National Institute for Minamata Disease Japan Aerospace Exploration Agency
National Institute of Radiological Sciences
National Agriculture and Food Research Organization National Institute of Advanced Industrial Science and Technology
RIKEN Japan Science and Technology Agency
Japan Atomic Energy Agency National Center for Global Health and Medicine

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

Housing in the Tokyo Area

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

2-1-2 Private Housing

Private housing can be divided into two general types:

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

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

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

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

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

The Japan Property Management Association provides rental housing information on its website in foreign languages including English, Chinese, and Korean.

2-2-1 Average Rental Fee

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

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

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

2-2-2 Rent-related Costs

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

The *tetsuke-kin* is a deposit paid to the landlord in advance of signing the rental contract to show that you are interested in securing the property. (Please note that the deposit may not be refundable if you decide not to rent the property.) The *tetsuke-kin* is applied to the rent-related fees when you sign the contract. You will need to pay the required *shiki-kin* and *rei-kin* as well as one month’s rent in advance to the landlord when you sign the contract. If you use the services of a real estate agent, you will
これらの費用の内訳及び返金の有無はおよそ次の表のとおりです。

<table>
<thead>
<tr>
<th>費用名</th>
<th>金額の目安</th>
<th>返金の有無</th>
<th>備考</th>
</tr>
</thead>
<tbody>
<tr>
<td>敷金</td>
<td>1か月の料金最もや高値の料金の約2〜3ヶ月程度*</td>
<td>あり</td>
<td>なし</td>
</tr>
<tr>
<td>礼金</td>
<td>1か月の料金最もや高値の料金の約2〜3ヶ月程度*</td>
<td>なし</td>
<td>なし</td>
</tr>
<tr>
<td>家賃</td>
<td>1か月の料金最もや高値の料金の約2〜3ヶ月程度*</td>
<td>なし</td>
<td>なし</td>
</tr>
</tbody>
</table>

**備考**

*地域差があり必ずしも一律ではありません。

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

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

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

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

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

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

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

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

通常、貸借契約のためには保証人が必要です。保証人が必要とされる資格をもつ人（受入研究者など）に保証人としてもらってください。

最近は保証人を立てる代わりに、保証料を支払って家賃保証会社を利用してするケースも増えています。物件によって異なりますが、賃貸不動産業者が10%保証会社利用を決めていることもあります。賃貸保証料は初年度で家賃の0.5か月～1か月、1～3万円程度の固定額など様々です。

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

2-3 住居費

入居以後に毎月必要な住居費には、家賃、共益費、公共料金などがあります。

① 家賃：家賃は、習慣として、月払いです。
② 共益費：共益費とは、アパートなどで、共通の廊下、階段、エレベータ、外灯など、生活上の共有部分の維持、管理のために住人が出し合う費用で、家賃とは別です。
③ 公共料金：電気、ガス、水道、電話などの料金は家賃とは別で、公共料金と呼びます。公共料金は、それぞれ取扱う会社などに使用料を支払う必要があります。支払方法は、銀行口座からの自動振替、または金融機関、郵便局、コンビニエンスストアなどで支払うことができます。

2-2-3 Rental Contract Procedures and Precautions

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

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

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

In recent years, more and more renters are paying fees to rent guarantee companies (yachin-hosho-gaisha) instead of finding a personal guarantor. There are also cases in which the property owner or real estate company only accepts renters applying through a rent guarantee company. Rent guarantee fees vary, such as the equivalent of half a month or one month’s rent for the first year or a set fee of 10,000 to 30,000 yen.

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

2-3 Rent and Other Fees

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

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

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

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

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

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

Gas There are two types of gas service depending on the area: city gas and propane gas. You need to ask the gas company to come to open the main valve before you start using the gas. Be sure that gas appliances are correctly installed and suit the type of gas you have before using them. Then take sufficient care when using the gas. When not in use, you should close the valve of each of the gas outlets in your
第2章　住まい

ガス漏れの疑いがある場合には部屋の空気を入れ換えると共に、必要に応じて、最寄りのガス会社のサービスステーションに連絡してください。
水道の使用開始時には、地区水道局に連絡をします。日本の水道水は飲用することができます。

2-5 居住習慣に関する注意事項

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

2-5-1 換気

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

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

2-5-2 屋内の手入れ

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

2-5-3 ゴミの捨て方

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

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

② 収集日（曜日）: 各分別ごみにより、収集される曜日や日時が指定されることがあります。

③ 収集場所: 宿泊、居住地区ごとに指定されています。

④ ゴミ袋: ゴミ袋を指定（透明のゴミ袋等）している市区町村もあります。

Chapter 2　Living Accommodations in Japan

2-5 Precautions Concerning Daily Living Customs

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

2-5-1 Ventilation

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

2-5-2 Interior Care

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

2-5-3 Garbage Disposal

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

1) Garbage Categories

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

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

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

3) Collection Station
Garbage-collection stations are also designated for each building or district.

4) Garbage Disposal Bags
Some cities, wards, towns and villages specify the type of garbage disposal bag (such as transparent garbage bags) that may be used.

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

Since personal computers are not collected with other large-sized garbage, apply directly with manufacturers to have your computers collected. Computers bearing Recycling Seals (marketed after October 2003) are collected free of charge. Recycling fees are charged for earlier models. For further details, visit the web page (URL https://www.pc3r.jp/e/) of the PC 3R Promotion Association (Tel: 03-5282-7685).

2-5-4 Cohabitation, Noise and Other Matters

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

2-5-5 Pets

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

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

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

Do not forget to settle your electricity, gas, water, telephone and other utility bills by contacting the respective companies several days before you move out.
Nihongo ga wakarimasen. I don’t understand Japanese.

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

Yukkuri onegai shimasu. More slowly, please.

Kaite kudasai. Please write it down.

Kibun ga warui. I don’t feel good.

___ o kudasai. Please give me ___.

Nihongo de nanto iimasuka? How do you say it in Japanese?

Ikura desuka? How much?

___ wa arimasuka? Do you have ___?

___ wa doko desuka? Where is ___?

___ ni ikitai desu. I want to go to ___.
Chapter 3
Daily Life in Japan

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

3-1 Banks

3-1-1 Opening a Bank Account

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

When opening a bank account, you will be asked to present your residence card to confirm your identification and your period of stay. You may not be able to open a bank account if your residence card is valid for less than three months. Although some banks will allow you to open an account with your signature, you may also need an *ikan* (stamp), so it is best to ask in advance.

**Basic knowledge about *ikan* stamps**

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

The *ikan* that you register at your local government office, however, is called a *jitsuin* and is different from other *ikan* 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 *ikan* cannot be registered, please inquire at your local government office for details.

3-1-2 Automatic Payment and ATM Cash Card

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

If you apply for a cash card, you can conveniently withdraw cash from your account through automated teller machines (ATMs).
Banking Hours

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

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

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

3-1-3 Cashless Payment

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

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

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

Sales Tax and Reduced Tax Rate

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

3-2 Mail

3-2-1 Post Offices

Besides handling all types of mail, the post office offers banking, insurance, and other services. Most post offices are open 9:00 a.m. to 5:00 p.m. for mail, 9:00 a.m. to 4:00 p.m. for insurance or savings transactions. Although the counter is usually closed on Saturdays, Sundays and national holidays, one post office in each district is open for business on these days. Ask at…
### 【郵便案内サービス】

**★ 日本郵便お客様サービス相談センター**  
月曜日から金曜日の 8:00～21:00 まで  
土曜、日曜、休日の 9:00～21:00 まで  
Tel: 0120-23-28-86 (日本語音声ガイダンス)  
0570-046-111 (英語受付)  ※有料  
0570-046-666 (携帯電話からの受付、日本語)  ※有料  

日本郵便の英語のホームページ (URL https://www.japanpost.jp/en/) でも各種情報を得ることができます。

### 3-2-2 海外宅配便

郵便局とは別に、民間会社でも国内外への配達事業を行っています。主な宅配便業者は、以下のとおりです。

**★ ディー・エイチ・エル・ジャパン (DHL)**  
Tel: 0120-39-2580  
URL https://www.dhl.com/jp-ja/home.html

**★ フェデラルエクスプレスジャパン (FedEx)**  
Tel: 0120-003200 (043-298-1919)  

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

### [Postal Services Information]

**★ Japan Post Customer Service Center**

Monday through Friday, 8:00 a.m. – 9:00 p.m.  
Saturdays, Sundays and national holidays, 9:00 a.m. – 9:00 p.m.  
Tel: 0120-23-28-86 (recorded guidance in Japanese)  
0570-046-111 (for calls in English, fees apply)  
0570-046-666 (for calls from a cellular phone in Japanese, fees apply)  

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

### 3-2-2 Overseas Courier Services

Besides the post office, there are also private courier companies that deliver letters and parcels both within Japan and overseas. The major overseas courier companies are as follows:
3-3 Phone

3-3-1 Domestic Telephone Calls

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

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

- **NTT East**: Tel: 116
  - URL: https://www.ntt-east.co.jp/en/
- **SoftBank**: Tel: 0120-0088-82
  - URL: https://www.softbank.jp/en/
- **KDDI**: Tel: 0077-777
  - URL: https://www.kddi.com/english/

For inquiries in foreign languages concerning NTT

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

**Note:** The 0120 numbers are toll-free.
3-3-2 International Telephone Calls

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

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

<table>
<thead>
<tr>
<th>Main Telephone Companies</th>
<th>Prefix</th>
<th>Contact Numbers (toll-free)</th>
</tr>
</thead>
<tbody>
<tr>
<td>KDDI</td>
<td>001</td>
<td>Tel: 0057</td>
</tr>
<tr>
<td>SoftBank</td>
<td>0061</td>
<td>Tel: 0120-0088-82</td>
</tr>
<tr>
<td>NTT Communications</td>
<td>0033</td>
<td>Tel: 0120-506506</td>
</tr>
</tbody>
</table>

How to Make an Overseas Call

Dial

Telephone Company Prefix + 010 + Country Code + Area Code (without first 0) + Telephone Number in the correct order.
3-3-3 Cellular Phones and Smartphones

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

Unlocking SIMs and Using Mobile Phones from Outside Japan

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

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

Main mobile phone companies

Cellular phone, smartphones

★ NTT docomo  Tel: 0120-005-250 (English, Chinese, Spanish, Portuguese: 9:00 a.m.–8:00 p.m.)
  URL https://www.nttdocomo.co.jp/english/
★ SoftBank  Tel: 0800-919-0157 (press 8 to hear options in English)
★ KDDI (au)  Tel: 0077-7-111 (press 9 to be connected to an operator)
  URL https://www.au.com/english/
Various other companies also provide cheap SIM card services.

**Cellular Phone Rental Service**

There are many companies providing rental services of cellular phones that can be used in Japan and overseas. The companies above and their group companies also offer such services. Since the fees and application systems differ depending on the company, you should confirm the details with each company. In the arrival lobby at airports, some companies rent cellular phones without a reservation.

**3-3-4 Public Telephones**

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

Some public telephones allow users to make international calls.

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

**3-3-5 Connecting to the Internet**

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

**Optical-fiber Cable**

Optical-fiber cable enables speedy Internet connection for the user. To apply for this service, choose an ISP and talk to them about installation. If you also use IP phone service provided by the ISP, you will not need a phone line. To use optical-fiber cable connections, however, you will need to be living in an area where this service is available and there may also be technical problems that make the installation of cable to some apartment buildings very difficult or impossible. Please obtain permission from the landlord for installation before you order service from an ISP, since installing cable to the building itself requires additional work and an additional fee.
■ 高速モバイル
無線通信で高速インターネットに接続する方法です。回線の工事等の必要もなく端末とパソコンなどの機器をWi-Fi接続するだけで利用することができます。また、外出先でも電波の届くエリアではインターネットに接続することができます。

■ モバイル Wi-Fi
モバイル Wi-Fi ルーターを使ってインターネットに接続する方法です。モバイル Wi-Fi ルーターサービスを提供している通信会社などが販売しています。その通信会社と新規契約を結べば、端末価格は実質無料になるケースも多くあります。

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

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

プロバイダーの選択
日本国内には、プロバイダーが多数あり、サービスや料金も様々です。また、クードバンドと IP 電話を組み合わせたサービスなど個々の特徴を生かした業者も見られます。

■ High-Speed Mobile
This is a method of connecting to the Internet by radio. There is no need to install a cable, and you can use the Internet simply by connecting your computer and a mobile hotspot device via Wi-Fi. You can also connect to the Internet in areas where you can pick up radio signals.

■ Mobile Wi-Fi
This is a method of connecting to the Internet using a mobile Wi-Fi router. Telecommunications companies that offer mobile Wi-Fi router services sell these routers. The device is practically free in many cases if you sign a new contract with the telecommunications company.

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

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

Choosing a Provider
There is a large number of Internet service providers (ISPs) in Japan, and their services and charges vary. Different carriers offer their own features in such services as broadband and IP phone combinations.
3-4 Transportation

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

In addition, each public transport company has a website where you can reserve and purchase shinkansen (bullet train) and express train tickets.

Refer to section 4-7 for more information on traveling within Japan.

3-4-1 Japan Railway

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

JR Information Service in English, Chinese and Korean

★ JR East Infoline

tel: 050-2016-1603
(10:00 a.m. – 6:00 p.m., except year-end/New Year holidays)

JR East: [URL] http://www.jreast.co.jp/e/
3-4-2 Trains, Subways and Buses

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

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

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

3-4-3 Airlines

Domestic airlines make frequent flights to major cities in Japan.

You can purchase tickets up to eleven months in advance directly from airline companies by phone or over the Internet. You can also purchase tickets at travel agencies. In addition to the two major carriers, Japan Air Lines and All Nippon Airways, many low-cost carriers (LCCs) have emerged. They offer lower fares by limiting service to popular routes and making in-flight meals and other services available for a cost. (See Appendix XII.)

Flight Information (For reservations and inquiries)

Domestic Airlines

<table>
<thead>
<tr>
<th>Company</th>
<th>Phone Number</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Nippon Airways (ANA)</td>
<td>0570-029-222</td>
<td><a href="https://www.ana.co.jp/en/jp/">https://www.ana.co.jp/en/jp/</a></td>
</tr>
<tr>
<td>Japan Air Lines (JAL)</td>
<td>0570-025-071</td>
<td><a href="https://www.jal.co.jp/en/">https://www.jal.co.jp/en/</a></td>
</tr>
</tbody>
</table>
3-4-4 Taxis

You can catch a taxi at designated taxi stands at stations and public facilities, or hail one along the street. The rear doors of virtually all taxis open and close automatically. Fares vary from city to city and according to the size of the cab. The initial charge in Tokyo is ¥420 for the first 1,052 meters (as of November 2020); a surcharge is added late at night and in the early morning. The fare is displayed on the meter by the driver’s seat. You don’t need to pay a tip.

3-4-5 Driver’s Licenses

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

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

1. Valid driver’s license issued overseas. (You need to prove residency in the country where it was issued for a minimum of three months after license issuance. If the date of issue is not shown on the license, you also need to obtain a document certifying the date of issue.)
There are also two tests when converting to a Japanese license:

1. Knowledge test on Japanese traffic rules (10 yes/no questions)
   Generally, tests are available in 19 languages, including Japanese, English, Chinese, Portuguese, Thai, Korean, and Spanish. Since some of these languages are not available at some regional centers, it is advisable to check in advance.

2. Driving test
   These tests are not required, however, if you have a valid driver’s license issued in any of the following 29 countries and regions (as of July 2021): Australia, Austria, Belgium, Canada, Czech Republic, Denmark, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Korea, Luxembourg, Monaco, the Netherlands, New Zealand, Norway, Poland, Portugal, Slovenia, Spain, Sweden, Switzerland, the UK, the US (only Hawaii, Maryland, Ohio, Virginia and Washington states), Taiwan.

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

For more details on procedures, please visit the following English webpage of the National Police Agency (URL https://www.keishicho.metro.tokyo.jp/multilingual/english/index.html).

The Japan Automobile Federation (JAF) issues a booklet entitled "Kotsu-no Kyosoku", which describes Japanese traffic rules. The booklet’s foreign-language versions—in English, Spanish, Portuguese and Chinese—are also available for sale.
3-4-6 レンタカー
日本は左側通行で、一般的なレンタカーは右ハンドルです。また、標識には充分注意してください。

レンタカーの利用にあたっては、高速道路が乗り放題となる訪日外国人向け「Japan Expressway Pass」があります。料金は最大7日間有効パスが2万円、最大14日間有効で3万4,000円です。

3-4-7 自転車
自転車走行にも交通ルールがあります。自転車を運転する際には次のことに注意してください。
① 自転車は車道走行が原則、歩道は例外
② 車道の左側を走行
③ 歩道を走る時は歩行者優先で車道寄りを徐行
④ 二人乗り禁止
⑤ 横に並んで走らない
⑥ 飲酒運転禁止
⑦ 傘をさしながらやスマホを見ながら「片手運転をしない」

より

3-4-6 Rental Cars
Cars are driven on the left in Japan, and most steering wheels on rental cars here are on the right side. Please pay close attention to road signs.

A Japan Expressway Pass for foreign visitors that allows unlimited use of the expressways is an option when renting a car. The fee for a seven-day pass is 20,000 yen, while a fourteen-day pass is 34,000 yen.

3-4-7 Bicycles
There are traffic rules regarding bicycles as well. Please beware of the following when riding a bicycle.
1) As a rule, ride on the roads, only riding on sidewalks if absolutely necessary
2) Ride on the left side
3) When riding on the sidewalk, give priority to pedestrians, and ride slowly on the side nearest the road
4) Two people may not ride on the same bicycle
5) Do not ride side by side
6) Do not drink and ride
7) Do not ride while using an umbrella or smartphone
3-5 Medical Care

3-5-1 Medical System in Japan

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

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

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

3-5-2 Pharmacies

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

3-5-3 Medical Care in Foreign Languages

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

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

In addition, the websites of some of the International Exchange Associations (see Appendix VII) provide information on hospitals/clinics where you can receive medical care in English or other foreign languages.
Referral services over the telephone of doctors who can understand/speak foreign languages are available in some major cities. A few such services are as follows:

★ AMDA International Medical Information Center

URL https://www.amdamedicalcenter.com/
Tokyo Office Tel: 03-6233-9266
(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)

★ Medical Information Center Aichi (MICA)

Office Forum 6F, 2-1-30 Marunouchi, Naka-ku, Nagoya-shi, Aichi 460-0002
Tel: 052-212-7410

★ Osaka Medical Net for Foreigners

(Medical information in Osaka, provided in English, Chinese, Korean, Spanish, Portuguese, Vietnamese and Tagalog.)

URL https://asian-msc.jp/service/

List of Medical Institutions that accept Foreign Patients

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

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

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

URL https://www.jn.to/emergency/jpn/
3-5-4 Traveler’s Insurance

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

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

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

3-5-5 National Health Insurance

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

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

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

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

After completing your resident registration at your local munici-
3-5-6  妊娠と出産

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

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

子どもが誕生してからの手続きは1-5-1、子どもの教育については3-8を参照してください。
3-5-7 予防接種
日本では、子どもの感染症を防ぐために、予防接種を実施しています。

予防接種の対象となる病気:
BCG、ポリオ、ジフテリア、百日咳、破傷風、麻疹（はしか）、風疹（三日しか）等

3-5-7 Immunizations
Japan offers immunizations for designated diseases to prevent epidemics among children.

Immunizations are available for the following diseases:
BCG, Polio, diphtheria, pertussis, tetanus, measles, rubella, etc.

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.
3-6 Cultural Facilities

3-6-1 Traditional Performing Arts

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

**Kabuki and Bunraku**

**National Theatre (Kokuritsu Gekijo)**

4-1 Hayabusa-cho, Chiyoda-ku, Tokyo 102-8656
Tel: 03-3265-7411
URL https://www.ntj.jac.go.jp/english/

**Kabuki-za**

4-12-15 Ginza, Chuo-ku, Tokyo 104-0061
Tel: 03-3423-1331
URL https://www.kabuki-za.co.jp/

**National Bunraku Theatre (Kokuritsu Bunraku Gekijo)**

1-12-10 Nipponbashi, Chuo-ku, Osaka-shi, Osaka 542-0073
Tel: 06-6212-2531
URL https://www.shochiku.co.jp/play/theater/minamiza/

**Minami-za**

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

**Noh and Kyogen**

**National Noh Theatre (Kokuritsu Nohgakudo)**

4-18-1 Sendagaya, Shibuya-ku, Tokyo 151-0051
Tel: 03-3423-1331
URL https://www.ntj.jac.go.jp/english/

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

Some facilities also offer periodic art appreciation events for foreigners. If you are interested in such events, please contact the theaters (or consult a source of information such as an English-language newspaper [refer to page 136]).
There are literally thousands of museums throughout Japan. The following is a list of major museums.

**Art Museums**

**The National Museum of Modern Art, Tokyo**
3-1 Kitanomaru-koen, Chiyoda-ku, Tokyo 102-8322
Tel: 050-5541-8600  [URL](https://www.momat.go.jp/english/)

**The National Museum of Western Art**
7-7 Ueno-koen, Taito-ku, Tokyo 110-0007
Tel: 050-5541-8600  [URL](https://www.nmwa.go.jp/en/)

**The National Art Center, Tokyo**
7-22-2 Roppongi, Minato-ku, Tokyo 106-8558
Tel: 03-5777-8600  [URL](https://www.nact.jp/english/)

**The National Museum of Modern Art, Kyoto**
26-1, Okazaki-enshoji-cho, Sakyo-ku, Kyoto-shi, Kyoto 606-8344
Tel: 075-761-4111  [URL](https://www.momak.go.jp/en/)

**The National Museum of Art, Osaka**
4-2-55 Nakanoshima, Kita-ku, Osaka-shi, Osaka 530-0005
Tel: 06-6447-4680  [URL](https://www.nmao.go.jp/english/home.html)

**Museum of Contemporary Art Tokyo**
Kiba Park, 4-1-1 Miyoshi, Koto-ku, Tokyo 135-0022
Tel: 050-5541-8600  [URL](https://www.mot-art-museum.jp/eng/)

**Museums**

**Tokyo National Museum** (Japan’s largest museum)
13-9 Ueno-koen, Taito-ku, Tokyo 110-8712
Tel: 050-5541-8600  [URL](https://www.tnm.jp/?lang=en)

**National Museum of Nature and Science**
7-20 Ueno-koen, Taito-ku, Tokyo 110-8718
Tel: 050-5541-8600  [URL](https://www.kahaku.go.jp/)

**National Museum of Japanese History**
117 Jonai-cho, Sakura-shi, Chiba 285-8502
Tel: 050-5541-8600  [URL](https://www.rekihaku.ac.jp/eng/)
3-6-3 Libraries

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

National Diet Library (NDL)
1-10-1 Nagata-cho, Chiyoda-ku, Tokyo 100-8924
(Stocks more than 11 million volumes. Books may not be checked out. Provides materials and information via the Internet.)

Tokyo Metropolitan Central Library
5-7-13 Minami-azabu, Minato-ku, Tokyo 106-8575
Tel: 03-3442-8451  [URL] https://www.library.metro.tokyo.lg.jp/english
(Stocks over 2 million volumes, partly on open shelves. Books may not be checked out.)
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JFICライブラリー
〒160-0004 東京都新宿区四谷1-6-4 四谷クルーセ1階
Tel: 03-5369-6086 URL https://www.jfu.go.jp/j/about/jfic/lib/
（日本研究と国際交流関係の図書など約37,000冊。館外貸出可）
また、海外の新聞・雑誌など、以下の図書館や施設でも閲覧することができます。

アメリカン・センター レファレンス資料室
URL https://americancenterjapan.com/
(東京) 〒107-0052 東京都港区赤坂1-1-14
野村不動産ビル8階 アメリカンセンター Japan
（業務形態移行のため2019年4月以降、来館不可）
(札幌) 〒064-0821 北海道札幌市中央区北1条西28丁目
米国総領事館内
Tel: 011-641-1115
(関西) 〒530-8543 大阪府大阪市北区西天満2-11-5
米国総領事館ビル7階
Tel: 06-6315-5970
(福岡) 〒810-0001 福岡県福岡市中央区天神2-2-67
福岡アメリカン・センター・レファレンス資料室
Tel: 092-733-0246

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

アンスティチュ・フランセ東京メディアテーク
〒162-8415 東京都新宿区市谷池河原町15
Tel: 03-5206-2500
URL https://www.institutfrancais.jp/tokyo/mediatheque/

ゲーテ・インスティトゥート東京図書館
〒107-0052 東京都港区赤坂7-5-56 ドイツ文化会館2階
Tel: 03-3584-3203
URL https://www.goethe.de/ins/ja/sta/tok.html/

The Japan Foundation Information Center Library
Yotsuya Cruce 1F, 1-6-4 Yotsuya, Shinjuku-ku, Tokyo 160-0004
Tel: 03-5369-6086 URL http://www.jfu.go.jp/e/about/jfic/lib/
(Stocks approximately 37,000 volumes related to Japanese studies and international relations. Most books may be checked out.)

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

American Center Reference Service
URL https://americancenterjapan.com/
(Tokyo) American Center Japan, Nomura Tameike Bldg. 8F, 1-1-14 Akasaka, Minato-ku, Tokyo 107-0052
(The center closed in April 2019 for reorganization.)
(Sapporo) American Consulate General Sapporo, Kita 1-jo, Nishi 28-chome, Chuo-ku, Sapporo-shi, Hokkaido 064-0821
Tel: 011-641-1115
(Kansai) Consulate General of the United State of America 7F, 2-11-5 Nishitenma, Kita-ku, Osaka-shi, Osaka 530-8543
Tel: 06-6315-5970
(Fukuoka) Fukuoka American Center Reference Service, 2-2-67 Tenjin, Chuo-ku, Fukuoka-shi, Fukuoka 810-0001
Tel: 092-733-0246

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

Mediatheque de l'Institut français du Japon–Tokyo
15 Ichigaya-funagawara-machi, Shinjuku-ku, Tokyo 162-8415
Tel: 03-5206-2500
URL https://www.institutfrancais.jp/tokyo/mediatheque/

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

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

Italian Cultural Institute Library
2-1-30 Kudan-minami, Chiyoda-ku, Tokyo 102-0074
Tel: 03-3264-6011
URL https://icctokyo.esteri.it/iic_tokyo/ja/biblioteca/
Japan Russian Sources Library
1-11-2 Kyodo, Setagaya-ku, Tokyo 156-0052
Tel: 03-3429-8239 URL https://www.tokyorus.ac.jp/jrsl/

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

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

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

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

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

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

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

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

3-7 Japanese Language Study

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

3-7-1 Selecting a Japanese Language School

Since the number of Japanese language schools has been increasing, there is a wide selection of the schools for foreign researchers who wish to learn Japanese after coming to Japan. Many of the universities and institutions have their own Japa-
Chinese-language training courses. Making use of these courses is recommended because they are convenient and priced reasonably. You can also find Japanese language schools and classes by inquiring at the local International Exchange Association. See Appendix VII for the one nearest you.

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

As of the end of fiscal year 2020, the Association had certified 252 Japanese-language schools nationwide. You can search for those schools on the Association’s website in Japanese, English, Chinese, or Korean.

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

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

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

3-7-2 Japanese Language Proficiency Test

This test is used as a means for foreigners to learn their levels of Japanese language proficiency. Language proficiency levels are measured in five rankings. The Japan Educational Exchanges and Services and the Japan Foundation jointly administer the test. They offer the test in many major cities in Japan and at 94 locations in countries/regions around the world (as of July 2021), twice a year in July and December. In some overseas cities it is only offered in either July or December, but not both.

For more information:
★ Japanese Language Proficiency Test


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3-7-2 日本語能力試験

外国人が自分の日本語能力の到達度を知るために現在活用されているもの一つに「日本語能力試験」があります。外国人の日本語能力を5段階に評価するもので、公益財団法人日本国際教育支援協会、及び独立行政法人国際交流基金が共催で実施に当たっています。受験は日本内に主要都市のほか、海外の94カ国・地域（2021年7月時点での予定）で7月と12月に実施（海外では7月、ないしは12月の試験だけを行う都市もあります）行われます。

【問い合わせ先】
★ 日本語能力試験（JLPT）

URL https://www.jlpt.jp/
3-8 Children’s Education

3-8-1 Japanese School System

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

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

Description of Children’s Ages and Number of Schools

<table>
<thead>
<tr>
<th>Type</th>
<th>Age</th>
<th>Number</th>
<th>National</th>
<th>Public (Locally-affiliated)</th>
<th>Private</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten</td>
<td>3-6</td>
<td>9,698</td>
<td>0.5%</td>
<td>33.5%</td>
<td>66.0%</td>
</tr>
<tr>
<td>Elementary School</td>
<td>6-12</td>
<td>19,525</td>
<td>0.3%</td>
<td>98.4%</td>
<td>1.2%</td>
</tr>
<tr>
<td>Junior High School</td>
<td>12-15</td>
<td>10,142</td>
<td>0.7%</td>
<td>91.6%</td>
<td>7.7%</td>
</tr>
<tr>
<td>Senior High School</td>
<td>15-18</td>
<td>4,874</td>
<td>0.3%</td>
<td>72.6%</td>
<td>27.1%</td>
</tr>
</tbody>
</table>

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

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

3-8-2 Enrollment Procedures

If you would like to enroll your children in a public (locally-affiliated) preschool, elementary school or junior high school, you should apply at the Board of Education in the city, ward, town or
村で携帯捜査を、誰か日本語のできる人と一緒に行くことをお勧めします。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、これが以外に、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。）

公立の高等学校の場合は授業料が無料ですが、入学金、教科書代、修学旅行費は無償なりません。また、高校の授業料無償化については今後、見直しを予想されます。

【学校教育に係る費用の概算（年間／1人当たり）】

<table>
<thead>
<tr>
<th>学校種別</th>
<th>国・公立</th>
<th>私立</th>
</tr>
</thead>
<tbody>
<tr>
<td>幼稚園</td>
<td>¥12万円</td>
<td>¥32万円</td>
</tr>
<tr>
<td>小学校</td>
<td>¥6万円</td>
<td>¥90万円</td>
</tr>
<tr>
<td>中学校</td>
<td>¥14万円</td>
<td>¥107万円</td>
</tr>
<tr>
<td>高校</td>
<td>¥28万円</td>
<td>¥72万円</td>
</tr>
</tbody>
</table>

（文部科学省平成30年度『子供の学習費調査』より作成）

3-8-3 児童手当

国籍を問わず、日本国内に住所を持つ0歳以上から中学校修了までの子どもに児童手当が支給されます。

3歳未満は一律月15,000円、3歳～12歳の第一子と第二子は月10,000円（第三子以降は月15,000円）、中学生は一律月10,000円（所得税制限があります）。

詳しくは、お住まいの各市区町村にお問い合わせください。

3-8-4 海外からの子どもの受入態勢

近年、海外からの子どもの就学が増えており、学校の中には、海外からの子どもの教育を担当する教員を雇用するなどして、受入に積極的に取り組んでいるところもあります。平成10年には、じたびて体系的な日本語指導カリキュラムが作成され、現在その普及・啓発に努めるなど充実を図っているところです。しかし、未だ、その受入態勢は根ざしたものであり、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。

village where you live. (The Board of Education is usually located in the local municipal office.) If you would like to enroll them in a public high school, you should apply at the prefectural Board of Education. If you would like to enroll them in a nursery school, you should apply at the welfare office of your city, ward, town or village. (When you go to enroll your children, bring their Residence Card with you. It is also a good idea to take along someone who can interpret for you.) If you would like to enroll your children in a national school or private school, you should ask the school directly.

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

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

Estimated School Expenses (Annual, per student)

<table>
<thead>
<tr>
<th></th>
<th>National/Public (Locally-Affiliated)</th>
<th>Private</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten</td>
<td>¥120,000</td>
<td>¥330,000</td>
</tr>
<tr>
<td>Elementary School</td>
<td>¥60,000</td>
<td>¥900,000</td>
</tr>
<tr>
<td>Junior High School</td>
<td>¥140,000</td>
<td>¥1,070,000</td>
</tr>
<tr>
<td>Senior High School</td>
<td>¥280,000</td>
<td>¥720,000</td>
</tr>
</tbody>
</table>

(FY2018 Survey of Household Expenditure for Children's Education, MEXT)

3-8-3 Child Allowance

A child allowance is paid for children who have a Japanese address from under the age of one until they complete junior high school, regardless of nationality.

All children under the age of three: ¥15,000/month
All children ages 3 to 12: First and second children—¥10,000/month (subsequent children—¥15,000/month)

All Junior high school students: ¥10,000/month.

Note: Income restrictions apply.

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

3-8-4 Acceptance of Children from Overseas

The number of children from overseas attending Japanese schools has been increasing in recent years. Some schools have
3-8-5 International Schools

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

3-9 Information Provided by Local International Exchange Associations

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

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

はじめまして。

Hajimemashite.  I’m glad to meet you.

私は、__です。

Watashi wa ___ desu.  My name is ___.

__から来ました。

___ kara kimashita.  I’m from ___ (country name).

学振（日本学術振興会）のプログラムの研究者です。

GAKUSHIN* no puroguramu no kenkyūsha desu.

I’m a researcher under the JSPS program.

___を研究しています。

___ 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.

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

ø, ū: Pronunciation should be lengthened, like “oh” and “you.”
Chapter 4

Other Useful Information

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

4-1 Emergency Contact Numbers

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

– Dial 110 –

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

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

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

Police Box (Koban)

Police are stationed at police boxes (Koban) that are located near the station and various areas of the neighborhood, and many of them are open 24 hours a day. The police officers patrol the neighborhood, handle theft and violence reports, take care of traffic accidents and lost-and-found items as well as give directions to people who get lost on their way.
4-1-2 To Report a Fire or Request an Ambulance
– Dial 119 –
Because there are both fire engines and ambulances at the fire department, you must specify first whether you are calling to report a fire (kaji) or requesting an ambulance (kyukyu). If a serious injury or emergency situation occurs, call 119 to request an ambulance/fire engine immediately. While there is no fee for the ambulance, the medical fees must be personally borne. If possible, bring your passport, Residence Card, and health insurance card with you. Please also call your host institution immediately.

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

★ Tokyo English Life Line
Tel: 03-5774-0992
(9:00a.m-11:00p.m (月) ~ (木), 9:00a.m-2:00a.m (金) ~ (日))
URL https://telljp.com/lifeline/
4-1-4 Medical Terms for Describing Symptoms

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

<table>
<thead>
<tr>
<th>Department</th>
<th>Kamoku</th>
<th>科目</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>ローマ字</td>
<td>Japanese pronunciation</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>
</tr>
<tr>
<td>Dentistry</td>
<td>shika</td>
<td>歯科</td>
</tr>
<tr>
<td>Ophthalmology</td>
<td>ganka</td>
<td>眼科</td>
</tr>
<tr>
<td>Dermatology</td>
<td>hifuka</td>
<td>皮膚科</td>
</tr>
<tr>
<td>Otolaryngology</td>
<td>jibiinkōka</td>
<td>耳鼻咽喉科</td>
</tr>
<tr>
<td>Urology</td>
<td>hinyōkika</td>
<td>泌尿器科</td>
</tr>
<tr>
<td>Gynecology</td>
<td>sanfujinka</td>
<td>産婦人科</td>
</tr>
</tbody>
</table>

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

ó, ū: Pronunciation should be lengthened, like “oh” and “you.”
**Explaining your symptoms 症状を訴える**

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

【いつから】 + 【頻度】 + 【症状】の順で

### Since when Itsukara いつから

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

### Frequency Hindo 頻度

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

### Symptom Shōjō 症状

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

### Parts of the Body 身体の名称

- Head atama
- Neck kubi 首
- Elbow hiji 肘
- Hand te 手
- Leg ashi 腿
- Foot ashi 足
- Eyes mimi 視
- Ear mimi 耳
- Mouth kuchi モウト
- Throat nodo 喉
- Chest mune 胸
- Back senaka 背中
- Shoulders kata 肩
- Arm ude 腕
- Stomach/Abdomen onaka お腹
- Knee hiza ひざ
- Hip/Lower back koshi 腰
4-2 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。慌てて外に飛び出すと、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を努めてください。

4-2-1 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に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ください。
(2) 消火器を用意（使用方法の確認）。
(3) 非常持ち出し品（応急医療品、日用品、数日分の保存食と水、靴等）を用意し、特にパスポート、在留カード、保険証、貴重品等を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、家族が離れなけれなくなっ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。

4-2 Earthquakes

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

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

4-2-1 Preparing for an Earthquake

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

(1) Avoid the danger of objects such as furniture or electrical appliances falling over by securing them in place with hardware, such as brackets, after obtaining permission from your landlord.
(2) Keep a fire extinguisher handy (and learn how to use it).
(3) Keep handy everything you will need in an emergency, such as a first aid kit and medical supplies, daily necessities such as bottled water and food (supply for some days), and shoes. Always keep your passport, Residence Card, health insurance card and other valuables in a handy place also.
(4) If your family is living with you, decide who does what when an earthquake strikes. Also check who to contact each other and how to meet at an evacuation shelter in case family members become separated.
(5) Actively participate in drills that are held in your community.
4-2-2 Earthquake Occurs and You Feel Your House Shaking

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

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

4-2-3 Tsunamis

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

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

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

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

The Tokyo Fire Department operates the Ikebukuro Life Safety Learning Center and Honjo Life Safety Learning Center (URL 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 and Portuguese on the subchannels of general (“sogo”) NHK, NHK Educational TV, BS1, BS Premium, BS 4K and BS 8K, and NHK radio station No. 2 (Tokyo area: 693 kHz).

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

Major Disaster Information Websites

- Cabinet Office Disaster Information
  URL: http://www.bousai.go.jp/index.html
- Tokyo Metropolitan Government Disaster Prevention Information
  URL: 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.

Daily Life 2
4-3 台風

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

4-4 水害・土砂災害

日本は台風だけでなく、季節の変わり目に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。

4-4-1 防災気象情報

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

<table>
<thead>
<tr>
<th>警戒レベル</th>
<th>取るべき行動</th>
<th>市町村が発令</th>
<th>気象庁が発表</th>
</tr>
</thead>
<tbody>
<tr>
<td>レベル5</td>
<td>命を守る行動</td>
<td>緊急安全確保</td>
<td>大雨特別警報、洪水警報、土砂災害警報情報</td>
</tr>
<tr>
<td>レベル4</td>
<td>対象地域は全員避難</td>
<td>避難指示</td>
<td>土砂災害警報情報</td>
</tr>
<tr>
<td>レベル3</td>
<td>避難準備</td>
<td>高齢者等避難</td>
<td>大雨警報、洪水警報、土砂災害警報情報</td>
</tr>
<tr>
<td>レベル2</td>
<td>避難行動の確認</td>
<td></td>
<td>大雨注意情報、洪水注意情報、土砂災害注意情報</td>
</tr>
<tr>
<td>レベル1</td>
<td>災害への心構え</td>
<td></td>
<td>早期注意情報</td>
</tr>
</tbody>
</table>

4-3 Typhoons

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

4-4 Floods and Landslide Disaster

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

4-4-1 Disaster Prevention Weather Information

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

**Danger levels for flood and landslide disasters**

<table>
<thead>
<tr>
<th>Danger level</th>
<th>Actions to take</th>
<th>Issued by municipalities</th>
<th>Issued by the Japan Meteorological Agency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 5</td>
<td>Actions to protect your life</td>
<td>Emergency safety measures</td>
<td>Special heavy rain warning, overflow occurrence information</td>
</tr>
<tr>
<td>Level 4</td>
<td>Everyone in target areas must evacuate</td>
<td>Evacuation order</td>
<td>Landslide warning, overflow danger</td>
</tr>
<tr>
<td>Level 3</td>
<td>Prepare to evacuate (the elderly and disabled should start to evacuate)</td>
<td>Evacuation of the elderly, etc.</td>
<td>Heavy rain warning, flood warning, overflow warning</td>
</tr>
<tr>
<td>Level 2</td>
<td>Confirm evacuation procedures</td>
<td>—</td>
<td>Heavy rain advisory, flood advisory, overflow advisory</td>
</tr>
<tr>
<td>Level 1</td>
<td>Prepare for disasters</td>
<td>—</td>
<td>Early warning</td>
</tr>
</tbody>
</table>
4-4-2 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) 『警戒レベル 4』は全員が逃げなくてはいけないタイミングです。
※ 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。

各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 http://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:

★ Prefectures and municipalities offering information services
List of services:

4-4-2 Preparing for a Disaster

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

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

Hazard Map

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

Each municipality makes these maps, which they distribute or make available at facilities and on the municipality website.
4-5 気候

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

日本各地の月別平均気温、平均湿度は次のようになっています。

<table>
<thead>
<tr>
<th></th>
<th>1月</th>
<th>2月</th>
<th>3月</th>
<th>4月</th>
<th>5月</th>
<th>6月</th>
<th>7月</th>
<th>8月</th>
<th>9月</th>
<th>10月</th>
<th>11月</th>
<th>12月</th>
</tr>
</thead>
<tbody>
<tr>
<td>札幌 Sapporo</td>
<td>-2.3</td>
<td>-2.1</td>
<td>3.3</td>
<td>6.8</td>
<td>13.7</td>
<td>18.3</td>
<td>21.2</td>
<td>23.3</td>
<td>20.1</td>
<td>13.1</td>
<td>6.3</td>
<td>-1.6</td>
</tr>
<tr>
<td>北海道 Hokkaido</td>
<td>71</td>
<td>73</td>
<td>67</td>
<td>65</td>
<td>66</td>
<td>73</td>
<td>77</td>
<td>76</td>
<td>76</td>
<td>69</td>
<td>69</td>
<td>65</td>
</tr>
<tr>
<td>仙台 Sendai</td>
<td>4.0</td>
<td>4.4</td>
<td>7.5</td>
<td>10.1</td>
<td>16.8</td>
<td>21.2</td>
<td>21.3</td>
<td>26.6</td>
<td>22.5</td>
<td>15.6</td>
<td>10.8</td>
<td>3.9</td>
</tr>
<tr>
<td>東京 Tokyo</td>
<td>69</td>
<td>67</td>
<td>64</td>
<td>64</td>
<td>71</td>
<td>77</td>
<td>92</td>
<td>81</td>
<td>82</td>
<td>74</td>
<td>68</td>
<td>74</td>
</tr>
<tr>
<td>新潟 Niigata</td>
<td>7.1</td>
<td>8.3</td>
<td>10.7</td>
<td>12.8</td>
<td>19.5</td>
<td>23.2</td>
<td>24.3</td>
<td>29.1</td>
<td>24.2</td>
<td>17.5</td>
<td>14.0</td>
<td>7.7</td>
</tr>
<tr>
<td>大阪 Osaka</td>
<td>65</td>
<td>55</td>
<td>65</td>
<td>66</td>
<td>75</td>
<td>82</td>
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<td>76</td>
<td>83</td>
<td>75</td>
<td>65</td>
<td>61</td>
</tr>
<tr>
<td>福岡 Fukuoka</td>
<td>5.2</td>
<td>5.0</td>
<td>7.9</td>
<td>10.1</td>
<td>17.2</td>
<td>22.3</td>
<td>23.6</td>
<td>27.7</td>
<td>24.4</td>
<td>16.4</td>
<td>11.4</td>
<td>5.2</td>
</tr>
<tr>
<td>尼崎 Nishinomiya</td>
<td>77</td>
<td>75</td>
<td>69</td>
<td>69</td>
<td>74</td>
<td>75</td>
<td>88</td>
<td>79</td>
<td>75</td>
<td>73</td>
<td>73</td>
<td>80</td>
</tr>
<tr>
<td>北九州 Kitakyushu</td>
<td>8.6</td>
<td>8.0</td>
<td>11.4</td>
<td>13.7</td>
<td>20.8</td>
<td>24.9</td>
<td>26.0</td>
<td>30.7</td>
<td>25.8</td>
<td>18.7</td>
<td>14.7</td>
<td>8.7</td>
</tr>
<tr>
<td>宮崎 Miyazaki</td>
<td>64</td>
<td>61</td>
<td>61</td>
<td>55</td>
<td>63</td>
<td>69</td>
<td>80</td>
<td>66</td>
<td>69</td>
<td>67</td>
<td>66</td>
<td>61</td>
</tr>
<tr>
<td>長崎 Nagasaki</td>
<td>9.5</td>
<td>9.7</td>
<td>12.4</td>
<td>14.1</td>
<td>20.4</td>
<td>24.9</td>
<td>25.5</td>
<td>30.2</td>
<td>24.5</td>
<td>19.4</td>
<td>15.3</td>
<td>8.5</td>
</tr>
<tr>
<td>神戸 Kobe</td>
<td>71</td>
<td>66</td>
<td>64</td>
<td>59</td>
<td>71</td>
<td>76</td>
<td>82</td>
<td>70</td>
<td>74</td>
<td>67</td>
<td>66</td>
<td>61</td>
</tr>
</tbody>
</table>

月別平均気温と降水量 / Monthly average temperature and average rainfall

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

The monthly average temperatures and humidity in different areas of Japan are as follows:
4-6 祝祭日など

日本では、土曜日、日曜日及び国民の祝日は、官庁や銀行、一部を除く郵便局や会社などでは業務を行いませんが、デパート・商店などは大部分が営業しています。日曜日と祝日が重なった場合はその翌日が休日となります。

| 1月1日 | 元旦 |
| 1月2日〜3日 | 年始休暇1) |
| 1月第2月曜日 | 旧正月 |
| 2月11日 | 建国記念の日 |
| 2月23日 | 天皇誕生日 |
| 3月21日 | 春分の日2) |
| 4月1日 | 学年・会計年度開始 |
| 4月29日 | 昭和の日 |
| 5月3日 | 憲法記念日 |
| 5月4日 | みどりの日 |
| 5月5日 | こどもの日 |
| 7月第3月曜日 | 海の日 |
| 8月11日 | 山の日 |
| 8月15日 | 旧盆（または「お盆」）この前後休業する企業などがある。
| 9月第3月曜日 | 敬老の日 |
| 9月23日 | 秋分の日2) |
| 10月第2月曜日 | スポーツの日 |
| 11月3日 | 文化の日 |
| 11月23日 | 勤労感謝の日 |
| 12月29日 | おおまか |
| 〜31日 | 大晦日 |

1) 企業・団体によって、若干差があります。
2) 年によって、前後に入れる場合があります。

Notes:
1) There is some variation in days depending on the holiday schedule of the company or organization.
2) These dates may change from year to year.

4-6 National Holidays and Other Important Dates

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

- **January 1** - New Year’s Day
- **January 2 through 3** - New Year Holidays1)
- **2nd Monday of January** - Coming-of-Age Day
- **February 11** - National Foundation Day
- **February 23** - The Emperor’s Birthday
- **March 21** - Vernal Equinox2)
- **April 1** - Beginning of the new academic and fiscal year
- **April 29** - Day of Showa
- **May 3** - Constitution Memorial Day
- **May 4** - Greenery Day
- **May 5** - Children’s Day
- **3rd Monday of July** - Marine Day
- **August 11** - Mountain Day
- **August 15** - O-bon or Buddhist All Souls’ Day. Companies may be closed before and after this day.
- **3rd Monday of September** - Respect-for-the-Aged Day
- **September 23** - Autumnal Equinox2)
- **2nd Monday of October** - Sports Day3)
- **November 3** - Culture Day
- **November 23** - Labor Thanksgiving Day
- **December 29** - New Year’s Eve - Year-end Holidays1)

Notes:
1) There is some variation in days depending on the holiday schedule of the company or organization.
2) These dates may change from year to year.
4-7  Traveling in Japan

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

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

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

Travel Information in English

The Japan National Tourism Organization (JNTO) provides tourists from overseas with travel information in multiple languages, and distributes maps and pamphlets on travel within Japan. It also offers tourism information through the Internet, and operates several Tourist Information Centers in Tokyo. These centers provide sightseeing information across Japan throughout the year (except on New Year’s Day). JNTO also launched a program to certify the Tourist Information Centers that can properly handle foreign tourists as JNTO Certified Foreign Tour Information Centers. As of August 2021, JNTO has certified more than 1,500 centers in Japan that are permitted to display the program’s logo.

★ JNTO
1-6-4 Yotsuya, Shinjuku-ku, Tokyo 160-0004
Tel: 03-5369-3342 [ URL https://www.jnto.go.jp/]

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

★ JNTO Certified Foreign Tour Information Centers
For details, visit [ URL https://tic.jnto.go.jp/]

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

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

Flight Information

**Haneda Airport International Passenger Flight Terminal 3, 2F**
Tel: 03-6428-0653

**Narita International Airport Terminal 1, 1F**
Tel: 0476-30-3383

**Narita International Airport Terminal 2, 1F**
Tel: 0476-34-5877

**Kansai International Airport Terminal 1, 1F, center of the floor**
Tel: 072-456-6160

**Narita International Airport Terminal 1, 1F**
Tel: 0476-30-3383

**Kansai International Airport Terminal 1, 1F**
Tel: 072-455-2500

**New Chitose Airport**
Tel: 0123-23-0111

**Haneda Airport (Tokyo International Airport) International Flights**
Tel: 03-5757-8111

**Kansai International Airport**
Tel: 072-456-6160

**New Chitose Airport**
Tel: 0123-23-0111

**Haneda Airport (Tokyo International Airport) International Flights**
Tel: 03-5757-8111

**Kansai International Airport**
Tel: 072-456-6160

**Fukuoka Airport**
Tel: 092-621-0303

**Kansai International Airport Access**

[Map of transportation between airports and cities]
4-8-1 Narita International Airport

Narita Airport, Terminal 1 (Narita Airport Station)

Narita Airport, Terminal 2 (Airport Terminal 2 Station)

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

Tokyo City Air Terminal (T-CAT)
- Limousine bus (approx. 60 min., fare: ¥2,800)

Tokyo Station
- Airport Bus (TYO-NRT) (approx. 65 min., fare: ¥1,300)
- Narita Express (JR) (approx. 60 min., fare: ¥3,070)

Keisei Ueno Station
- Skyliner (approx. 40 min., fare: ¥2,520)

Ikebukuro Station
- Limousine bus (approx. 90 min., fare: ¥3,200)
- Narita Express (JR) (approx. 90 min., fare: ¥3,250)

Shinjuku Station
- Limousine bus (approx. 90 min., fare: ¥3,200)
- Narita Express (JR) (approx. 80 min., fare: ¥3,250)

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

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

Yokohama City Air Terminal (YCAT)
- Limousine bus (approx. 85 min., fare: ¥3,700)

Tsuchiura Station East Exit / Tsukuba Center
- Narita Airport Line (NATT’S) (approx. 95 min., fare: ¥2,300)

Notes:
1) Fares are current as of August 2021.
2) Narita Express (JR) fares are the regular season rates.
4-8-2 Haneda Airport (Tokyo International Airport) International Flights

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

<table>
<thead>
<tr>
<th>Destination</th>
<th>Route</th>
<th>Time</th>
<th>Fare</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tokyo Station</td>
<td>Monorail (Rapid) + JR</td>
<td>(approx. 25 min., fare: ¥660)</td>
<td></td>
</tr>
<tr>
<td>Shibuya Station</td>
<td>Monorail (Rapid) + JR</td>
<td>(approx. 40 min., fare: ¥700)</td>
<td></td>
</tr>
<tr>
<td>Shinjuku Station</td>
<td>Keikyu (or Rapid Limited Express, “Kaitoku”) + JR</td>
<td>(approx. 45 min., fare: ¥700)</td>
<td></td>
</tr>
<tr>
<td>Ikebukuro Station</td>
<td>Keikyu (or Rapid Limited Express, “Kaitoku”) + JR</td>
<td>(approx. 45 min., fare: ¥500)</td>
<td></td>
</tr>
<tr>
<td>Yokohama Station</td>
<td>Keikyu (or Rapid Limited Express, “Kaitoku”)</td>
<td>(approx. 45 min., fare: ¥570)</td>
<td></td>
</tr>
<tr>
<td>Narita International Airport</td>
<td>Limousine bus</td>
<td>(approx. 65 min., fare: ¥3,200)</td>
<td></td>
</tr>
<tr>
<td>Tsukuba</td>
<td>Monorail (Rapid) + JR + Tsukuba Express*</td>
<td>(approx. 100 min., fare: ¥1,870)</td>
<td></td>
</tr>
</tbody>
</table>

Notes:
1) Fares are current as of August 2021.
2) Tsukuba Express is a dedicated rapid train.
4-8-3 関西国際空港

関西国際空港

Kansai International Airport

4-8-3 Kansai International Airport

Kansai International Airport

Kyoto Station

JR (Limited Express) (approx. 80 min., fare: ¥2,770)
Limousine bus (approx. 85 min., fare: ¥2,600)

Shin-Osaka Station

JR (Limited Express) (approx. 50 min., fare: ¥2,260)

Osaka Station

JR (Rapid) (approx. 70 min., fare: ¥1,210)
Limousine bus (approx. 50 min., fare: ¥1,600)

Namba Station (Namba OCAT)

Nankai Dentetsu (“Rapi:t”) (approx. 40 min., fare: ¥1,450)
Limousine bus (approx. 50 min., fare: ¥1,100)

Osaka International Airport (Itami)

Limousine bus (approx. 70 min., fare: ¥2,000)

Nara Station

JR (Rapid, via Tennoji Station) (approx. 90 min., fare: ¥1,740)
Limousine bus (approx. 85 min., fare: ¥2,100)
(The service is suspended as of September 2021)

 Wakayama Station

JR (approx. 55 min., fare: ¥900)
Limousine bus (approx. 40 min., fare: ¥1,200)

Kobe Sannomiya

Limousine bus (approx. 65 min., fare: ¥2,000)

Note: Fares are current as of August 2021.
4-9 Various Mass Media: TV, Radio, Newspapers

TV Broadcasts

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

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

Radio Broadcasts in Foreign Languages

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

★ FM radio
◇ Inter FM 897 (89.7 MHz) URL https://www.interfm.co.jp/ Radio NEO (79.5 MHz) URL http://radio-neo.com/ Broadcasts news and information in English and other languages in the Tokyo metropolitan area.
◇ FM Cocolo (76.5 MHz) URL https://cocolo.jp/ Broadcasts news and information in English and other languages in the Kansai region.

English-language Newspapers

◇ The Japan News
Tel: 0120-431-159 URL https://the-japan-news.com/
◇ The Japan Times
Tel: 0120-036-242 URL https://www.japantimes.co.jp/
◇ The Asahi Shimbun / Asia & Japan Watch
Tel: 0120-383-636 URL https://www.asahi.com/ajw/
### 4-10 Sizes of Clothes and Shoes

#### ■ Men’s

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

#### ■ Women’s

<table>
<thead>
<tr>
<th></th>
<th>Japan (センチ)</th>
<th>Inches</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clothing size</td>
<td>7 9 11 13 15</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4 6 8 10 12</td>
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<td></td>
<td>32 34 36 38 40</td>
<td></td>
</tr>
<tr>
<td></td>
<td>36 38 40 42 44</td>
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</tbody>
</table>

#### Shoes

<table>
<thead>
<tr>
<th></th>
<th>Japan (センチ)</th>
<th>Inches</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shirt collar</td>
<td>24.5 25 25.5 26 26.5 27 27.5</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6.5 7 7.5 8-8.5 9 9.5 10</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5.5 6 6.5 7 7.5 8 8.5</td>
<td></td>
</tr>
<tr>
<td></td>
<td>40 40 41 42 42 43 43</td>
<td></td>
</tr>
</tbody>
</table>

#### Note:

Please use these figures as a guide only, as actual sizes vary among manufacturers and products.
Chapter 5
Academic Information

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

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

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

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

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

From April 2015, Incorporated Administrative Agencies were divided into three categories based on their operational characteristics: the Agency Managed under the Medium-term Objectives, the National Research and Development Agency, and the Agency Engaged in Administrative Execution. In 2003, the Japan Society for the Promotion of Science (JSPS) became an Incorporated Administrative Agency under the administration of MEXT, and it was
5-1-1 Universities (Graduate Schools)

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

<table>
<thead>
<tr>
<th>Category</th>
<th>Number of Universities</th>
<th>Number with Graduate Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>National university corps</td>
<td>86</td>
<td>86</td>
</tr>
<tr>
<td>Public universities</td>
<td>93</td>
<td>84</td>
</tr>
<tr>
<td>Private universities</td>
<td>607</td>
<td>472</td>
</tr>
<tr>
<td>Total</td>
<td>786</td>
<td>642</td>
</tr>
</tbody>
</table>

(FY2019 Report on School Basic Survey, MEXT)

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

5-1-2 Inter-University Research Institute Corporations

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

5-1-3 Research Institutes under Jurisdiction of the MEXT and Others

Japan also has a large number of research institutes (National Research Institutes, Incorporated Administrative Agencies, Quasi-
5-2 Academic Societies

Academic societies play a vital role as a forum for such activities as research presentations, debates, and information exchanges. Societies with over 2,000 regular members in fields of humanities and social sciences number about 40, while those in fields of natural sciences with more than 10,000 regular members also number about 40 (according to the Directory of Academic Societies, March 4, 2018).

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

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

5-3 Academic Information System

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

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

URL http://www.nii.ac.jp/en/
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発信を積極的に行っています（一部有料）。

★国立研究開発法人 科学技術振興機構

URL http://www.jst.go.jp/

【主なサービス】

1. 科学技術総合リンクセンター（J-GLOBAL）：個別に存在していた科学技術情報をつけ、整理したサービス
2. 電子ジャーナル（J-STAGE）：日本の科学技術に関する学協会誌の電子ジャーナル化を支援するサービス
3. 新世代研究基盤サービス（researchmap）：公開されている各種研究データベースと連携した、研究者中心のコミュニケーションサービス
4. 研究者の公募情報（JREC-IN Portal）：日本の研究機関の研究職・技術職への就職希望者への情報サービス
5. バイオサイエンスデータベースセンター（NBDC）：ヒトゲノム統合データベース（HOWDY-R）等のデータベースを提供するサービス

Main Services

1. CiNii (NII academic content portal)
   Comprehensively searches various types of academic information, including academic papers, literature and periodicals
2. KAKEN (the Grants-in-Aid for Scientific Research database)
   Searches outlines of research results conducted under the grants-in-aid programs.
3. NII-REO (Electronic Journal Archive)
   Provides a crossover search function among multiple electronic journals, and article abstracts can be viewed free of charge
4. Webcat Plus (General catalog database search)
   Web-based search engine for catalog database of university libraries and other locations in Japan
5. NACSIS-CAT/ILL (Catalog Information Services)
   Provides a catalog database for literature and periodical materials held at university libraries and research institutions

In addition, the Japan Science and Technology Agency (JST)—a national research and development agency under the jurisdiction of MEXT—actively distributes information on Japanese science and technology through such measures as providing a database of information on academic literature and on Japanese research institutes and researchers in a directory format (some of it fee-based).
The naganakidori, a long-crowing rooster of the eternal world, has symbolized the dawn since ancient times. Japan's oldest historical record, the Kojiki, relates that the gods gathered naganakidori to signal the end of night and thereby convince the sun goddess Amaterasu to open the stone door of her cave.
6-1 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）に設立されて以来、学術の振興を図ることを目的とする我が国の唯一の独立した資金供給機関（ファンド・エージェンシー）として、研究者の活動を支えています。学振は、①世界レベルの多様な知の創造、②研究の開拓に挑戦する次世代の研究者の養成、③大学等の強みを生かした教育研究機能の強化、④強力な研究基盤の構築、⑤総合的な学術情報分析基盤の構築の5本の柱を基盤に、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ポイントアップ型の支援を行っている点が特徴です。

学振は、東京都千代田区に本部を置き、業務部、経営企画部、国際統括本部、国際財産部、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、人文学・社会科学データインフラストラクチャ構築推進センターの1本部、6部、4センターからなており、166人（令和2年度時点）の常勤職員が働いています。東京本部の他に、9か国10か所の海外研究連絡センターが設置されており、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等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50か国、2国際機関を含む98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供給機関として重要な役割を担っています（令和3年11月時点）。

学振の事業は、152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、ウトルーチェ事業等、各事業の詳細に関しては、ホームページ及びプロフィールをご覧ください。


JSPSの活動概要はYouTubeでもご覧いただけます。

Visit the JSPS YouTube channel for an overview of JSPS activities.

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

6-1 Japan Society for the Promotion of Science

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

The JSPS Tokyo Headquarters, located in the Kojimachi district of Tokyo’s Chiyoda Ward, has one headquarter, six departments and four centers—Administration Department, Policy Planning 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, Center for World Premier International Research Center Initiative, and Center for Constructing Data Infrastructure for the Humanities and Social Sciences—with a total of 166 full-time employees (as of March 2021). In addition to its headquarters in Tokyo, JSPS has ten liaison offices overseas in nine countries. As of 2015, the organization established a new post, JSPS Science Advisor, in São Paulo to collect information on research trends and provide specialized advice in Brazil and neighboring areas. Cooperative ties have been built with 98 overseas counterpart institutions—including two international institutions—in 50 countries around the world to promote various international programs (as of November 2021). JSPS plays a crucial role as the Japan’s premier funder of scientific research.

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

### 6-1-1 日本学術振興会の事業一覧

<table>
<thead>
<tr>
<th>事業名</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ⅰ 世界レベルの多様な知の創造</td>
<td>Creating Diverse World-Level Knowledge</td>
</tr>
<tr>
<td>科学研究費助成事業</td>
<td>Grants-in-Aid for Scientific Research (KAKENHI)</td>
</tr>
<tr>
<td>二国間交流事業</td>
<td>BILATERAL COLLABORATIONS: JOINT RESEARCH PROJECTS AND SEMINARS</td>
</tr>
<tr>
<td>共同研究・セミナー</td>
<td>RESEARCHER EXCHANGE PROGRAM (DISPATCH)</td>
</tr>
<tr>
<td>特定国派遣研究者事業</td>
<td>JAPANESE-GERMAN GRADUATE EXTERNSHIP</td>
</tr>
<tr>
<td>日独共同大学院プログラム</td>
<td>INTERNATIONAL JOINT RESEARCH PROGRAM</td>
</tr>
<tr>
<td>国際共同研究事業</td>
<td>CORE-TO-CORE PROGRAM</td>
</tr>
<tr>
<td>研究拠点形成事業</td>
<td>A3 FORESIGHT PROGRAM</td>
</tr>
<tr>
<td>日中韓フォーサイト事業</td>
<td>Topic-Setting Program to Advance Cutting-Edge Humanities and Social</td>
</tr>
<tr>
<td>課題設計による先導的文人学・社会科学研究推進事業</td>
<td>Sciences Research</td>
</tr>
<tr>
<td>人文科学・社会科学データインフラストラクチャー構築推進事業</td>
<td>CONSTRUCTING DATA INFRASTRUCTURE FOR HUMANITIES AND SOCIAL SCIENCES</td>
</tr>
<tr>
<td>Ⅱ 知の開拓に挑戦する次世代の研究者の養成</td>
<td>Fostering the Next Generation of Researchers to Pioneer Knowledge</td>
</tr>
<tr>
<td>特別研究員</td>
<td>RESEARCH FELLOWSHIPS FOR YOUNG SCIENTISTS</td>
</tr>
<tr>
<td>海外特別研究員</td>
<td>OVERSEAS RESEARCH FELLOWSHIPS</td>
</tr>
<tr>
<td>若手研究者海外挑戦プログラム</td>
<td>INTERNATIONAL FELLOWSHIPS FOR RESEARCH IN JAPAN</td>
</tr>
<tr>
<td>外国人研究者招へい事業</td>
<td>POSTDOCTORAL FELLOWSHIPS FOR RESEARCH IN JAPAN</td>
</tr>
<tr>
<td>外国人特別研究員</td>
<td>A.Summer Program</td>
</tr>
<tr>
<td>A. サマー・プログラム</td>
<td>B.Summer Program</td>
</tr>
<tr>
<td>B. 戦略的プログラム</td>
<td>C.Short-term Program</td>
</tr>
<tr>
<td>C. 欧米短期</td>
<td>D.Standard Program</td>
</tr>
<tr>
<td>D. 一般</td>
<td>Invitational Fellowships for Research in Japan</td>
</tr>
<tr>
<td>E. 長期</td>
<td>E.Long-term</td>
</tr>
<tr>
<td>F. 短期</td>
<td>F.Short-term</td>
</tr>
<tr>
<td>外国人招へい研究者</td>
<td>RONPAKU (Dissertation PhD) Program</td>
</tr>
<tr>
<td>論文博士号取得希望者に対する支援事業</td>
<td>Science Dialogue Program</td>
</tr>
<tr>
<td>サイエンス・ダイアログ</td>
<td>HOPE Meetings ~ 5days with Nobel Laureates</td>
</tr>
<tr>
<td>HOPE ミーティング ～ノーベル賞受賞者との5日間～</td>
<td>Young Researcher Support for Attending Lindau Nobel Laureate Meetings</td>
</tr>
<tr>
<td>リンダウ・ノーベル賞受賞者会議派遣事業</td>
<td>Nobel Prize Dialogue</td>
</tr>
<tr>
<td>ノーベル・プライス・ダイアログ</td>
<td>Frontiers of Science (FoS) Sympoia</td>
</tr>
<tr>
<td>ノーベル・プライス・ダイアログ</td>
<td>Leading Initiative for Excellent Young Researchers (LEADER)</td>
</tr>
<tr>
<td>先端科学（FoS）シンポジウム事業</td>
<td>World Premier International Research Center Initiative (WPI)</td>
</tr>
<tr>
<td>順位研究員事業</td>
<td>WISE Program</td>
</tr>
<tr>
<td>大学等の強みを生かしそうに教育研究機能の強化</td>
<td>Human Resource Development Project for Supporting Knowledge-Based Society</td>
</tr>
<tr>
<td>Ⅲ 大学等の強みを生かした教育研究機能の強化</td>
<td>Inter-University Exchange Project</td>
</tr>
<tr>
<td>世界トップレベル研究拠点プログラム（WPI）</td>
<td>Top Global University Support Project</td>
</tr>
<tr>
<td>卓越大学院プログラム</td>
<td>BRIDGE FELLOWSHIP PROGRAM</td>
</tr>
<tr>
<td>知識集約型社会を支える人材育成事業</td>
<td>HIRAMEKI ☆ TOKIMEKI SCIENCE (Welcome to a University Research Lab -</td>
</tr>
<tr>
<td>大学の世界展開力強化事業</td>
<td>Science that inspires and inspirits)</td>
</tr>
<tr>
<td>スーパーグローバル大学創成支援事業</td>
<td>Program for Publishing of Noteworthy Contributions to Science and Technology</td>
</tr>
<tr>
<td>Ⅳ 強固な国際研究基盤の構築</td>
<td>Fujita Memorial Fund for Medical Research</td>
</tr>
<tr>
<td>外国人研究者再招へい事業</td>
<td>Proxy Collection of Funds to Support Holding International Scientific Meetings</td>
</tr>
<tr>
<td>Ⅴ 横断的領域</td>
<td>Promoting Research Integrity</td>
</tr>
<tr>
<td>ひらめき☆ときめきサイエンス～ようこそ大学の研究室へ ～ KAKENHI</td>
<td>CROSS-SECTIONAL ISSUES</td>
</tr>
<tr>
<td>科学研究成果公開事業</td>
<td>HIRAMEKI ☆ TOKIMEKI SCIENCE (Welcome to a University Research Lab -</td>
</tr>
<tr>
<td>藤田記念医学研究振興金研究助成事業</td>
<td>Science that inspires and inspirits)</td>
</tr>
<tr>
<td>学術関係国際会議開催振興金事務の受託</td>
<td>Program for Publishing of Noteworthy Contributions to Science and Technology</td>
</tr>
<tr>
<td>研究公正推進事業</td>
<td>Fujita Memorial Fund for Medical Research</td>
</tr>
<tr>
<td>Ⅵ 顕彰</td>
<td>Proxy Collection of Funds to Support Holding International Scientific Meetings</td>
</tr>
<tr>
<td>国際生物学賞</td>
<td>Promoting Research Integrity</td>
</tr>
<tr>
<td>日本学術振興会賞</td>
<td>International Prize for Biology</td>
</tr>
<tr>
<td>日本学術振興会 育志賞</td>
<td>JSPS Prize</td>
</tr>
<tr>
<td>日本学術振興会 育志賞</td>
<td>Ikushi Prize</td>
</tr>
</tbody>
</table>
Chapter 6 Japan Society for the Promotion of Science (JSPS)

6-1-2 Japan Society for the Promotion of Science (JSPS)

Map and Contact Information of JSPS Head Office

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

Japan Society for the Promotion of Science (as of November 2021)

URL https://www.jsps.go.jp/

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

<table>
<thead>
<tr>
<th>Department/Program</th>
<th>Telephone</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Affairs Division</td>
<td>+81-3(3263)1722</td>
</tr>
<tr>
<td>Budget and Accounting Division</td>
<td>+81-3(3263)2083</td>
</tr>
<tr>
<td>Policy Planning Division</td>
<td>+81-3(3263)3461</td>
</tr>
<tr>
<td>Institutional Research and Information Division</td>
<td>+81-3(3263)2365</td>
</tr>
<tr>
<td>Public Relations Office</td>
<td>+81-3(3263)1842</td>
</tr>
<tr>
<td>International Research Cooperation Div. I</td>
<td>+81-3(3263)1826</td>
</tr>
<tr>
<td>International Research Cooperation Div. II</td>
<td>+81-3(3263)1769</td>
</tr>
<tr>
<td>Overseas Fellowship Division</td>
<td>+81-3(3263)2480</td>
</tr>
<tr>
<td>University Cooperation Program Division</td>
<td>+81-3(3263)0994</td>
</tr>
<tr>
<td>Research Fellowship Division</td>
<td>+81-3(3263)3576</td>
</tr>
<tr>
<td>Human Resource Development Program Division</td>
<td>+81-3(3263)0925</td>
</tr>
<tr>
<td>University-Industry Cooperation and Research Program Division</td>
<td>+81-3(3263)4645</td>
</tr>
<tr>
<td>Research Aid Planning Division</td>
<td>+81-3(3263)0964</td>
</tr>
<tr>
<td>Research Aid Division I</td>
<td>+81-3(3263)0976</td>
</tr>
<tr>
<td>Research Aid Division II</td>
<td>+81-3(3263)1431</td>
</tr>
<tr>
<td>Research Aid Division III</td>
<td>+81-3(3263)4927</td>
</tr>
<tr>
<td>International Policy Planning Division</td>
<td>+81-3(3263)1979</td>
</tr>
<tr>
<td>Research Integrity and Auditing Office</td>
<td>+81-3(3263)5104</td>
</tr>
<tr>
<td>Research Center for Science Systems</td>
<td>+81-3(3263)1882</td>
</tr>
<tr>
<td>Center for Science Information Analysis</td>
<td>+81-3(3263)1971</td>
</tr>
<tr>
<td>Center for World Premier International Research Center Initiative (WPI Program Center)</td>
<td>+81-3(3263)0967</td>
</tr>
<tr>
<td>Center for Constructing Data Infrastructure for the Humanities and Social Sciences</td>
<td>+81-3(3263)4645</td>
</tr>
</tbody>
</table>

JSPS office hours are from 9:30 a.m. to 12 noon and from 1 p.m. to 5:30 p.m., Monday through Friday. The office is closed on Saturdays, Sundays, national holidays and on September 21 (JSPS Foundation Day).
6-2 Services for JSPS Fellows

JSPS offers the following services to help foreign researchers who have come to Japan under a JSPS program so that they can 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
- Distribution of Life in Japan for Foreign Researchers before they come to Japan
- Orientations for the fellows of the JSPS Postdoctoral Fellowships for Research in Japan (Standard) program after their arrival (four or five times a year)
- This program was presented online during fiscal 2020 and 2021 (once yearly)

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

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

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

JSPS supports the formation of researcher communities (alumni associations) of the former program participants so as to help foreign researchers who have come to Japan under a JSPS program to actively maintain and develop their networks with international and Japanese researchers even after the completion of their fellowship tenure. As of October 2019, 20 researcher communities had formally received certification from JSPS, and about 25 percent of former fellows—a total of 26,000 since the fellowship programs were launched—belong to one of them.

As JSPS alumni associations, these groups receive support from the JSPS head office and overseas branches, and independently engage in such activities as periodically hosting academic symposia, publishing newsletters and e-mail magazines. Many overseas fellows work hard on alumni association activities to serve as a bridge between Japan and their home countries.

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


### List of Researcher Communities

<table>
<thead>
<tr>
<th>Language</th>
<th>Name</th>
<th>Year of Establishment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deutsch</td>
<td>Deutsche Gesellschaft der JSPS-Stipendiaten e.V. (DGS)</td>
<td>1995</td>
</tr>
<tr>
<td>French</td>
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*1 The area covered includes Germany, Austria and Switzerland.

*2 The area covered includes Kenya, Uganda, Ethiopia, Tanzania, Burundi, Rwanda and Zambia.
6-4 海外研究連絡センター等

JSPS Overseas Offices

The JSPS has ten liaison offices in nine countries to reinforce relations and foster international exchanges between Japan and various countries in the fields of research and technology, and is actively pursuing the activities mentioned below. In addition, a JSPS science advisor in São Paulo, Brazil collects information on research trends and provides specialized advice in Brazil and neighboring areas.

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

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ドイツ Germany
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Tel: +49-228-375050 Fax: +49-228-375050 E-mail: info@jsps-bonn.de [https://www.jsps-bonn.de

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ストックホルム研究連絡センター JSPS Stockholm Office
Retzius Vag 3, S-171 65 Solna, SWEDEN
Tel: +46-8-5248-4561 Fax: +46-8-31-38-86 E-mail: jsps-sto@jsps-sto.com [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,
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A404, China Foreign Language Mansion, No. 89 Xisanhuan Beiul, Haidian District, Beijing 100089, P.R. CHINA
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9 Al-Kamel Muhammad Street, Flat No. 4, Zamalek, Cairo, EGYPT
Tel & Fax: +20-2-27367352 E-mail: webmaster@jspscairo.com [https://www.jspscairo.com

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Tel: +254-20-4348000 E-mail: jsps1@africaonline.co.ke [https://www.jspsniaairobi.org

ブラジル Brazil
二宮正人サンパウロ海外アドバイザー
Masato Ninomiya, JSPS Science Advisor in São Paulo
E-mail: ninomiya@jspsbr.org [https://www.jsps.go.jp/english/saopaulo/index.html
The JSPS has built ties with the following 98 research promotion institutes in 50 countries, including two international institutes, creating a strong and diverse international cooperative network for promoting JSPS bilateral programs and fellowship programs for overseas research:

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|        |                | Bangladesh Academy of Sciences (BAS) ★
|        | China          | Chinese Academy of Sciences (CAS) ♥
|        |                | Chinese Academy of Social Sciences (CASS) ♥
|        |                | China Scholarship Council (CSC) ♥
|        |                | Ministry of Education (MOE) ★
|        |                | Ministry of Science and Technology (MOST) ♦
|        |                | National Natural Science Foundation of China (NSFC) ♥★
|        | India          | Department of Science and Technology (DST) ♥★
|        |                | Indian Council of Histrical Research (ICHR) ★
|        |                | Indian Council of Social Science Research (ICSSR) ★
|        | Indonesia      | Directorate General of Higher Education, Ministry of Education and Culture (DGHE) ♥
|        |                | Indonesian Institute of Sciences (IIP) ♥★
|        | Korea, Rep.    | National Research Foundation of Korea (NRF) ★★
|        | Mongolia       | Ministry of Education ★
|        | Myanmar        | Ministry of Education, Culture, Science and Sports (MECSS) ★
|        | Philippines    | Department of Science and Technology (DOST) ★★
|        | Singapore      | National University of Singapore (NUS) ♥★
|        | Thailand       | National Research Council of Thailand (NRCT) ♥★
|        | Vietnam        | Ministry of Science and Technology (MOST) ♥
|        |                | Vietnam Academy of Science and Technology (VAST) ♥★
|        | Taiwan         | Academia Sinica ★
|        | Australia      | Australian Academy of Science (AAS) ♥★
|        |                | Australian Research Council (ARC) ★
|        | New Zealand    | Ministry of Business, Innovation and Employment (MBIE) ★
|        |                | The Royal Society of New Zealand (RSNZ) ♥★★
| Oceania| Egypt          | Ministry of Higher Education and Scientific Research (MHESR) ★
|        |                | Science, Technology and Innovation Funding Authority (STDF) ♥
|        | Kenya          | National Commission for Science, Technology and Innovation (NACOSTI) ♥★
|        | Senegal        | Ministry of Higher Education, Research and Innovation ★
|        | South Africa   | National Research Foundation (NRF) ★★
|        | Tunisia        | Ministry of Higher Education and Scientific Research (MHESR) ♥
| Africa | Austria        | Austrian Agency for International Cooperation in Education and Research (OeAD-GmbH) ★
|        |                | Austrian Science Fund (FWF) ♥
|        |                | Federal Ministry of Science and Research (BMWFW) ★
|        | Belgium        | Fonds de la Recherche Scientifique-FNRS (F.R.S.-FNRS) ♥★
|        |                | Research Foundation-Flanders (FWO) ♥★
|        | Bulgaria       | Ministry of Education and Science of Bulgaria (MES) ★★
|        |                | The Bulgarian National Science Fund (BNSF) ★
|        | Czech Rep.     | Czech Academy of Sciences (CAS) ★★
|        | Denmark        | Universities Denmark (DU) ★

Europe

<table>
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<tr>
<th>Country/Region</th>
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| Finland        | Academy of Finland (AFA) ★★
| France         | French National Research Agency (ANR) ★
|                | Ministry for Europe and Foreign Affairs - Ministry of Higher Education, Research and Innovation (MEAE-MESRI) ♥
|                | Centre National de la Recherche Scientifique (CNRS) ★★
|                | National Institute for Research in Computer Science and Automation (Inria) ♥
|                | National Institute of Health and Medical Research (Inserrm) ♥
| Germany        | Alexander von Humboldt Foundation (AvH) ★★
|                | Council for the Lindau Nobel Laureate Meetings ★
|                | German Academic Exchange Service (DAAD) ♥★
|                | German Research Foundation (DFG) ♥★
| Hungary        | Hungarian Academy of Sciences (HAS) ★★
| Italy          | Ministry of Education, University and Research (MIUR) ♥
|                | The National Research Council (CNR) ♥
|                | The Scientific and Technological Research Council of Turkey (TUBITAK) ♥★
|                | The Royal Society of New Zealand ★
|                | The Royal Society for New Zealand (RSNZ) ♥★
|                | The Swedish Foundation for Strategic Research (SSF) ★
|                | Swedish Governmental Agency for Innovation Systems (VINNOVA) ★
|                | The Swiss National Science Foundation (SNSF) ★★
|                | The British Academy ♥
|                | The British Council ★
|                | The Royal Society ♥★
|                | Economic and Social Research Council (ESRC) ★
|                | UK Research and Innovation (UKRI) ★
|                | The National Academy of Sciences of Ukraine (NAS) ♥
|                | National Research Foundation of Ukraine (NRFU) ♥
|                | The Royal Society (RSNZ) ♥★
|                | Mitacs ★
|                | Natural Sciences and Engineering Research Council of Canada (NSERC) ★
|                | Social Sciences and Humanities Research Council (SSHRC) ★
|                | Royal Society of Canada (RSC) ★
|                | National Academy of Sciences (NAS) ★
|                | National Institutes of Health (NIH) ♥
|                | National Science Foundation (NSF) ★
|                | National Science Foundation of Ukraine (NSF) ★
|                | Social Science Research Council (SSRC) ★
|                | Australian Academy of Science (AAS) ★★
|                | Australian Academy of Sciences (AAS) ★★
|                | Australian Research Council (ARC) ★
|                | Ministry of Business, Innovation and Employment (MBIE) ★
|                | The Royal Society of New Zealand (RSNZ) ♥★★
|                | Ministry of Higher Education and Scientific Research (MHESR) ★
|                | Science, Technology and Innovation Funding Authority (STDF) ♥
|                | National Commission for Science, Technology and Innovation (NACOSTI) ♥★
|                | Ministry of Higher Education, Research and Innovation ★
|                | National Research Foundation (NRF) ★★
|                | Austrian Agency for International Cooperation in Education and Research (OeAD-GmbH) ★
|                | Austrian Science Fund (FWF) ♥
|                | Federal Ministry of Science and Research (BMWFW) ★
|                | Fonds de la Recherche Scientifique-FNRS (F.R.S.-FNRS) ★★
|                | Research Foundation-Flanders (FWO) ♥★
|                | Ministry of Education and Science of Bulgaria (MES) ★★
|                | The Bulgarian National Science Fund (BNSF) ★
|                | Czech Academy of Sciences (CAS) ★★
|                | Universities Denmark (DU) ★

Fellowships

- Postdoctoral Fellowship
- Multilateral and Other Programs

Bilateral Programs

- Researcher Exchanges
- Research Projects/ Seminars

International Organizations

United Nations University (UNU) ♥
Japanese-Gregorian Year Conversion Table

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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.

Appendices

巻末付録

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.
### Organization of Japanese Research Administration

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<tr>
<td>Government Offices, etc.</td>
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<td>--------------------------</td>
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<tr>
<td><strong>House of Representatives</strong></td>
</tr>
<tr>
<td>1-7-1 Nagata-cho, Chiyoda-ku, Tokyo 100-0014</td>
</tr>
<tr>
<td>Tel: 03-3581-5111 <a href="https://www.sangiin.go.jp/">URL</a></td>
</tr>
<tr>
<td><strong>House of Councillors</strong></td>
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<tr>
<td>1-7-1 Nagata-cho, Chiyoda-ku, Tokyo 100-0014</td>
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</tr>
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</tr>
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<td><strong>National Police Agency</strong></td>
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<tr>
<td>1-1-1 Kasumigaseki, Chiyoda-ku, Tokyo 100-8977</td>
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<td>Tel: 03-3580-4111 <a href="http://www.moj.go.jp/">URL</a></td>
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<td>2-2-1 Kasumigaseki, Chiyoda-ku, Tokyo 100-8919</td>
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<td>Tel: 03-3580-3311 <a href="https://www.mofa.go.jp/mofaj/">URL</a></td>
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付け録 IV

大学共同利用機関法人

Inter-University Research Institute Corporations

国立歴史民俗博物館
National Museum of Japanese History
117 Jonai-cho, Sakura-shi, Chiba 285-8502
Tel: 050-5541-8600 URL https://www.rekihaku.ac.jp/

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

国立国語研究所
The National Institute for Japanese Language and Linguistics
10-2 Midori-cho, Tachikawa-shi, Tokyo 190-8561
Tel: 0570-08-8595 URL https://www.nijnal.ac.jp/

国際日本文化研究センター
International Research Center for Japanese Studies
3-2 Oeyama-cho, Goryo, Nishikyo-ku, Kyoto 605-8510
Tel: 075-335-2222 URL https://www.nichibun.ac.jp/ja/

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

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

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

核融合科学研究所
National Institute for Fusion Science
32-2 Oroshi-cho, Toki-shi, Gifu 509-5292
Tel: 0572-58-2222 URL https://www.nifs.ac.jp/
Appendix IV

National Institute for Basic Biology
38 Nishigo-naka, Myodaiji-cho, Okazaki-shi, Aichi 444-8585
Tel: 0564-55-7652 URL https://www.nibb.ac.jp/

National Institute for Physiological Sciences
38 Nishigo-naka, Myodaiji-cho, Okazaki-shi, Aichi 444-8585
Tel: 0564-55-7700 URL https://www.nips.ac.jp/

Institute for Molecular Science
38 Nishigo-naka, Myodaiji-cho, Okazaki-shi, Aichi 444-8585
Tel: 0564-55-7418 URL https://www.ims.ac.jp/

High Energy Accelerator Research Organization
1-1 Oho, Tsukuba-shi, Ibaraki 305-0801
Tel: 029-864-5138 URL https://www.kek.jp/ja/

Institute of Particle and Nuclear Studies
1-1 Oho, Tsukuba-shi, Ibaraki 305-0801
Tel: 029-864-5324 URL https://www2.kek.jp/ipns/

Institute of Materials Structure Science
1-1 Oho, Tsukuba-shi, Ibaraki 305-0801
Tel: 029-864-5602 URL https://www2.kek.jp/imss/

Accelerator Laboratory
1-1 Oho, Tsukuba-shi, Ibaraki 305-0801
Tel: 029-864-5205 URL https://www2.kek.jp/accl/

Applied Research Laboratory
1-1 Oho, Tsukuba-shi, Ibaraki 305-0801
Tel: 029-864-5455 URL https://www2.kek.jp/arl

Research Organization of Information and Systems
Hulic Kamiyacho Bldg. 2F,
4-3-13 Toranomon, Minato-ku, Tokyo 105-0001
Tel: 03-6402-6200 URL https://www.rois.ac.jp/

National Institute of Polar Research
10-3 Midori-cho, Tachikawa-shi, Tokyo 190-8518
Tel: 042-512-0608 URL https://www.nipr.ac.jp/

National Institute of Informatics
2-1-2 Hitotsubashi, Chiyoda-ku, Tokyo 101-8430
Tel: 03-4212-2000 URL https://www.nii.ac.jp/
Main Research Institutes, etc. (National Research Institutes, Incorporated Administrative Agencies)

Ministry of Education, Culture, Sports, Science and Technology

National Institute of Education Policy Research
3-2-2 Kasumigaseki, Chiyoda-ku, Tokyo 100-8951
Tel: 03-3581-2391 [URL] https://www.nier.go.jp/

National Institute of Science and Technology Policy
Central Government Bldg. 16F, No.7 East Wing
3-2-2 Kasumigaseki, Chiyoda-ku, Tokyo 100-0013
Tel: 03-3581-2391 [URL] https://www.nistep.go.jp/

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

National Museum of Nature and Science
7-20 Ueno Koen, Taito-ku, Tokyo 110-8718
Tel: 03-5541-8600 [URL] https://www.kahaku.go.jp/

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

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

Japan Aerospace Exploration Agency
7-44-1 Jindaiji-higashi-machi, Chofu-shi, Tokyo 182-8522
Tel: 0422-40-3000 [URL] https://www.jaxa.jp/

National Institute for Quantum Science and Technology
4-9-1 Anagawa, Inage-ku, Chiba-shi, Chiba 263-8555
Tel: 043-206-3012 [URL] https://www.nirs.qst.go.jp/

Appendix V

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Ministry of Finance

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

National Research Institute of Brewing
3-7-1 Kagamiyama, Higashihiroshima-shi, Hiroshima 739-0046
Tel: 082-420-0800 https://www.nrib.go.jp/

Ministry of Health, Labour and Welfare

National Institute of Population and Social Security Research
Hibiya Kokusai Bldg. 6F, 2-2-3 Uchisaiwaicho, Chiyoda-ku, Tokyo 100-0011
Tel: 03-3595-2984 http://www.ipss.go.jp/

National Institute of Public Health
2-3-6 Minami, Wako-shi, Saitama 351-0197
Tel: 048-458-6111 https://www.nih.go.jp/

National Institute of Health and Nutrition
1-23-1 Toyama, Shinjuku-ku, Tokyo 162-8636
Tel: 03-3203-5721 https://www.nih.go.jp/eiken/

National Institute of Neuroscience, National Center of Neurology and Psychiatry
4-1-1 Ogawa-higashi-cho, Kodaira-shi, Tokyo 187-8551
Tel: 042-341-2711 https://www.ncnp.go.jp/neuroscience/

National Institute of Mental Health, National Center of Neurology and Psychiatry
4-1-1 Ogawa-higashi-cho, Kodaira-shi, Tokyo 187-8551
Tel: 042-341-2711 https://www.ncnp.go.jp/mental-health/

National Cancer Center
5-1-1 Tsukiji, Chuo-ku, Tokyo 104-0045
Tel: 03-3542-2511 https://www.ncc.go.jp/

National Institute of Health Sciences
3-25-26 Tono-machi, Kawasaki-ku, Kawasaki-shi, Kanagawa 210-9501
Tel: 044-270-6600 http://www.nihs.go.jp/

Ministry of Agriculture, Forestry and Fisheries

National Research Institute for Crop Science, National Agriculture and Food Research Organization
2-1-18 Kannondai, Tsukuba-shi, Ibaraki 305-8666
Tel: 029-838-7311 https://www.naro.go.jp/laboratory/carc/

National Institute of Agriculture, Forestry and Fisheries Research Organization
2-1-2 Kannondai, Tsukuba-shi, Ibaraki 305-8518
Tel: 029-838-7404 https://www.naro.go.jp/laboratory/nifs/

Ministry of Economy, Trade and Industry

National Institute of Public Health
2-1-1 Toyama, Shinjuku-ku, Tokyo 162-8655
Tel: 03-3202-7181 https://www.nchh.go.jp/

National Institute of Health and Nutrition
1-2-3-1 Toyama, Shinjuku-ku, Tokyo 162-8640
Tel: 03-5285-1111 https://www.niid.go.jp/niid/ja/

Ministry of the Environment

National Institute of Environmental Sciences
1-4-6 Umezono, Kiyose-shi, Tokyo 204-0024
Tel: 042-491-4512 https://www.jniosh.johas.go.jp

Ministry of the Interior, Posts and Telecommunications

National Research Institute for Child Health and Development
2-10-1 Okura, Setagaya-ku, Tokyo 157-8535
Tel: 03-3416-0181 https://www.nchd.go.jp/

National Institute of Health and Nutrition
1-2-3-1 Toyama, Shinjuku-ku, Tokyo 162-8655
Tel: 03-3202-7181 https://www.nchh.go.jp/

Ministry of Justice

National Institute of Health and Nutrition
1-2-3-1 Toyama, Shinjuku-ku, Tokyo 162-8655
Tel: 03-3202-7181 https://www.nchh.go.jp/

National Institute of Health and Nutrition
1-2-3-1 Toyama, Shinjuku-ku, Tokyo 162-8655
Tel: 03-3202-7181 https://www.nchh.go.jp/

Ministry of Land, Infrastructure, Transport and Tourism

National Institute of Public Health
2-3-6 Minami, Wako-shi, Saitama 351-0197
Tel: 048-458-6111 https://www.nih.go.jp/

National Institute of Health Sciences
3-25-26 Tono-machi, Kawasaki-ku, Kawasaki-shi, Kanagawa 210-9501
Tel: 044-270-6600 http://www.nihs.go.jp/
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Food Research Institute, National Agriculture and Food Research Organization
2-1-12 Kannondai, Tsukuba-shi, Ibaraki 305-8642
Tel: 029-838-7971 [URL: https://www.naro.go.jp/laboratory/nfri/]

Institute of Livestock and Grassland Science, National Agriculture and Food Research Organization
2 Ikenodai, Tsukuba-shi, Ibaraki 305-0901
Tel: 029-838-8600 [URL: https://www.naro.go.jp/laboratory/ilgs/]

National Institute of Animal Health, National Agriculture and Food Research Organization
1 Hitsujigaoka, Toyohira-ku, Sapporo-shi, Hokkaido 062-8555
Tel: 011-851-9141 [URL: https://www.naro.go.jp/laboratory/animalhealth/]

Tohoku Agricultural Research Center, National Agriculture and Food Research Organization
1-1 Owashi, Tsukuba-shi, Ibaraki 305-8686
Tel: 029-838-7513 [URL: https://www.naro.go.jp/laboratory/niah/]

Hokkaido Agricultural Research Center, National Agriculture and Food Research Organization
3-1-5 Kannondai, Tsukuba-shi, Ibaraki 305-0856
Tel: 029-838-7713 [URL: https://www.naro.go.jp/laboratory/harc/]

Western Region Agricultural Research Center, National Agriculture and Food Research Organization
6-12-1 Nishifukutsu-cho, Fukuyama-shi, Hiroshima 721-8514
Tel: 084-923-4100 [URL: https://www.naro.go.jp/laboratory/warc/]

Kyushu Okinawa Agricultural Research Center, National Agriculture and Food Research Organization
2421 Suya, Koshi-shi, Kumamoto 861-1192
Tel: 096-242-1150 [URL: https://www.naro.go.jp/laboratory/karc/]

Institute for Rural Engineering, National Agriculture and Food Research Organization
2-1-6 Kannondai, Tsukuba-shi, Ibaraki 305-8609
Tel: 029-838-7513 [URL: https://www.naro.go.jp/laboratory/nire/]

Japan International Research Center for Agricultural Sciences
1-1 Owashı, Tsukuba-shi, Ibaraki 305-8686
Tel: 029-838-6313 [URL: https://www.jircas.go.jp/ja/]

Forestry and Forest Products Research Institute
1 Matsunosato, Tsukuba-shi, Ibaraki 305-8687
Tel: 029-873-3211 [URL: https://www.ffpri.affrc.go.jp/ffpri.html]
Ministry of Land, Infrastructure, Transport and Tourism

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

Civil Engineering Research Institute for Cold Region, Public
1-3-1-34 Hiragishi, Toyohira-ku, Sapporo-shi, Hokkaido 062-8602
Tel: 011-841-1111 [URL] https://www.ceri.go.jp/

National Maritime Research Institute
6-38-1 Shinkawa, Mitaka-shi, Tokyo 181-0004
Tel: 0422-41-3013 [URL] https://www.nmri.go.jp/

National Institute for Land and Infrastructure Management
1 Kitasato, Tsukuba-shi, Ibaraki 305-0811
Tel: 029-864-1111 [URL] https://www.ntsel.go.jp/

Geospatial Information Authority of Japan
1 Kitasato, Tsukuba-shi, Ibaraki 305-0811
Tel: 029-864-1111 [URL] https://www.gsi.go.jp/

Building Research Institute
1 Tachihara, Tsukuba-shi, Ibaraki 305-0804

Ministry of the Environment

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

National Institute for Minamata Disease
4058-18 Hama, Minamata-shi, Kumamoto 867-0008

Appendix V
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<td>Tokyo Regional Immigration</td>
<td>5-5-30 Konan, Minato-ku, Tokyo 108-8255</td>
<td>Tel: 0570-034259</td>
<td>Yokohama District Immigration Office</td>
<td>Tokyo, Kanagawa, Saitama, Chiba, Ibaraki, Tochigi, Gunma, Yamanashi, Nagano and Niigata</td>
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<td>Osaka Regional Immigration</td>
<td>1-29-53, Nanko Kita, Suminoe-ku, Osaka-shi, Osaka 559-0034</td>
<td>Tel: 06-4703-2100</td>
<td>Osaka Regional Immigration Bureau</td>
<td>Osaka, Kyoto, Hyogo, Nara, Shiga and Wakayama</td>
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<td>Kansai Regional Immigration</td>
<td>1 Senshu-kuku-naka, Tajiri-cho, Sennan-gun, Osaka-shi, Osaka 549-0011</td>
<td>Tel: 072-455-1453</td>
<td>Kansai District Immigration Office</td>
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<td>Kobe District Immigration</td>
<td>Kobe Local Joint Government Bldg., 29 Kaigan-dori, Chuo-ku, Kobe-shi, Hyogo 650-0024</td>
<td>Tel: 078-391-6377</td>
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<td>Fukuoka Regional Immigration</td>
<td>Fukuoka Legal Affairs Government Complex No. 1, 3-5-25, Maizuru, Chuo-ku, Fukuoka-shi, Fukuoka 810-0073</td>
<td>Tel: 092-717-5420</td>
<td>Fukuoka Regional Immigration Bureau</td>
<td>Fukuoka, Saga, Nagasaki, Oita, Kumamoto, Kagoshima, Miyazaki and Okinawa</td>
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<td>Sapporo Regional Immigration</td>
<td>Sapporo Third Joint Government Bldg., Odori-nishi 12-chome, Chuo-ku, Sapporo-shi, Hokkaido 060-0042</td>
<td>Tel: 011-261-7502</td>
<td>Sapporo Regional Immigration Bureau</td>
<td>Miyagi, Fukushima, Yamagata, Iwate, Akita and Aomori</td>
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<td>Hiroshima Legal Affairs Joint Government Bldg., 2-31 Kamihatchobori, Naka-ku, Hiroshima-shi, Hiroshima 730-0012</td>
<td>Tel: 082-221-4411</td>
<td>Hiroshima Regional Immigration Bureau</td>
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<td>Takamatsu Regional Immigration</td>
<td>Takamatsu Legal Affairs Joint Government Bldg., 1-1 Marunouchi, Takamatsu-shi, Kagawa 760-0033</td>
<td>Tel: 087-822-5852</td>
<td>Takamatsu Regional Immigration Bureau</td>
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<td>Tel: 092-717-5420</td>
<td>Fukuoka Regional Immigration Bureau</td>
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Prefectural and City Governments’ URLs and International Exchange Associations (Approved by the Ministry of Internal Affairs and Communications)

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<td><a href="https://www.pref.akita.lg.jp/">https://www.pref.akita.lg.jp/</a></td>
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<td>HIROSHIMA Prefecture</td>
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<td>HOKKAIDO Prefecture</td>
<td><a href="https://www.pref.hokkaido.lg.jp/">https://www.pref.hokkaido.lg.jp/</a></td>
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<td>HOKKAIDO Prefecture</td>
<td><a href="https://www.hiecc.or.jp/">https://www.hiecc.or.jp/</a></td>
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<td>HYOGO Prefecture</td>
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<td>HYOGO Prefecture</td>
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<td>Ibaraki</td>
<td><a href="https://www.pref.ibaraki.jp/">https://www.pref.ibaraki.jp/</a></td>
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Appendix VII

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

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

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

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

Oita Prefecture Arts, Cultural & Sports Promotion Foundation
c/o Oasis Hirooma 21, 2-33 Takasagomati, Oita-shi, Oita 870-0029
Tel: 097-533-4011 URL https://www.zaidan.emo.or.jp/

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

Okinawa Prefectural International Exchange Foundation
Okinawa International Center, 2-2-1 Hankancho, Kita-ku, Okinawa-shi, Okinawa 700-0026
Tel: 086-256-2000 URL http://www.opihf.or.jp/

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

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

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

SHIZUOKA Prefecture International Exchange and Human Resources Development Foundation
4-2-16 Isa, Ginowan-shi, Shizuoka 901-0029
Tel: 098-942-9212 URL http://www.s-i-a.or.jp/

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

Saga Prefecture International Relations Association
Saga Shoko Bldg. 1F, 2-1-12 Shirayama, Saga-shi, Saga 840-0826
Tel: 0952-25-7921 URL https://www.spira.or.jp/

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

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

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

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

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

Saga Prefecture International Relations Association
Saga Prefecture International Exchange Association
Saga Shoko Bldg. 1F, 2-1-12 Shirayama, Saga-shi, Saga 840-0826
Tel: 0952-25-7921 URL https://www.spira.or.jp/

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

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

Designated Cities (alphabetical order)

CHIBA Designated City 千葉市
URL https://www.city.chiba.jp/
（公財）千葉市国際交流協会

Chiba City International Association
Chiba Chuo Community Center 2F, 2-1 Chiba-Minato, Chuo-ku, Chiba-shi, Chiba 260-0026
Tel: 043-245-5750 URL https://www.ccia-chiba.or.jp/

FUKUOKA Designated City 福岡市
URL https://www.city.fukuoka.lg.jp/
（公財）福岡よかトピア国際交流財団

Fukuoka City International Foundation
Fukuoka City International Center 1F, 4-1 Tenya-machi, Hakata-ku, Fukuoka-shi, Fukuoka 812-0025
Tel: 092-262-1799 URL https://www.fcif.or.jp/

HAMAMATSU Designated City 浜松市
URL https://www.city.hamamatsu.shizuoka.jp/
（公財）浜松国際交流協会

Hamamatsu Foundation for International Communications and Exchanges
CREATE Hamamatsu 4F, 2-1 Hayauma-cho, Naka-ku, Hamamatsu-shi, Shizuoka 430-0916
Tel: 053-458-2170 URL https://www.hi-hic.e.jp/

HIROSHIMA Designated City 広島市
URL https://www.city.hiroshima.lg.jp/
（公財）広島平和文化センター

Hiroshima Peace Culture Foundation
1-2 Nakajima-cho, Naka-ku, Hiroshima-shi, Hiroshima 730-0811
Tel: 082-241-5246 URL http://www.pcf.city.hiroshima.jp/hpcf/

KAWASAKI Designated City 川崎市
URL https://www.city.kawasaki.jp/
（公財）川崎市国際交流協会

Kawasaki International Association
2-2 Kizuki Gion-cho, Nakahara-ku, Kawasaki-shi, Kanagawa 211-0033
Tel: 044-435-7000 URL https://www.kian.or.jp/

KITAKYUSHU Designated City 北九州市
URL https://www.city.kitakyushu.lg.jp/
（公財）北九州市国際交流協会

Kitakyushu International Association
Com City 3F, 3-15-3, Kurosaki, Yahatanishi-ku, Kitakyushu-shi, Fukuoka 806-0021
Tel: 093-643-5931 URL https://www.kitaq-koryu.jp/

YAMAGATA Prefecture 鳥取県
URL https://www.pref.tottori.lg.jp/

Tottori Prefectural International Exchange Foundation
Kenmin Fureai Kaikan 3F, 21 Ogi-machi, Tottori-shi, Tottori 680-0846
Tel: 0857-51-1165 URL http://www.torisakuy.or.jp/

TOYAMA Prefecture 富山県
URL https://www.pref.toyama.jp/

Toyama International Center
Intec Bldg. 4F, 5-5 Ushijima-Shinmachi, Toyama-shi, Toyama 930-0856
Tel: 076-444-2500 URL http://www.tic-toyama.or.jp/

WAKAYAMA Prefecture 和歌山県
URL https://www.pref.wakayama.lg.jp/

Wakayama Big Ai 9F, 2-1-2 Tebira, Wakayama-shi, Wakayama 640-8319
Tel: 073-423-5717 URL http://www.wixas.or.jp/

YAMAGATA Prefecture 山形県
URL https://www.pref.yamagata.jp/

Association for International Relations in Yamagata
Kajo Central 2F, 1-1-1 Jonan-machi, Yamagata-shi, Yamagata 990-8580
Tel: 023-647-2560 URL https://www.airyamagata.org/

YAMAGUCHI Prefecture 山口県
URL https://www.pref.yamaguchi.lg.jp/

Yamaguchi International Exchange Association
Mizunoue Bldg. 3F, 1-7 Mizunoue-cho, Yamaguchi-shi, Yamaguchi 753-0082
Tel: 083-925-7353 URL https://www.yiea.or.jp/

YAMANASHI Prefecture 山梨県
URL https://www.pref.yamanashi.jp/

Yamanashi International Association
Yamanashi International Center, 2-2-3 Iida, Kofu-shi, Yamanashi 400-0035
Tel: 055-228-5419 URL http://yia.or.jp/wordpress/
KOBE Designated City  神戸市
URL https://www.city.kobe.lg.jp/

Kumamoto International Foundation
1-4 Hanabata-cho, Chuo-ku, Kumamoto-shi, Kumamoto 860-0806
Tel: 096-359-2121 URL https://www.kumamoto-if.or.jp/

KYOTO Designated City  京都市
URL https://www.city.kyoto.lg.jp/

NAGoya Designated City  名古屋市
URL https://www.city.nagoya.jp/

NIIGATA Designated City  新潟市
URL https://www.city.niigata.lg.jp/

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

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

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

SAITAMA Designated City  さいたま市
URL https://www.city.saitama.jp/

SAKAi Designated City  堺市
URL https://www.city.sakai.lg.jp/

SAPPoro Designated City  札幌市
URL https://www.city.sapporo.jp/

SHIZUOKA Designated City  静岡市
URL https://www.city.shizuoka.lg.jp/

SOKAs Designated City  堺市
URL https://www.city.sakai.lg.jp/

YOKOHAMA Designated City  横浜市
URL https://www.city.yokohama.lg.jp/
Appendix  VIII

Private Sector Foundations and Other Organizations Inviting Overseas Researchers Other Than the JSPS

JSBP offers the Postdoctoral Fellowship for Foreign Researchers Program and Invitation Fellowship Programs, and also gives them opportunities to conduct joint research with Japanese researchers at universities and other institutions in Japan. A number of organizations in the private sector also run programs that invite overseas researchers to Japan, such as those listed below (research fields indicated in parentheses):

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

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

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

**The Kajima Foundation**
(Science and technology; humanities and social science)
Kajima KI Bldg., 6-5-30 Akasaka, Minato-ku, Tokyo 107-8502
Tel: 03-3580-1712 [URL https://www.kajima-f.or.jp/]

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

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

**Tateisi Science and Technology Foundation**
(Science and technology)
11 Minami-fudondo-cho, Aburanokoji-dori-Shiokoji-sagaru, Shimogyo-ku, Kyoto-shi, Kyoto 600-8234
Tel: 075-365-4771 [URL https://www.tateisi-f.org/]
中部電気利用基礎研究振興財団（科学技術 / 医保 / 環境）
〒 460-0007 愛知県名古屋市中区新栄1231 フロンティア新栄2階
Tel: 052-259-7550
URL http://www.refec.org

テルモ生命科学振興財団（科学技術）
〒 259-0151 神奈川県足柄上郡中井町井ノ口1500
Tel: 0465-81-4236 URL https://www.terumozaidan.or.jp/

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

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

ノバルティス科学振興財団（科学技術 / 医保）
〒105-6333 東京都港区虎ノ門1-23-1 虎ノ門ビルスリーグループビル31階
Tel: 03-6899-2100 URL https://www.novartis.or.jp/

野村財団（人社）
〒100-8130 東京都千代田区大手町2-22-2 アーバネット大手町ビル12階
Tel: 03-3271-2330 URL https://www.nomurafoundation.or.jp/

ファイザーサルスリーチタルク振興財団（人社 / 医保 / 福祉）
〒151-8589 東京都渋谷区代々木3-22-7 新宿文化インタビル
Tel: 03-5309-6712 URL https://www.health-research.or.jp/

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

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

なお、これらの助成団体の概要については、例えば次の図書が参考になります。

Research Foundation for the Electrotechnology of Chubu
(Science and technology; medicine and health; environment)
Tel: 052-259-7550 URL http://www.refec.org

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

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

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

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

Nomura Foundation
(Humanities and social science)
Urbannet Otemachi Bldg. 12F, 2-2-2 Otemachi, Chiyoda-ku, Tokyo 100-8130
Tel: 03-3271-2330 URL https://www.nomurafoundation.or.jp/en/

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

The Matsumae International Foundation
(Science and technology; medicine and health; environment)
4-14-46 Kamiogi, Suginami-ku, Tokyo 167-0043
Tel: 03-3301-7600 URL http://www.mif-japan.org/?hl=en

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

Please check the portal sites of universities and other research institutes, since more detailed information may be posted there.
★ Directory of Grant-Making Foundations—Guide to Private Grant Sources—2020

(Edited and issued by The Japan Foundation Center)

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

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

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

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

The Japan Foundation
Yotsuya Cruce 1F, 2F and 3F, 1-6-4 Yotsuya, Shinjuku-ku, Tokyo 160-0004
Tel: 03-5369-6075 Fax: 03-5369-6044
URL https://www.jpf.go.jp/e/
## Postal Fees

### Domestic Postage Rates

#### ◎ Postcards: ￥63

#### ◎ Double postcards with replies attached: ￥126

#### ◎ Letter post

<table>
<thead>
<tr>
<th>Class</th>
<th>Weight</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard-size items</td>
<td>Up to 25 g</td>
<td>￥84</td>
</tr>
<tr>
<td>Nonstandard-size items</td>
<td>Up to 4 kg</td>
<td>￥120 to ￥1,350</td>
</tr>
</tbody>
</table>

#### ◎ Express-delivery mail

<table>
<thead>
<tr>
<th>Class</th>
<th>Weight</th>
<th>Additional Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Letter post</td>
<td>Up to 250 g</td>
<td>￥260</td>
</tr>
<tr>
<td>Yu-Mail</td>
<td>Up to 150 g (standard: ￥180)</td>
<td>￥330</td>
</tr>
</tbody>
</table>

#### ◎ Registered mail

<table>
<thead>
<tr>
<th>Contents</th>
<th>Claimable Amount</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Cash</td>
<td>Up to ￥10,000</td>
<td>￥435</td>
</tr>
<tr>
<td></td>
<td>Per additional ￥5,000 increment, over ￥10,000</td>
<td>Additional ￥10</td>
</tr>
<tr>
<td>General</td>
<td>Up to ￥100,000</td>
<td>￥435</td>
</tr>
<tr>
<td></td>
<td>Per additional ￥50,000 increment, over ￥100,000</td>
<td>Additional ￥21</td>
</tr>
<tr>
<td>Simple registered mail</td>
<td>Claimable damage up to ￥50,000</td>
<td>￥320</td>
</tr>
</tbody>
</table>
### International Postage Rates

#### ◦ Postcards (airmail): ¥70 worldwide

#### ◦ Aerogrammes: ¥90 worldwide

#### ◦ Letters

<table>
<thead>
<tr>
<th>Contents</th>
<th>Weight</th>
<th>Destination</th>
<th>Europe, etc.</th>
<th>Africa, South America</th>
</tr>
</thead>
<tbody>
<tr>
<td>Letters</td>
<td></td>
<td>East Asia, Guam, Midway Islands, etc.</td>
<td>Oceania, Middle East, North and Central America, Europe, etc.</td>
<td>Africa, South America</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aerogrammes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### ◦ Parcel Post

<table>
<thead>
<tr>
<th>Class</th>
<th>Weight</th>
<th>Destination</th>
<th>Europe, etc.</th>
<th>Africa, South America</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>East Asia, Guam, Midway Islands, etc.</td>
<td>Oceania, Middle East, North and Central America, Europe, etc.</td>
<td>Africa, South America</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Airmail</td>
<td>Up to 500g</td>
<td></td>
<td>Teppan</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Per additional 500g</td>
<td>Additional</td>
<td>$350</td>
<td>$1,400</td>
</tr>
<tr>
<td></td>
<td>Per additional 500g</td>
<td>Additional</td>
<td>$600</td>
<td>$850</td>
</tr>
<tr>
<td></td>
<td>Per additional 1kg</td>
<td>Additional</td>
<td>$300</td>
<td>$500</td>
</tr>
<tr>
<td></td>
<td>Per additional 1kg</td>
<td>Additional</td>
<td>$400</td>
<td>$700</td>
</tr>
<tr>
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<td>Per additional 1kg</td>
<td>Additional</td>
<td>$600</td>
<td>$1,100</td>
</tr>
<tr>
<td>Seamail</td>
<td>Up to 1kg</td>
<td></td>
<td>Teppan</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Per additional 1kg</td>
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<td>$400</td>
</tr>
<tr>
<td></td>
<td>Per additional 1kg</td>
<td>Additional</td>
<td>$500</td>
<td>$550</td>
</tr>
<tr>
<td></td>
<td>Per additional 1kg</td>
<td>Additional</td>
<td>$700</td>
<td>$850</td>
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</tbody>
</table>

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

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<th>長さ Length</th>
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<th>メートル</th>
<th>キロメートル</th>
<th>インチ</th>
<th>フィート</th>
<th>ヤード</th>
<th>マイル</th>
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</thead>
<tbody>
<tr>
<td>cm</td>
<td>m</td>
<td>km</td>
<td>inch</td>
<td>foot</td>
<td>yard</td>
<td>mile</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>0.01</td>
<td>–</td>
<td>0.3937</td>
<td>0.0328</td>
<td>0.0109</td>
<td>–</td>
<td></td>
</tr>
<tr>
<td>100</td>
<td>1</td>
<td>0.001</td>
<td>39.370</td>
<td>3.2808</td>
<td>1.0936</td>
<td>–</td>
<td></td>
</tr>
<tr>
<td>100000</td>
<td>1000</td>
<td>1</td>
<td>39370</td>
<td>3280.8</td>
<td>1093.6</td>
<td>0.6214</td>
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</tr>
<tr>
<td>2.5399</td>
<td>0.0254</td>
<td>–</td>
<td>1</td>
<td>0.0833</td>
<td>0.0278</td>
<td>–</td>
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</tr>
<tr>
<td>30.479</td>
<td>0.3048</td>
<td>–</td>
<td>12</td>
<td>1</td>
<td>0.3333</td>
<td>–</td>
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</tr>
<tr>
<td>91.440</td>
<td>0.9144</td>
<td>–</td>
<td>36</td>
<td>3</td>
<td>1</td>
<td>–</td>
<td></td>
</tr>
<tr>
<td>–</td>
<td>1609.3</td>
<td>1.6093</td>
<td>63360</td>
<td>5280.8</td>
<td>1760</td>
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<table>
<thead>
<tr>
<th>広さ Area</th>
<th>メートル</th>
<th>平方メートル</th>
<th>フィート</th>
<th>hecatare</th>
<th>エーカー</th>
<th>平方マイル</th>
</tr>
</thead>
<tbody>
<tr>
<td>m²</td>
<td>km²</td>
<td>square foot</td>
<td>hectare</td>
<td>acre</td>
<td>square mile</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>–</td>
<td>10.764</td>
<td>0.01</td>
<td>0.0001</td>
<td>0.0002</td>
<td>–</td>
</tr>
<tr>
<td>–</td>
<td>1</td>
<td>10000</td>
<td>100</td>
<td>247.11</td>
<td>0.3861</td>
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<tr>
<td>0.0929</td>
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<td>–</td>
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<td>100</td>
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<td>0.01</td>
<td>0.0247</td>
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<td>10000</td>
<td>0.01</td>
<td>–</td>
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<td>2.4711</td>
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</tr>
<tr>
<td>4046.9</td>
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<td>40.469</td>
<td>0.4047</td>
<td>1</td>
<td>0.0016</td>
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<tr>
<td>–</td>
<td>2.5900</td>
<td>–</td>
<td>25900</td>
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<table>
<thead>
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<th>重さ Weight</th>
<th>グラム</th>
<th>キログラム</th>
<th>オンス</th>
<th>ポンド</th>
<th>トン (UK)</th>
<th>トン (USA)</th>
</tr>
</thead>
<tbody>
<tr>
<td>g</td>
<td>kg</td>
<td>ounce</td>
<td>pound</td>
<td>ton (UK)</td>
<td>ton (USA)</td>
<td></td>
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<tr>
<td>1</td>
<td>0.001</td>
<td>0.035</td>
<td>0.002</td>
<td>–</td>
<td>–</td>
<td></td>
</tr>
<tr>
<td>1000</td>
<td>1</td>
<td>35.274</td>
<td>2.205</td>
<td>0.0010</td>
<td>0.0011</td>
<td></td>
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<tr>
<td>28.35</td>
<td>0.028</td>
<td>1</td>
<td>0.063</td>
<td>–</td>
<td>–</td>
<td></td>
</tr>
<tr>
<td>453.59</td>
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<td>16</td>
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<td>0.0005</td>
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<td>–</td>
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<td>35840</td>
<td>2240</td>
<td>1</td>
<td>1.12</td>
<td></td>
</tr>
<tr>
<td>–</td>
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Regions and Prefectures of Japan

Railway and Airline Network
World Heritage Sites in Japan

1. Historic Villages of Shirakawago
   Buddhist Monuments in the Horyu-ji Area
2. Himeji-jo
3. Yakushima
4. Historic Monuments of Ancient Nara
5. Shrines and Temples of Nikko
6. The Iwami Ginzan Silver Mine and its Cultural Landscape
7. Hiraizumi Temples, Gardens and Archeological Sites Representing the Buddhist Pure land
8. Itsukushima Shinto Shrine
9. Historic Monuments of Ancient Kyoto [Kyoto, Uji and Ohtsu Cities]
10. Shiretoko
11. Sacred Sites and Pilgrimage Routes in the Kii Mountain Range
12. The Architectural Work of Le Corbusier, an Outstanding Contribution to the Modern Movement
13. Shikoku Pilgrimage Route
14. The Historic Monuments of Ancient Kamakura
15. The Historic Monuments and Sites of the Old Capital of Japan: Heian Period
16. The Historic Monuments of Ancient Nara
17. Ifukubdo Island
18. Historic Monuments of Ancient Kyoto [Kyoto, Uji and Ohtsu Cities]
19. Horyu-ji Area
20. The Historic Monuments of Ancient Nara
21. Historic Monuments of Ancient Nara
22. Historic Monuments of Ancient Kyoto [Kyoto, Uji and Ohtsu Cities]
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100. Historic Monuments of Ancient Nara

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

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

The information in this Guidebook is current as of August 2021. Please note that this information may change.
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