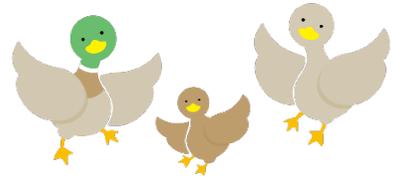


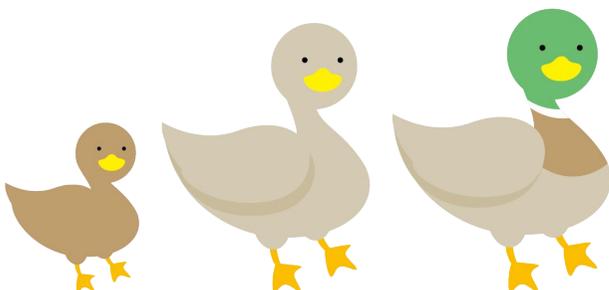


SFC
KEIO UNIVERSITY



ALL YOU NEED TO KNOW FOR LIVING IN JAPAN IS IN THIS BOOK

International Student Handbook 2021



Have any troubles?
Read this first!

How to Use

International Student Handbook 2021

This handbook summarizes helpful information that you will need when you start to study at Keio University SFC as an international student. Please keep yourself updated through bulletin boards, websites for Keio University students, and course registration guides distributed by your faculty, graduate school, or campus using the terms in this handbook as keywords.

This handbook also includes information about municipal and commercial facilities. Please understand that Keio University does not make any particular recommendations on those facilities and does not take responsibility for any problems that may arise as a result of using those facilities' services and other information in this handbook.

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This is available on the website.

<https://giga.sfc.keio.ac.jp/handbook2021-before-coming-to-japan/>



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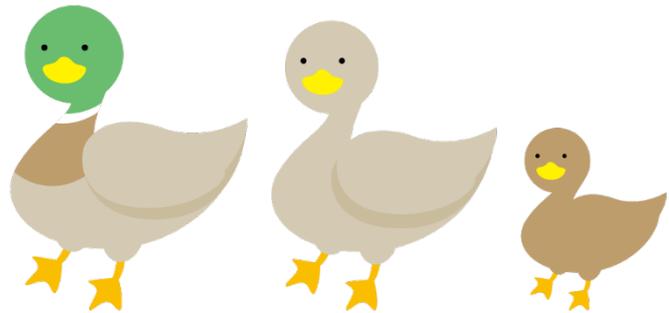
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Chapter 2

Housing



2 Housing

There are three main choices for accommodation for international students – dormitories, apartments, and shared houses. In this chapter, you will learn about those 3 types of accommodations and gain knowledge about the Japanese housing system.

2-1 Keio University Dormitories

The List of Keio Dormitories



<https://www.keio.ac.jp/en/student-life/housing.html>

Keio university provides 8 student dormitories, however, most of them are located in Tokyo or Yokohama, which is more than one hour away from SFC.

The List of Keio Dormitories / Student Villages

Please note that the period of residence shall be limited to one academic year (it may be extended to two academic years only for Shonan International Dormitory). Also, not all applicants may be accommodated due to the limited number of available rooms.

Those dormitories affiliated to Keio University under the operation and management of Nishimatsu construction Co., Ltd.(SID), Kyoritsu Maintenance Co. Ltd.(Oomori, Moto-Sumiyoshi, Tsunashima SST), Mainichicomnet Co., Ltd.(Tsunashima), and Itochu urban community Ltd.(Motosumiyoshi kokusai), are exclusively for Keio university students.

Shonan Fujisawa International Dormitory



<https://www.n-jisho.co.jp/shonanfujisawa/>

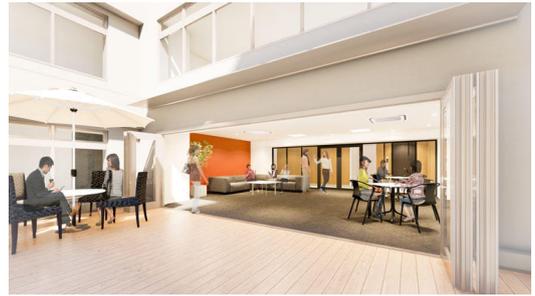
*Japanese language only

Shonan Fujisawa International Dormitory (SID)

Our recommendation from those dormitories is “**Shonan Fujisawa International Dormitory**” (湘南藤沢国際学生寮 *Shonan Fujisawa Kokusai Gakusei Ryo*) which was recently opened in March 2021. This is a mixed dormitory with morning and evening meals provided and plenty of space for students to interact with each other. It is a one-minute walk from our campus.

Shonan Fujisawa International Dormitory (SID)

湘南藤沢国際学生寮 (Shonan Fujisawa Kokusai Gakusei Ryo)



Rules and Regulation of Shonan Fujisawa International Dormitory

Rules and regulations can be found on the website as shown on the right.

How to Apply

Applications for Keio University dormitories are accepted twice a year: in late January for those wishing to move in at the end of March, and in July for those wishing to move in September.

Please read the Housing Application Guide webpage as shown on the right.

Contact: Keio Housing Coordinator

(慶應義塾管財部レジデンシャル担当)

keio_dormitory_contact@info.keio.ac.jp

<For Shonan Fujisawa International Dormitory>

sfc-housing@adst.keio.ac.jp

Shonan Fujisawa International Dormitory Rules and Regulations



http://www.ic.keio.ac.jp/en/doc/e_sid_rules_and_regulations.pdf

Housing Application Guide (Keio)



http://www.ic.keio.ac.jp/en/life/housing/application_guide.html

2-2 Local Student Dormitories



Dormy Shonndai Lei



Room Example



Dormy Yamato

Guide to Recommended Student Dormitories



<https://www.students.keio.ac.jp/en/sfc/life/intl-student/files/3946mc00002b0oa.pdf>

There are some local student dormitories near SFC operated by Kyoritsu Maintenance Co., Ltd. in cooperation with Keio University. Those dormitories also accommodate students from other universities.

How to Apply

Please contact Kyoritsu Maintenance Co. Ltd.

Applications to enter a dormitory are handled on a first-come-first-served basis. Applications are not to be accepted when the dormitory does not have vacancy.

Contact: Kyoritsu Maintenance Co. Ltd.



int@gakuseikaikan.com



03-5295-7889

2-3 Private Apartments

Apartments

To rent apartments, you need to go through a long process with a real estate company by yourself. Also, rooms are basically not furnished. Though, if you are looking for complete privacy with independent lifestyle, this might be a good choice for you.

Japanese accommodation is known as costly especially around big cities. It is common that students live far away from unaffordable business district. Even around SFC area, the price tends to get higher at popular spot near train stations.

Basic Knowledge of How to Rent an Apartment

Renting Japanese apartments have some unique system. Please learn the following knowledge and housing terminology before contacting a real estate company.

Initial Costs

In addition to monthly rent, following fee will be required to be paid upon initiation of the lease.

- *Shikikin* or deposit is required for most apartment lease contracts and is usually equal to one or two months' rent. Your landlord is required to return your deposit to you when you vacate the property, after deducting for cleaning costs and any damage beyond normal wear and tear.
- *Reikin* or gratuity money (or called key money) is refundable payment to your landlord. It is often same price with *Shikikin*. (equal to one or two months' rent)
- Agent fee is paid to the real estate company as commission. Industry standard requires one month's rent.

In total, you might need to prepare at least six months' rent upfront.

The rent market price of monthly rent fee for a student-size-apartment in SFC area is approximately ~70,000 JPY

House Terminology

敷金 (*Shiki-kin*)
rental deposit

礼金 (*Rei-kin*)
gratuity money / key money

TIPS...It will be useful to take photos of your room before moving in. They will be proofs of weather damages of the room were made by you or not, to get more of your *shikikin* back later.

House Terminology

連帯保証人(Rentai-hoshonin)
a joint guarantor

Comprehensive Renter's Insurance



http://www.jees.or.jp/crifs/pdf/crifs_en_2021.pdf

How to Subscribe to the System



<https://www.students.keio.ac.jp/en/sfc/life/intl-student/files/a1505972040900.pdf>

Global Trust Service: Trust Net 21



<https://www.gtn.co.jp/en/business/rent-warranty/tenant/#tenant02>

Joint Guarantor

When renting an apartment in Japan, you will be asked to provide the contact details and signature of a 連帯保証人 *Rentai Hoshounin* or a **joint guarantor**. A joint guarantor is a co-signer who takes legal responsibility in case the tenant defaults on payment of rent or damages. They must be over 20 years of age and a Japanese citizen with regular income (They must be able to prove that the rent is not above 30% of what they earn). For being a guarantor is a huge responsibility, arranging a guarantor is perhaps the most difficult part of all the housing process.

Comprehensive Renter's Insurance by Keio

留学生住宅総合保障制度 ("Ryuhosho")

If, by all means, a guarantor cannot be found, it is possible for Keio University to cosign the lease for the period of study at Keio University. Roommates, however, are limited to family members and other international students of Keio. Also, you should not have any history on late rent payment. Depending on conditions, there are possibilities that your application be rejected. Please note that we do not accept applications from overseas as an interview with the applicant is required in the screening process.

When signing contracts of any sort in Japan, be sure to read the contract carefully and understand it fully. Contracts are legal documents, which should be signed with full understanding. Signing contracts without complete understanding of the contents may result in unexpected, severe consequences. If you have any trouble understanding the contract, be sure to contact the student life section at SFC or ask a Japanese friend who is knowledgeable in the area.

Contact: Student Life Section at SFC



sl@sfc.keio.ac.jp

Other Guarantor Services

There are lots of companies provide rent guarantor services. One of those provides the service in English and many other different languages. (Global Trust Service: Trust Net 21)

Layout & Measurement Terms

To describe the size of a room, 3 measurement units can be used.

- m²,
- tsubo (about 3.3m²)
- jō (about 1.65m², or 0.5 tsubo)

“Jo” is often used term more than others. One jo size is equivalent of one tatami mat.

The following is the list of acronyms used in floor maps.

Acronym	Type of Room	Term	Explanation
R	Single room	1R / Studio	One room directly connected to a kitchen and a bathroom.
K	Kitchen	1K	One main room with a separated kitchen
D	Dining	1DK	One main room with a kitchen/dining room combination
L	Living	1LDK	One separated living room and a bedroom.
S	Storage	1SLDK	1LDK with a storage

Japanese Room

It is getting less, but there are still some apartments have traditional Japanese-style rooms called *washitsu*, 和室. The floor is covered with *tatami* mats (woven straw) usually comes with sliding doors, called *fusuma*, made of wooden frames and thick, opaque paper.

House Terminology

坪(*tsubo*)

measurement unit of 3.3 m²

畳(*jo*)

measurement unit of 1.65 m²

和室(*Wa-shitsu*)

traditional Japanese-style rooms

Realtors

There are several English-speaking realtors near Shonandai Station as listed below. Some of their websites are available only in Japanese, but they have staff members who will be able to assist you in English.

Request Form for Housing Referral

If you want to obtain apartment information from the realtors listed below, please fill in the "Request Form for Housing Referral" in Appendix A.

And send it to the **SFC Student Life section** via email.

SFC Student Life section will forward the request form to all of the realtors below, and you will be contacted by realtors if there are apartments that satisfy your specifications. Alternatively, you may also contact realtors directly.

Contact: Student Life
Section at SFC



[sfc-
housing@sfc.keio.ac.jp](mailto:sfc-housing@sfc.keio.ac.jp)

List of Realtors Located near Shonandai Station

What to Bring When Visiting a Realtor

- Passport
- Residence Card
- Guarantor Form

- **Housemate** – Shonandai branch
<https://shop.housemate-navi.jp/shop/59>
E-mail: s-syonandai@housemate.co.jp
- **Mini Mini** – Shonandai branch
<https://minimini.jp/shop/10016/shonandai/index.html>
E-mail: shonandai@minimini.jp
- **Leopalace21** (English website)
<https://en.leopalace21.com/>
- **Able** (English/Chinese website)
<https://www.able.co.jp/international/>

Please note that it can take up to one week until you can move into your new apartment.

You can't share your apartment with another person without approval of the real estate agency.

2-4 Shared Residence

Shared House / Guest House

Besides living in a privately rented apartment or a dormitory, a shared house is another option to consider. Living in a shared house will provide you with the opportunity to widen your circle of friends. Shared houses are ideal for those who desire a sense of community at home.

Several people (not necessarily students) live together in a same house and share common areas such as a kitchen, a living room and bathrooms while an individual can enjoy a private living space. Some shared houses have women-only properties available as well.

In terms of cost, shared houses typically have lower initial and monthly fees compared to regular rental apartments.

They do not usually require high deposits, key money and/or other initial fees. Also, they are mostly furnished. Plus, the costs for gas/electricity/water/internet will be shared by all residents and regulated by the management, so you do not have to apply for those services separately. In most cases you do not need a guarantor, but some emergency contacts in Japan instead.

Please note that there is always the possibility of problems arising from sharing common spaces like the kitchen or living room with strangers.

Management Companies for Shared Residence

Tokyo Sharehouse



<https://tokyosharehouse.com/eng/>

Oakhouse



<https://www.oakhouse.jp/eng/>

Sakura House



<https://www.sakura-house.com>

2-5 Pros/Cons of Each Type of Accommodation

Please inform yourself of all housing possibilities and choose your accommodation wisely.

Accommodation	Pros	Cons
Dormitories	<ul style="list-style-type: none">• Furnished• More chances to make student friends• Safety• Internet/gas/water/electricity	<ul style="list-style-type: none">• Limited number of rooms.• Limited period of staying• Rules• Less Privacy• Some dormitories require upfront fees
Apartments	<ul style="list-style-type: none">• Privacy• Independent life style	<ul style="list-style-type: none">• Expensive upfront fees• Need a guarantor• Unfurnished
Shared Houses	<ul style="list-style-type: none">• Lower expenses• Furnished• More chances to make variety of friends	<ul style="list-style-type: none">• Noise issues (there are non-students tenants)• Less privacy

2-6 Gas, Water, and Electricity

The first thing you need to do is to find out if you are responsible for paying your own utility bills. It is uncommon, but some landlords pay the utilities themselves and include the cost in the rent. If your landlord handles the utilities, you should find everything working when you move into your apartment. If he/she does not, you will need to make arrangements to get service and pay the bills by yourself.

Gas

There are two common types of gas used in Japan. One is natural gas (city gas or 都市ガス toshi gas), and the other is propane gas (LP gas). When you move into a new place, find out which type of gas is used and call the gas company (again, you should get the information from your realtor). At the scheduled time, the company will send an employee who will check and then activate your gas lines, for which you must be present. If you live in Fujisawa City, City Gas (toshi gas) is provided by Tokyo Gas.

Please keep in mind that not using gas properly is very dangerous. If you notice the smell of gas, turn off the heat and open your windows. Please call the gas company immediately at the exclusive phone number for reporting gas leakages.

Water

You will have water service the moment you move in, but you will have to call the local water company to open a billing account.

Contact your local water company office when you start using water and also if there is any trouble with the service such as not having running water. You must notify them of the date when you wish to start using water. Your realtor will give you the corresponding telephone number or you can call the number written on the right column.

*It is safe to drink directly from tap water in Japan.

都市ガス(*toshi gas*)

city gas

Tokyo Gas



<https://www.tokyo-gas.co.jp/en/>

Tel: 0570-00-2211 or 0466-26-0111

(for Fujisawa), Mon-Sat,
9:00 a.m. - 7:00 p.m.
(Japanese language only)

Exclusive phone for reporting gas leakages

Tel: 0570-00-2299 or 03-6735-8899

Open for 24 hours

Kanagawa Prefectural Waterworks



<http://www.pref.kanagawa.jp/docs/r4a/okyakusamacc/main.html>

Tel: 0570-00-5959

(Japanese language only)

Electricity

TEPCO



<https://www.tepco.co.jp/en/hd/index-e.html>

Tel: 0120-995-113 or
046-408-5996
(for Fujisawa area)
Mon-Sat, 9am. – 5pm.
(English)

There are several electricity companies in Japan. The major one in your area would be Tokyo Electric Power Company (TEPCO).

If you do not have electrical power when you move in, you will need to find the apartment's circuit breaker (Usually, it's near the door). Turn all the switches on the braker board to "ON" and confirm whether the electricity is being supplied or not. Once confirmed, contact your local electricity company to notify your name, address, the date of occupancy, and your customer number, which is written on the envelope placed near the breaker or the meter. In some cases, there is a small card somewhere near the breaker. Fill it out with the required information and mail it back to your regional power company (the card will usually be pre-addressed). This will allow the power company to establish an account in your name and bill you monthly for the electricity.



How to reset the circuit breaker... Turn all the switches on the braker board to "ON".

If a circuit shorts or you use more electricity than the electrical capacity of your residence, the circuit breaker will trip and your electricity supply will be cut automatically. If this happens, reduce the number of electrical appliances you are using before resetting the circuit breaker. Find out the electrical capacity of your residence and try not to use too much electricity at one time. In case of emergency or difficulties, call the electricity company using the phone number written on your electricity bill. Make sure to keep your bills and receipts for reference.

Electronics from your home country may require voltage and plug adapters. Electrical voltage in Japan is 100 volts – 50/60 Hz AC. 50 Hz is common in eastern Japan, including the Yokohama and Fujisawa area, and 60 Hz in the west. The 10 Hz frequency difference does not affect most electrical devices, but you may want to check when it comes to valuable items like computers or cameras. Japanese outlets and plugs come in the two-pronged, North American style, but only in the non-polarized form (prongs are equal sizes). Some North American plugs may require adapters because of this.



US PLUG(100-110V)

Note on Paying Bills

After receiving a calculation notice, electricity, gas, and water bills will be sent to your home. You can pay them and other fees at convenience stores, banks, and post offices. Hand the clerk your bill and the amount due in cash and your payment will be processed. You can pay in the same way at your utility companies' offices. Please note that if you are behind in your utility payments, the service may be discontinued.

Alternatively, you can arrange for payment via direct debit (銀行口座引き落とし/*ginkō kōza hikiotoshi*) from your bank account.

Application forms for this service will be sent to you shortly after opening your utility accounts or you can ask each business operator for details. If you do so, the money will automatically be deducted from your account when the bill is due.

To stop your utility services when you leave Japan, notify each of the companies at least one month before you move out of your apartment. You also have to make arrangements if you are moving to another place within Japan. The electric and gas companies will send representatives to shut off your service and issue your final bill. The water company will send you your final bill and close your account.

To learn how to read the bill, please refer to the TEPCO's website page for an electricity bill.

銀行口座引き落とし
(*ginkō kōza hikiotoshi*)
Direct debit

How to Read your
"Electricity Bill"



<https://www.tepco.co.jp/en/ep/payment/notifications-e.html>

2-7 Phone Service

NTT East



<https://www.ntt-east.co.jp/en/>

Tel: 0120-064-337
Mon-Fri 9:00 a.m. -
5:00 p.m. (English)

Landline

Having a phone number is mandatory to live in Japan. First of all, you are not able to open a bank account, rent an apartment, or go job hunting without one.

However, you do not need to own a landline as long as you have a reachable phone number at your mobile phone / smartphone.

If you want to install a landline in Japan, a telephone subscription right needs to be bought or rented from NTT East. This landline fee costs 36,000 JPY (without tax) plus monthly fee.

Prepaid Phones

Due to past criminal abuse of prepaid phones, phone sellers are required to verify the identity and place of residence of their customers. Typical proof can be in the form of your Residence Card or Certificate of Residence (住民票/*jumin-hyō*).

Prepaid phones start around 2,000 JPY. Credit, which is used for outgoing calls, email, internet etc. depending on what features your phone supports, must be purchased in advance.

At Softbank, for example, you can choose between 3,000 JPY or 5,000 JPY prepaid cards.

Whichever you choose, the card will expire after 60 days and not all prepaid phones support mobile internet. Phone numbers remain active as long as you have valid credit in your account, but it will expire after three months to a year without use. Credit can be bought at cell phone stores, convenience stores or online, and is typically valid for 60 days from activation.



Please refer
to 4-4 for
**Mobile
Phone
Contract**

2-8 Internet

It is vital for students to set up a reliable internet connection for online learning environment.

There are mainly 4 ways to set up internet at your home.

① **Fiber-to-the-Home (FTTH or Fiber Optics)**

Speed: Fiber optic (FITH) is the fastest and most popular option for home internet connection in Japan. It is able to output 1Gbps.

Stability is also quite strong.

Installation: If the hardware is not already installed in your apartment building, you will need to have permission from the property owner to have a line installed.

Cost: Because internet is unbundled in Japan, you need to pay monthly fee to 2 different companies;

1. The physical line providers such as NTT east, au, and softbank (~5,000 JPY)
2. Internet Service Provider (ISP) (~700 JPY)

There is also a one-time set-up cost for fiber optic. The average set-up cost is about 6,000 JPY but can be as high as 20,000 JPY or more.

Cancellation fee: You will usually be signing a one- to two-year contract when you sign up for fiber optic. If you cancel the contract in the middle of the term, you may need to pay a penalty fee.

How long it takes: two to four weeks.

② **Cable Television Line (CATV)**

It connects to the internet via your cable TV line. This option is not as fast as FITH and it also requires installation.

Cost: monthly fee (~6,500 JPY)

One-time set-up fee for contract handling fee (~3,000 JPY)

One-time installation fee (~5,000 JPY)

ファイバー(*hikari-faiba*)
fiber-to-the-Home

Fiber Optic Line Provider Companies

NTT East
<https://www.ntt-east.co.jp/en/>

Au Hikari
<https://www.au.com/english/internet/>

Softbank
<https://www.softbank.jp/en/internet/>

ISP Companies

Asahi Net
<https://asahi-net.jp/en/>

Broadband Rakuten
Premium
<https://faq-e.gol.com/>

Spin Net
<https://www.spinnet.jp/index.html>

Cable Television

J:COM
<https://www.jcom.co.jp/english/>

Also, when you leave the apartment, you need to pay contract cancellation fee (~3,500 JPY) plus removal construction fee (~2,000 JPY)

Mobile Router Companies

UQ communications
<https://www.uqwimax.jp/english/>

Asahi Net
<https://asahi-net.jp/en/service/mobile/wimax2plus/>

③ Mobile Router (Wireless Internet)

For mobile Wi-Fi, called Pocket Wi-Fi, even though your speed may be a little slower, its big advantage is that it does not require cable installation. Contracts tend to be simpler and shorter, and a portable Wi-Fi also gives you access to internet on the move.

Cost: monthly fee (~2,726 JPY)
administrative fee (~3,240 JPY)

Cancellation fee: You will usually be signing a two to three-year contract when you sign up for a mobile router. If you cancel the contract in the middle of the term, you need to pay a penalty fee.

Data limit: There's limit of data. Please check the contract.

Battery: you have to carry around the battery which lasts up to 10 hours.

These will require a credit card for payment.

Home Non-Cabled Router Companies

UQ communications
<https://www.uqwimax.jp/english/>

Asahi Net
<https://asahi-net.jp/en/service/mobile/wimax2plus/>

Home Non-Cabled Router (Wireless Internet)

As well as a mobile router, a home non-cabled router does not need a line construction. It may have stronger signal than a mobile router and it can also reach a wider range.

The router itself is larger and often not portable. Please note that the speed may be limited during peak network hours.

Cost: Almost same with a mobile router

Data limit: Please check the contract.

These will require a credit card for payment.

2-9 Furnishing Your Apartment

First of all, it is important to know that most accommodations in Japan will come unfurnished. Even if there is already a small kitchen unit in most apartments, you may need to buy everything from light bulbs and curtains to your own desk, chair and bed. Furnishing an apartment can be difficult at first for this reason, especially for those coming to Japan for the first time. Moreover, most of the online shops (like Amazon, Rakuten, etc.) are either only available in Japanese or only accept credit cards for payments if you buy furniture. Please refer to the following list of places to find furniture, from budget to higher-priced, for your new Japanese home.

Here are some stores located near SFC.

Furniture Chain Stores

The two biggest furniture retailers in Japan are MUJI (無印良品) and NITORI (ニトリ). Both sell cheap, quality furniture that you have to assemble yourself as well as bed sheets, pillows, curtains, dishware and more.

The nearest **MUJI** (無印良品) is in Terrace Mall, a shopping mall next to Tsujido station on the north side. Another one is in Shonan Fujisawa Opa, a department building on the south side of Fujisawa station.

There is a **NITORI** (ニトリ) store in Saikaya, a department store in front of the Fujisawa Station on the north side.

Recycle Shops – Second-Hand Stores

Japanese second-hand stores are known as “Recycle shops” and can be found in almost every city and are good to buy hefty appliances like fridges, washing machines and microwave ovens. Some will have a sign saying “リサイクル” (Recycle) and there are also franchise recycle shops too like “**HARD-OFF**” (primarily electronics and musical instruments) and its sister branch, “**BOOK OFF**” (books, CDs, DVDs, games).

MUJI



<https://www.muji.com/message/en.html>

NITORI



<https://www.nitori.co.jp/en/index.html>

HARD-OFF group



<https://www.hardoff.co.jp/en/>

Treasure Factory



<https://www.treasure-f.com/shop/725/>
(Japanese only)

There is a big recycle shop, **Treasure Factory** (トレジャーファクトリー) at Kameino 1-14-6 Fujisawa City.

It is a walkable distance from Shonandai station of 1.6 km. You can either take Odakyu line for 1 stop or walk for 20 mins.

There is another recycle shop **Expert** (エキスパート), approximately 10 min on foot from Shonandai Station. Leave the station through exit G and go straight ahead until you reach Shonandai Park. Turn left and follow the road for 450 m. Then you will see the shop on your right side.

6-34-10 Shonandai, Fujisawa-city

Sayonara Sales

Since many foreigners are living in Japan only temporarily, there is a constant flow of 'Sayonara' (goodbye) sales as people look to sell their furniture and other things they do not want before they leave the country.

See websites below for great resources for affordable furniture.

Expert



https://www.recycle-expert.com/buy/store_shonandai
(Japanese only)

Craigslist

<https://tokyo.craigslist.org/?lang=en&cc=us>

Freecycle

<https://www.freecycle.org/about/>

GaijinPot Classifieds

<https://classifieds.gaijinpot.com/index/index/category/furniture>

Besides furniture, you find almost everything on these sites and all explanations are in English. But you have to pick it up yourself or use a delivery service like **UPS** or **Yamato Transport**.

100 yen Stores

If you are looking for dishware, cutlery, cleaning supplies, ergonomic storage solutions, portable shelves or other small household items for a reasonable price (100 yen), you should look for them at **Daiso**, **Seria**, **Can Do** or other 100 yen stores.

Daiso store in Shonandai (near the station) is popular among international students.

100 yen stores are located in most of shopping malls.

The real price is 110 JPY per an item including tax.

Daiso Fujisawa Shonandai

9:00~21:00

2-21-3, Shonandai,
Fujisawa-shi,
Kanagawa

Outlet Stores

One of the largest Furniture outlet stores in Kanagawa is the MEGAMAX Atsugi store (5-31-1 Tomuro, Atsugi).

Keio Welcome Net

Keio Welcome Net is a volunteer organization by Keio's alumni that helps international students, researchers, and their families, settle into life in Japan.

E-mail : welcomenetevent@gmail.com

Earthquake Safety Equipment

We strongly recommend you secure large furniture to the wall as Japan is an earthquake-prone country.

As you are not allowed to put holes into the walls of your room, special earthquake equipment such as braces which fit between the ceiling and the top of shelving units is suggested(Please check the spring of the brace regularly).

Every furniture shop / DIY shop sells earthquake safety items. Please ask store staff for details.

MEGAMAX Atsugi



<https://www.megamax.jp/eng/html/shop/shopage.htm>

Keio Welcome Net



<https://sites.google.com/site/welcomenethomepage/>



2-10 Moving

Like in every other country, moving means a lot of organization.

First, you have to decide if you wish to use a moving company or take the challenge to move everything by yourself.

When using a company, the cheapest times of the year to move are June, October and November. In contrast, you should try to avoid moving in March, April, July, August and the Golden Week, because these are the times when everyone is moving because of company transfers and holidays. Also, some people prefer to move on the weekend so they can unpack before going back to work on Monday. As a result, Fridays and weekends tend to be significantly more expensive and you can get discounts for moving on weekdays. Another way to save money is to move in the afternoon, because a lot of moves finish around 2 or 3 p.m., so if the company can get an extra job in during the day, they will lower the price.

Tips to Make Your Moving Cheap

- ✓ Choose off-season (June, Oc., Nov.)
- ✓ Weekdays
- ✓ Afternoon
- ✓ Multiple estimates
- ✓ Take used boxes

Even if it is time-consuming, you should get multiple estimates. If you mention in front of the company's agent that you are getting multiple estimates, companies are likely to take that into account in their quotes.

Often you can also get a discount if you are willing to take used boxes.

How to Find a Moving Company

Moving companies in Japan offer all kind of services from full-service movers where a team of professionals will pack and unpack every single item you own, to customer-assisted moves which have an incredible variety of options, so everyone can find a financially friendly way to move ones' belongings to another place.

Here are some moving companies which offer service in the area:

Kuroneko Yamato

This company offers an all-around service in English and has special discounts for single-moving.

Nippon Express (Nittsu)

Nittsu is one of the biggest moving companies.

They also offer services for international moving.

Sakai Moving Service

As a unique feature, Sakai provides customers free 10 mins service after you arrive at your new accommodation.

They will be able to take orders such as :

- Installing lighting
- Hanging curtains
- Installing earthquake safety equipment
- Cleaning
- Relocating furniture
- Setting up electrical appliances
- Cabling

Recycle Boy

Recycle Boy is a domestic moving company headquartered in Yokohama.

They provide packing and moving services as well as electrical and cleaning related work. One unique additional service they provide is that they will recycle any of your unwanted belongings as part of the moving service.

Kuroneko Yamato



<https://www.kuronekoyamato.co.jp/en/>

Nippon Exoress (Nittsu)



<https://www.nipponexpress.com/moving/index.html>

Sakai Moving Service



<http://www.hikkoshi-sakai.net/moving/>

Recycle Boy



<http://www.recycle-boy.com/rboy-english.html>

Tokyo Helping Hands



<http://tokyohelpinghands.com/>

Tokyo Helping Hands

Tokyo Helping Hands provides moving services 24 hours a day/7 days a week. They also can deliver bulky items for you if you purchase furniture or other large items that would be difficult to transport yourself. In addition, if you need to dispose of a large item that cannot be thrown in the trash, they provide a disposal service that can take care of this for you.

Procedures to Update Residential Address

When you decide to move out, there are plenty of things you have to take care of before and after your actual moving date.

Apartment Contract

If you are living in a private apartment, you should give notice to the landlord at least one month prior to moving out depending on your contract. If you fail to contact them early enough or if you caused major damage to your apartment, the deposit (*shikikin*) you paid may not be refunded.

Cancel Utility Services (Gas, Water, and Electricity)

You also have to notify the gas and electric power companies and the waterworks bureau of the moving-out date and ask the settlement of the account.

If you are moving within Japan, tell them the new address at the same time so that they can start your utility services for your new apartment.

Official Registration

If you change your address within the same municipality, you only need to notify your municipality of the change of address. Bring your residence card, my number card, and your new address.

If you move to a different municipality, your current municipality will issue you a "Move out Certificate (転出届, *tenshutsu todoke*)". You need to bring it to your new municipal office and report your moving in (転入届, *tennyu todoke*) within 14 days after you have settled in a residence at a new address in the municipality.

Also, return your NHI card to the municipal office that issued it, and visit the NHI counter at the municipal office of your new residence within 14 days of moving in order to complete the enrollment procedure.

For your pension, visit the Pension Division counter at the new municipal office. Bring your pension book and personal seal. Fill out the form for a change of address. There is no procedure in a municipal office of your old address.

If you leave Japan, fill out the "Application for the Lump-Sum Withdrawal Payments form" and send it along with your blue pension book, residence card, and a photocopy of your passport to the Japan Pension Service. You can get pension refund.

Bank

Bring your bank card, bank book, and official documents (seal and residence card) to the bank. Visit a counter to change your address.

Contact your credit card company as well if you own credit card(s).

What to Bring to Your Municipal Office of Your Old Address

- Residence Card
- My Number Card
- Your seal (if any)
- New Address
- NHI card

What to Bring to Your Municipal Office of Your New Address

- Move out Certificate
- Residence Card
- My Number Card
- Your seal (if any)
- New Address
- Pension book

転出届 (*tenshutsu todoke*)

moving out form

転入届 (*tennyu todoke*)
moving in form

Post Office



https://www.post.japanpost.jp/int/ems/ryugaku/intl_student/index_en.html

Mail

The post office redirects your mails for free for up to one year, but the forwarding address must be in Japan.

Fill out the form (転居届, *tenkyo todoke*) at your local post office to complete it online.

Notify the University

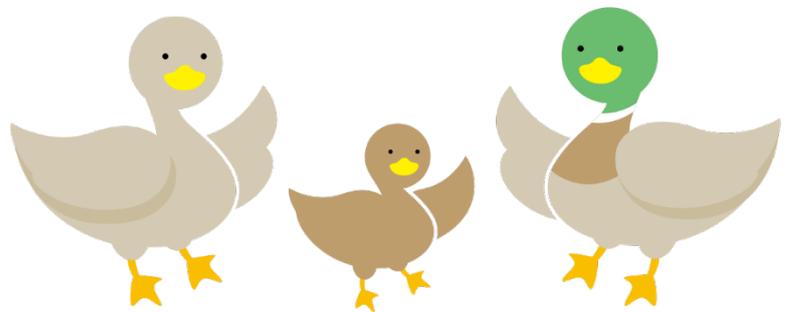
Notify Keio University of your new address.

Log in to keio.jp and select "Various changes" from the top menu, and then select "Confirmation/Change of Address"

Bring your Student ID Card to the Academic Affairs Office after your new address has been registered on the keio.jp, so the registration sticker on the back of your student ID card can be updated.

Chapter 3

Administrative Procedures



3 Administrative Procedure

This chapter provides some legal procedures that you need to complete at a municipal office. It is not necessary to book your visit beforehand. It may take 60-120 minutes in total.

3-1 Resident Registration

Moving-in Notification

What to Bring to Your Municipal Office

- Residence Card
- Passport
- New Address

As soon as your new address is determined, please go visit a municipal office. You are required to report an address in Japan to a local ward/municipal office (住民登録/*Jumin-toroku*) by submitting a prescribed form (転入届/*Tennyu-todoke*) **within 14 days** from the date of arrival. The form is available at the ward/municipal office.

If you fail to give notification of your place of residence without a justifiable reason or submit a false notification, your status of residence may be revoked.

After completion of the residency process, your address will be written on the back side of the residence card.

You are also required to report to the local ward/municipal office within 14 days every time you change your address in Japan.

住民登録(*Jumin-toroku*)
resident registration

転入届(*Tennyu-todoke*)
moving-in notification

住民票(*jumin-hyō*)
Certificate of Resident record

Certificate of Residence

To confirm your resident record, the local ward/municipal office will issue you a 住民票/*Juminhyo*, a certificate of resident record, upon request. You might be asked to present or submit a 住民票/*Juminhyo*, when you make a contract for a mobile phone or open a bank account. It generally costs 300yen (fee varies depending on areas) to have a 住民票/*Juminhyo*, issued.

3-2 National Health Insurance

National Health Insurance (NHI)— 国民健康保険/*kokumin kenko hoken*, often abbreviated as *Kokuho* in Japanese—is one of the health insurance systems in Japan that allows the insured to receive medical care without financial concern when ill or injured by splitting the medical care expenses between the local or national government and the insured.

国民健康保険(*kokumin kenko hoken*)
National Health
Insurance

Full-time international students who will be studying in Japan for more than three months **must join** NHI unless covered by an insurance plan of a family member who lives in Japan. Overseas medical insurance is not accepted.

With NHI, approximately 70% of your medical expenses will be covered when you receive treatment at hospitals or clinics that are NHI medical service providers (most hospitals in Japan accept NHI). You pay the remaining 30%.

Please note that National Health Insurance does not cover expenses for cosmetic surgery, orthodontics, or normal childbirth.

How to Enroll in National Health Insurance (NHI)

When you register your address at the municipal office, you'll be guided to enroll in NHI.

No fee is charged when you join. The insurance card will be sent to your home later, but a National Health Insurance Certificate can be issued on the same day upon your request.

When you receive your NHI card, check if there are any mistakes in the description and be sure to present it at the reception whenever you see a doctor.

Lending your NHI card to someone else is punishable by law. Duplicated or expired NHI cards are invalid.

Payment of Insurance Premiums

Japanese National Health Insurance Premiums amount is determined by the municipal office based on income of previous year. If the NHI recognizes that your income is below a certain amount, a reduction to your insurance premiums will be applied (scholarships are not counted as income).

国民健康保険料申告書
(*kokumin kenko hokenryo shinkokusho*)
income declaration form

Please pick up an **Income Declaration for National Health Insurance form** (国民健康保険料申告書/"*kokumin kenko hokenryo shinkokusho*") at the NHI counter, fill it out, and submit it with the application for NHI.

If you do not submit your declaration form, you may be charged with the highest monthly insurance premiums.

From the following year, the form will be sent to your home address.

Please note that insurance tax (premium) must be paid starting from the month you become eligible, not from the month you are notified of enrollment. You will be required to pay dating back to the month you actually enrolled. You will also be required to bear full medical expenses during the time you do not have NHI, unless you have a specific reason. For this reason, we recommend that you purchase foreign or travel health insurance while you are still in your country for the first days after your arrival.

For more information, please contact the NHI counter at your local city office.

3-3 National Pension

The National Pension is a public pension system participated in by all persons aged 20 to 59 years. It provides “Basic Pension” benefits for those affected by old age, disability, or death.

国民年金(*kokumin nen-kin*)
National Pension

Regardless of nationality, all registered residents of Japan aged 20 to 59 years are obliged to enroll in the National Pension System.

- **If you are 20 years of age or older when you enter Japan:**
After completing resident registration, you need to register/enroll at the municipal office or Japan Pension Service branch office of the area where you reside.
- **If you are 19 years of age or younger when you enter Japan:**
You do not need to do anything at your resident registration. You will receive a “**report of acquisition of qualifications for National Pension System**” (国民年金被保険者資格取得届書 /*kokumin nen-kin hihokenha shikaku shutoku todokesho*) one month before you become 20 years old. You register/enroll at the municipal office.

国民年金被保険者資格
取得届書(*kokumin nen-kin hihokenha shikaku shutoku todokesho*)
Report of Acquisition of
Qualifications for
National Pension System

Approximately one month after enrolling, they will send you a [blue Pension Handbook](#) and [National Pension Contribution Payment Slip](#). Please keep your Pension Handbook in a safe place. It will be required if you live or work in Japan in the future. Save it and do not throw it away.

年金手帳(*nenkin techo*)
Pension Handbook

National Pension Payment Exemption

The contribution amount for the National Pension is 16,540 JPY/month (for the fiscal year 2021).

For students aged 20 or older who have little income and have difficulty paying the contribution, there is a **Special Payment System for Students**(学生納付特例制度/*gakuei nofu tokuri seido*) under which they are exempt from making payments.

学生納付特例制度
(*gakuei nofu tokuri seido*)
special payment system
for students

To establish the exemption, you need to apply at the municipal office where you reside and register. The application form is available at the municipal offices or the Japan Pension System branch offices.

Please note that you must apply for the Special Payment System for Students anew every year.

3-4 Individual Number (My Number)

個人番号（マイナンバー）*(kojin bangō)*
individual number (my number)

The Individual Number (My Number) is used in these three areas; social insurance, tax, and disaster countermeasures within Japan. You will be provided a 12 digit My Number when you create a resident certificate for the first time after your arrival in Japan.

After you have completed resident registration, the notification for My Number will be sent to your address by simplified registered mail. (It will take 2-3 weeks to reach your address.)

Enclosed in the envelope are the “Notification Card for My Number (Notification Card)”, “Application Form for the Individual Number Card, a return envelope to submit the application form, and an instruction booklet.

The “Notification Card” is made of paper and it shows the 12 digit My Number in the front. It looks like an ID card, but this paper card cannot be used as an identification document.

Please fill out and submit the Application Form to apply for a plastic My Number card with photo and an IC chip.

When you lose your Notification Card (a paper card) or Individual Number Card (a plastic card), please report immediately to a police station and a municipal office.

Also, please call the toll-free number in the right column to suspend the card's function.

Do not give your My Number to others without good reason.

Each individual has their own My Number, and generally you will be using the same number for the rest of your life. Even if you leave Japan once and return again, you will use the same number when you make a resident certificate. The number cannot be changed freely.

It is prohibited to give your My Number to others, or to write down the My Number of others. In case you were asked to give your My Number, be sure to check the person and their purpose of use, and be careful not to allow others to abuse your My Number.

My Number General Toll
Free (toll free service)

Multilingual Service

 **0120-0178-27**

3-5 Fujisawa City Hall and Shonandai Community Center



Fujisawa-city



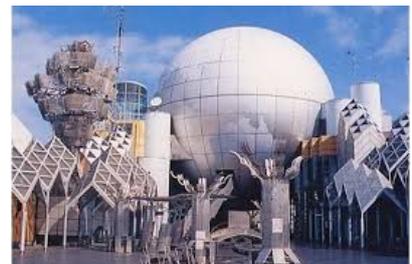
<https://www.city.fujisawa.kanagawa.jp/jinken/danjyo/gaikokugo/english/index.html>

Fujisawa-city has its main city hall next to Fujisawa station (north side) and 11 city centers throughout the city.

The nearest city center is Shonandai Community Center next to Shonandai station. You can register your residence, join National Health Insurance, and National Pension at the city center as well.



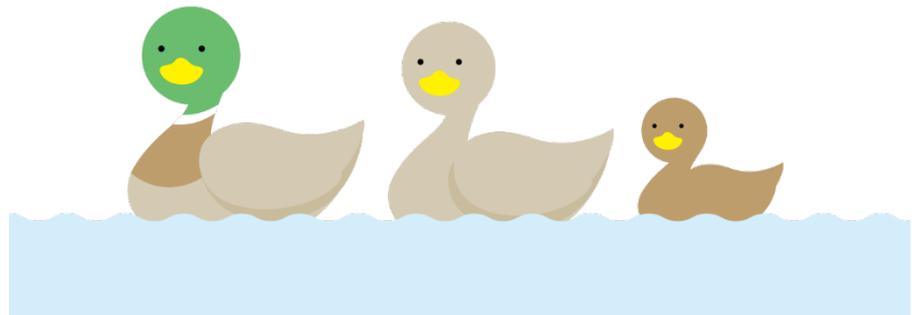
Fujisawa City Hall



Shonandai Community Center

Chapter 4

Other Procedures



4 Other Procedures

4-1 Opening a Bank Account

Opening a bank account as early as possible after arriving in Japan is recommended since most scholarship payments will be made via direct deposit.

普通預金(*futsu yokin*)
a general account

You will probably create a general account (普通預金/*futsu yokin*) which is convenient, however interest is low.

Most bills can be paid automatically if you request and fill out the appropriate forms.

印鑑(*inkan*)
name seal

Generally, you will need your resident card, your student ID card and a personal name seal (印鑑/*inkan*, if you have one) to open an account. Confirm in advance as requirements differ according to financial institutions.

At some banks, your period of stay must be over 6 months to open an account. Please check with the bank in advance for detailed information.

When you are at the bank, you need to fill in the Application Form with:

通帳(*tsucho*)
a bank book

- Your Name
- Address
- (Japanese) Phone Number
- Date of Birth
- Password

キャッシュカード
(*kyasshu kado*)
a cash card

After completing the paperwork, you will receive a bank book (通帳/*tsucho*) that day and a cash card (キャッシュカード/*kyasshu kado*) is sent to the address of the account holder approximately one week later.

Which Bank to Choose?

Banks in Japan primarily consist of major city banks such as Mizuho Bank, Bank of Mitsubishi UFJ, and Mitsui Sumitomo—that have head offices in large cities like Tokyo and branch offices across the nation—and regional banks including Suruga Bank or Bank of Yokohama, that provide financial services in specified prefectures or regions in the country.

There are many banks in Japan, and Keio University does not recommend any single one in particular.

There is a post office near the entrance of SFC, which offers bank service, Japan Post Bank (ゆうちょ銀行/*yucho ginko*).

The Japan Post Bank has ATMs in many places around Japan, including the more remote areas. You will not be charged fee to withdraw cash from JP Bank ATMs. You can spot post offices by their red 〒 mark.

Also, Suruga Bank has an ATM on campus (Media center 1F) and a convenience store “Lawson” on campus also has bank ATMs inside the shop. You can’t open a bank account at ATMs, however, you can draw cash from those ATMs once you set up your bank account in one of branches outside of campus (You can find lots of bank branches near main train stations such as Shondandai/Tsujido/Fujisawa).

<Note>

Keio University will make a transfer to your bank account when necessary, but please beware that Keio University cannot make transfers to students' Japan Post Bank accounts.

Japan Post Bank ゆうちょ銀行



<http://www.jp-bank.japanpost.jp/en/index.html>

Suruga Bank スルガ銀行



<http://www.surugabank.co.jp/surugabank/commen/english/>

Mizuho Bank みずほ銀行



<http://www.mizuhobank.com/index.html>

Bank of Mitsubishi UFJ 三菱UFJ銀行



http://www.bk.mufg.jp/global/?link_id=p_top_head_global

Sumitomo Mitsui Bank 住友三井銀行



<http://www.smbc.co.jp/global/>

Bank Terminology

口座開設(*koza kaisetsu*) opening a bank account

預け入れ(*azukeire*)
Deposit

振替(*furikae*) Transfer

通帳記入(*tsucho kinyu*)
Update Passbook

引き出し(*hikidashi*)
Withdrawal

振込み(*furikomi*)
Remittance

残高照会(*zandaka shokai*)
Checking Balance

残高照会後お引き出し
(*zandaka shokaigo ohikidashi*)
Withdrawal After
Checking Balance

両替え (*ryogae*)
Exchange

海外送金(*kaigai sokin*)
overseas remittance

手数料(*tesuryo*)
handling charge

Bank Services

Banking services including deposits and savings, direct payment for utility bills, automatic debit transfer for credit cards, remittance, etc. are all handled at banks and post offices (ゆうちょ銀行/*yucho ginko*). If you wish to send money home or overseas, you should consult with your bank about the options you have, since each financial institution varies in commission fees and handles services differently. For conducting domestic and overseas remittance that amounts to more than 100,000 JPY, a form of personal ID (residence card, health insurance card, etc.) is required.

When making a cash withdrawal at a bank counter, you will need the personal seal that you registered with when you opened your account or give them your signature if you did not use one. If using a bank card, cash can be withdrawn from ATMs or cash dispensers, but be aware that there may be a limit to the number of withdrawals and the amount that can be withdrawn per day.

Banks are normally open 9:00 a.m. - 3:00 p.m., and are usually closed on weekends and holidays.

As each financial institution has different service hours and fees at their branches and ATMs, please check their websites for more detailed information.

Foreign Currency Exchange

Although you can exchange foreign currency at major banks and post offices, depending on the type of currency you are seeking, some outlets may not have it in stock and may not be able to exchange it for you right away. It is strongly recommended that you visit one of the major branches of your bank when seeking a variety of foreign currencies. When exchanging a large sum or minor currency, contact a local financial institution to find out whether such exchange is possible.

4-2 Credit Card

Getting a credit card as a foreigner in Japan may be very difficult—especially for students who are still underage, have not lived in Japan for a long time and do not speak Japanese. However, you can consult with your financial institution on whether they will offer you a card, or try other possibilities—e.g., retailers, the post office, department stores, or online services. Even if you are rejected at first, some can get a card when they try again after one year of living in Japan.

Keio University also offers different credit card services. Information on these cards can be found in the Alpha bldg. of SFC.

Items required when applying for a credit card

- Bank account
- Address
- Mobile phone or fixed-line phone
- Resident card
- Parents' consent for students under 20 years old

Keio card
(Japanese language
only)



<https://www.keiocard.com/>

4-3 Mobile Phone Contract

Mobile Phones

NTT docomo, au, Softbank have shops close to Shonandai station.

What to Bring When Purchasing a Mobile Phone with a Contract

- Residence card
- Passport
- Bank book
- Personal Seal
- Parental Consent Form (for students under 20 yrs old)

Letter of Consent Downloads

NTT docomo



https://www.nttdocomo.co.jp/english/support/procedure/document/form_download/index.html

Softbank



<http://www.softbank.jp/en/mobile/shop/buy/id/>

The biggest Japanese mobile phone companies are **NTT docomo, au, Softbank** and **Rakuten Mobile**. There are also several smaller companies which provide low-cost cell phone plans, but they typically use the networks of the big four companies.

To purchase a mobile phone with a contract, your **residence card** and **passport** are required to enroll into a subscription plan.

You pay for your phone usage at the end of a monthly billing cycle. Handsets can be purchased in full or in monthly installments.

If you wish to make direct payments from your bank account, also present **your bank book (通帳 *tsucho*)** and **personal seal** if you used one on your bank documents. Otherwise, you have to present your credit card which must be under the contractor's name.

Please note that if you have a one-year-residence status, you may not be able to pay the cost of the phone each month and then the amount you are calling and using data for on top of that, but have to pay cash up front for the phone.

You have to bring 20,000-80,000 JPY to purchase a phone depending on the model you want to buy.

Parental Consent Form

Persons under the age of 20 must bring a parental consent form filled out by the legal guardian and the identification documents of the legal guardian such as a passport copy including the passport number, name, date of birth and current address if there is one in the passport or certificate of residence.

Please download the parental consent form from each phone companies' websites from the right column.

The details of the contract can be filled out afterwards.

SIM Cards

If you want to use a smart phone from your country with a SIM card that you purchase here in Japan, you have to present a credit card that is under the same name as the contractor. Since the credit cards from overseas are sometimes rejected, you may not want to choose a SIM card for a smart phone in Japan right after arriving.

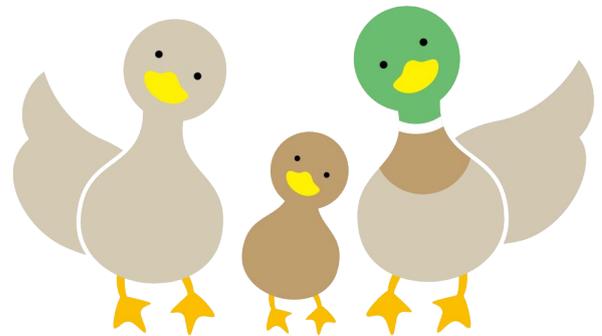
AU



<http://www.au.kddi.com/english/support/contract/>

Chapter 5

Status of Residence



5 Status of Residence

This chapter provides some legal procedures at the Immigration Bureau for the change of your residence card.

You are required to notify the authorities in the event of any change in the details entered in the residence card and certain other matters during the period of stay.

For the change of the place of residence, notification is to be performed at municipal office as instructed in **Chapter 3**.

For the change of items other than place of residence, notification is to be performed at the Regional Immigration Bureau in person.

【Caution!】 Staying in Japan without a valid residence status means that you are violating Japanese immigration laws and there are various types of penalties for overstaying like deportation, a fine or imprisonment. The simple reason that you forgot to extend your residence status is not accepted and will also be treated as a violation to Japanese law.

5-1 Extension of Period of Stay

When first arriving in Japan you will receive a residence card at the airport, which has your period of stay listed on the front side. The possible periods of stay for a student with status of residence of "Student" are from three months and extend up to a maximum of four years and three months.

If you wish to remain in Japan as a student beyond your designated period of stay, you must apply for an extension of your period of stay at the Immigration Bureau with jurisdiction over your area of residence.

You may apply for an extension from three months prior to the expiration date of your status of residence. You will receive a new residence card after approval of the extension.

Application Process

- ① Download the "**Application for Extension of Period of Stay Form**" from the website of the Ministry of Justice.

*Use the format "10 Student".

The form consists of 5 pages. Please fill out the first 3 pages. The remaining 2 pages are to be filled out by Keio university.

- ② Bring the application form to Academic Affairs Office (Academic Services) at SFC campus.

Come visit the main window in the Alpha building to fill out the "**Request Form for Certificates**" and **buy a 200 JPY ticket** from the ticket vending machine.

Hand in the application form along with the "request form for certificates". Show us your student ID and residence card.

It should be ready for you to pick up after a half day from your request.

- ③ Use the automatic certificate issuing machines for the "**Certificate of Enrollment**" and "**Transcript of Academic Record**". They are 200 JPY each.

- ④ Bring all necessary documents and items to the Immigration Bureau to apply.

- Application for Extension of Period of Stay Form
- Certificate of Enrollment
- Transcript of Academic Record
- Passport
- Residence Card
- ID photo (4 x 3cm, taken within 3 months)
- Financial Proof Documents to certify your ability to cover all necessary financial expenses while staying in Japan
- *4,000 JPY application fee (a revenue stamp)

Application for
Extension of Period of
Stay Form



<https://www.isa.go.jp/en/applications/procedures/16-3-1.html>

*You can purchase a 4,000 yen revenue stamp (印紙 *inshi*) at either a post office or the Immigration Bureau.



Please refer
to 5-2 for
more details
about **Work
Permit**

- ⑤ After a few weeks, you will receive a slip notifying you that your renewed residence card is ready to pick up at the Immigration Bureau.

Your *work permit will expire the moment your visa status expires. Please do not forget to extend your work permit at the same time.

- ⑥ Once your new residence card is issued, submit a copy of your residence card (both front and back) at Student Life section at SFC campus.

If You Fail and Remain in the Same Year

If you repeatedly remain in the same year, there is a possibility that the Immigration Services Agency of Japan may judge you as not achieving your original purpose of "Study" and your application to extend your residence status could be refused or only permitted for a shorter period. In the case that your residence status is not to be extended, you can no longer stay in Japan to continue studying.

原級(genkyu)
remain in the same
year

5-2 Work Permission for Part-Time Jobs

Students who hold the status of residence of "Student" are allowed to stay in Japan only for study and research purposes. Therefore, you are not allowed to work under "Student" status.

If you wish to engage in secondary activities aside from your studies, such as a part-time job and internship, you must obtain the "Permission to Engage in Activity other than that Permitted under the Status of Residence Previously Granted" (資格外活動許可 / *Shikakugai-katsudo-kyoka*) beforehand from the Immigration Bureau at the airport or the city you live.

With this permit, students are allowed to work for up **to 28 hours a week**—up to 8 hours a day when the school is "officially" not in session—as long as the work is not deemed to be socially immoral.

Application Process

【Upon Arrival in Japan (for the First Entry with Student Visa)】

Submit the Application Form (available on the website of the Ministry of Justice) at immigration of the port of entry.

【If You Are Already in Japan】

- ① Prepare the following documents and apply at the Immigration Bureau nearby.
 - Application Form (available on the website of the Ministry of Justice)
 - Passport
 - Residence Card
 - A document which specifies details of your part-time job (Submit only if you have already secured a job)
- ② When your application is approved, a seal indicating permission will be affixed to your passport and an entry will be made on your residence card if you have been issued one.
- ③ Submit a copy of your residence card (both front and back) at Student Life Section at SFC campus.

資格外活動許可
(*Shikakugai-katsudo-kyoka*)

Permission to Engage in Activity other than that Permitted under the Status of Residence Previously Granted

Download an application form from the website of **Immigration Services Agency of Japan**



https://www.isa.go.jp/en/applications/guide/nyu_ukokukanri07_00104.html

Document stating what kind of job you are going to have (Ex: a copy of your job contract) → This document is not required if you have not found a job yet.

Please note that the Immigration Bureau may take approximately two weeks to a month to issue the permission.

5-3 Change in Your Status of Residence

When a "Student" visa holder fails to fulfill his/her obligations as a student (i.e., study or research) for 3 consecutive months or more without a valid/good reason, his/her visa will be subject to revocation.

Once your status of residence is revoked, you will be forcibly deported from Japan in malicious cases, and furthermore, you will be barred from entry to (and resuming studies in) Japan for a period of 5 years.

Leave of Absence

休学(*kyu gaku*)
leave of absence

If taking a leave of absence from the university, you will not be able to remain in Japan with the Status of Residence of "Student."

In this case you are required to either leave Japan or have your Status of Residence changed as appropriate without delay.

Note:

- ① You are required to return your residence card to an immigration officer at the airport of departure when you leave Japan during your leave of absence.
- ② If you continue to stay in Japan during your leave of absence, consult with the Immigration Bureau directly for more details on changing your status of Residence.

Furthermore, activities such as part time work will not be permitted during the leave of absence.

復学(*fuku gaku*)
returning to study after
a temporary leave of
absence

Returning to Study After a Temporary Leave of Absence

You are required to reapply for a Status of Residence appropriate for resuming your studies following a temporary leave of absence overseas.

Before entering Japan, you must obtain a Certificate of Eligibility and apply for a "Student" visa at the Japanese Embassy in your current country of residence.

Enquire at the International Office on procedures to apply for a Certificate of Eligibility at least 4 months prior to returning to Japan.

The required documents differ by students (ex. An original medical certificate from a doctor or Certificate of your Military Service, etc.)

Withdrawal

If withdrawing from the university, you will not be able to remain in Japan with the Status of Residence of "Student".

Please submit the "Notification of the Accepting Organization (left the organization)" to the Immigration Bureau within 14 days after leaving Keio University and prompt leave Japan or have your status of residence changed as appropriate.

You are required to return your Residence Card to an immigration officer at the airport of departure when you leave Japan after your withdrawal from Keio.

If you decide to continue to stay in Japan after your withdrawal from Keio, consult with the Immigration Bureau for more details about changing your status of Residence.

Transfer

If transferring to another university, you will need to change the accepting organization.

Please submit the "Notification of the Accepting Organization (left and transfer)" to the Immigration Bureau within 14 days after the change takes place.

退学(*tai gaku*)
withdrawal

Notification of the
Accepting Organization
(left the organization)
離脱届



<http://www.moj.go.jp/content/000099560.pdf>

Notification of the
Accepting Organization
(left and transfer)
離脱と移籍



<http://www.moj.go.jp/isa/content/930002913.pdf>

What to Bring to the Interview at SFC for a Letter of Recommendation

- Request for recommendation letter (university-designated form)
- Questionnaire form (university-designated form)
- Documentation certifying your ability to cover all necessary financial expenses while staying in Japan
- Certificate of Graduation/Completion OR Certificate of Expected Graduation/Completion
- Documentation confirming that you are actively seeking employment (This may be a written document indicating a list of companies you have visited so far or your future schedule for job hunting.)
- Residence Card

Graduation

- A) For those planning to work in Japan after graduation, you will have to change your status of residence from “Student” to the appropriate status of residence according to the type of job.

For working for a company, in most cases, your status of residence will be “Engineer/Specialist in Humanities/International Services.”

For working at a university /research institute as a researcher, your status will usually be “Professor” or a “Researcher”.

If you are due to start work in April, the Regional Immigration Bureau accepts applications for change of visa status from December of the previous year. It usually takes one to two months for your application to be processed. Make sure to consult with H/R of your company and apply in advance so that you have the appropriate status of residence by the time you start working.

- B) For those continuing job-hunting after graduation, your status of residence will be “Designated Activities” which grants a six-month period of stay.

This status of residence may be extended once, meaning that you will be allowed to stay for a period of up to 1 year after graduation to find an employment.

Please ask at the Career Service (CDP Office) after confirming your graduation. You will need a letter of recommendation from Keio University to obtain this status of residence.

An interview will be carried out before issuing the letter of recommendation. Make sure to bring the necessary documents with you to the interview (you will also need the same documents when you apply it to the Immigration Bureau)

- C) For those planning to move to other countries after graduation, you will be required to leave Japan even if there is time remaining on your status as a "Student".

If the period of stay of your Status of Residence expires just before your planned departure from Japan, you may apply for an extension of period of stay to prepare for your departure.

You must promptly change your status to an appropriate Status of Residence (e.g., Short-term Stay) since staying on as a "Student" is illegal.

~Note~

- After changing your status from "Student" to "Temporary Visa", you will no longer be considered a mid- to long-term resident. Ask the City Office beforehand whether you will lose your right to receive benefits from the City Office.
- If your period of stay already extends beyond the planned graduation/completion date to allow for a period of time to prepare to leave Japan, changing the Status of Residence to a "Temporary Visa" to prepare for departure will in principle not be permitted.
- Once your Status of Residence has been changed to a Temporary Visa, you will not be permitted to change your Status of Residence again to any other type.

5-4 Temporary Leave and Re-entry

If you intend to return temporarily to your home country or travel abroad during a vacation or at any other time, you must obtain a re-entry permit prior to departure. If you depart without a re-entry permit, you will have to apply for a new visa when returning to Japan.

みなし再入国許可

(*Minashi Sainyukoku Kyoka*)

Special re-entry permission

Special Re-entry Permission (*Minashi Sainyukoku Kyoka*)

Foreign nationals in possession of a valid passport and residence card who will be leaving and re-entering Japan within one year of departure and during their granted period of stay, are, in principle, not required to apply for a re-entry permit (this is called a special re-entry permit.).

When you leave Japan, fill out the Embarkation Card and present it with your Residence card at the airport of your departure.

Do not forget to check a box called "Departure with Special Re-entry Permission" on the card.

This card is available at the passport control section at the airport.

Please note that you need to re-enter Japan before the expiration of your period of stay or you will lose your resident status.

Download an application form for re-entry permission from the website of **Immigration Services Agency of Japan**



<https://www.isa.go.jp/en/applications/procedures/16-5.html>

Re-entry Permission

If you are going to leave Japan for more than one year, please apply for a re-entry permit at the immigration bureau of your residence prior to departure.

Documents to be submitted:

- Application for re-entry permission
- Passport (re-entry permit will be delivered into the passport)
- Residence card
- 3,000 yen for single re-entry permit
- Multiple re-entry permit: 6,000 JPY revenue stamp (May not be granted)

The re-entry permission will be issued on the same day.

5-5 Visas for Your Family

If you have family members from your home country who will live with you in Japan, it is necessary for them to obtain either

Dependent Visa (for staying in Japan for more than 90 days) or **Temporary Visa** (for visiting).

Dependent Visa

A Certificate of Eligibility (CoE) for a Dependent Visa can only be obtained for your dependent spouse and children.

International students already in Japan can apply for the visa on behalf of their family members.

You must also secure accommodation that is designed for a family.

Those who hold family visas are not permitted to work in Japan. They must obtain permission from the Immigration Bureau if they wish to work in Japan.

Application Process

- ① Download the “Application for Certificate of Eligibility” form from the website of the Ministry of Justice.
- ② Fill out the form and prepare other necessary documents.
 - Application Form for each member of your family
 - A copy of your Passport (photo page, visa page, and landing permission page)
 - A copy of your spouse’s/children’s Passport (photo page)
 - A copy of your Resident Card (both sides)
 - One Photo for each relevant family member taken within the last 3 months (4 cm H x 3 cm W with plain background)

Keio University does not lodge a proxy application on behalf of students’ families.

**Application for
Certificate of Eligibility
(COE)**



<http://www.moj.go.jp/ONLINE/IMMIGRATION/16-1-1.pdf>

- Certificate of Enrollment
 - Document certifying financial support (scholarship certificate or balance statement from your bank)
 - An original of the marriage certificate (spouse) or an original of birth certificate(child) with English translation
 - Document showing proof of address (a copy of rental agreement. If currently living alone, a written proof showing that your accommodation can legally accommodate the family you wish to bring over or that you are actively looking for family accommodation.)
 - Self-addressed envelope with a 404 JPY stamp
- ※ The Immigration Bureau may ask for additional documents. Contact the Immigration Bureau directly for more information.

- ③ Apply for a CoE at the Immigration Bureau
- ④ Receive the CoE from the Immigration Bureau. (It takes 5 business days to 1 month to issue a dependent visa)
- ⑤ Send the CoE via international express mail to your family in your home country.
- ⑥ Your family members bring the issued CoE to the Embassy of Japan in your home country with other necessary documents to apply for their visas.

Temporary Visa

If you want to invite other family members for temporary period from countries which have not signed the Visa Exemption Agreement with Japan, they must apply for a Temporary Visa in person at the Japanese Embassy or Consular Office in their countries.

Visa for your newly born baby

If you or your partner has given birth, and if your baby will remain in Japan for more than 60 days after the date of birth, you will need to obtain a Status of Residence for your baby within 30 days.

Please contact Immigration Bureau for more details.

List of 68 countries and regions for exemption of Visa (short-term stay)



https://www.mofa.go.jp/j_info/visit/visa/short/novisa.html

5-6 Lost/Stolen/Damaged Residence Card

If your residence card is lost, stolen or damaged,

1. Go to the nearest police station.
Submit a report of the loss or report of theft. They will issue you a document to certify that you lost or got stolen your residence card. (a loss notification certificate(紛失通知証明書)/a theft report certificate (盗難報告証明書))
2. Visit the regional Immigration | Immigration Bureau or District Immigration Office to apply for re-issuance of the card within 14 days of discovering the loss or theft.

Documents to be submitted:

- Application for Reissuance of a Residence Card (lost or damage)
- An ID photo (4 x 3 cm, taken within three months prior to the date of application)
- Passport (Original)
- A document issued from the police office.
*If you are unable to submit a certificate, please prepare a document indicating the reason why and the details of the loss.

The card will be re-issued on the same day.

Application is free of charge.

Application for reissuance of a residence card due to loss



[isa.go.jp/en/applications/procedures/nyuukokukanri10_00010.html](https://www.isa.go.jp/en/applications/procedures/nyuukokukanri10_00010.html)

Application for reissuance of a residence card due to damage



https://www.isa.go.jp/en/applications/procedures/nyuukokukanri10_00012.html

5-7 Immigration Bureau Nearby (Yokohama/Kawasaki)



<https://www.isa.go.jp/en/about/region/yokohama/index.html>

Yokohama District Immigration Office

(60 mins from SFC)

10-7 Torihama-cho, Kanazawa-ku,
Yokohama-shi, Kanagawa 236-0002

0570-045259 (For IP phones and calls from
overseas, please call 045-769-1729),
045-775-5170 (FAX)

Open from 9:00 a.m. to 4:00 p.m.

However, visiting and giving items to
detainees is from 9:00 a.m. to 11:00 a.m. and
1:00 p.m. to 3:00 p.m. (excluding Saturdays,
Sundays, and national holidays)



Yokohama District Immigration Kawasaki Branch Office

(30 mins from SFC)

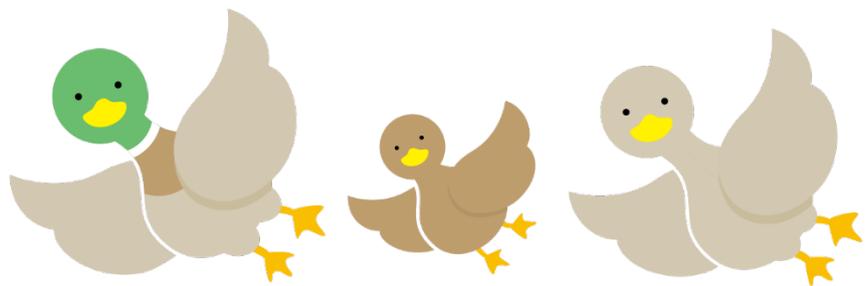
1 Chome-3-14 Kamiasao, Asao Ward,
Kawasaki, Kanagawa 215-0021

044-965-0012

Open from 9:00 a.m. to 4:00 p.m in weekdays

Chapter 6

Financial Aid



6 Financial Aid

Scholarship programs provide assistance to students who have difficulties in pursuing their studies for financial reasons, or those who demonstrate particular excellence in their studies.

Through the award of grants or loans, the scholarships help to foster an environment in which students can fully devote themselves to their studies, so that undergraduates may develop into successful professionals with an active role in society, and graduates may acquire a high level of expertise to enable them to contribute to society.

This chapter introduces the general application process for scholarships available after admission at Keio SFC. Details vary depending on the scholarships, so applicants should refer to the Scholarship Information Guidebook(奨学金案内/*Shōgakukin Annai*) and the application guidelines to each of the scholarships.

In general, there are two types of scholarships: “**Scholarships for International Students**” (persons living in Japan under the status of residence “student”) and “**Scholarships for Japanese Students**” (Japanese citizens, persons with dual-nationality, dependents of Japanese citizens, persons with a long-term resident visa or foreign nationals living in Japan under the status “permanent residency”).

6-1 Scholarships for International Students

Scholarship Application Registration

Before being able to apply for scholarships, you have to complete Scholarship Application Registration.

Scholarship Application Registration can be made after you arrive in Japan. More information on the exact registration period will be given to you during the orientation events in your first days at SFC.

However, there are some documents you have to prepare while you are still in your home country, and since you will be very busy after your arrival, it is highly recommended that you prepare the prescribed forms before arriving to Japan.

Undergraduate and graduate students enrolled in Keio in September 2021 can download the necessary forms from Keio University International Center webpage linked on the right column.

The list of necessary documents for 2021 Fall Semester Scholarship Application Registration can also be found on the same webpage.

Registration period will be from (Friday) September 17 to (Sunday) September 26, 2021.

Information Regarding 2022 Spring Semester Scholarship Applicant Registration will be announced on the bulletin boards towards the end of January 2022.

To complete **Scholarship Application Registration**, these documents have to be submitted to the Student Life Section (1st floor of Alpha Building at SFC) during the specific period for their acceptance. (More information on the exact registration period will be given to you during the orientation events in your first days at SFC.)

**Procedures of
Scholarship
Application
Registration**



<http://www.ic.keio.ac.jp/en/life/scholarship/application.html>

Search for Scholarships

Scholarships Now Available



<https://www.ic.keio.ac.jp/en/life/scholarship/available.html>

Announcements will be made sequentially on the Information on Scholarships/Financial Aid page of the Keio University Student Website (on the left column) for each campus and bulletin board in front of the Academic Affairs Office (1st floor of Alpha Building) as and when scholarships make calls for applications. Please be sure to read the scholarship outlines, application guidelines, and other relevant information.

Scholarship recruitments and applications mostly take place from April to May. If you are considering applying for a scholarship, please make sure that you do not miss the application periods.

Scholarships are categorized as

- ① **Scholarship provided by the Japanese government**
- ② **Scholarships provided by Independent Administrative Institution Japan Student Services Organization (JASSO)**
- ③ **Scholarships provided by Keio University**
- ④ **Scholarships provided by private foundations/local governments**

Though the scholarship providing organization may differ, you have to apply through Keio University for any scholarship of these four categories.

Application periods/deadline dates, submission times, and places to apply differ for each scholarship. Please check the Information on each scholarship.

Applying

Applications must be made by the applicant in person. We do not accept submissions from guarantors, friends, etc., on a student's behalf.

Furthermore, under no circumstances will applications be accepted for scholarships for which the deadline (date and time) has already elapsed. If for an unavoidable reason (attending an academic conference, educational practical, etc.) the applicant cannot submit his/her application within the designated period, he/she must consult with a staff member at the service counter in advance.

The last day of the application period is always very busy. Applicants must take into consideration the times of classes, and make sure that they have sufficient time to apply. Under no circumstances will the documents that have been submitted be returned to applicants.

Selection

Because all scholarships have a quota for recommendations and the number of students accepted, not all applicants will be successful in their applications. Each scholarship has a selection process, and in some cases, students are required to submit an essay or undergo an interview. The time frame from recruitment to the selection of applicants is often quite tight, so if an application is incomplete or contains errors, it may not be considered for selection.

You will in principle be contacted regarding scholarships (recruitments, interviews, announcements of nominees and officially selected students, etc.) via the Online Scholarship Application System. Please pay due attention to the system when making an application to a scholarship.

The Online Scholarship Application System can be accessed from your keio.jp account.

Selection and Payment of Funds

The scholarship will be transferred to an account made out in the student's name. Some scholarships will require students to carry out a prescribed set of procedures after selection. Please follow the instructions that are provided.

If the scholarship recipient repeats the previous year, takes a leave of absence, studies abroad, or withdraws from the university, the provision of the scholarship or loan may be terminated, or part of the stipend already received may have to be returned. If any of the above cases apply, the student must swiftly report this to the scholarship section on his/her campus and complete the necessary procedures.

6-2 Scholarships for Japanese Students

If you have Japanese nationality (or dual-nationalities), you are a dependent of Japanese citizens or you are living in Japan under the status "permanent residency", you do not meet the conditions on scholarships aimed at privately financed international students. In this case, please refer to the annual brochures 「慶應義塾大学奨学金案内」 (*Keio Gijuku Daigaku Shougakukin Annai* = Keio University Scholarship Guide) and 「慶應義塾大学大学院奨学金案内」 (*Keio Gijuku Daigaku Daigakuin Shougakukin Annai*= Keio University Graduate School Scholarship Guide) to get precise information on the application process, financial aid and scholarship types.

Please pick them up at the Student Life Section or download them from URL on the right column. A few prescribed forms are available in Japanese only. Even if you do not speak Japanese, you have to fill them out in Japanese if necessary.

Please keep in mind that most scholarships start in April, but the application period may begin up to one semester prior to that.

In principle, you cannot apply for scholarships if you are taking a leave of absence from the university or while studying abroad, even if you are a regular student at Keio University.

Before deciding on which scholarship you want to apply for, you should inform yourself about the different conditions and types of scholarships. First of all, you have to choose whether you want to apply for financial aid or a scholarship.

Financial aid means that you have to pay the amount of money back after you graduate, and depending on what kind of financial aid package you receive, you may have to pay interest on top of the outstanding debt.

慶應義塾大学奨学金案内
(*Keio Gijuku Daigaku Shougakukin Annai*)
Keio University
Scholarship Guide

慶應義塾大学大学院奨学金案内(*Keio Gijuku Daigaku Daigakuin Shougakukin Annai*)
Keio University Graduate School Scholarship Guide

Keio University
Scholarship Information
Guidebook



<https://www.students.keio.ac.jp/en/sfc/scholarships/unique/>

If you wish to apply for scholarships, you can choose from the following categories:

- 1) Scholarships provided by Keio University
- 2) Financial aid provided by Independent Administrative Institution Japan Student Services Organization (日本学生支援機構奨学金, JASSO)
- 3) Scholarships or financial aid provided by private foundations/local governments.

Though the scholarship providing organization may differ, you have to apply through Keio University for any scholarship in these three categories.

Also, be aware that some scholarships do not allow you to receive two or more scholarships/financial aid support at the same time.

1) **Scholarships provided by Keio University**

Scholarship Applications: Announcements of available scholarships are usually very short-noticed and application periods also tend to be short, so please make sure to check the bulletin board in front of the Academic Affairs Office (1st floor of Alpha Bldg.) continually. To get an overview of all scholarships provided by Keio University, please follow the link from the website on the left column.

Note: Information regarding the application period, application counter, and other topics, are only mentioned on the bulletin boards.

Submission of Application Forms: Submit all required documents, which are summarized in the 慶應義塾大学奨学金案内(*Keio Gijuku Daigaku Shougakukin Annai*) and the 慶應義塾大学大学院奨学金案内 (*Keio Gijuku Daigaku Daigakuin Shougakukin Annai*).

First Screening: Screening of submitted documents.

List of all scholarships provided by Keio University



<https://www.students.keio.ac.jp/com/scholarships/guideline/internal.html>

Announcement of Results of the First Screening: Please check the bulletin boards for your results. For some scholarships, an interview is required after the first screening. In this case, you will receive information regarding the time and place of the interview.

Second Screening: If an interview is required to receive a scholarship and you do not show up for the interview, you will be immediately excluded from further application.

Announcement of Successful Applicants: Please check the bulletin boards for your results.

Payment: The entire amount of your scholarship will be transferred to your bank account.

2) Japan Student Services Organization (JASSO)

Necessary Documents:

- JASSO Scholarship Checklist
- Scholar-net Form (prescribed form inside of JASSO Brochure)
- Copy of Scholar-net Form (filled out)
- Current Certificate of Annual Income of both parents
- Additional documents regarding income of parents and the financial situation of the household. Ex. Tax return document
- Transcript of Academic Record
- Confirmation and consent form for scholarship or financial aid)
- Copy of the student's bank book first and second pages with your name on

Application Procedure

April: Start of Application

- Submission of necessary documents
- Receiving a User ID and Password
- Enter Scholar-net with User ID and Password

June: Announcement of Recommended students by Keio

July: Official Announcement by JASSO and first payment

*This schedule does not apply in case of an emergency application.

Japan Student Services
Organization (JASSO)



<https://www.jasso.go.jp/en/>

Scholarships or
financial aid provided
by private
foundations/local
governments



<https://kif2.keio.jp/jukunai/sfc/scholarships/info.html>

3) Scholarships or financial aid provided by private foundations/local governments

Scholarship Applications: Announcements of available scholarships are usually very short-noticed and application periods also tend to be short, so please make sure to check the website as on the left column. You need a keio.jp account to be able to enter this website.

Note: Information regarding the application period, application counter, and other topics, are only mentioned on the website.

Submission of Application Forms: Please submit all documents summarized in the 慶應義塾大学奨学金案内(*Keio Gijuku Daigaku Shougakukin Annai*) and the 慶應義塾大学大学院奨学金案内 (*Keio Gijuku Daigaku Daigakuin Shougakukin Annai*).

First Screening: Screening of submitted documents.

Announcement of Results of the First Screening: Please check the bulletin boards for your results. For some scholarships, an interview is required after the first screening. In such cases, you will receive information regarding the time and place of the interview.

Note: Interviews may take place immediately after the day of the announcement, so please make sure to check your results.

Second Screening and Recommendation by Keio University: After the interview, those who were successful will be recommended to the scholarship organization. In this case, it will be necessary to submit further documents to the organization.

Screening by the Organization: Most of the organizations will invite applicants to interviews. Please be aware that you are invited to these interviews as a representative of Keio University, so please wear a suit and be on time.

Announcement of successful Applicants: Please check the bulletin boards for your results.

Payment: The time period and method of payment differs depending on the organization.

To find the right scholarship for you, first make sure which of the screening criteria you fulfill best. Scholarships will mainly be awarded to students who either show academic excellence or who are in need of financial support due to their financial situation. Depending on the scholarship, there are several documents you have to submit. Please refer to the brochures mentioned above earlier for detailed information.

6-3 Student Loan

Most of the loan programs are only for Japanese students or students with visa statuses such as "permanent resident", "long-term resident", "spouse or child of Japanese national" or "spouse or child of permanent resident". Paperwork should be done in Japanese only as well.

Please try to find student loan programs in your home country.

Financial aid other than scholarships



<https://www.students.keio.ac.jp/en/com/scholarships/support/>

Japan Finance Corporation



<https://www.jfc.go.jp/n/finance/search/ippan.html>

Japan National Council of social Welfare



<http://www.shakyo.or.jp/guide/shikin/seikatsu/index.html>

Educational Loans by Keio University Partner Banks

The Educational Loans by Keio University Partner Banks are provided to students currently enrolled at the university in partnership with four financial institutions. Through this system, students are able to borrow money to cover academic fees and expenses such as tuition and admission from the partner banks.

For further details regarding this system, refer to the leaflet distributed by the scholarships section at SFC campus.

Government Educational Loans (Japan Finance Corporation)

This is an official system that provides loans to guardians for the payment of school fees (admission fees, tuition fees, facility installation costs, etc.). It is possible to use this loan in combination with JASSO's scholarship loans.

Welfare and Education Support Funds (Japan National Council of Social Welfare)

The Social Welfare Loan System provides low-income households (families not paying residence tax) with loans covering the necessary expenses to study at university.

6-4 Student Discounts

Student Travel Fare Discount (学割/*Gakuwari*)

If you travel a long distance via JR railways (more than 101 km one way), you can get a 20% discount by showing your “Student Travel Fare Discount Certificate (学割/*Gakuwari*)” and student ID card when purchasing railway tickets. (This does not apply to express and limited express fares.) Research students are not eligible for *Gakuwari*.

You can obtain *Gakuwari* at the Certificate Issuing Machine located near the Office of Student Services/SFC Academic Affairs Office. You will need your student ID card to obtain these certificates. It is recommended to obtain certificates as soon as possible since the machines are always very busy before a long vacation starts.

Gakuwari are valid for three months from the date of issue. *Gakuwari* will not be issued to undergraduate/graduate students who do not take an annual health checkup.

Please Note: *Gakuwari* are strictly supervised by JR railways. You will be penalized if your *Gakuwari* is used illegally, and legal action may be taken to ban all Keio University students from using the discount. Please be aware of these repercussions when using your *Gakuwari*.

Using Galleries/Museums

Keio University participates in the National Museum of Nature and Science (University Partnership) and Tokyo National Museum/National Museum of Art (Campus Members) Systems. Under these systems, entry to permanent exhibitions is free of charge and special discounts can be availed of for special exhibitions at the above art galleries and museums by Keio students on presenting their student ID card.

学割(*Gakuwari*)

Student Travel Fare
Discount

**Tokyo National
Museums**



https://www.tnm.jp/modules/r_free_page/index.php?id=167

Other Discounts / Deals

You may be able to find some other student discounts and deals. Please research what which shop can offer you the discounts beforehand. Check their conditions as well. Most of the places will ask you to show your student ID card.

- Movie theaters
- Classic music concert
- Amusement park
- Aquarium
- PC equipments, laptops
- Software and app
- Sports shoes
- Electric appliances stores
- Digital subscription
- Online shopping
- Online music service
- Karaoke
- Bowling
- Net cafe
- Hair salon
- Massage
- Restaurants

Chapter 7

Health



7 Health

In Japan, there are health insurance systems that help to reduce the cost of medical care. Foreign nationals living in Japan for more than three months are required to join one of the following insurance systems:

- Employees' Health Insurance (generally covers individuals who are employed by a company)
- National Health Insurance (covers individuals who are not eligible to join employees' health insurance) In addition, insurance is provided by mutual aid associations to those who work for public schools or the government.

Most international students are required to enroll into National Health Insurance unless they are covered by the Employees' Health Insurance of a family member who lives and works in Japan.

7-1 National Health Insurance (NHI or *Kokuho*)

国民健康保険
(*Kokumin Kenko Hoken*)
National Health Insurance

National Health Insurance (NHI)— 国民健康保/*kokumin kenko hoken*, often abbreviated as *Kokuho* in Japanese—is one of the health insurance systems in Japan that allows the insured to receive medical care without financial concern when ill or injured by splitting the medical care expenses between the local or national government and the insured.

With NHI, approximately 70% of your medical expenses will be covered when you receive treatment at hospitals or clinics that are NHI medical service providers (most hospitals in Japan accept NHI). You pay the remaining 30%.

Please note that National Health Insurance does not cover expenses for cosmetic surgery, orthodontics, or normal childbirth.



Please refer to 3-2 for **National Health Insurance**

National Health Insurance Benefits

When you get sick or injured, you can receive the following medical care for only a part of the medical costs by presenting your NHI card at the reception of medical institutions:

- Medical consultation
- Medical treatment
- Medication, injections, and other treatments
- Hospitalization and nursing (excluding meals while hospitalized)
- Home care (home-visit by a regular doctor) and nursing
- Home-visit nursing (if a doctor judges it necessary)

You are still able to receive NHI benefits when you are injured due to an act by a third party, such as a traffic accident. However, if you receive medical expenses from a person who caused the accident or settle it out of court, you may not receive NHI benefits. If you sustain damage, be sure to consult NHI.

In the circumstances described below, you will be required to bear the full amount temporarily, but after an application is made at the NHI reception counter and a decision is made through screening, you may be reimbursed for the amount excluding your co-payment.

- 1) Medical treatment you received necessarily without your NHI card because of an unforeseeable accident or illness
- 2) Cost of a corset or other prosthetic devices (applicable only if a doctor judges it as necessary)
- 3) Treatment for a broken bone or sprain received from a Judo Therapist who does not accept NHI

- 4) Cost of blood from a blood transfusion used in a surgical operation, etc. (applicable only if a doctor judges it as necessary)
- 5) Cost of acupuncture, moxibustion, massage and other treatment (applicable only if a doctor judges it as necessary)
- 6) Medical treatment you received while you were travelling overseas (excluding travel for treatment purpose)

7-2 Keio Student Health Care Mutual Aid Association (*Gakuseikenpo*)

The Keio Student Health Care Mutual Aid Association (hereafter "*Gakuseikenpo*") is a cooperative based on a spirit of mutual aid among students. It was established in 1959 with the aim of supporting student life from a health perspective.

The *Gakuseikenpo* will reimburse a portion of the co-payment of a member's medical expenses when he or she receives treatment at a medical facility upon presenting a health insurance card.

Regular undergraduate and graduate students at Keio University are eligible to apply for a partial reimbursement of medical expenses.

All types of treatment (hospitalization, outpatient treatment, treatment at a pharmacy, and treatment at a clinic) within the same month are combined and considered as a single instance of co-payment.

The application must be provided online.

Dental treatments are not covered by the medical care benefit system (excluding oral and maxillofacial surgery).

Amount borne by patient: 2,000 JPY instance of co-payment.

Reimbursement limit: 50,000 JPY per application. 150,000 JPY per person per year.

For more information, please access to the link for the guidebook on the right column.

Please Note: Japanese Language Program students, Keio International Program students, research students, and other non-degree students are not members of the Keio Student Health Care Mutual Aid Association, and are therefore not eligible for this insurance coverage.

学生健康保険互助組合
(学生健保) (*Gakusei
Kenpo*)

Keio Student Health
Care Mutual Aid
Association

**Guidebook for the
Keio Student Health
Care Mutual Aid
Association**



https://www.students.keio.ac.jp/com/life/health/files/en_tebiki.pdf

7-3 Personal Accident Insurance for Students Pursuing Education and Research

学生教育研究災害傷害
保険（学研災）

(*Gakkensai*)

Personal Accident
Insurance for Students
Pursuing Education and
Research

Keio University is a member of Japan Educational Exchanges and Services (JEES), and through it, Keio pays for “Personal Accident Insurance for Students Pursuing Education and Research,” an insurance plan which covers students who suffer physical injury from an unexpected accident in the course of their educational and research activities.

This insurance is for regular undergraduate and postgraduate students, research students, and short-term international students (MEXT scholarship students and designated exchange students only), Japanese Language Program students, and Keio International Program students.

“Educational and research activities” means regular curricular activities on- and off-campus, participation in university events, and extracurricular activities (advance notification to the University is required for off-campus activities).

Accidents that occur on the way between a student’s residence and the University, or while traveling between university facilities, are also covered.

However, “illness” is not covered by this insurance. In addition, depending on the number of hospital visits it takes to recover, you may not qualify for this insurance.

Making an Insurance Claim Following an Accident

1. Notify the Office of Student Services of the accident: After contacting the Office of Student Life at SFC in alpha building, the student must fill in and submit an accident notification.

*The student must submit the notification within thirty days of the accident to the Claims Service Division of Tokio Marine Nichido using one of the following methods:

学研災付帯賠償責任
保険(*Gakkenbai*)

Student Liability Insurance

Student Liability Insurance is supplementary to *Gakkensai*. It offers coverage against injuries caused to a third party or damages made to property of another person. Please contact Student Life section if you want to join.

(1) Accident Notification System

【PC/Smart Phone】 (Only available in Japanese)

【Cell Phone】 (Only available in Japanese)

(2) FAX 03-3285-0105

The fax form can be downloaded from the URL below. (Only available in Japanese)

(3) Accident Notification Card

Please collect the card from the Office of Student Life Services at SFC.



{Treatment and after completion of treatment}



2. Completion of insurance claim request: The student obtains and completes the required items on an "Insurance Claim Request" form from the Office of Student Life Service at SFC and obtains the University seal on the form. A medical certificate from a physician may be required, depending on the amount requested in the insurance claim.



3. The student sends the form to insurance company.



4. Receipt of payment of insurance claim: Insurance company deposits payment of insurance claim in designated bank account.

Submission of "Extracurricular Activity Application"

An "Extracurricular Activity Application" must be submitted for an activity to be recognized as an activity for which the University has received notification. For activities taking place on non-University facilities, the student must submit this form at least 4 days prior to the activity. The Office of Student Life Services at SFC Campus has these application forms.

PC /Smartphone Page



https://f.msgs.jp/webapp/form/15429_lww_1/index.do

Cell Phone Page



https://f.msgs.jp/webapp/form/15429_lww_4/index.do

Fax Form



http://www.jees.or.jp/gakensai/docs/publish/01_Tokyo.pdf

7-4 Medical Consultations in Multi-Language

**NPO AMDA
International Medical
Information Center**



<https://www.amdamedicalcenter.com/>

**Tokyo Metropolitan
Health and Medical
Information Center
Medical Information
Service**



<https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/other/fks240.php>

**Search for Medical
Institutions**



https://www.jnto.go.jp/emergency/eng/mi_guide.html

The following associations offer medical consultations.

NPO AMDA International Medical Information Center

English/Chinese/Korean/Thai/Spanish/Portuguese/Tagalog/Vietnamese

03-6233-9266 (10:00~15:00)

(*) No service on holidays and Dec.29 ~ Jan.3

The AMDA Center offers free medical consultations over the telephone in eight languages. Multilingual staff offer information about medical facilities, explains the Japanese health care system, and offer free interpreting services over the phone during consultations with medical professionals.

**Tokyo Metropolitan Health and Medical Information Center
Medical Information Service**

English/Chinese/Korean/

03-5285-8181 (9:00~20:00)

This information center provides information about the Japanese medical system and medical institutions in Tokyo in three languages: English, Chinese and Korean

Search for Medical Institutions (Japan Tourism Agency and the Ministry of Health, Labor and Welfare, Japan)

English/Chinese/Korean/

This website offers search system for medical institutions providing multi-language service.

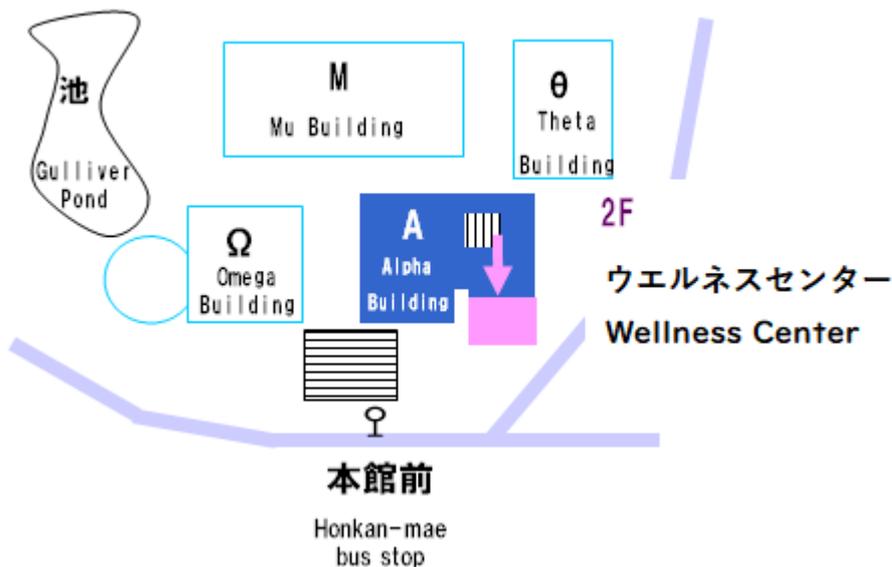
7-5 Medical Treatment at Campus

Wellness Center (weekdays, 9:00 - 17:30)

Students at SFC may receive medical treatment and counseling at the Wellness Center located on the second floor of the α (Alpha) building.

Wellness Center
(ウエルネスセンター)

extension 52201 or
52207
or 0466 - 49 - 3411



The Wellness Center was established to improve the physical and mental health of students, faculty members, and the administrative staff at Keio University SFC. It is equipped to handle temporary conditions like colds and coughs as well as chronic conditions like hypertension. Physicians, nurses, and public health nurses are available for examination, medication, and treatment (including first aid). Counseling on academic, career, personal, and social issues is also available.

Contact the Wellness Center at extension 52201 or 52207, or 0466 - 49 - 3411).

Medical consultation and counseling are available in English.

Shonan Fujisawa Clinic (weekdays)

Medical checkup is available during Mondays and Fridays. Shonan Fujisawa Clinic is located inside the Wellness Center.

SFC clinic



<http://www.hcc.keio.ac.jp/en/clinic/sfc-schedule.html>

Student Counselling Room

At the Wellness Center, experienced clinical psychologists are available for counseling services for students. This service is a valuable resource at SFC to promote better mental well-being, a fulfilling university life, and personal development. Do not hesitate to seek their support. Feel free to consult on anything that relates to student life, including your studies, relationships, career, and future plans.



gakuseisoudan@
sfc.keio.ac.jp



0466-49-3411

An English-speaking counselor is available. We strictly protect the confidentiality of information shared during counseling sessions. Without your consent, we will not disclose to other people any private information that you share. This includes your family, friends, or faculty members. The information shared during the session will in no way affect your academic record.

Please inquire at the Wellness Center. You can also make an appointment by phone or e-mail.

Payment

If you receive medical treatment at one of Keio's clinics, half of the cost of treatment and medication will be paid by the Keio Student Health Care Mutual Aid Association. You are responsible for the remaining amount.

- ※ Research Students, JLP Students, KIP Students, and Short-term International Students will be required to pay all medical fees.
- ※ The counselling service will be delivered free of charge.

During Night Time, Holidays, and Outside of Wellness Center Office Hours

Security Staff

extension 52190 or
52191 or
0466-47-5114

Call the Security (extension 52190 or 52191, or 0466-47-5114). Security staff will handle the following procedures; make calls for the ambulance, lead the ambulance to where the patient is located, check and keep a record of the patient's ID, call the police if necessary, and provide basic first-aid.

Annual Health Checkup

Every year during April and May, the Health Center/Clinic carries out annual health checkups free of charge. The date of your checkup will depend on your faculty or graduate school, year, and sex. Please check the date on the websites for Keio University students. Please note that you can only take this health checkup on the days scheduled.

Students taking this checkup can receive a Certificate of Health (200 JPY per copy) throughout the academic year and a Student Travel Fare Discount Certificate (*Gakuwari*). If you have not undergone the checkup the *Gakuwari* cannot be issued.



For Travel
Fare
Discount
Certificate
(*Gakuwari*),
please refer
to **6-4**

7-6 Hospitals/Clinics

病院(*byouin*) hospitals

クリニック (*kuriniku*)
clinics

内科(*naika*)
internal medicine

外科(*geka*)surgery

心療内科(*shinryo-
naika*)psychosomatic
internal medicine

眼科(*ganka*)
ophthalmology, eye
clinic

耳鼻科(*jibika*)
otorhinolaryngology(OR
L)

歯科(*shika*)dentistry

皮膚科(*hifuka*)
dermatology

泌尿器科(*hihyokika*)
urology

婦人科(*fujinka*)
obstetrics and
gynecology department

Which Institution to Visit

Medical institutions in Japan are divided into:

Large hospitals

- University-affiliated hospitals
- Public hospitals operated by the state or city
- Large private hospitals

Small clinics

- Local clinics

Large hospitals are equipped with hospitalization facilities and checkup tools. National and public hospitals maintain high level medical systems for each of their specialized medical departments. At hospitals with up to 200 beds or more, patients may be charged extra fees (2,500 JPY~5,000 JPY) unless they visit with a referral by a doctor. Also, walk-in patients usually have to wait quite a long time (almost a full day) before being able to see a doctor.

Small clinics are medical institutions with hospitalization facilities of 19 beds or fewer. Many of them have no hospitalization facilities at all. They are suitable for minor conditions.

It is advised to visit a clinic (doctor's office) first and further receive specialized treatment at a large hospital upon necessity.

Which Department to Choose

If you have an idea of what is wrong, you can select the specialist clinic that is best suited to your needs. However, most people will go to a general clinic for what's called "Internal Medicine" (*naika*,内科) which acts kind of like a General Practitioner.

Contact Lenses/Prescription Glasses

You can buy prescription glasses without visiting an eye doctor. Most glasses shops give you a free eye examination.

However, shops do not sell you contact lenses without a prescription issued by an ophthalmologist. When you buy disposable contact lenses, you need to visit an ophthalmologist every 3 months to renew the prescription. It applies to online shopping as well.

HIV Testing and HIV/AIDS Counseling

In Japan, there are public health centers available nationwide which offer free, anonymous HIV testing and counseling.

Languages

Outside of Tokyo, it might be difficult to find hospitals/clinics with English speaking staffs. It is recommended to go with a person who speaks Japanese for communication support. If your illness is not urgent or serious, you can ask an international office at SFC for an assistance.

Doctors can read/write English, so bringing notes about your own medical information in English might help.

Multilingual Medical Questionnaire

The website on the right column was produced by the Specified Nonprofit Corporation to help people from overseas explain the condition of injuries and symptoms of illness to doctors and other medical personnel.

HIV Testing and HIV/AIDS Counseling Map



<https://www.hivkensa.com/language/en>

Important Medical Information

- Name
- Blood type
- Any illnesses currently being treated
- Any medicines you are taking
- Allergies
- Medical history
- Your religion
- Emergency contact information

Multilingual Medical Questionnaire



<http://www.kifjp.org/medical/index.html>

What to Bring to a Hospital/Clinic

- Health insurance card
- Notes with your medical information
- Cash (3,000 JPY~)
- Medicine you are now taking (if any)

診察券(*shinsatsu-ken*)
a patient's card

処方箋(*shohosen*)
a prescription

処方箋薬局(*shohosen yakkyoku*)
prescription pharmacies

Examination Procedure

① Make an appointment

If you go and see a doctor without an appointment, you may have to wait for many hours. Some small clinics don't take reservations and see patients on a first-come-first served basis. Please try to arrive at 10 minutes before their opening time to reduce your waiting time.

Usually, their opening hours are 9:00~11:30 / 15:00~17:30.

Hand in your national health insurance card and your note at the receptionist. Some clinics refuse examination without the insurance card. While they are taking a photocopy of your health insurance card, you are requested fill in their medical questionnaire.

③ After your name or number has been announced, go into the examination room to see the doctor.

④ You may be asked to take extra tests such as X-ray, blood analysis, urine analysis, or/and ECG (electro-cardiogram) per as doctors' instructions.

⑤ After the doctor has questioned and examined you, you go back to the waiting room to be called for the payment. Most of small clinics only take cash.

⑥ When you settle your bill at cashier (usually at the same reception desk), you will receive a patient's card (診察券/*shinsatsu ken*) and a prescription (処方箋/*shohosen*).

A patient's card is used as a membership card and it helps clinics to find your medical record at your next visit.

A few clinics have in-house prescription system. At those clinics, you will receive your medicine at your payment.

⑦ Take your prescription to a designated pharmacy or a drugstore to receive your medicine. You need to pay for medicine separately. Please be aware that prescriptions are normally valid only for 3 to 4 days after issue.

Medication

You will often hear from people from western countries that most Japanese medication is in powdered or tablet form and seem to be weaker than in most western countries. Sometimes you will also be asked if you prefer generic drugs (後発医薬品 *kohatsu iyaku hin*), which are interchangeable with original proprietary drugs, as they have the same active pharmaceutical ingredients, dosage forms, strength, quality, indications, effects, directions, and dosage. The cost of generic drugs is lower than original drugs, because the developmental cost is lower.

後発医薬品・ジェネリック
(*kohatsu iyaku hin*)
generic drugs

Doctors will usually prescribe medicine which is covered by your insurance and with which their pharmacy is supplied. Often you receive a different medication for each symptom you have and may find yourself going home with a bag full of medications just for three days. If the doctor does not explain the medicines do not be afraid to ask for clarification about the medication and what it is for.

Over-the-Counter Medicine (OTC)

You can buy non-prescription medicine at drugstores from pharmacists without visiting hospitals/clinics. If you feel having cold, headache, stomach issues, or getting a wound, OTC (over-the-counter) medicine can be purchased at drugstores or large supermarkets, but not at convenience stores.

7-7 Medical Facilities Nearby for English Speakers

Fujisawa Zengyo Family Clinic



<https://www.fzfc.jp/>

The following hospitals/clinics offer treatment in languages other than Japanese near SFC.

Fujisawa Zengyo Family Clinic 7-4-9 Zengyo, Fujisawa-city

Medical treatment in English available

TEL 0466-80-5815

6 km away from SFC

Kobayashi International Clinic



<http://5884-international-clinic.com/>

Kobayashi International Clinic 3-5-6-110 Tsuruma, Yamato-city

Medical treatment in English, Korean, Filipino, Thai, Spanish, and Vietnamese available. Schedule differs by language, so please check the website

<http://5884-international-clinic.com/> (Japanese language only)

TEL 046-263-1380

13 km away from SFC

Fujisawa City Hospital



<https://www.city.fujisawa.kanagawa.jp/hospital/index.html>

Fujisawa City Hospital (Emergency hospital)

2-6-1 Fujisawa, Fujisawa-city

Possible to request a volunteer interpreter for Spanish, Portuguese, Chinese, English, French, and Italian. Appointment necessary. This hospital accepts new patients by referral. New patients without a referral will be charged 5,500JPY~. Please note that referrals can be obtained at the Health Center on campus. (Medical examination fee will be charged).

TEL 0466-25-3111

7.7 km away from SFC

Shonan Keiiku Hospital



<https://keiiku.gr.jp/>

Shonan Keiiku Hospital

4360 Endo, Fujisawa-city

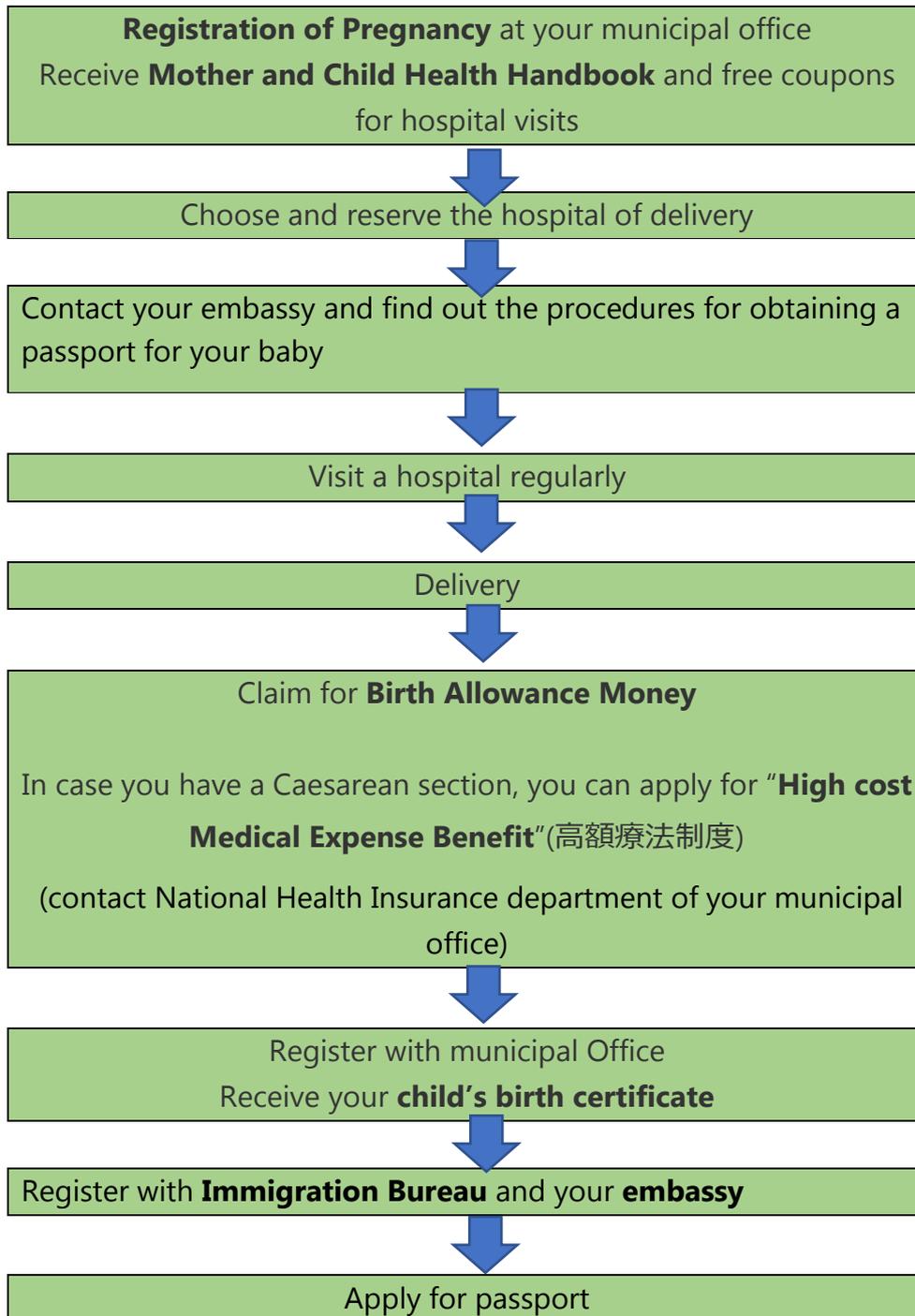
Possible to request an English-speaking staff to assist you. Please book your visit beforehand.

0466-48-0050 (8:30~17:00)

200m away from SFC

7-8 Pregnancy and Delivery

This is a procedure of your pregnancy and delivery.



妊娠届(*ninshin-todoke*)Pregnancy Notification Form

母子手帳(*boshi-techo*) a Mother and Child Handbook

出産手当(*shussan teate*) Birth allowance
420,000 yen per a child

出生届(*shusseitodoke*)/出生届記載事項証明書(*shusseitodoke kisai jiko shoumeisho*) Birth certificate

7-9 Mental Health

Culture Shock

Moving to another culture mostly starts with a kind of honeymoon phase where everything is new, different and exciting. But after some time, it is not uncommon to feel down or annoyed by problems that eventually arise. After that you start to gradually adjust to your new environment and even if you may suffer some setbacks, your full recovery will result in an ability to function on your own in Japanese culture with confidence.

This process of adjusting to a new culture is a four to five-stage cycle that most people experience a number of times. It can be an emotional roller coaster, however, the extent to which it dips and the timing of the curves very much depend on the individual.

When you are feeling down or frustrated, please keep in mind, that when you are interacting or socializing with people from other cultures, that people, especially those who have never lived abroad, are often not conscious of the subjective cultural factors that determine the way they act and react, and that you will need to search for the underlying factors that shape your perception of events and the perceptions of those around you, to understand your experiences.

When we move into a new culture, we bring along all of the values, assumptions, and beliefs that our culture and experiences have instilled us. They determine what we notice and how we interpret and evaluate our experiences.

During your stay in Japan, you will experience ways of thinking and acting that differ from or may even conflict with your own. This will force you to re-examine your assumptions and social behaviors and by doing that, you will learn a lot about yourself and Japan.

The signs of culture shock are lack of self-confidence, panic attacks, loss of initiative and spontaneity, excessive anger over delays and minor frustrations, feelings of hopelessness, excessive amount of time spent sleeping and a vague anxiety that affects normal behavior.

To cope from the effects of culture shock, there are various strategies as listed below:

- ✓ learn about the culture and the language to alleviate the feeling of isolation
- ✓ eat well and exercise regularly to reduce stress and tension · walk around the neighborhood, travel and explore your new home
- ✓ talk to friends at home as well as new friends in Japan who share the same experiences 70
- ✓ try to relax: listen to music you like, write down why you came to Japan, what you hope to achieve while you are here, or read a book you really like (Also refer to the link on the left column for more information)

Mental Health

Stress is one of the body's natural responses to something that is threatening or frightening. It is something that we all experience from time to time. Many aspects of university life have the potential to cause stress, including adjusting to a new living environment, fulfilling academic requirements, developing friendships and preparing for and taking exams.

If you feel persistently unhappy or that you can no longer cope with the stress caused by everyday life, telling someone how you feel, whether it is a friend, counsellor or a staff or faculty member, may bring an immediate sense of relief.

Whether about academics or your future, regarding relationships of family, friends or significant others, or concerning anxieties of a general nature, please feel free to visit the Wellness Center Student Counseling Room. Counselors there will listen to your problems regarding any aspect of your student life and strict confidentiality will be maintained. For more information for appointments and inquiries, please contact the Wellness Center.

"Adjustments and Culture Shock"



<http://www.studentsabroad.com/handbook/adjustments-and-culture-shock.php?country=general>

Please refer
to 7-5
**Medical
Treatment
at Campus**



gakuseisoudan@sfc.keio.ac.jp



0466-49-3411

WE HAVE ENGLISH
SPEAKING
COUNSELORS.

Japan Helpline

toll free: 0120-46-1997
or 0570 000 911
team@jhelp.com

Tell Lifeline



<http://telljp.com/lifeline/>

TEL: 03-5774-0992
(9am – 11pm. Mon-
Thu)
(9am – 2am on Fridays,
Saturdays and
Sundays)

Emergency Translation Service



<https://www.marstranslation.com/>

Tel : 03-5285-8185
(Weekdays 5:00PM -
8:00PM, Saturdays,
Sundays, Holidays
9:00AM - 8:00PM)

Search for medical institutions



https://www.jnto.go.jp/emergency/eng/mi_guide.html

List of Helplines

If you wish to talk to someone outside of university or need someone to talk outside of office hours, please do not hesitate to use one of the services below;

Japan Helpline

Japan Helpline is Japan's 24 hour non-profit, nationwide emergency assistance service. Whether it is an earthquake, a toothache in the middle of the night, or you feel depressed, Japan Helpline offers a 24 hour, nationwide assistance service for the international community.

Tell Lifeline

Tell Lifeline is a free, confidential telephone counseling service, offering anonymous, non-judgmental and caring support for teens, students and adults in English.

Emergency Translation Service

This call service will assist with translation between you and the doctor.

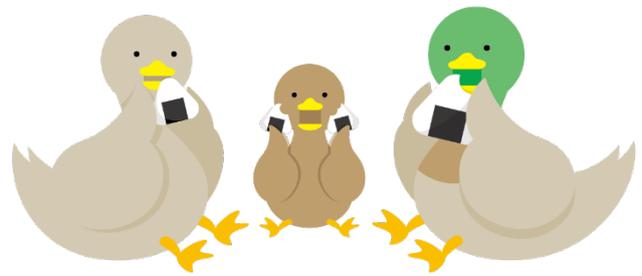
Languages: English, Chinese, Korean, Thai, and Spain.

Search for Medical Institutions

You can also search doctors and hospitals all over Japan via JNTO's official website

Chapter 8

Daily Life



8 Daily Life

Life in a foreign country with different culture and habits can be challenging, but a wonderful experience. This chapter provides some useful information for living in Japan.

8-1 Living Cost

円(en) Japanese yen

Currency

The currency in Japan is the yen (JPY).

The yen notes are divided into 4 bills: ¥ 1,000, ¥ 2,000, ¥ 5,000, ¥ 10,000. On the other hand, yen coins are divided into 6: ¥ 1, ¥ 5, ¥ 10, ¥ 50, ¥ 100, ¥ 500.

Even though it is finally becoming cashless society, there are still lots of shops which only take cash, especially outside of Tokyo. You do need to carry certain amount of cash all the time.

消費税 (shouhi-zei)

consumption tax

Consumption Tax

The Consumption tax rate in Japan is 10%, except for food stuffs which is 8%. The 10% consumption tax is applied when you eat and/or drink at the eating space of suppliers like fast food chains, convenience stores and others. Price tags have to include the Consumption tax amount.

Tipping

Tipping is not customary in Japan. In fact, it can be considered rude and insulting in many situations. If you leave the money at a restaurant table, they will run after you to return the "forgotten" money.

Living Expenses in Japan

Monthly living expenses in Japan for a student from overseas (including tuition) on average nationwide comes to about 138,000 JPY. The most expensive region is the Kanto region at 151,000 JPY. The Kanto region includes Tokyo, where the monthly living expenses average 154,000 JPY. The high expense of Tokyo can be attributed to the high rent costs in the city, along with the costs of transportation for commuting and will not be as high in the Fujisawa (SFC) area.

Moreover, the cost of living varies depending on factors such as housing expenditure, food budget, lifestyle, etc.

Examples for Budget and Spending (student/living alone)

2nd year student, female

Budget	Support from parents	¥60,000
	Scholarship	¥40,000
	Part-time job	¥40,000
	Total	¥140,000
Spending	Rent	¥68,000
	Food	¥16,000
	Electricity, water, gas	¥10,000
	Social expenses	¥7,000
	Phone	¥8,000
	Books	¥5,000
	Transport	¥20,000
	Miscellaneous	¥6,000
	Total	¥140,000

Foods
 Bottle of water ¥120
 McDonald set meal ¥550
 Lunch box ¥500

2nd year student, male

Budget	Scholarship	¥51,000
	Part-time job	¥55,000
	Total	¥106,000
Spending	Rent	¥51,000
	Food	¥20,000
	Electricity, water, gas	¥10,000
	Social expenses	¥5,000
	Phone	¥5,000
	Books	¥2,000
	Transport	¥3,000
	Savings	¥10,000
	Total	¥106,000

Transportation
 Bus from SFC to Shonandai ¥220
 Subway to Yokohama ¥360
 Train to Tokyo ¥540

8-2 Free Wi-Fi

List of Japan Connected-free Wi-Fi Hot Spots



<https://www.ntt-bp.net/jcfw/area/index.html>

Campus Network System (CNS)



Please refer
to **1-18** for
**Computing
Environment**

SFC CNS Guide 2020 -English Edition-



https://cns-guide.sfc.keio.ac.jp/2020/CNSguide2020_en.pdf

Free public Wi-Fi in Japan

Free public Wi-Fi networks in Japan are provided by big cities, but are sparse in the countryside and mountainous regions.

While it's increasing the numbers of Wi-Fi hot spots, there are still not enough free Wi-Fi services available to rely on for the regular usage.

Following facilities provide free Wi-Fi service. Some require pre-registration via the service's website.

- International airports (Narita, Haneda)
- Hotels
- Some cafes/restaurants (Starbucks, McDonald's, etc.)
- JR and subway stations in big cities
- Shopping malls (Lala port, etc.)
- Supermarket (Ito Yokado, etc.)

Wi-Fi at SFC

Keio University offers wireless LAN service on campus.

By connection setting, you can connect to the Internet with your personal computer, mobile terminal or smartphone.

Be sure to take security measures when using it in order to guard other users and yourself against virus.

There are also places where you can't connect depending on the distance or radio wave condition, or the connection state is not stable.

8-3 Postal Service/*Takuhaibin*

Japan Post, one of the main delivery services in Japan, provides a range of postal services including the delivery of postcards, letters, parcels, and registered mail, as well as banking and insurance services.

Takuhaibin Delivery Services are convenient for sending parcels, luggage, and various other types of goods from door to door nationwide.

You can send *takuhaibin* any time of a day from any convenience stores while post offices are only open from 9:00 to 17:00 on weekdays (Few big post offices are open on Saturdays). Though, only Japan post is handling international mails.

Delivery is usually made by the next day, and costs are moderate. You will receive mail and packages through either Japan Post or *Takuhaibin* Delivery Services once you start to live in Japan. Except for standard mail, if you are not at home during a delivery, a delivery notice slip will be left in your mailbox. You should check your mailbox regularly, and if you find a notice slip, contact the designated phone number or access the website to schedule a redelivery. Instructions on how to schedule a redelivery are usually written on the slip. The delivery companies usually keep your item for 1 to 2 weeks before it is returned to the sender due to no redelivery request made.

Takuhaibin delivery service is useful when you want to send your big suitcases from the airport to your apartment/dormitory or send your snowboard to a mountain hotel. You can even use *takuhaibin* service for your moving unless you have lots of belongings.

For international mail service, you have EMS from Japan Post, DHL, and FedEx.

Postal Service

Japan Post



https://www.post.japanpost.jp/index_en.html

宅配便/*Takuhaibin* Delivery Services

Nippon Express



<https://www.nipponexpress.com/>

Yamato Transport



<https://www.kuronekoyamato.co.jp/en/>

Sagawa Express



<https://www.sagawa-exp.co.jp/english/>

8-4 Commute

Campus Access



<https://www.sfc.keio.ac.jp/en/maps.html>

As SFC is located 3.5 km away from the nearest train station, Shonandai station, most of students commute by bus or bicycle.

For students living in the dormitory next to the campus...walking

For students living in Shonandai.....bus/bicycle to SFC

For students living outside of Shonandai....

train/subway to Shonandai

bus from Shonandai to SFC

神奈中バス
Kanachu Bus

Bus from Shonandai to SFC (*Kanachu* Bus)

It takes approximately 15-20 minutes to reach the campus. Bus fare is 220 JPY for one way.

Buses for Keio University depart from Bus Stop #1, at the West B Exit of Shonandai Station. The following bus routes are bound for Keio University:

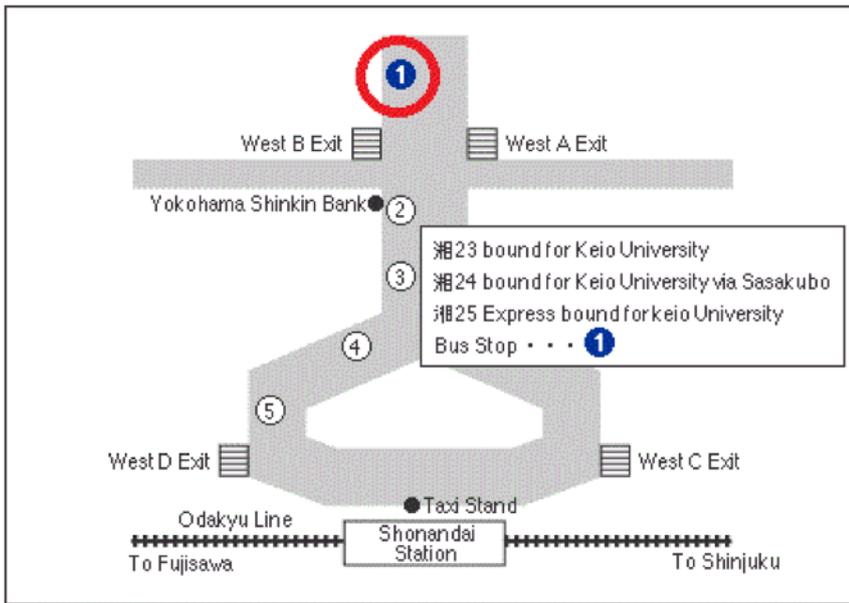
- ☆ Sho23 [湘 23] bound for Keio University [慶応大学]
- ☆ Sho24 [湘 24] bound for Keio University [慶応大学] via Sasakubo [笹久保]
- ☆ Sho25 [湘 25] express (Twin Liner) bound for Keio University [慶応大学]

<Note>

*Buses do not stop at Keio Daigaku Honkan-mae [慶応大学本館前] and Keio Chukotobu-mae [慶応中高等部前] on Sundays and holidays.

Within the campus, buses will stop at:

- ☆ Daigaku [慶応大学] (Bus Stop A on the campus map; closest to the Faculty of Nursing and Medical Care Building)
- ☆ **Keio Daigaku Honkan-mae [慶応大学本館前]** (Bus Stop B on the campus map) **PLEASE GET OFF HERE!**
- ☆ Keio Chukotobu-mae [慶応中高等部前] (Bus Stop D on the campus map; closest to Keio Shonan Fujisawa Junior and Senior High School)



※ Buses are busy with junior/high school students and other commuting people in mornings. They make a long que for buses inside Shonandai station.

Bus from Tsujido to SFC (Kanachu Bus)

It takes approximately 21 minutes to reach the campus. Bus fare is 340 JPY.

Buses for Keio University depart from Bus Stop #2, at the North side of Tsujido Station. The following bus route is bound for Keio University:

☆ Tsuji 34 [辻 34] bound for Keio University [慶応大学]



(Twin-liner bus)

Time Table for 辻 34 from Tsujido



<https://www.kanachu.co.jp/dia/diagram/timetable/cs:0000802690-1/nid:00129934>

<Note>

*Buses do not stop at Keio Daigaku Honkan-mae [慶応大学本館前] on Sundays and holidays.

Pasmo



Issued by subway and other train companies other than JR. interchangeable with Suica.

Suica



Issued by JR east. Interchangeable with Pasmo.

Pasmo/Suica can be used almost anywhere in Kanto area except for Izu-Hakone railway.

How to Pay the Bus Fee

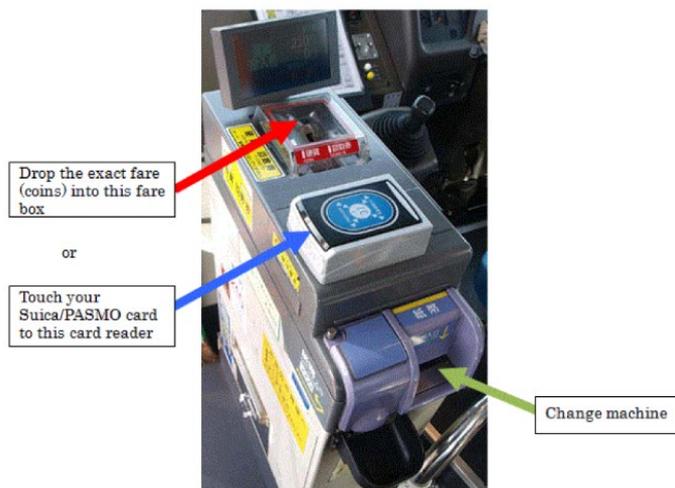
The bus fee can be paid by cash or by electric payments.

If you pay the fee in cash, it is highly recommended that you have the exact fare ready before boarding the bus. You will not get any change back if you drop more than your fare into the fare box. You can also change 1,000 JPY bill, 500 JPY coin and 100 JPY coin into smaller denominations by putting them in the change machine next to the fare box. Please change the money before you drop it in the fare box.

If you pay the fee by electric payments, please obtain an IC card; Pasmo or Suica. They are rechargeable prepaid rail cards. Prepaid cards are sold at ticket vending machines in train stations. A 500 JPY deposit will be deducted from the cash amount you charge the card with. (You can get this money back when you return the card to a ticket office)

When using prepaid cards on a bus, you should swipe it over a contactless reader when boarding/diseMBarking. You can top up the card at the ticket vending machines in train stations, but bus drivers can also help you top up the card.

Whether you pay the bus fee at boarding or at disembarking depends on a bus. (Shonandai area). Please check with the driver or ask other passengers when to pay.



Taxi

A taxi ride from the west-side of Shonandai Station to Keio University will take approximately 10 to 15 minutes.

Taxi fare is approximately 1,200 to 2,000 JPY.

To hail a taxi, go to a taxi stand in front of train stations or flag one down at a location where it is safe for it to stop. It is easy to find taxis on the street in Tokyo, but not in SFC area. Please call a taxi by phone when there is no taxi stand around you.

When you board a taxi, note that the vehicle's left rear door is opened and closed remotely by the driver. You are not supposed to open or close the door by yourself,

Train/Subway

Shonandai station is an express stop on the **Odakyu Enoshima Line**. It's also the terminus of both the **Yokohama Subway Blue Line** (subway) and **Sagami Izumino Line**.

Student Commuter Pass

Students can purchase a student commuter pass (通学定期券/*tsugaku teiki-ken*), which allows students to take unlimited rides between the station nearest to the residence of the student and the station nearest to your campus.

Your student commuter pass can be issued on your current Suica/Pasmo.

You must pay an additional fare when traveling outside the specified route and only the person registered on the card may use this pass.

One, three and six-month passes are available (the longer the period the higher the discount, but higher risk when you lose it).

The student commuter passes can only be issued for a single route and for the least expensive route.

If your current address is different from the one registered with the university, please update your home address from keio.jp.

Taxi companies in SFC area

Kanachu-Taxi
0120-777-701

Shonan Taxi
0120-01-8801
0466-50-8801

Soai Kotsu
0120-87-2610

Minami Shokai
0120-04-4373
0466-44-0010

通学定期券(*tsugaku teiki-ken*)
student commuter pass

*Please Note: Research students cannot purchase Student Commuter Passes but are eligible for a regular commuter pass (*tsukin teiki-ken*), which are little bit more expensive but still cheaper than paying the travel fair every day separately.

How to Purchase a Student Commuter Pass

<For trains/subways>

- ① On the back of your student card, write the name of 2 stations you use for your commute; The station which is nearest to your current residence and the station nearest to your campus. (Shonandai or Tsujido for SFC)
- ② Visit a service counter of the train company you are going to use for your commute with your student card.
- ③ Fill out the required information on the "Application to Purchase a Student Commuter Pass" available at each station. Show your student ID card and submit the completed request form at the station to purchase a commuter pass. In order to purchase a Student Commuter Pass for two lines, such as Sotetsu line and Tokyu line, you need to visit Yokohama station.

箱44 (2019.07) 通勤定期券・My Suica (記名式) 購入申込書 (太枠内をご記入ください。)

新規 継続	通勤・グリーン・フレックス・山手線均一・My Suica(記名式) ※通学定期券申込の場合は黄色の用紙にご記入ください。	Suica希望 する・しない	支払方法 現金・クレジットカード
カタカナで氏名をご記入ください。 男女 様 才		区 間 (経 由)	駅 駅間 (経 由)
生年月日	明・大・昭・平/西暦 年 月 日	使用開始及び 有効期間	年 月 日から1・3・6箇月
電話番号	※拾得時の連絡をご希望の場合は電話番号をご記入ください。		
<ul style="list-style-type: none"> ●本申込書は、お申込内容の確認、定期券又はMy Suicaのご利用及び紛失等に関わるご連絡に使用いたします。 ●連絡定期券又はMy Suicaの場合は、当該会社からの照会に応じ申込内容を知らせる場合がございます。 ●必ず生年月日・性別をご記入ください。(本人確認やSuica再発行登録時に使用いたします) ●初回Suica購入時は、預り金(デポジット)500円が必要です。 ●Suicaでは原則として新幹線はご利用になれません。 ●山手均一定期券では、Suica定期券でのご利用はできません。 			
			係員記入欄(小児Suica) <input type="checkbox"/> 旅券 <input type="checkbox"/> 保険証

<For buses>

通学証明書 (Tugaku
shomeisho)
a Student Commuter
Certificate

- ① Issue a Student Commuter Certificate from the certificate issuing machine in front of Student Affair's office at alpha building. (free of charge)

*You don't need to get the certificate for the bus between Shonandai and SFC / Tsujido and SFC.
- ② Bring a Student Commuter Certificate or Student ID card to the ticket counter of the bus company you will use.
- ③ Fill out the required information on the "Application to Purchase a Student Commuter Pass" available at each counter.

Bicycle

Commuting by bicycle is another choice if you do not like to wait in a long que for a bus or an eternal traffic jam. Using a bicycle, you do not need to worry about being late for your class.

From Shonandai to SFC, it is 3km of a hilly road for 20 minutes of a bicycle ride.

Bicycle Registration

It is mandatory to register your bicycle.

Crime rate is low in Japan but it doesn't apply to bicycles and umbrellas. They are often stolen. Most of university students have been stolen their bicycles at least once or have been suspected as a bicycle thief. You will be often stopped by police when you ride on a bicycle in night time. You don't need to panic because you can easily prove that the bicycle belongs to you with your registration number on your bicycle. (Police can easily refer bicycles as all registration information has entered the police records)

When you buy a new bicycle from a local shop, shop staffs will offer you a registration. Fill out the form and pay 660 JPY. A sticker to prove your registration will be put on your bike by a shop staff. This is issued by your local police and its expiration date differs by each prefecture. (7 years for Kanagawa prefecture)

If you purchase a bicycle online, visit a nearest bicycle shop or a police box for the registration. You need to bring your ID card, your bicycle certificate (it will be sent to you with the bicycle) and your bicycle.

For the bicycle given from your friend or somebody else, you need to register the bicycle at police. Besides your ID and bicycle, you need to bring "**Bicycle transfer certificate**" (自転車譲渡証明書 /*jitensha joto shomei-sho*written by the former owner of the bicycle.

自転車防犯登録
(*jitensha bouhan
touroku*)
Bicycle registration

自転車譲渡証明書
(*jitensha joto shomei-
sho*)
Bicycle transfer
certificate



<https://www.kanajibou.jp/download.html>

Download the top PDF.

自転車損害賠償責任保
険等 (*jitensha songai
baisho sekinin hoken
to*)
bicycle liability
insurance, etc.

Bicycle Insurance

Kanagawa prefecture requires all bicycle riders to enroll in insurance (such as bicycle casualty insurance) to ensure that they can pay for any damage or injury to others if the rider is involved in a cycling accident. Please check the terms of the insurance plan you are enrolled in and make the necessary adjustments, or purchase cycling insurance. It costs approximately 3,000 JPY for a year.

*If the bicycle rider is under legal age (twenty), the parent is required to enroll in insurance for the rider.

Parking at SFC

Students who commute to SFC by bicycle must park in the parking lots located on the right after entering the North Gate. It is free of charge and notification to the university is not required. Please use double-lock to prevent the bicycle theft. Keio university shall not be responsible for any loss, damages and troubles in the parking space. Abandoned bicycles will be removed, so please look after your own bicycle.

Bicycle Sharing Service

Shared bicycle "Daichari" is a renting bicycle service. There is a shared bicycle station near the North Gate of SFC. You can book a bicycle from your smartphone.

Daichari



<https://daichari.hellocycling.jp/>

(Japanese language only)

15 min/70 JPY
up to 12 hours/1,000 JPY

Traffic Rules for Bicycles

- ✓ Use roadways in principle. Riding on sidewalks is allowed only in exceptional cases.
- ✓ Keep to the left on roadways.
- ✓ On sidewalks, pedestrians have the right-of-way. Slow down and keep to the side closest to the roadway.
- ✓ Do not ride under the influence of alcohol.
- ✓ Do not carry a passenger.
- ✓ Do not ride side-by-side.
- ✓ Use your front light after dark.
- ✓ Do not ride bicycles that are not equipped with a front light or brakes.

8-5 Part-Time Jobs

Many foreign students wish to work part-time in order to pay their tuition or living expenses. However, under the status of residence of "Student," which is given to all international students, they are originally allowed to reside in Japan only for the purpose of studying at school. Therefore, if anyone resides in Japan with the status of "Student" and still wishes to take a paid part-time job, the person is required to obtain an official permission called "Permit to Engage in Activity other than that Permitted by the Status of Residence Previously Granted" from the nearest regional immigration bureau.

Limit to Work Hours

With this permit, students are allowed to work part-time up to 28 hours per week (up to 8 hours per day during summer, winter, and spring holidays). However, students are not allowed to have a job prohibited by the Immigration Law, such as jobs at places like bars where servers are seated at the customer's table to serve, or pachinko parlors etc. It is prohibited to work there even as kitchen staff. If there are any violations to the conditions of the part-time work permit, you will be punished by a fine or forced to leave Japan.

Paid Internships

If you intend to pursue a paid internship, it is necessary to obtain a permit from the Immigration Bureau to engage in part-time work. The allowed working hours are the same as for part-time jobs. Before you start your internship, it is your responsibility to check in advance about the duration of the internship and whether you will be compensated. If you will not receive compensation for the internship, you do not need to apply for this permit.



Job Search Sites

Gaijinpot:

<https://jobs.gaijinpot.com/index/index/lang/en>

Craigslist

<http://tokyo.craigslist.org>

Job@chikyujin

<https://job.chikyujin.jp>

Tokyo Notice Board

<http://www.tokyonoticeboard.co.jp/>

Disputes

Tokyo Metropolitan Labor Consultation Center Offices



<http://www.hataraku.metro.tokyo.jp/soudan-center/e/index.html>

Kanagawa Labor Bureau



https://jsite.mhlw.go.jp/kanagawa-roudoukyoku/madoguchi_annai/soudanmadoguchi/95955/119910.html

How to Find a Part-Time Job

How easy it will be to find a part-time job largely depends on your language ability and what kind of job you wish to do. If you have some proficiency in Japanese, it can be easy to find a job as a translator, or at a restaurant or in another position with customer services, which offer the opportunity to improve your Japanese and get a sense of Japanese work ethic. However, language cafes or places frequently visited by international customers often also hire international staff without Japanese language skills.

Another popular part-time job is language teaching, either private students or helping out at elementary schools.

You can also ask faculty members if they are looking for a student assistant (S.A.) or teaching assistant (T.A.) or if they could introduce you to companies they are working with, in order to find a part-time job. T.A. and S.A. assist faculty members in carrying out courses smoothly by assisting with class preparation, providing in-class guidance with experiments and exercises, providing advice to students regarding course contents and so on. If you already have a particular job in mind, you can directly bring your CV to the place you want to work at and ask whether they have an open position.

Please also use the websites listed on the left column to search for available jobs or see the folder with information on part-time jobs at the Student Life Section at SFC.

Disputes at Part-Time Jobs

Consultation services are provided regarding work related issues such as labor contract, conditions, paid holidays, working hours and etc.

8-6 Food

Besides fine-dining restaurants and cafes, you can eat out at casual-dining restaurants including fast food chain restaurants.

Fast food chain restaurants have wide varieties from *ramen* to hamburgers, from *gyudon* to conveyor belt *sushi*.

Family restaurants are popular among students as well.

Also, you can buy small snack such as lunch box, sandwiches, and *onigiri* at any convenience store.

Supermarkets

Cheapest way of eating food is always cooking by yourself. Buying foods from supermarkets are economical. Wholesale markets are known even cheaper than ordinary supermarkets.

Don't forget to take your shopping bag as they started to charge you plastic bags from July 2020.

Common tip: fresh and cooked items are often marked down by 10-70% near the closing time of supermarkets.

Vegetarian Food

Finding vegetarian food in Japan can be difficult as the cultural understanding of vegetarian is loose.

Most of the restaurants do not have vegetarian menus unless you choose special vegetarian restaurants (relatively expensive).

Restaurant staffs will happily remove meat from your plates if you ask, but they may forget that "dashi" (soup stock) is made of fish.

Please use the vocabularies on the right to ask staff to adjust your plate.

Try using a search engine for vegan and vegetarian restaurants as well.

ラーメン(ramen)



牛丼(*gyudon*)
beef bowl



おにぎり(*onigiri*)
Rice ball



スーパー(*su paa*)
supermarkets

業務スーパー(*gyomu su paa*)
wholesale markets

ベジタリアン
(*bejitarian*)
vegetarian

肉なし(*niku nashi*)
no meat

だしなし(*dashi nashi*)
no dashi

**Vegan & Vegetarian
restaurants in Fujisawa**



<https://www.happycow.net/asia/japan/fujisawa/>

**Muslim friendly
restaurant guidebook
Kanagawa**



<https://partners-pamph.jnto.go.jp/simg/pamph/961.pdf>

Halal gourmet Japan



<https://www.halgourmet.jp/>

Halal Food

Halal food might be much harder to find than vegetarian food. There was a case a young waiter served a bacon sandwich to a customer who asked for halal food. (It did not occur to him that bacons are pork.)

Keio SFC Islam kenkyu labo and Kanagawa prefecture made “Muslim friendly restaurant guidebook Kanagawa”. Please download PDF version for your use. It contains information about places for prayer as well.

Also, using search engines for halal food would be useful.

Vegetarian / Halal Food at SFC

On-campus dining facilities, such as Tablier and Ladybird, can prepare halal meals with prior notice. There are some menus for vegetarian at the co-op cafeteria. The Subway (a sandwich restaurant) on campus, and several restaurants and shops near the campus also carry halal and vegetarian food.

8-7 Garbage

Garbage (*gomi*) disposal is carried out at the municipal level. Please check with your landlord or your dormitory manager for the local garbage rules.

You are expected to observe all rules and regulations concerning garbage disposal and recycling in your city.

Roughly speaking, there are three broad categories of garbage for disposal purposes:

- Combustible trash (kitchen and other food garbage, etc)
- Non-combustible trash (metals, glass, porcelain, rubber products, etc)
- Recyclable trash (plastic, paper, bins, cans, magazines, etc.)

Each category is collected separately on a designated day. Usually, you are supposed to put garbage in certain space to avoid crows and cats.

For Fujisawa city, you need to use designated garbage bags for combustible and non-combustible trash. (ex. 400 JPY for a roll of ten sheets of 20 litre bags). You can buy bags from convenience stores, drug stores, and supermarkets within the town.

For oversized garbage (*sodai gomi*), like furniture, bedding, home appliances, municipalities have different ways of collecting it. In some places, certain days are set for collecting oversized garbage. In other places, you need to notify the municipal administrative office in advance, and then dispose of the garbage on the assigned day. There are also some places that require you to pay collection fees in advance. Collection fees may vary according to the size and kind of garbage. Therefore, please confirm with the municipality or sanitation office on how to dispose of oversized garbage. Please note that the following seven appliances are not considered oversized garbage:

air conditioners, televisions, refrigerators, freezers, washing machines, clothes dryers and computers.

可燃ゴミ(*kanen gomi*)
combustible trash

不燃ゴミ(*funen gomi*)
non-combustible trash

リサイクルゴミ
(*risaikuru gomi*)
recyclable trash

粗大ゴミ(*sodai gomi*)
oversized trash

8-8 Avoiding Troubles

騒音(*sou-on*) noise

Noise Caution

Even you have your own space in your apartment, it does not mean you can do anything in your place.

The walls and floors are very thin and you can hear some sound and noise from neighbors and vice versa.

Try to avoid using a washing machine/a vacuum cleaner, watching TV very loud, jumping, or playing musical instruments from 8:00pm to 9:00am.

When you play online games using headphones, you tend to raise your voice not noticing doing so. Please refrain playing games with voice chat function in midnight or early morning.

If you plan to hold a party in your apartment, visit your neighbors beforehand with a small gift (cookies or sweets) and explain when it will be over and give them your contact number.

When your neighbors make noise, try not to contact them directly. Send your complaints via your landlord to be anonymous. And when you yourself receive a complaint, please try to make less noise as you may not be able to continue the apartment contract for the next contract period.

Garbage

Trash-related issues could easily become a cause of trouble with your neighbors. To establish a good relationship with your neighbors, you should follow the local rules for trash collection.



Please refer to **8-7** for more details about **Disposal of Garbage**

Safety

Japan is known as relatively a safe country, however, the crime against young women is not few. Always make sure your door is locked. Do not sleep with your windows open. You can also put the cover on the door scope.

Visitors

Do not open your door to strangers!

Visitors with no appointments are mostly a door-to-door-sales or scams.

Safety check: Sometimes, a visitor from "a direction of a fire station" wants to check the fire-system in your apartment. Those safety check should be informed by the landlord or a posted document beforehand. Do not let the stranger come inside your room.

Religious groups: They may contact you near the campus or even inside the campus. They are targeting new students who are lonely without families or friends in the new environment. Those religious recruiters look like students. They will come to you and ask if you are interested in a group of self-improvement or an international students information exchange group. Please be aware that there are lots of dangerous cult groups targeting new students around April and September. If you are not sure about the invitations from a new face, ask your school friends. Do not give them your personal information.

NHK...Japanese public broadcaster

1ch and 3ch in Kanto area.

It has satellite channels as well.



<https://pid.nhk.or.jp/ju/shinryo/multilingual/english/index.html>

Consumer Counseling Service in Kanagawa in Multi Languages.

外国籍住民相談窓口
(神奈川中央消費生活センター)



<http://www.pref.kanagawa.jp/docs/k2w/cnt/f11914/index.html>

NHK representative

By the broadcast Law of Japan (1950), all Japanese residents regardless of nationality who owns a television set and/or a mobile phone which can receive the TV signal are required to enter into a Broadcast Receiving Contract with NHK. NHK representative may visit you at door, but you don't need to open the door or pay fee to them directly. Also, you do not need to show them if you have a TV set either. Ask them to leave you a contract form in your mail box. If you own a TV set, fill out the form and send it to a designated address and set up your payment method. If you own a satellite dish, you need to pay extra for the satellite channel fee as well.

Salesperson from internet provider companies

They will ask you to switch your internet service provider, but sometimes your landlord might have made a contract with a single provider for a whole apartment building. You may need to ask the landlord for the change of your internet provider company in that case.

Delivery

You can ask a delivery person to leave parcels outside of the door. Some thefts disguise themselves as delivery staff.

Trains

Avoid loud conversation in public transportation.

Alcohol and Tobacco

Legal age for drinking alcohol and smoking is 20 years old.

Drugs

Use or possession of illegal drugs is strictly prohibited by law.

Ethical Use of Computers

Ethical use of computers is required in your daily life, especially when you use SNS. For example, uploading a photo of you with a glass of beer to SNS may cause a serious issue if you are under age of 20.

Drones

Flying drones without permission is prohibited by law.

8-9 Religious Facilities

Mosques in Kanagawa

Ja'me Masjid Yokohama	1-31-13 Hayabuchi, Tsuzuki-ku, Yokohama-city, Kanagawa	http://www.masjid-yokohama.jp
Ebina Mosque	3-12-1 Kamigo, Ebina-shi, Kanagawa	https://www.facebook.com/pages/Ebina-Mosque/352827714734696

There is also a prayer room located on the second floor of the Iota Building in SFC.

Christian Churches with English Service in Kanagawa

Yokohama International Baptist Church	60 Nakaodai, Naka-Ku, Yokohama 231-0839 Tel 045-621-6431	https://www.yibc.org/
Japan Union Conference of Seventh-day Adventist Church	846 Kami kawai-cho, Asahi-ku, Yokohama	https://adventist.jp/church/yokohama-english/
Sacred Heart Cathedral	44 Yamate-cho, Yokohama 231-8651 Tel 045-641-0735	https://catholicyamate.org/welcome/

Synagogue in Kanagawa

Yokohama Shiloh Church	6 Onoecho, Naka-ku, Yokohama 231-0015 Tel 045-681-3804	http://www.yokohamashiloh.org.jp/english/
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8-10 Student Organizations

Keio University has a rich community that revolves around over 470 official students' organizations – 68 of which are specific to SFC – across its six campuses. The Keio Arts and Culture Federation complements these with 90 organizations that encourage students to expand their cultural literacy and social awareness. With clubs encompassing countless interests, from contemporary and traditional dance and music, religion and Japanese cultural arts, to debate and philanthropy, students are guaranteed to find a community where they can make lifelong friends.

Clubs and Circles

The word "circle" is often used to refer to students' clubs. "Circles" are also student clubs, but often require less of a time commitment than so-called "clubs." To enter a club or a circle, you can either go to their information events held at the beginning of the spring semester or contact them directly by searching for their homepages / facebook pages.

Sports at Keio University (The Keio University Athletics Association) organizes the university's intercollegiate athletic teams, and provides them with coaching staff, medical aids and training facilities. The league includes over 40 groups.

The Waseda-Keio Games

Keio University and Waseda University have long been friendly yet fierce rivals in academic and athletic pursuits. The Waseda-Keio baseball games in spring and fall are so popular with students, alumni and the wider public that they are broadcast on TV. Even if the games are held over weekends, if the weather is poor, or a playoff game is held to a tie, games will also take place on Mondays. In this case classes will be cancelled on that day so that the whole University can come out to support their team. Please check the University website to confirm on the class cancelation.

The List of Official Student Groups



[https://www.keio.ac.jp/en/student-life/files/athletics-recreation/Official Student Groups.pdf](https://www.keio.ac.jp/en/student-life/files/athletics-recreation/Official_Student_Groups.pdf)

*Japanese language only

The Keio University Athletics Association



<http://www.uaa.keio.ac.jp/>

*Japanese language only

8-11 International Student Support Groups

AIS (Keio Association for International Students)

<https://linktr.ee/aiskeiosf>

KOSMIC

https://www.ic.keio.ac.jp/intl_student/organization/kosmic.html

*Japanese only

Keio Welcome Net

<https://sites.google.com/site/welcomenethomepage/>

Nihongo Club @Mita

https://www.ic.keio.ac.jp/intl_student/organization/nihongo-mita.html

Nihongo Club @Shinanomachi

https://www.ic.keio.ac.jp/intl_student/organization/nihongo-shinanomachi.html

Tokyo Mita Club

<http://www.tmc.gr.jp/>

*Japanese only

MEXT



<https://www.mext.go.jp/en/index.htm>

Support Groups Run by Students

Association for International Students (AIS) is the Official Student Association in SFC organized in 2016. Their goal is to bring all students together to make SFC a better place. Contact them for more details.



keio.ais@gmail.com

KOSMIC (Keio Organization of Student Members of the International Center)

is run by Keio University students and facilitates opportunities for international students to receive support from fellow students. Mainly active at Mita Campus.

Support Group Run by Alumni

Keio Welcome Net is a volunteer organization by Keio's alumni which supports international students.

Nihongo Club has been offering free Japanese conversation sessions, for over 20 years for students from abroad and visiting scholars on Mita Campus and on Shinanomachi campus.

Tokyo Mita Club was founded in 1974 by Keio alumni. Tokyo Mita Club organizes various events and welcome parties to promote exchange with international students.

Support from Government

MEXT (Ministry of Education, Culture, Sports, Science and Technology) provides the useful information to support international student life.

8-12 List of Helplines

Harassment Prevention Committee by Keio

The Harassment Prevention Committee is a body under the direct authority of the Keio President which aims to plan, liaise, coordinate, and conduct public relations activities for the prevention of harassment as well as consultation, surveys, mediation, and arbitration relating to acts of harassment at Keio University.

Harassment Prevention Committee (Keio)



<http://www.harass-pco.keio.ac.jp/en/committee.html>

Office for Equity, Diversity, and Inclusion

Keio University established the Office for Equity, Diversity, and Inclusion on April 1, 2018, toward building an environment conducive to staff, faculty members, and students of all ages cooperating and coexisting in a spirit of mutual respect and acceptance for one another's individual personalities and various values, and to facilitate prompt responses to challenges relating to welcoming diversity.

Office for Equity, Diversity, and Inclusion



<https://www.diversity.keio.ac.jp/index.html>



keiodiversity@info.keio.ac.jp

Human Rights Counselling Service Online by Ministry of Justice

You can consult about human right issues online. The service is free of charge.

Human Rights Counselling Service online by Ministry of Justice



https://www.jinken.go.jp/soudan/PC_AD/0101_en.html

LGBTQ

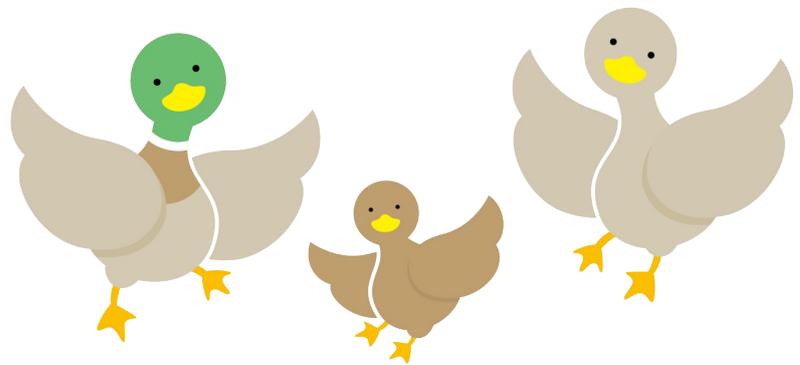
LGBT jukuseikai is an unofficial student circle in Keio University.



lgbt.jukuseikai@gmail.com

Chapter 9

Emergency



9 Emergency

9-1 Emergency Contacts

110 for Police 警察(keisatsu)

119 for Ambulance or Fire 救急/消防(kyu-kyu/sho-bo)

Theft

English Hotline

from Monday to Friday
08.30 – 17.15



(03) 3501 0110

交番(*koban*)
police box

盗難届(*tonan todoke*)
a theft report

泥棒(*doroboo*)
a theft

If you have been robbed or had valuable belongings stolen, dial **110**. Toll-free. No area code is necessary.

Tell the operator your name, address, the location of the accident or incident, and what happened.

Or contact a nearby koban. Koban, police box, are located in all Japanese towns and cities. Most of them are near train stations.

You will be asked to submit a theft report. Clearly state your name and address and report the incident.

If it happens on campus, report it to the SFC Academic Affairs Office. During night hours, contact the Security Office on campus.

If your bank card or credit card was stolen, notify the bank or credit card company immediately so they can prevent any unauthorized transactions. It is important to keep your PIN separate from these cards and not to share it with others.

Traffic Accidents

交通事故(*kotsu jiko*)
traffic accidents

If you happen to be involved in a traffic accident, contact the police immediately by dialing **110**. If anyone has been injured or wounded, dial **119** for an ambulance. Even if you believe you only have a minor injury, some injuries may become more serious with time. Do not try and evaluate yourself and tell people you are fine.

Consult a doctor as soon as possible, as the onset of pain may be delayed or there may be other complications later on.

Always record the names and addresses of the other parties involved, including the car owner, even if there is so little damage that you do not need to call the police. Record the license plate numbers of all vehicles involved. You might also want to record the names and addresses of witnesses who happened to be there. You may need this information to verify the accident with the insurance company.

Please inform Office of Student Life section in SFC about the accident.

Fire

火事 (*kaji*)
fire

It may be impossible for you to put out a fire by yourself. In the event of a fire in your own residence or a residence near to yours, first alert people around you by yelling "Fire! *Kaji da!*", then immediately call the fire department by dialing the emergency number **119**.

Since the number is the same for both fire engines and ambulances, you must clearly state that there is a fire ("*Kaji desu!*"), and then tell them your address.

Always speak clearly and slowly when making an emergency call, since not all operators understand English.

Japanese Phrases for Emergency Calls

The following Japanese phrases may be helpful:

Japanese	English
火事ですか、救急ですか？ Kaji desuka, kyu-kyu- desu ka?	Is it a fire or medical emergency?
どうしましたか？ dou shimashita ka?	What happened?
救急車を呼んでください。 Kyukyusha o yonde kudasai.	Please send an ambulance.
ケガをしています。 Kega wo shite imasu.	I'm injured.
息が苦しいです。 Iki ga kurushi desu.	I'm having difficulty breathing.
病気です。 Byoki desu.	I'm sick.
火事です。 Kaji desu.	There is a fire.
事故です。 jiko desu.	There is an accident.
警察を呼んでください。 Keikan o yonde kudasai.	Please send a policeman.
私の名前は_____です。 Watashi no namae wa _____ desu.	My name is _____.
私の住所は_____です。 Watashi no jusho wa _____ desu.	My address is _____.
私の電話番号は_____です。 Watashi no denwa bango wa _____ desu.	My phone number is _____.

Make sure you stay at the site. Don't go anywhere while calling or after the call. Don't switch off your phone after the call when calling "110" or "119" from your mobile phone.

Sudden Illness/Serious Injury

If you have been injured or suddenly feel ill (especially during night hours), call 119.

If you can move, prepare the following items while you are waiting for an ambulance car for 3-5 mins.

- National Health Insurance card
- Your ID (Residence card/student card)
- Cash (~20,000JPY)
- Your mobile phone and its charger
- Medical record (if any)
- *Shoes and changes

*If you call an ambulance in midnight from your bed, they will take you to the hospital directly from your bed. It means you will be left in pajamas without shoes at the hospital after the treatment.

An ambulance staff will ask you your emergency contact in Japan. You can tell your guarantor's name or your friend's name. If you don't have any to provide, tell them to call Keio SFC student life section.

9-2 Natural Disasters

Classes may be cancelled when public transport stops due to natural disaster, such as typhoon, heavy rain/snow, earthquake, or other major accidents. In all such cases, measures to manage classes will be notified to all members through **Keio University Student Website** and **keio.jp**.

Also, the university will be closed immediately following an alert order by the government for a major earthquake in the Tokyo / Tokai region. Once the alert order is called off, the Keio class management plan will be notified to all members of the university via its websites and other means.

地震 (*jishin*)

earthquake

Please refer to the **Earthquake Response Manual** to learn how to protect yourself on-campus and off-campus.

**Natural Disaster and
Emergency
Pocketbook (Keio
University)**



<https://www.keio.ac.jp/en/assets/download/about/learn-more/publications/index/natural-disaster-and-emergency-pocketbook-en.pdf>

Earthquakes

Japan is prone to earthquakes (地震/*jishin*) and you should be prepared for when one happens.

If you are indoors: Strong tremors usually continue for only about one minute. Do not rush outside in a panic; it is safer to stay inside than rush outside.

- 1) Protect yourself: Quickly duck under a sturdy table or desk to protect yourself from falling objects. If there is nothing to hide under, protect your head with a cushion or book. It may be wise to move to a room with less furniture.
- 2) Secure a safe exit: Doors and windows may not open due to distortion from strong tremors, so you may end up trapped in a room. During a strong earthquake, open a door or window to secure a way out if it is safe to do so.
- 3) Put out any flames: In case of major tremors, put out any flames after the shaking subsides. Make sure to close all gas valves even if there is no fire. To avoid a fire after electricity is restored, switch off the circuit breakers and any appliances.

4) Be aware of aftershocks: There may be aftershocks after a big earthquake, so be cautious around objects such as drawers, bookshelves, and refrigerators that are tilting or may be unstable. They may fall over during an aftershock. Turn on a radio to listen to the Emergency Broadcast System and follow instructions. Avoid using the telephone if a large number of homes in your area have been affected by a disaster. Emergency responders need to have the telephone lines available to coordinate their response.

If you are outdoors: Stay away from narrow streets, garden walls, cliffs, and riverbanks. Beware of falling objects if you are near buildings. Protect your head (by holding something like a bag over your head if you are carrying one) and quickly flee to a safe area.

Daily Countermeasures

Relation with neighbors

Have face-to-face relationships with neighbors in order to mutually assist in the event of a disaster.

Prevent fall of furniture

Secure furniture with seismic brackets or other devices that prevent furniture from tipping over. Also, it is recommended to put window films on glass windows to prevent broken glass from flying. (You need to ask approval from the owner of your apartment.)

Locate evacuation facility and wide-area evacuation site

Make sure you know the location of the emergency exit of your apartment along with public evacuation areas and shelters (避難場所 / *hinan basho*--usually parks or schoolyards) closest to your home and university.

An evacuation map will be given to you when you register your address at a municipal office.

避難場所(*hinan basho*)

evacuation areas and shelters

**Kanagawa Prefectural
Government (K.P.G.)
Information to
Support Foreign
Residents at the Time
of Disaster**



<https://www.pref.kanagawa.jp/docs/k2w/saigaiji-english.html>

Keio SFC gymnasium is designated as an evacuation site. The second evacuation site is Akibadai gymnasium which is 2 km from SFC.

Evacuation drill

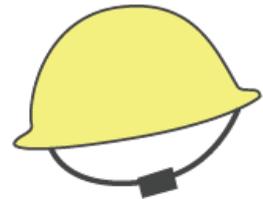
Try to attend the local evacuation drill (It is usually held around September 1 every year, the Great Kanto earthquake anniversary in 1923.).

Prepare Emergency Pack

In case of an emergency, ensure that you have a disaster preparedness kit including the following items:

- first-aid kit
- bottled water for a week
- canned or packaged foods (with can opener) for a week
- portable radio (with working batteries)
- flashlight, spare batteries
- copy of your ID card/passport/national health insurance card
- cash (including coins)
- savings passbook
- medicine
- list of emergency contact
- towels/wet wipes/tissues/sanitary items
- rain gear
- pens
- phone charger
- glasses (for those using contact lenses)
- a helmet
- thick cotton gloves
- sports shoes (roads might be full of debris or broken glass)
- plastic bags for garbage
- plastic container (you can keep water in the container when water is distributed.)
- survival blanket (you may spend few weeks on the floor of a gymnasium)
- a whistle (It will let responders know you need help and lead them to you even if you are under a building and can't shout for a help.)

You can also purchase a full-set kit.



津波 (*tsunami*)

tidal wave/tsunami

**Fujisawa-city Hazard
Map for Tsunami
(Japanese only)**



https://www.city.fujisawa.kanagawa.jp/bousai/bosai/bosai/hazardmap/tsunami/documents/kouiki_low.pdf



Sign of Tsunami
Evacuation buildings

**Latest Tsunami
Information by the
Japan Meteorological
Agency**



<https://www.jma.go.jp/bosai/map.html#5/37.979/135/&elem=warn&contents=tsunami&lang=en>

Tsunami

Keio SFC is not in tsunami endangered area, however, the coast side of Fujisawa-city is designated as a tsunami warning area.

Ensure that you evacuate immediately if you feel a strong earthquake when you are on the coast.

RUN!! LEAVE EVERYTHING ELSE BEHIND!

A tsunami may be coming within minutes. Move quickly to higher ground away from the coast, at least ten meters above sea level, or if possible move at least one kilometer away from all beaches and the water's edge of harbors and coastal estuaries. Do not take cars for evacuation.

When the tsunami warning is announced, a siren sounds and orange flags will be displayed in the beach area.

If you cannot leave the area, take shelter in the upper story of a concrete multi-story building or tsunami evacuation towers built along the beach line.

Please check the evacuation buildings along the coast line beforehand. For example, the rooftop of Enoshima aquarium is an evacuation point (15m above sea level).

Some utility pole in coast area has a signboard indicating the height above the sea level.

If you happen to be in Enoshima island at the time of earthquake, do not try to go back to the mainland. Go up to the top of the island. (60m above sea level) The island is made of hard rocks and it's safe staying at the top.

Tune into your emergency broadcasters for information.

Typhoon/Flood

A typhoon is a large tropical cyclone also known as a hurricane. To prepare for a typhoon you should keep yourself informed on its progress and take precautions to minimize any problems that may arise:

Besides TV or the Internet, you can listen to Inter-FM at 76.1 or JOKN AM at 810 for information in English.

Secure or move outdoor items inside. Make sure the potted plants and laundry poles are not to be blown by the wind.

If the storm becomes severe, move to an area with the least exposure to external glass windows.

Make sure not to approach places which you think are dangerous such as beaches, rivers, steep slopes, underpasses.

Typhoons have "eyes," areas in their center where the weather appears calm. If the eye passes over your area, it may appear that the storm has finished, with winds then picking up again afterwards.

J-Alert System (Nationwide Warning System)

J-Alert is a nationwide alert system. If the government of Japan deems that there is an urgency to protect the lives, bodies, and property of the people, such as from a North Korean missile threat, it will issue warnings and promptly notify prefectural governors. If it is necessary to evacuate residents, the government will instruct prefectural governors to take evacuation measures. The prefectural governors will then announce warnings and issue evacuation instructions, and communicate information to residents through publicity vehicles of the municipal government.

on civil protection, such as radio networks and satellite communication.

台風 (*taifu*)

typhoon

Civil Protection Portal
Site by Cabinet
Secretariat



http://www.kokuminhogou.go.jp/en/pc-index_e.html

**Protecting Ourselves
against Armed
Attacks and
Terrorism**



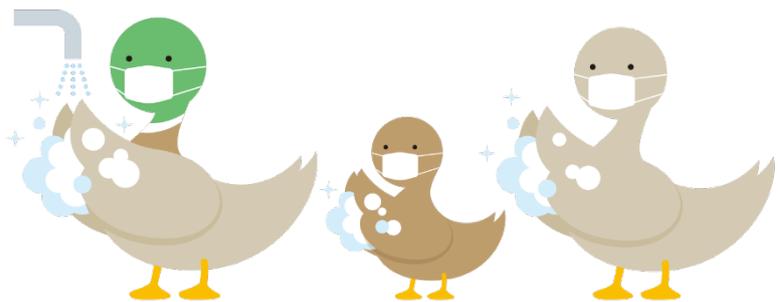
<http://www.kokuminhogo.go.jp/en/pdf/protecting.pdf>

Based on the Civil Protection Law, the national and local government will also occasionally implement drills for civil protection, such as those concerning evacuation and relief measures. Please access the link for more detailed information on J-ALERT.

In the situation of an armed attack etc., it is critical that information is communicated promptly and convincingly. For this reason, the government has secured multiple means to communicate information.

Chapter 10

Covid-19 Information



*Please note that all the information and links in this chapter is subject to change due to the change of Covid-19 situation.

10 Covid-19 Information

Please keep yourself up to date with the latest information about Covid-19 regularly at Keio University's webpages and designated websites suggested in this chapter.

10-1 University Measures

Keio university International Center



<https://www.ic.keio.ac.jp/en/life/visa/covid19.html>

Keio University Student Website



<https://www.keio.ac.jp/en/news/2020/Feb/5/48-67421/>

SFC portal site for Covid-19



https://www.sfc.keio.ac.jp/emergency/SFC_COVID-19.html

Keio.jp (ID verification required)

Keio.jp is an authentication system that enables user to transverse and use a variety network services, and is administered and operated by Keio University.

You will be granted Keio ID that enables to activate and use keio.jp after you enroll the University.

When you log into keio.jp, you can see the message and information from the university in the front page. Please check the website regularly.

Keio University International Center

You can learn about re-entry / entry to Japan under the current epidemic prevention measures.

Keio University Student Website

From this page, you can learn important notices on Covid-19 such as

- Use of campus facilities
- Status of Covid-19 cases at Keio University
- Notice of classes
- Support systems accompanying the Covid aid Disaster Victims Scholarships

And some more.

10-2 Japanese Ministries

Ministry of Foreign Affairs

- Measures in operation for Entry/Re-entry/Return to Japan.

Ministry of Health, Labour and Welfare

- Vaccine
- Border Control Measures
- Data and Materials

Immigration Services Agency

- Applications for residency during Covid-19
- Daily life support for foreign residents in regards to Covid-19
- Entry from overseas
- Immigration Services Agency online applications
And some other information.

Cabinet Office

- Novel Coronavirus Vaccines

Ministry of Foreign Affairs

https://www.mofa.go.jp/ca/fna/page22e_000921.html

Ministry of Health, Labour and Welfare

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000164708_00079.html/

Immigration Services Agency

https://www.isa.go.jp/en/covid-19_index.html

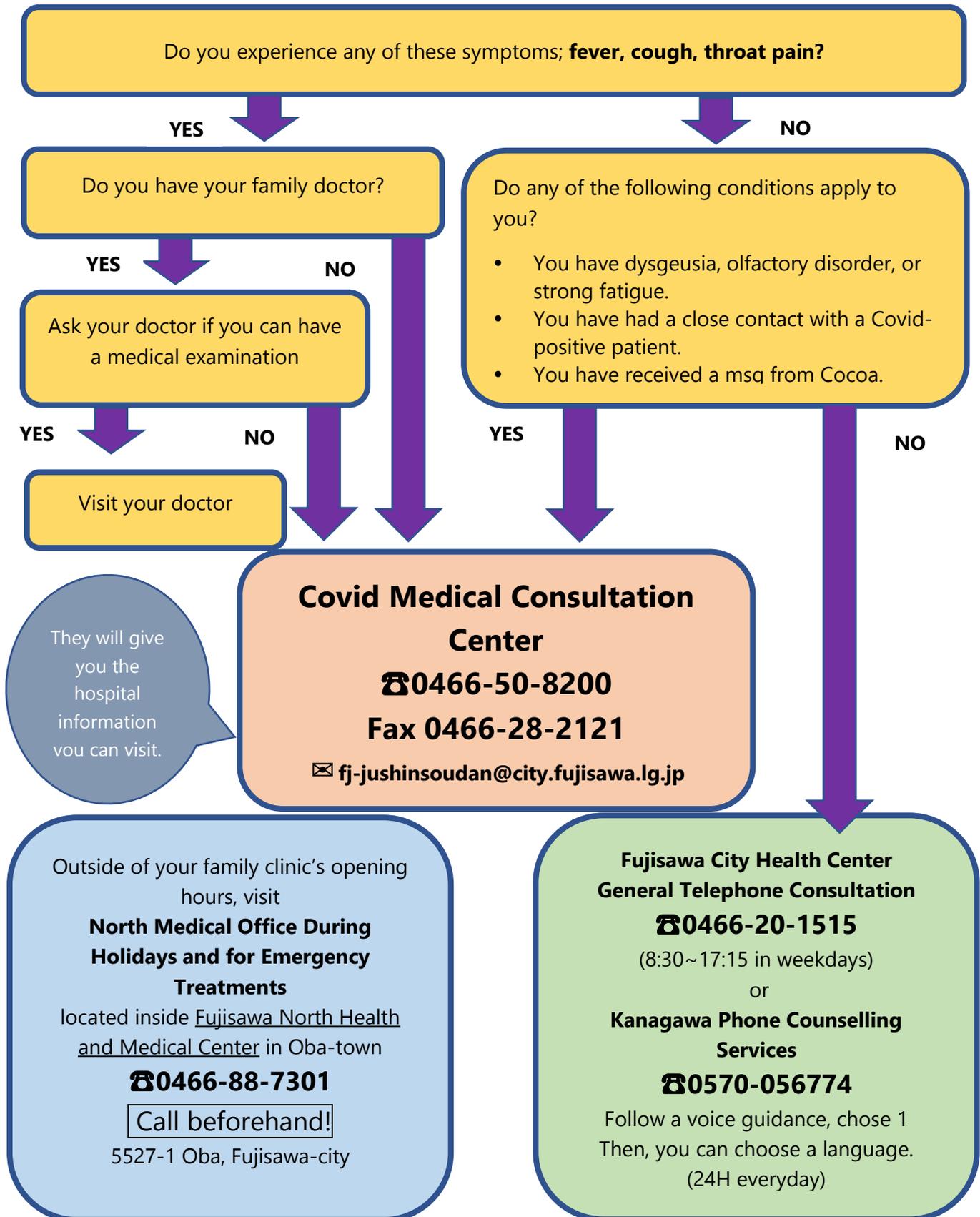
A Daily Life Support
Portal for Foreign
Nationals

http://www.moj.go.jp/isa/support/portal/m_nyuu_kokukanri10_00001.html

Prime Minister of Japan and His Cabinet

<http://www.bousai.go.jp/>
<https://japan.kantei.go.jp/ongoingtopics/vaccine.html>

10-3 Examination Procedure in Fujisawa-City (as of April 2021)



10-4 Vaccination

Vaccination Process

① Notification

Receive a "Vaccination voucher" and a "COVID-19 vaccine notification".

You will receive a "Vaccination voucher" and a "COVID-19 vaccine notification" from the municipalities.

<Voucher sample>

接種券				予診のみ				新型コロナウイルスワクチン 予防接種済証(臨時) Certificate of Vaccination for COVID-19		
券種	2	ワクチン接種	1	回目	券種	1	予診のみ	1	回目	
請求先	〇〇県〇〇市		123456		請求先	〇〇県〇〇市		123456		
券番号	1234567890				券番号	1234567890				
氏名	厚生 太郎				氏名	厚生 太郎				
 OCRライン (18桁)				 OCRライン (18桁)				1回目 接種年月日 2021年 月 日 接種場所		メーカー/Lot No. (シール貼付け)
券種	2	ワクチン接種	2	回目	券種	1	予診のみ	2	回目	
請求先	〇〇県〇〇市		123456		請求先	〇〇県〇〇市		123456		
券番号	1234567890				券番号	1234567890				
氏名	厚生 太郎				氏名	厚生 太郎				
 OCRライン (18桁)				 OCRライン (18桁)				2回目 接種年月日 2021年 月 日 接種場所		メーカー/Lot No. (シール貼付け)
<div style="border: 1px solid red; padding: 5px;"> <p>接種を受ける方へ</p> <ul style="list-style-type: none"> ●シールは剥がさず、台紙ごと接種場所へお持ちください。 ●右側の予防接種済証は接種が終わった後も大切に保管してください。 </div>										氏名 厚生 太郎 住所 〇〇県〇〇市〇〇 999-99 生年月日 〇〇年 〇〇月 〇〇日 生 〇〇県〇〇市長 日本 一部

② Reservation

Find available medical institutions and vaccination sites.

You may find a medical institution or vaccination site for your vaccination from the search site on the right column. Please choose a medical institution or vaccination site and check the availability and types of vaccines.

Vaccines available in Japan are currently from Pfizer and Moderna.

③ Make a reservation by phone or online.

ワクチン (*wakutchin*)
vaccination

Covid-19 Vaccine Navi
by Ministry of Health,
Labour and Welfare



<https://v-sys.mhlw.go.jp/en/>

Note

Fujisawa-city has competed sending out vouchers within July 2021. For the students who will move in the city after July, please remind the city hall/community center staff that you need vouchers for vaccination at the time of your residence registration.

Search Vaccination Sites



<https://v-sys.mhlw.go.jp/en/search/>

Pfizer COVID-19 Vaccine



<https://www.pfizer-covid19-vaccinated.jp/files/COVID-19-Vaccine-COMIRNATY-Information-for-persons-receiving-the-vaccine-and-their-families.pdf>

Moderna/Takeda COVID-19 Vaccine



<https://www.take-care-covid-19.jp/>

The phone number and the online reservations are listed in the page of each medical institution and vaccination site.

Please check the availability before making a reservation.

④ First dose

Receive the first dose at the site you reserved.

Please show your vaccination voucher without any detaching it and your ID (driver's license, health insurance card, etc.) at the reception.

You will have the injection to your shoulder muscle. Please wear a T-shirt or other clothes that you can show your shoulders easily.

Vaccination is free of charge.

⑤ Second dose

Please make an appointment and get the second dose in the same way as the first dose.

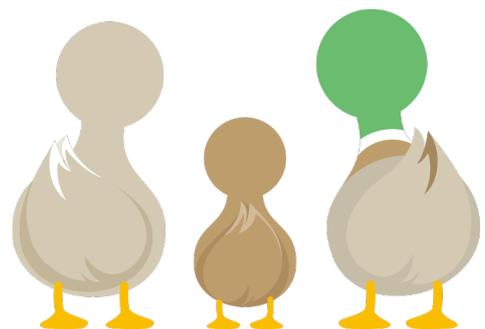
The second dose should be vaccinated basically 3 weeks after for Pfizer and 4 weeks after for Moderna/Takeda from the first dose.

For your information, WHO, the US and some EU countries suggest that the second dose should be vaccinated the second dose no later than 6 weeks after the first dose.

Some cases of side effects such as localized pain in the injected site, headache, fatigue, muscle and joint pain, and anaphylaxis (acute allergic reaction) after vaccination in some rare cases have been reported.

Also, some people with certain symptoms and/or health issues cannot receive the vaccines. Please read the website of manufacturers beforehand. Consult with your doctor if you have any questions or concerns.

Appendices



Useful Japanese Words

Greetings

Japanese	Pronunciation	English
すみません	<i>sumimasen</i>	Excuse me/sorry
ありがとうございます	<i>arigato gozaimasu</i>	Thank you
おはようございます	<i>ohayo gozaimasu</i>	Good morning
こんにちは	<i>konnichiwa</i>	Hello
さようなら	<i>sayo o nara</i>	Good-bye
ごちそうさまでした	<i>gochiso sama desshita</i>	Thank you for the food
よろしくお願いします	<i>Yoroshiku onegai shimasu</i>	(Use this phrase in the end of the conversation when you ask somebody for something)
はい	<i>hai</i>	Yes
うん	<i>un</i>	Yup
いいえ	<i>iie</i>	No
ちょっと・・・	<i>chotto....</i>	(indirect) No
大丈夫です	<i>daijobu desu</i>	It' OK.(no thank you.)/ I'm fine.

Self-introduction

Japanese	Pronunciation	English
私の名前は～です	<i>Watashi no namae wa ~ desu</i>	My name is ~

～から来ました	<i>~ kara kimashita</i>	I'm from ~
留学生	<i>ryu gaku sei</i>	international student
慶應義塾大学	<i>Keio Gijuku daigaku</i>	Keio university
湘南藤沢キャンパス	<i>Shonan Fujisawa kyanpasu</i>	SFC
誕生日	<i>tanjobi</i>	birthday
在留カードの番号	<i>Zairyu kado no bango</i>	Residence card number
よろしくお願ひします	<i>Yoroshiku onegai shimasu</i>	I look forward to work (or be friends) with you.
インスタ、やってる？	<i>Insuta yatteru?</i>	Do you have an Instagram account?

Numbers

Japanese	Pronunciation	English
一	<i>ichi</i>	one
二	<i>ni</i>	two
三	<i>san</i>	three
四	<i>yon / shi</i>	four
五	<i>go</i>	five
六	<i>roku</i>	six
七	<i>shichi / nana</i>	seven
八	<i>hachi</i>	eight

九	<i>kyuu</i>	nine
十	<i>jyuu</i>	ten
百	<i>hyaku</i>	a hundred
千	<i>sen</i>	a thousand
万	<i>man</i>	a million
消費税	<i>shohi zei</i>	consumption tax
税込み	<i>zei komi</i>	including tax
税抜き	<i>zei nuki</i>	excluding tax
袋はいりません	<i>fukuro wa irimasen.</i>	I don't need a plastic bag

Months

Japanese	Pronunciation	English
一月	<i>iichi gatsu</i>	January
二月	<i>ni gatsu</i>	February
三月	<i>san gatsu</i>	March
四月	<i>shi gatsu</i>	April
五月	<i>go gatsu</i>	May
六月	<i>roku gatsu</i>	June
七月	<i>shichi gatsu</i>	July
八月	<i>hachi gatsu</i>	August
九月	<i>ku gatsu</i>	September

十月	<i>ju gatsu</i>	October
十一月	<i>ju ichi gatsu</i>	November
十二月	<i>ju ni gatsu</i>	December

Days of the Week & Times of the Day

Japanese	Pronunciation	English
月曜日	<i>getsu yobi</i>	Monday
火曜日	<i>ka yobi</i>	Tuesday
水曜日	<i>sui yobi</i>	Wednesday
木曜日	<i>moku yobi</i>	Thursday
金曜日	<i>kin yobi</i>	Friday
土曜日	<i>do yobi</i>	Saturday
日曜日	<i>nichi yobi</i>	Sunday
祝日	<i>shuku jitsu</i>	holiday
朝	<i>asa</i>	morning
昼	<i>hiru</i>	noon
夕方	<i>yuugata</i>	evening
夜	<i>yoru</i>	night

Era and other Time Expression

A Japanese era name is a title used for numbering years in the Japanese calendar system. Even though the Gregorian calendar is being used more frequently, the era system is still used in lots of official documents for both the national government and local governments. (You don't have to memorize them as you are allowed to use the Gregorian calendar in any documents.)

Japanese	Pronunciation	English
昭和	<i>Showa</i>	1926/Dec/25~1989/Jan/7
平成	<i>Heisei</i>	1989/Jan/8~2019/Apr/30
令和	<i>Reiwa</i>	2019/May/1~
令和3年	<i>Reiwa san nen</i>	Year of 2021
昨日	<i>kino</i>	yesterday
今日	<i>kyo</i>	today
明日	<i>ashita</i>	tomorrow
先週	<i>senshu</i>	last week
今週	<i>konshu</i>	this week
来週	<i>raishu</i>	next week
先月	<i>sen getsu</i>	last month
今月	<i>kon getsu</i>	this month
来月	<i>rai getsu</i>	next month
去年	<i>kyo nen</i>	last year
今年	<i>kotoshi</i>	this year
来年	<i>rai nen</i>	next year

Student Phrases

Japanese	Pronunciation	English
サークル	<i>sa a ku ru</i>	club activity
授業/講義	<i>Jugyo/kogi</i>	class
休講	<i>kyu ko</i>	class cancellation
バイト	<i>baito / arubaito</i>	part-time job(s)
就職活動	<i>shu shoku katsu do</i>	Job hunting
帰省	<i>ki se i</i>	homecoming
研究会	<i>kenkyu kai</i>	seminar(s)
奨学金	<i>shogaku kin</i>	Scholarship(s)
友達	<i>tomodachi</i>	Friend(s)
先輩/後輩	<i>senpai</i>	Student(s) who joined the Uni before you/who joined the Uni after you
塾生	<i>juku sei</i>	Keio student(s)
塾員	<i>Juku in</i>	Keio alumni
三田会	<i>Mita kai</i>	Keio alumni society
教授	<i>kyo ju</i>	Professor(s)
履修登録/履修申告	<i>rishu toroku/ rishu shinkoku</i>	course registration
原級	<i>genkyu</i>	remain in the same year
休学	<i>kyu gaku</i>	temporary leave of absence

成績	<i>seiseki</i>	grade
七夕祭	<i>tanabata sai</i>	SFC's summer festival held in early July
秋祭り	<i>aki matsuri</i>	SFC's autumn festival held in October or November
三田祭	<i>Mita sai</i>	Keio's biggest festival held in Mita campus in November
鴨池・カモる	<i>kamo ike / kamo ru</i>	Gulliver pond/get relaxed around Gulliver pond



Gulliver Pond

Another name is kamo ike (Duck Pond)

住宅物件紹介依頼書 Request Form for Housing Referral

留学生情報 STUDENT INFORMATION

留学生氏名 Name		性別 Sex	<input type="checkbox"/> 男 Male <input type="checkbox"/> 女 Female	国籍 Country	
Email アドレス Email		留学期間 Period of study in Japan	年 月 ~ 年 月 yy/mm - yy/mm		

希望条件 PREFERENCES

希望エリア Preferred area	<input type="checkbox"/> 第一希望 First choice	最寄駅 Nearest station	<input type="checkbox"/> 徒歩()分圏内 Within () minutes walking distance
	<input type="checkbox"/> 第二希望 Second choice	最寄駅 Nearest station	<input type="checkbox"/> 徒歩()分圏内 Within () minutes walking distance
	<input type="checkbox"/> 大学まで徒歩・自転車で通える範囲 Within walking/cycling distance to University		
家賃予算 Budget for rent	円 / 月 yen per month	間取り Floor plan	例:2DK、1LDK、等 e.g., 2DK, 1LDK, etc.
その他希望 Other preferences	例:バス・トイレ別、オートロック希望、等 e.g., Bath and toilet separate, auto-lock, etc.		
入居希望日 Preferred date for moving in		退去予定日 Planned date for moving out	
対応可能言語 Languages spoken by student	<input type="checkbox"/> 日本語 Japanese <input type="checkbox"/> 韓国語 Korean <input type="checkbox"/> 英語 English <input type="checkbox"/> その他 Other () <input type="checkbox"/> 中国語 Chinese		

(不動産業者様へお願い)

- 留学生の希望内容に沿う物件をお探してください
- 物件のご案内は御社から留学生に直接ご連絡をお願いいたします
- 「留学生住宅総合補償」の利用については、大学にて留学生の状況を精査した後に加入の可否を判断いたします。詳細につきましてはお問い合わせください

慶應義塾大学湘南藤沢キャンパス事務室学生生活担当

連絡先 : 0466-49-3408

110 for Police

119 for Ambulance or Fire

Guarantor

Name

Phone

E-mail address

KEIO SFC

Name Office of International Affairs
Keio University Shonan Fujisawa Campus

Phone (+81)-(0)466-49-3628

E-mail address apd-global@sfc.keio.ac.jp

LOCAL SERVICES

Electric company

Gas company

Water company

Embassy

Name

Phone

E-mail address

Make your own emergency contact list.

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Email: apd-global@sfc.keio.ac.jp

HOW TO START YOUR LIFE IN JAPAN



Arrive in Japan

Things you need:

- Residence card
- Passport
- Document about guarantor
- Telephone number

Sign Housing Contract

Apply for water, gas and electricity

(For gas only: you must be present when your gas line gets activated)

Things you need:

- Residence card
- Passport
- Your address in Japan



Move In

City Hall

Things you need:

- Residence card w/ your address written on the back side of the card
- Small amount of money (¥1000)
- Telephone number
- Your name in Japanese (Katakana)
- (Passport)
- Seal if you have one

Bank

Mobile Phone

Things you need:

- Residence card w/ your address written on the back side of the card
- Passport
- Bank book
- Seal if you open your bank account with your seal
- Cash to purchase your mobile phone device or credit card under your name.

*If under 20...

- Parental consent form
- A copy of the biographical page of your guarantor's passport

Notify Your Mobile Phone Number

You need to notify your phone number to...

- University Office
- Realtor agency
- Bank

START YOUR CAMPUS LIFE!



Notes:

Some of the things mentioned above are written in brackets, because it depends on the place of you need them or not.