LIFE IN JAPAN
For Foreign Researchers
2018 - 2019
まえがき

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

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

独立行政法人日本学術振興会

Foreword

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

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

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

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

花言葉「精神の美・優美な女性」
日本の国花。平安時代以降、多くの人に関われるようにになった。現在の「花見」の文化は、16世紀に豊臣秀吉が行った「醍醐の花見」がきっかけとされる。

入国・在留の諸手続き

桜

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

Procedures for Entry and Residence in Japan

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

1-1 Obtaining a Visa

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

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

Certificate of Eligibility

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

Procedure for Obtaining a Certificate of Eligibility and Disembarkation

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

(2) It takes approximately one to three months for the Certificate of Eligibility to be issued, which is then sent to the host institution.
(3) once the certificate of eligibility is received, the person in charge at the host institution forwards it to the foreign researcher overseas.

(4)(5) the foreign researcher should submit his/her visa application, accompanied by the certificate of eligibility, to the Japanese Embassy or Consulate in his/her country of residence. the researcher should contact the nearest Japanese Embassy or Consulate for details.

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

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

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

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<th>Authorized Activities in Japan</th>
<th>Period of Stay</th>
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<td>Professor</td>
<td>Research, research guidance and educational activities at universities and affiliated institutes or at advanced technical schools designated as Koto-senmon-gakko in Japan.</td>
<td>5 years, 3 years, 1 year, or 3 months</td>
</tr>
<tr>
<td>Researcher</td>
<td>Research activities performed under a contract with public or private institutions in Japan (excluding activities described under the status of “Professor”).</td>
<td>5 years, 3 years, 1 year, or 3 months</td>
</tr>
<tr>
<td>Cultural Activities</td>
<td>Non-salaried academic/artistic activities, specialized research into Japanese culture/art, or study of Japanese culture/art under the guidance of specialists (excluding activities under the status of “Student” or “Trainee”).</td>
<td>3 years, 1 year, 6 months, or 3 months</td>
</tr>
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1-3 在留カード

3か月以上日本で研究滞在を行い、「短期滞在」以外の在留資格を持つ外国人が対象となります。在留カードが交付されます。

在留カードの交付手続きに際しては次の規定の写真が必要となります。

1. 申請者本人のみが撮影されたもの
2. 提出の日前3か月以内に撮影されたもの
3. 縦を除いた部分の寸法が、左記図面の各寸法を満たしたもの（額の寸法は、てっぺん（髪を含む）からあごの先まで）
4. 無編正顔を向いたもの
5. 背景（影を含む）がないもの
6. 鮮明であるもの

1-3-1 出入国港

【成田空港、羽田空港、中部空港、関西空港を利用の場合】

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

1-3 Residence Card

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

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

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

1-3-1 Ports of Entry

If Entering Via Narita Airport, Haneda Airport, Chubu Airport or Kansai Airport

A landing permission verification stamp will be entered into your passport, and you will be issued a Residence Card. Within 14 days of establishing your place of residence, you must bring your Residence Card to your local municipal office and notify the authorities of your address.

If Entering Via Another Port of Entry

The landing permission entered in your passport will be accompanied by a note indicating that you will be issued a Residence Card at a later date. Within 14 days of establishing your place of residence, you must visit your local municipal office and notify the authorities of your address. Once you do that, a regional immigration office will mail your Residence Card to you.
1-3-2 常時携帯義務

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

1-3-3 マイナンバー（社会保障・税番号）

2016年1月から運用が開始された「社会保障・税番号制度（マイナンバー制度）」では、3か月以上日本で研究滞在を行い「短期滞在」以外の在留資格を持つ外国人を含む、住民票を有する全ての方に12桁の個人番号が通知されます。

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

1-4 在留手続き

在留に関する手続きは、居住地を管轄する地方入国管理局で行う必要があります。

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

Individuals who will be staying in Japan for three months or longer are required to enroll in the national health insurance and the national pension systems. Be sure to complete procedures for enrolling in these programs when completing the procedures noted above.

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

For the national health insurance system, see section 3-5-4.

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

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

1-3-3 Social Security and Tax Number System

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

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

1-4 Residency Procedures

Visa-related procedures must be performed at the regional immigration office that administers the area where you live.

If you get married, or if there is a change in your surname or your nationality/region, please file a notification of a change of
1-4-1 一時出国と再入国許可
有効な旅券及び在留カードを持つ外国人が出国する際、出国後1年以内にこれまでの活動を継続するために再入国する場合は、原則として再入国許可を受けなければなりません（この制度を「みなし再入国許可」といいます）。みなし再入国許可で出国した人は、その有効期間を海外で延長することはできません。出国後1年以内に再入国しないと在留資格が失われることになりますので、注意してください。
在留期限が出国後1年未満の場合は、その在留期限までに再入国してください。

1-4-2 資格外活動
外国人が現に有する在留資格に属する活動以外の、収入を伴う事業を運営する活動、又は報酬を受ける活動を行おうとする場合には、予め、資格外活動の許可を受けなければならない。
外国人が許可を受けることなく資格外の活動を行った場合は、処罰の対象となります。

1-4-3 在留期間の更新
在留期間は、入国の際に在留資格とともに決定されますが、外国人はその決定された在留期間内に限って日本に在留することができます。従って、現在の在留資格のまま許可された在留期間を超えて引続き在留しようとする場合には、在留期間の更新の許可を受けて、在留期間を延長する必要があります。
在留期間の更新を希望する場合には、現在の在留期間が満了する日までに在留期間の更新の許可申請（6か月以上の在留期間を有する人に対しての申請）をすることが必要となります。申請手続きには、旅券、在留カード等の提出が必要ですが、詳細は、居住地の地方入国管理局、外国人在留総合インフォメーションセンターにお問い合わせください。
「在留期間更新許可申請書」は、法務省のホームページ（URL http://www.moj.go.jp/ONLINE/IMMIGRATION/16-3.html）でも直接入手できます。
なお、在留期間を超えて不法に残留すれば処罰の対象となり、また、退去強制の対象にもなります。

Chapter 1  Procedures for Entry and Residence in Japan

name, gender, or nationality/region. If your Residence Card is lost, stolen or destroyed, you must request a replacement card from your regional immigration office within 14 days of the day you noticed it was missing (or from the day you re-enter Japan, if you noticed this while you were overseas).

1-4-1 Temporary Leave of the Country and Re-entry Permit
In July 2012, the Ministry of Justice put in place a new residency management system, under which foreign nationals who possess a valid passport and Residence Card may leave Japan and return within one year without, as a rule, needing to apply for a re-entry permission. This is called the “Special Re-entry System.” When departing Japan on leave, be sure to bring your Residence Card with you.

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

1-4-2 Activities Other Than Those Authorized
Foreigners who want to engage in an activity involving the management of a business or remuneration other than that authorized under the assigned status of residence must apply for and obtain permission to do so in advance.

Foreigners engaging in an activity other than that authorized are subject to punishment by law.

1-4-3 Extension of Your Period of Stay
Your period of stay is determined together with your status of residence at the time of your landing in Japan. Foreigners are only allowed to stay in Japan within that period of time. If you want to remain in Japan under the same status of residence beyond your authorized period of stay, you must apply for and obtain an extension.

If you wish to extend your period of stay, you must apply to renew your visa by the last day of the period of stay permitted under your current visa. Individuals with a period of stay of six months or longer can generally apply three months prior to their visa expiration date. When you submit an application, you need to present your passport, Residence Card and other documents. For details, please inquire at the regional immigration bureau where you live or the Immigration Information Center.
1-4-4 Change of Your Status of Residence

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

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

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

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

1-5 Procedures for Family Members

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

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

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

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

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

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

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

1) Birth Registration Certificate

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

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

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

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

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

Apply at an immigration bureau office within 30 days of the date of birth.

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

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

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

1-6 Immigration and Visa Consultations

1-6-1 Information Centers

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

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

★ Immigration Information Centers (weekdays 8:30 a.m. to 5:15 p.m.)
Tel: 0570-013904 (Navi Dial)
Tel: 03-5796-7112 (for an IP phone, PHS, or overseas)
Chapter 1 Procedures for Entry and Residence in Japan

1-6-2 One-Stop Consultation Support Centers

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

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

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

★ Hamamatsu One-Stop Support Center for Foreign Residents
Create Hamamatsu 4F, 2-1 Hayauma-cho, Naka-ku, Hamamatsu-shi, Shizuoka 430-0916
Tel: 053-458-2170
Useful Japanese Expressions (1)

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

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

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

こんばんは。
Konbanwa. Good evening.

さようなら。
Sayonara. Goodbye.

じゃ また。
Ja mata. See you.

はい。
Hai. Yes.

いいえ。
Iie. No.

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

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

すみません。
Sumimasen. Excuse me.

ごめんなさい。
Gomennasai. I’m sorry.

どうぞ。
Dōzo. Please./Here you are.

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

わかりました。
Wakarimashita. I understand.

ō: Pronunciation should be lengthened, like “oh.”
Chapter 2
Living Accommodations in Japan

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

2-1 Types of Housing

2-1-1 Housing for Foreign Researchers

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

The following academic institutions provide housing facilities for foreign researchers:

1) National University Corporations

<table>
<thead>
<tr>
<th>University Name</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hokkaido University</td>
<td>Hokkaido University of Education</td>
</tr>
<tr>
<td>Muroran Institute of Technology</td>
<td>Otaru University of Commerce</td>
</tr>
<tr>
<td>Ohno Institute of Agriculture &amp; Veterinary Medicine</td>
<td>Asahikawa Medical College</td>
</tr>
<tr>
<td>Kitami Institute of Technology</td>
<td>Hirosaki University</td>
</tr>
<tr>
<td>Iwate University</td>
<td>Tohoku University</td>
</tr>
<tr>
<td>Akita University</td>
<td>Yamagata University</td>
</tr>
<tr>
<td>Fukushima University</td>
<td>Ibaraki University</td>
</tr>
<tr>
<td>University of Tsukuba</td>
<td>Utsunomiya University</td>
</tr>
<tr>
<td>Gunma University</td>
<td>Saitama University</td>
</tr>
<tr>
<td>Chiba University</td>
<td>The University of Tokyo</td>
</tr>
<tr>
<td>Tokyo Medical &amp; Dental University</td>
<td>Tokyo University of Foreign Studies</td>
</tr>
<tr>
<td>Tokyo Gakugei University</td>
<td>Tokyo University of Agriculture &amp; Technology</td>
</tr>
<tr>
<td>Tokyo National University of Fine Arts &amp; Music</td>
<td>Tokyo Institute of Technology</td>
</tr>
<tr>
<td>Tokyo University of Marine Science &amp; Technology</td>
<td>Ochanomizu University</td>
</tr>
<tr>
<td>The University of Electro-Communications</td>
<td>Hitotsubashi University</td>
</tr>
<tr>
<td>Yokohama National University</td>
<td>Niigata University</td>
</tr>
<tr>
<td>Nagasaki University of Technology</td>
<td>Joetsu University of Education</td>
</tr>
<tr>
<td>University of Yamanashi</td>
<td>Shinshu University</td>
</tr>
<tr>
<td>University of Toyama</td>
<td>Kanazawa University</td>
</tr>
<tr>
<td>Fukui University</td>
<td>Gifu University</td>
</tr>
<tr>
<td>Shizuoka University</td>
<td>Hamamatsu University School of Medicine</td>
</tr>
</tbody>
</table>
第2章 住まい

名古屋大学
愛知教育大学
名古屋工業大学

豊橋技術科学大学
三重大学
滋賀大学

滋賀医科大学
京都大学
京都教育大学

京都工芸繊維大学
大阪大学
大阪教育大学

兵庫教育大学
神戸大学
奈良女子大学

和歌山大学
鳥取大学
鳥根大学

岡山大学
広島大学
山口大学

徳島大学
鳴門大学
香川大学

愛媛大学
高知大学
福岡教育大学

九州大学
九州工業大学
佐賀大学

長崎大学
熊本大学
大分大学

宮崎大学
鹿児島大学
鹿屋体育大学

琉球大学
奈良先端科学技術大学院大学

北陸先端科学技術大学院大学
政策研究大学院大学

② 大学共同利用機関法人

人間文化研究機構
自然科学研究機構

高エネルギー加速器研究機構
情報・システム研究機構

③ その他

国立水産研究コンセプトセンター（国研）宇宙水産研究開発機構
（国研）宇宙水産研究開発機構
（国研）宇宙水産研究開発機構
（国研）宇宙水産研究開発機構
（国研）宇宙水産研究開発機構
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（国研）宇宙水産研究開発機構
（国研）宇宙水産研究開発機構
（国研）宇宙水産研究開発機構

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

次の二つの施設は、それぞれ東京地区、つげ地区にあり、入居の条件を限定せず、また、居室を多く有し設備も整っています。

《東京地区の宿泊施設》

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

Chapter 2  Living Accommodations in Japan

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

2) Inter-University Research Institute Corporations

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

3) Others

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

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

Housing in the Tokyo Area

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

2-1-2 Private Housing

Private housing can be divided into two general types:

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

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

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

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

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

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

2-2-1 Average Rental Fee

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

Generally, the monthly rental fee for an apartment with one living room, a kitchen and a bathroom is about ¥80,000 to 90,000 in major cities and ¥60,000 to 70,000 in outlying cities. A maintenance fee and utility charges will also be added to your monthly housing expense. For details, see section 2-3.

2-2-2 Rent-related Costs

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

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

<table>
<thead>
<tr>
<th>費用名</th>
<th>金額の目安</th>
<th>返金の有無</th>
<th>備考</th>
</tr>
</thead>
<tbody>
<tr>
<td>敷金</td>
<td>1～2ヶ月分</td>
<td>あり</td>
<td>負債などに対する担保金です。返金時に部屋の清掃、備品などの修繕、管理費用をいただく。1/2ヶ月未払いがあれば返金されません。</td>
</tr>
<tr>
<td>礼金</td>
<td>1～2ヶ月分</td>
<td>なし</td>
<td>締約時に必要な経費で、宿を利用する権利を得たことを代金として払います。必要のない物件もあります。</td>
</tr>
<tr>
<td>仲介斡旋料</td>
<td>1ヶ月分</td>
<td>なし</td>
<td>不動産斡旋に対する仲介料です。</td>
</tr>
<tr>
<td>家賃</td>
<td>1ヶ月分</td>
<td>なし</td>
<td>月半ばに入居の場合、当該月の日割分を支払う場合もあります。</td>
</tr>
</tbody>
</table>

*地域差があり必ずしも一律ではありません。

これら、火災保険に加入しないと、契約できない場合があります。

### Table: Fees and Deposits

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

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

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

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

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

通常、賃貸契約のためには保証人が必要です。保証人になりうる資格をもつ人（親友叙利亚など）に保証人となってもらってください。

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

2-3 住居費

入居以後に毎月必要な住居費には、家賃、共益費、公共料金などがあります。

① 家賃：家賃は、習慣として、月払いです。
② 共益費：共益費とは、アパートなどで、共通の廊下、階段、エレベータ、外灯など、生活上の共有部分の維持、管理のために住人が出し合い費用のことで、家賃とは別です。
③ 公共料金：電気、ガス、水道、電話などの料金は家賃とは別で、公共料金と呼ばれます。

公共料金は、それぞれ取扱う会社などに使用料を支払う必要があります。

支払方法は、銀行口座からの自動振替、または金融機関、郵便局、コンビニエンスストアなどで支払うことができます。

よく使われる住居関連用語

<table>
<thead>
<tr>
<th>よく使われる住居関連用語</th>
<th>漢字</th>
<th>平仮名</th>
</tr>
</thead>
<tbody>
<tr>
<td>House</td>
<td>住宅</td>
<td>jūtaku</td>
</tr>
<tr>
<td>Apartment (wooden walls)</td>
<td>アパート</td>
<td>apāto</td>
</tr>
<tr>
<td>Apartment (concrete walls)</td>
<td>マンション</td>
<td>manshon</td>
</tr>
<tr>
<td>Real Estate Agent</td>
<td>不動産屋</td>
<td>fudōsanya</td>
</tr>
<tr>
<td>Landlord</td>
<td>大家さん</td>
<td>ōya-san</td>
</tr>
</tbody>
</table>

à, ò, ū: Pronunciation should be lengthened, like “ah,” “oh” and “you.”

2-2-3 Rental Contract Procedures and Precautions

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

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

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

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

2-3 Rent and Other Fees

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

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

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

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

Frequently Used Housing Terms

<table>
<thead>
<tr>
<th>Japanese</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holding deposit</td>
<td>tetsuke-kin</td>
</tr>
<tr>
<td>Security deposit</td>
<td>shiki-kin</td>
</tr>
<tr>
<td>Key money</td>
<td>rei-kin</td>
</tr>
<tr>
<td>Rent</td>
<td>yachin</td>
</tr>
<tr>
<td>Real estate agent’s fee</td>
<td>chūkai-assenryō</td>
</tr>
</tbody>
</table>
2-4 電気・ガス・水道

電気は、日本では富士川（静岡県）と余魚川（新潟県）を境にして東と西で電気の周波数が異なっています。東側では 100 ボルト 50 ヘルツ、西側では 100 ボルト 60 ヘルツと異なりますので電化製品の使用には注意が必要です。

部屋全体の電気が消えた時は、許容量オーバーが原因であることが考えられますので、不要なスイッチを切りスイッチボックス（ブレーカー）のスイッチを入れてみてください。落雷などが原因の場合には修理されるまでに多少時間がかかりますが、急でないで少し待ってみてください。

ガスは、地域により都市ガスとプロパンガスの2種類があります。使用開始時には、ガス会社に連絡をして開栓してもらいます。種類に合った器具が正しくセットされているか確認し、十分注意して使用してください。使用しない時は、必ず元栓を閉めることをお勧めします。

ガス漏れの疑いがある場合には部屋の空気を入れ換えると共に、必要に応じて、最寄りのガス会社のサービスステーションに連絡してください。

水道の使用開始時には、地区水道局に連絡をします。日本の水道水は飲用することができます。

Electricity, Gas, and Water

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

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

Gas There are two types of gas service depending on the area: city gas and propane gas. You need to ask the gas company to come to open the main valve before you start using the gas. Be sure that gas appliances are correctly installed and suit the type of gas you have before using them. Then take sufficient care when using the gas. When not in use, you should close the valve of each of the gas outlets in your home. If you suspect a gas leak, open the windows and doors to ventilate the room thoroughly and contact your local gas company for service when needed.

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

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

2-5-1 Ventilation

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

2-5-2 Interior Care

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

2-5-3 Garbage Disposal

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

1) Garbage Categories

Combustible garbage, Non-combustible garbage, Large-sized garbage, Recyclables (paper, bottles, cans, etc.). Rules for separating garbage vary from district to district.

2) Garbage Collection Days

Collection days and times may be designated for each category of garbage.

3) Collection Station

Garbage-collection stations are also designated for each building or district.
4) Garbage Disposal Bags
Some cities, wards, towns and villages specify the type of garbage disposal bag (such as transparent garbage bags) that may be used.

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

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

7) Home Computers
Since personal computers are not collected with other large-sized garbage, apply directly with manufacturers to have your computers collected. Computers bearing Recycling Seals (marketed after October 2003) are collected free of charge. Recycling fees are charged for earlier models. For further details,
2-5-4 Cohabitation, Noise and Other Matters

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

2-5-5 Pets

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

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

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

Do not forget to settle your electricity, gas, water, telephone and other utility bills by contacting the respective companies several days before you move out.

Visit the web page (URL http://www.pc3r.jp/e/) of the PC 3R Promotion Association (Tel: 03-5282-7685).
Nihongo ga wakarimasen. I don’t understand Japanese.

Is there anyone who can speak English?

More slowly, please.

Please write it down.

I don’t feel good.

Please give me ___.

How do you say it in Japanese?

How much?

Do you have ___?

Where is ___?

I want to go to ___.

Ajisai (Hydrangea)

What this flower signifies in Japan: Fickleness, patience, transience.

Hydrangeas bloom during the rainy season in Japan (June through July), and have been loved by Japanese people since ancient times, appearing even in the Manyoshu, an anthology of ancient poetry. The layers of overlapping petals symbolize prosperity. The colors of these flowers change depending on the pH balance of the soil.
3-1 Banks

3-1-1 Opening a Bank Account

Opening a bank account is a convenient way to receive your living allowance, pay utility bills, and conduct other transactions. Since you will be asked to present some form of personal identification for verification purposes when opening a bank account, you should bring your Residence Card, passport, or other form of identification, as well as your inkan stamp. Some banks will also allow you to open an account with your signature, so it is best to ask in advance.

Basic knowledge about inkan stamps

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

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

3-1-2 Automatic Payment and ATM Cash Card

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

If you apply for a cash card, you can conveniently withdraw cash from your account through automated teller machines (ATMs).
Chapter 3  Daily Life in Japan

Banking Hours

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

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

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

3-2 Mail

3-2-1 Post Offices

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

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

If you are not at home when the mail-carrier delivers mail such as a parcel or registered letter that requires your signature (or inkan), he/she will take these back to the post office and leave a notice of delivery instead. You can arrange a redelivery, or, if you would like to pick it up, you must bring the notice of delivery, personal identification such as your Residence Card and your inkan if you have to the designated post office.

Postcard requesting mail to be forwarded to a new address

Left slot is for normal letters and cards, right for other or larger envelopes
If you move within Japan, you can notify your new address using online service of Japan Post ([URL](https://welcometown.post.japanpost.jp/en/)) or a change of address postcard available at your local post office. Any mail sent to your old address will be forwarded to your new address (in Japan) for one year.

**Postal Services Information**

**★ Japan Post Customer Service Center**

Monday through Friday, 8:00 a.m. – 10:00 p.m.

Saturday, Sundays and national holidays, 9:00 a.m. – 10:00 p.m.

Tel: 0120-23-28-86 (recorded guidance in Japanese)
0570-046-111 (for calls in English, fees apply)
0570-046-666 (for calls from a cellular phone in Japanese, fees apply)

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

**3-2-2 Overseas Courier Services**

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

**★ DHL Japan**

[Tel: 0120-39-2580](http://www.dhl.co.jp/)

**★ FedEx Japan**

[Tel: 0120-003200 (043-298-1919)](http://www.fedex.co.jp/)

**★ Nippon Courier Service**

[Tel: 03-6892-8120](http://www.nippon-courier.co.jp/)

**★ Overseas Courier Service (OCS)**

[Tel: 0120-627-012](http://www.ocs.co.jp/en/index_en.html)

**★ Schenker-Seino**

[Tel: 03-5769-7300](http://www.dbschenker-seino.jp/log-jp-jp/start/)

**★ TNT Express Japan**

[Tel: 0120-599-868](http://www.tnt.com/express/en_us/site/home.html)

**★ UPS Japan**

[Tel: 0120-27-1040](http://www.ups.com/)

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

3-3-1 Installing a Telephone

To install a telephone at your residence in Japan, first make a call to NTT (dial 116) and make an application. You will need your ID such as passport, Residence Card, or Health Insurance Card. There is a contract fee of ¥864 and a line facilities charge of ¥38,880. There is also Kanyu Denwa Lite Plan which does not charge a line facilities fee if you pay a slightly higher basic monthly fee (prices included tax).

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

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

3-3-2 Domestic Telephone Calls

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

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

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

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

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

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

★ Japan Tips
For inquiries in foreign languages concerning NTT

★ NTT East Information Tel: 0120-364-463 (toll-free)
★ NTT West Information Tel: 0120-064-337 (toll-free)

Inquiries can be made in English, Chinese, Korean, Portuguese, and Spanish. (9:00 a.m.–5:00 p.m., Monday through Friday, except national holidays and year-end/New Year holidays)

3-3-3 International Telephone Calls

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

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

<table>
<thead>
<tr>
<th>Main Telephone Companies</th>
<th>Prefix</th>
<th>Contact Numbers (toll-free)</th>
</tr>
</thead>
<tbody>
<tr>
<td>KDDI</td>
<td>001</td>
<td>Tel: 0057</td>
</tr>
<tr>
<td>SoftBank</td>
<td>0061</td>
<td>Tel: 0120-03-0061</td>
</tr>
<tr>
<td>NTT Communications</td>
<td>0033</td>
<td>Tel: 0120-506506</td>
</tr>
</tbody>
</table>

How to Make an Overseas Call

Dial

Telephone Company Prefix + 010 + Country Code + Area Code (without first 0) + Telephone Number in the correct order.
Skype

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


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

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

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

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

Main mobile phone companies

Cellular phone, smartphones, PHS

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

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

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

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

Cellular Phone Rental Service

There are many companies providing rental services of cellular phones that can be used in Japan and overseas. The companies above and their group companies also offer such services. Since the fees and application systems differ depending on the company, you should confirm the details with each company.

In the arrival lobby at airports, some companies rent cellular phones without a reservation.
3-3-5 Public Telephones

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

Some public telephones allow users to make international calls.

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

3-3-6 Connecting to the Internet

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

■ Optical-fiber Cable

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

■ High-Speed Mobile

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

■ Dial-up

This traditional method of connecting to the Internet uses a standard analog phone line. To set up dial-up service, you need to open an account with an ISP and choose a plan based on the amount of time you expect to be on line each month.
■ CATV 回線

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

インターネット接続にあたっての注意事項

設置に当てる工事では複数の業者がかかわることも珍しくありませんので、責任範囲を明確にすることが大切です。1社だけで済む場合でも 1) 工事の責任範囲と費用、2) 設置は買い取りレンタル方式かレンタル方式か、3) 月額の利用料金の明細等を業者と明確にしておく必要があります。接続機器を自分で用意する場合は、業者推奨のものでないと思わぬトラブルにみまされることがありますので、注意が必要です。

プロバイダーの選択

日本国内には、プロバイダーが多数あり、サービスや料金も様々です。また、ブロードバンドと IP 電話を組み合わせたサービスなど個々の特徴を生かした業者も見られるので、友人や同僚などにも聞いてみてください。

主なインターネット接続事業者を次に示します。

- @nifty URL http://www.nifty.com/ Tel: 0120-50-2210
- au one net URL http://www.au.kddi.com/internet Tel: 0077-777 (0120-22-0077)
- BIGLOBE URL http://www.biglobe.ne.jp/ Tel: 0120-56-0962
- J:com URL http://www.jcom.co.jp/ Tel: 0120-999-000
- OCN URL http://www.ocn.ne.jp/ Tel: 0120-506-506
- ODN URL http://www.odn.ne.jp/ Tel: 0088-228-325
- So-net URL http://www.so-net.ne.jp/ Tel: 0120-117-268
- Yahoo! BB URL http://bbpromo.yahoo.co.jp/ Tel: 0120-33-4546

■ Cable TV line

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

Notes on Connecting to the Internet

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

Choosing a Provider

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

The main Internet providers in Japan are as follows:

- @nifty URL http://www.nifty.com/ Tel: 0120-50-2210
- au one net URL http://www.au.kddi.com/internet Tel: 0077-777 (0120-22-0077)
- BIGLOBE URL http://www.biglobe.ne.jp/ Tel: 0120-56-0962
- J:com URL http://www.jcom.co.jp/english.html Tel: 0120-999-000
- OCN URL http://www.ocn.ne.jp/english/ Tel: 0120-506-506
- ODN URL http://www.odn.ne.jp/english/ Tel: 0088-228-325
- So-net URL http://www.so-net.ne.jp/ Tel: 0120-117-268
- Yahoo! BB URL http://bbpromo.yahoo.co.jp/ Tel: 0120-33-4546

![Diagram of Internet connection process]
3-4 Transportation

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

Details on ticket fares, schedules, and other information can be found in timetables (jikokuhyo) sold at kiosks and bookstores. Refer to section 4-6 for more information on traveling within Japan.

3-4-1 Japan Railway

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

JR Information Service in English, Chinese and Korean

★ JR East Infoline
Tel: 050-2016-1603 (10:00 a.m. – 6:00 p.m., except year-end/New Year holidays)
JR East: [URL] http://www.jreast.co.jp/e/
3-4-2 Trains, Subways and Buses

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

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

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

3-4-3 Airlines

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

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

Flight Information (For reservations and inquiries)

**Domestic Airlines**

<table>
<thead>
<tr>
<th>Company</th>
<th>Tel</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Nippon Airways (ANA)</td>
<td>0570-029-222</td>
<td><a href="http://www.ana.co.jp/">http://www.ana.co.jp/</a></td>
</tr>
<tr>
<td>Japan Air Lines (JAL)</td>
<td>0570-029-709 (English)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>0570-029-071 (English)</td>
<td><a href="http://www.jal.co.jp/en/">http://www.jal.co.jp/en/</a></td>
</tr>
<tr>
<td></td>
<td>0570-025-121 (English)</td>
<td><a href="http://www.jal.co.jp/en/">http://www.jal.co.jp/en/</a></td>
</tr>
</tbody>
</table>
3-4-4 タクシー

タクシーは、駅や路上、公共施設などにあるタクシー乗り場で利用できます。ドアは自動開閉が主流です。
料金は、各都市、車の大きさによって異なります。東京の場合は、普通車で初乗1,052mまで410円（2017年10月現在）ですが、深夜・早朝は割り増し料金となります。料金は、運転席側のメーターに表示され、チップは必要ありません。

3-4-5 車の運転免許

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

免許証の書き換えには、次の書類が必要です。
(1) 現在有効な外国の免許証（発行後、発行国に3か月以上滞在していたことを証明する必要があります。発行日が記載されていない場合、発行日の証明書が必要です）
(2) 免許証の日本語訳文（免許を発行した国の大使館または日本自動車連盟[JAF]で翻訳されたものに限ります）
(3) 在留カード
(4) パスポート
(5) 最近6か月以内に撮影した写真（縦3cm×横2.4cm）1枚（写真は、申請先で撮ることもできます）
(6) 手数料（2017年10月現在）
普通自動車 4,450円
原付 3,750円

3-4-4 Taxis

You can catch a taxi at designated taxi stands at stations and public facilities, or hail one along the street. The rear doors of virtually all taxis open and close automatically. Fares vary from city to city and according to the size of the cab. The initial charge in Tokyo is ¥410 for the first 1,052 meters (as of October 2017); a surcharge is added late at night and in the early morning. The fare is displayed on the meter by the driver’s seat. You don’t need to pay a tip.

3-4-5 Driver’s Licenses

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

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

(1) Valid driver’s license issued overseas. (You need to prove residency in the country where it was issued for a minimum of three months after license issuance. If the date of issue is not shown on the license, you also need to obtain a document certifying the date of issue.)
(2) Japanese translation of your driver’s license. (The translation must be prepared at the embassy of the country where the license was issued, or at a Japan Automobile Federation [JAF] office.)
(3) Residence Card
(4) Passport
(5) One photo taken within the last six months (3.0 × 2.4 cm). (Photos can be taken for a fee at the office accepting applications.)
(6) License fees (as of October 2017)
Ordinary passenger vehicle: ¥4,450
Moped: ¥3,750
There are also two tests when converting to a Japanese license:

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

2. Driving test
   These tests are not required, however, if you have a valid driver’s license issued in any of the following 27 countries and regions (as of October 2017): Australia, Austria, Belgium, Canada, Czech Republic, Denmark, Finland, France, Germany, Greece, Iceland, Ireland, Italy, Korea, Luxembourg, Monaco, the Netherlands, New Zealand, Norway, Portugal, Slovenia, Spain, Sweden, Switzerland, the UK, the US (only Maryland and Washington states), Taiwan.

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

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

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

★ Japan Automobile Federation (JAF) Headquarters
Nihon Jidosha Kaikan, 1-1-30 Shiba-daimon, Minato-ku, Tokyo 105-0012
Tel: 0570-00-2811
URL http://www.jaf.or.jp/e/

Traffic in Japan keeps to the left

自転車専用レーン
都内を始め多くの道路で、
ブルーでペイントされた
「自転車専用レーン」の設置
が増えてきています。

Bicycle lanes
More and more bicycle lanes, which are painted in blue, are appearing in Tokyo and other areas.
3-5 医療

3-5-1 日本の医療体制

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

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

軽い病気やケガの時には、薬局、薬店で市販の薬を購入することもできます。

3-5-2 外国語による受診

日本語を話せない場合には、あなたが日本語を話せない場合、あなたと医療機関との意思疎通のために、日本語を話せる人に付き添ってもらうことが望ましいです。（医療用語については4-1-4参照）

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

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

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

★ AMDA国際医療情報センター

URL http://amda-imon.com/

センター東京 Tel: 03-5285-8088
（英語、中国語、韓国語、スペイン語、タイ語、ポルトガル語、フィリピン語、ベトナム語で対応）
大阪オフィス Tel: 050-3598-7574
（英語、中国語、スペイン語で対応）
※曜日・時間により対応できる言語が異なります

3-5 Medical Care

3-5-1 Medical System in Japan

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

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

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

3-5-2 Medical Care in Foreign Languages

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

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

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

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

★ AMDA International Medical Information Center

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

Center Tokyo Tel: 03-5285-8088
(Services provided in English, Chinese, Korean, Spanish, Thai, Portuguese, Filipino, and Vietnamese.)
Osaka Office Tel: 050-3598-7574
(Services provided in English, Chinese and Spanish.)

The languages available vary depending on the day of the week and the time of day.
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生活1

3-5-3 海外旅行保険

海外旅行に出かける時に海外旅行保険に加入するように、研究のため来日する時も、海外旅行保険に加入することをお勧めします。日本では、旅行保険を付し、保険料を負担します。

しかし、海外旅行保険が適用されない病気やケガもありますので、あなたが加入する保険の約款をよく読んでおきましょう。

3-5-4 国民健康保険制度

国民健康保険制度は、医療費の負担を軽くするために、普段からお金を出し合い、病気やケガをした場合の医療費を充てようという相互扶助の目的をもとものです。

日本に3か月以上在留する人は、同伴家族を含めて、企業等に雇用されている人を対象とした社会保険法、外国人研究者を含むそれ以外の人が対象とした国民健康保険のどちらかに加入しなければなりません。

3-5-4 National Health Insurance

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

3-5-3 Traveler’s Insurance

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

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

Be sure to read the terms of your traveler’s insurance carefully, as there are illnesses and injuries that may not be covered.
第3章 日常生活

3-5-5 妊娠と出産

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

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

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

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

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

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

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

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

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

3-5-5 Pregnancy and Childbirth

Japan has various health services to protect the health of both the mother and child. Non-Japanese who have completed resident registration are also eligible to receive these services. If you are diagnosed as having become pregnant, you should register your pregnancy at your local municipal office. You will then be given a Mother and Child Health Handbook (boshi techo) and become eligible to receive various health services. In the Mother and Child Health Handbook, the health conditions of the mother and child will be recorded. Be sure to take your Mother and Child Health Handbook with you when receiving prenatal checkups, when giving birth or when taking your child to the hospital or public health center.
Child delivery cost is not covered by health insurance. As a rule, all costs must be personally borne. Fees for child delivery and hospitalization period vary according to the medical facility. For further information, please inquire of the medical facility that you are planning to give birth. If you are enrolled in national health insurance, a lump-sum childbirth benefit of ¥420,000 is paid upon application.

Refer to section 1-5-1 for additional procedures to take following the birth of a child in Japan, and 3-8 for education of children.

3-5-6 Immunizations

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

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

BCG, Polio, diphtheria, pertussis, tetanus, measles, rubella, etc.
3-6 Cultural Facilities

3-6-1 Traditional Performing Arts

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

**Kabuki and Bunraku**

**National Theatre (Kokuritsu Gekijo)**

4-1 Hayabusa-cho, Chiyoda-ku, Tokyo
102-8656
Tel: 03-3265-7411

**Kabuki-za**

4-12-15 Ginza, Chuo-ku, Tokyo 104-0061

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

1-12-10 Nipponbashi, Chuo-ku, Osaka-shi, Osaka 542-0073

**Minami-za**

Higashizume, Shijo-ohashi, Higashiyama-ku, Kyoto-shi, Kyoto 605-0075
Tel: 075-561-1155 [URL http://www.shochiku.co.jp/play/minamiza/](http://www.shochiku.co.jp/play/minamiza/)

**Noh and Kyogen**

**National Noh Theatre (Kokuritsu Nohgakudo)**

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

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

Some facilities also offer periodic art appreciation events for foreigners. If you are interested in such events, please contact the theaters (or consult a source of information such as an English-language newspaper [refer to page 129]).
3-6-2 Museums

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

Art Museums

The National Museum of Modern Art, Tokyo (includes a crafts gallery)
7-3-62-2 Roppongi, Minato-ku, Tokyo 106-8558
Tel: 03-3822-0111  URL http://www.momat.go.jp/english/

The National Museum of Western Art
7-7 Ueno-koen, Taito-ku, Tokyo 110-0007
Tel: 03-3828-5131  URL http://www.nnwa.go.jp/en/

The National Art Center, Tokyo
7-2-22-2 Roppongi, Minato-ku, Tokyo 106-8558
Tel: 03-3822-0111  URL http://www.nact.jp/english/

The National Museum of Modern Art, Kyoto
Okazaki-enshoji-cho, Sakyo-ku, Kyoto-shi, Kyoto 606-8344
Tel: 075-761-4111  URL http://www.momak.go.jp/english/

The National Museum of Art, Osaka
4-2-55 Nakanoshima, Kita-ku, Osaka-shi, Osaka 530-0005
Tel: 06-6447-4680  URL http://www.mot-art-museum.jp/eng/

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

Museums

Tokyo National Museum (Japan’s largest museum)
3-9-1 Ueno-koen, Taito-ku, Tokyo 110-8712
Tel: 03-3822-1111  URL http://www.tnm.jp/lang=en

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

National Museum of Japanese History
117 Jonai-cho, Sakura-shi, Chiba 285-8502
Tel: 03-5777-8600  URL http://www.rekihaku.ac.jp/english/

Kyoto National Museum
527 Chayamachi, Higashiyama-ku, Kyoto-shi, Kyoto 605-0031
Tel: 075-541-1151  URL http://www.kyouhaku.go.jp/english/index_top.html
A cyclopedic guidebook of the art and science museums in Japan is *Zenkoku Hakubutsukan Soran* (A Guidebook of Museums in Japan, published by Gyosei Corporation, in Japanese only). You can get English information on museums around Japan from the following websites:

- DNP Museum Information: artscape Japan [URL](http://www.dnp.co.jp/artscape/eng/)
- Tokyo Art Beat [URL](http://www.tokyoartbeat.com/index.en)

### 3-6-3 Libraries

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

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

- **Tokyo Metropolitan Central Library**
  5-7-13 Minami-azabu, Minato-ku, Tokyo 106-8575
  Tel: 03-3442-8451 [URL](http://www.library.metro.tokyo.jp/1b/)
  (Stocks over 1.88 million volumes, partly on open shelves. Books may not be checked out.)

- **The Japan Foundation Information Center Library**
  4-4-1 Yotsuya, Shinjuku-ku, Tokyo 160-0004
  Tel: 03-5639-6086 [URL](http://www.jpf.go.jp/e/about/jfic/lib/)
  (Stocks approximately 37,000 volumes related to Japanese studies and international relations. Most books may be checked out.)
Overseas newspapers, magazines, and other materials can also be read at the following facilities:

**American Center Reference Service**

- **URL**: https://americancenterjapan.com/
- **(Tokyo)** American Center Japan, NOF Tameike Bldg. 8F, 1-1-14 Aka-
saka, Minato-ku, Tokyo 107-0052
  
  Tel: 03-5545-7431
- **(Sapporo)** American Consulate General Sapporo, Kita 1-jo, Nishi
  28-chome, Chuo-ku, Sapporo-shi, Hokkaido 064-0821
  
  Tel: 011-641-1115
- **(Kansai)** Consulate General of the United State of America 7F, 2-11-5
  Nishitenma, Kita-ku, Osaka-shi, Osaka 530-8543
  
  Tel: 06-6315-5970
- **(Fukuoka)** Fukuoka American Center Reference Service, 2-2-67 Tenjin,
  Chuo-ku, Fukuoka-shi, Fukuoka 810-0001
  
  Tel: 092-733-0246

**Maison Franco-Japonaise Library (MFJ)**

- 3-9-25 Ebisu, Shibuya-ku, Tokyo 150-0013
  
  Tel: 03-5421-7643
  
  **URL**: http://www.mfj.gr.jp/bibliotheque/presentation/index_ja.php

**Mediatheque de l’institut Franco-Japonais de Tokyo**

- 15 Ichigaya-funagawara-machi, Shinjuku-ku, Tokyo 162-8415
  
  Tel: 03-5206-2500
  
  **URL**: http://www.institutfrancais.jp/tokyo/mediatheque/

**Tokyo German Cultural Center Library**

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

**Villa Kamogawa Künstlerresidenz des Goethe-Instituts**

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

**Italian Cultural Institute Library**

- 2-1-30 Kudan-minami, Chiyoda-ku, Tokyo 102-0074
  
  Tel: 03-3584-3203
  
  **URL**: http://www.iictokyo.esteri.it/IIC_Tokyo/Menu/La_Biblioteca/

**Japan Russian Sources Library**

- 1-11-2 Kyodo, Setagaya-ku, Tokyo 156-0052
  
  Tel: 03-3429-8239
  
  **URL**: http://www.tokyorus.ac.jp/jrsl/


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

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

**JETRO Business Library, Japan External Trade Organization**  
[URL](http://www.jetro.go.jp/en/jetro/lib/)

**Asia-Africa Library**  
5-14-16 Shinkawa, Mitaka-shi, Tokyo 181-0004  
Tel: 0422-44-4640  
[URL](http://www.aacf.or.jp/library/)

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

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

**His Imperial Hignness Prince Mikasa Memorial Library,**  
Middle Eastern Culture Center in Japan  
3-10-31 Osawa, Mitaka-shi, Tokyo 181-0015  
Tel: 0422-32-7111  
[URL](http://www.mecj.or.jp/)

**E. H. Norman Library, Embassy of Canada**  
7-3-38 Akasaka, Minato-ku, Tokyo 107-8503  
Tel: 03-5412-6200  

**ACCU Library, Asia-Pacific Cultural Centre for UNESCO**  
Japan Publishers Bldg., 6 Fukuromachi, Shinjuku-ku, Tokyo 162-8484  
Tel: 03-3269-4435  
[URL](http://www.accu.or.jp/jp/en/accu_library/)

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イタリア文化会館図書室
〒 102-0074 東京都千代田区九段南 2-1-30  
Tel: 03-3264-6011  
[URL](http://www.iiictokyo.esteri.it/IIC_Tokyo/Menu/La_Biblioteca/

日本ロシア語情報図書館
〒 156-0052 東京都世田谷区宮田 1-11-2  
Tel: 03-3429-8239  
[URL](http://www.tokyorus.ac.jp/jrsl/)

OECD 東京センター閲覧室
〒 100-0011 東京都千代田区内幸町 2-2-1  
日本ブレスセンタービル 3 樓  
Tel: 03-5532-0021  
[URL](http://www.oecd.org/tokyo/publications/library.htm)

日本貿易振興機関 (JETRO) アジア経済研究所図書館
〒 261-8545 千葉県千葉市美浜区若葉 3-2-2  
Tel: 043-299-9716  
[URL](http://www.ide.go.jp/Japanese/Library/)

日本貿易振興機構 JETRO ビジネスライブラリー
[URL](http://www.jetro.go.jp/lib/)

アジア・アフリカ図書館
〒 181-0004 東京都中央区新橋 5-14-16  
Tel: 0422-44-4640  
[URL](http://www.aacf.or.jp/library/)

東洋文庫
〒 113-0021 東京都文京区本駒込 2-28-21  
Tel: 03-3942-0122  
[URL](http://www.toyo-bunko.or.jp/)

韓国文化院図書映像資料室
〒 160-0004 東京都新宿区四谷 4-4-10 韓国文化院 3 樓  
Tel: 03-3357-6071  
[URL](http://www.koreaculture.jp/)

中近東文化センター附属『三笠宮記念図書館』
〒 181-0015 東京都渋谷区大窪 3-10-31  
Tel: 0422-32-7111  
[URL](http://www.meccj.or.jp/)

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**Chapter 3 Daily Life in Japan**

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

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

JETRO Business Library, Japan External Trade Organization
[URL](http://www.jetro.go.jp/en/jetro/lib/)

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

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

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

His Imperial Highness Prince Mikasa Memorial Library,**  
Middle Eastern Culture Center in Japan  
3-10-31 Osawa, Mitaka-shi, Tokyo 181-0015  
Tel: 0422-32-7111  
[URL](http://www.mecj.or.jp/)

E. H. Norman Library, Embassy of Canada  
7-3-38 Akasaka, Minato-ku, Tokyo 107-8503  
Tel: 03-5412-6200  

ACCU Library, Asia-Pacific Cultural Centre for UNESCO  
Japan Publishers Bldg., 6 Fukuromachi, Shinjuku-ku, Tokyo 162-8484  
Tel: 03-3269-4435  
[URL](http://www.accu.or.jp/jp/en/accu_library/)

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88 89
3-7 Japanese Language Study

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

3-7-1 Selecting a Japanese Language School

Since the number of Japanese language schools has been increasing, there is a wide selection of the schools for foreign researchers who wish to learn Japanese after coming to Japan.

Many of the universities and institutions have their own Japanese-language training courses. Making use of these courses is recommended because they are convenient and priced reasonably. You can also find Japanese language schools and classes by inquiring at the local International Exchange Association.
See Appendix VII for the one nearest you.

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

As of the end of fiscal year 2016, the Association had certified 315 Japanese-language schools nationwide. You can search for those schools on the Association’s website in Japanese, English, Chinese, or Korean.

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

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

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

3-7-2 Japanese Language Proficiency Test

This test is used as a means for foreigners to learn their levels of Japanese language proficiency. Language proficiency levels are measured in five rankings. The Japan Educational Exchanges and Services and the Japan Foundation jointly administer the test. They offer the test in many major cities in Japan and at 81 locations in countries/regions around the world (as of October 2017), twice a year in July and December. In some overseas cities it is only offered in either July or December, but not both.

For more information:
★ Japanese Language Proficiency Test

URL http://www.jlpt.jp/e/index.html
3-8  Children’s Education

3-8-1  Japanese School System

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

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

<table>
<thead>
<tr>
<th>School Type</th>
<th>Age</th>
<th>Number</th>
<th>National</th>
<th>Public (Locally-affiliated)</th>
<th>Private</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten</td>
<td>3-6</td>
<td>11,252</td>
<td>0.4%</td>
<td>36.7%</td>
<td>62.9%</td>
</tr>
<tr>
<td>Elementary School</td>
<td>6-12</td>
<td>20,313</td>
<td>0.4%</td>
<td>98.5%</td>
<td>1.1%</td>
</tr>
<tr>
<td>Junior High School</td>
<td>12-15</td>
<td>10,404</td>
<td>0.7%</td>
<td>91.8%</td>
<td>7.5%</td>
</tr>
<tr>
<td>Senior High School</td>
<td>15-18</td>
<td>4,925</td>
<td>0.3%</td>
<td>72.9%</td>
<td>26.8%</td>
</tr>
</tbody>
</table>

(Statistical Abstract 2017 Edition [Education, Culture, Sports, Science and Technology])

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

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

3-8-2  Enrollment Procedures

If you would like to enroll your children in a public (locally-affiliated) preschool, elementary school or junior high school, you should apply at the Board of Education in the city, ward, town or village where you live. (The Board of Education is usually located in the local municipal office.) If you would like to enroll them in a public high school, you should apply at the prefectoral Board of Education. If you would like to enroll them in a nursery school, you
3-8-3 児童手当

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

3 歳未満は一律月 15,000 円、3 歳~12 歳の第一子と第二子は月 10,000 円（第三子以降は月 5,000 円）、中学生は一律月 10,000 円。所得制限があります。

詳しくは、お住まいの各市区町村にお問い合わせください。

3-8-4 海外からの子どもの受入態勢

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

子どもが言語も生活習慣も異なる環境の中に入ることは、学校関係

should apply at the welfare office of your city, ward, town or village. (When you go to enroll your children, bring their Residence Card with you. It is also a good idea to take along someone who can interpret for you.) If you would like to enroll your children in a national school or private school, you should ask the school directly.

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

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

Estimated School Expenses (Annual, per student)

<table>
<thead>
<tr>
<th></th>
<th>National/Public (Locally-Affiliated)</th>
<th>Private</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kindergarten</td>
<td>¥140,000</td>
<td>¥360,000</td>
</tr>
<tr>
<td>Elementary School</td>
<td>¥100,000</td>
<td>¥930,000</td>
</tr>
<tr>
<td>Junior High School</td>
<td>¥170,000</td>
<td>¥1,020,000</td>
</tr>
<tr>
<td>Senior High School</td>
<td>¥240,000</td>
<td>¥740,000</td>
</tr>
</tbody>
</table>

(FY2014 Survey of Household Expenditure for Children’s Education, MEXT)

3-8-3 Child Allowance

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

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

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

Note: Income restrictions apply.

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

3-8-4 Acceptance of Children from Overseas

The number of children from overseas attending Japanese schools has been increasing in recent years. Some schools have been hiring staff specifically to take charge of education for
3-8-5 インターナショナル・スクール

海外からの子どもの受入に懸命している学校としては、インターナショナル・スクールが挙げられます。インターナショナル・スクールとは、日本在住の外国人の子どものために設置されている学校で、日本の小・中学校とは教育内容が異なります。

また、授業料などの点において、各々のインターナショナル・スクールにより異なりますが、日本の学校に比べてかなり高くなります。詳細は直接問い合わせてください。

3-9 「地域国際交流協会」による情報提供

各地の都道府県、政令指定都市には、総務省の認定を受けた「国際交流協会」があり、様々な活動をしています。

その一環として、在日外国人に対し、英語等で日本（各地の地域）での生活に必要な各種情報を提供しています。

各地域の「国際交流協会」によって情報提供の内容は様々ですが、その地域の日本語学校、病院、教育機関の案内、各種手続き方法、外国人のための生活相談窓口、文化施設やイベント情報、日本文化の体験クラスの開設など有益な情報を提供していますので利用してほしい。

また、ホームページを使って、英語だけではなく、韓国語、中国語、フランス語、スペイン語などでの情報提供を行っているところもあります。（巻末付録 VII 参照）

3-9 Information Provided by Local International Exchange Associations

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

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

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

私は、___です。
Watashi wa ___ desu. My name is ___.

___から来ました。
___kara kimashita. I’m from ___(country name).

学振（日本学術振興会）の
プログラムの研究者です。
GAKUSHIN* no puroguramu no kenkyūsha desu.
I’m a researcher under the JSPS program.

___を研究しています。
___wo kenkyū shiteimasu. I’m conducting research on ___.

どうぞ、よろしくお願いします。
Dōzo yoroshiku onegai shimasu.
Nice to meet you.

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

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

Other Useful Information

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

4-1 Emergency Contact Numbers

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

– Dial 110 –

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

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

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

Police Box (Koban)

Police are stationed at police boxes (Koban) that are located near the station and various areas of the neighborhood, and many of them are open 24 hours a day. The police officers patrol the neighborhood, handle theft and violence reports, take care of traffic accidents and lost-and-found items as well as give directions to people who get lost on their way.
4-1-2  To Report a Fire or Request an Ambulance
– Dial 119 –

Because there are both fire engines and ambulances at the fire department, you must specify first whether you are calling to report a fire (kaji) or requesting an ambulance (kyukyu). If a serious injury or emergency situation occurs, call 119 to request an ambulance/fire engine immediately. While there is no fee for the ambulance, the medical fees must be personally borne. If possible, bring your passport, Residence Card, and health insurance card with you. Please also call your host institution immediately.

4-1-3  Counseling Service

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

★ Tokyo English Life Line
Tel: 03-5774-0992
(9:00 a.m. to 11:00 p.m.)
URL http://www.telljp.com/
### 4-1-4 Medical Terms for Describing Symptoms

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

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

<table>
<thead>
<tr>
<th>Medical examination procedure</th>
<th>Shinryō-kōi</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>English</strong></td>
<td><strong>Japanese pronunciation</strong></td>
</tr>
<tr>
<td>Examination</td>
<td>shinsatsu</td>
</tr>
<tr>
<td>Administer medicine</td>
<td>tōyaku</td>
</tr>
<tr>
<td>Injection</td>
<td>chūsha</td>
</tr>
<tr>
<td>Checkup</td>
<td>kensa</td>
</tr>
<tr>
<td>Treatment</td>
<td>shochi</td>
</tr>
<tr>
<td>Surgery</td>
<td>shujutsu</td>
</tr>
<tr>
<td>Anesthesia</td>
<td>masui</td>
</tr>
</tbody>
</table>

α, ū: Pronunciation should be lengthened, like “oh” and “you.”
### Since when itsu kara いつから

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

### Frequency hindo 頻度

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

### Symptom shō jō 症状

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

### Parts of the Body 身体の名稱

- Head atama 頭
- Neck kubi 首
- Shoulder kata 肩
- Back senaka 背中
- Elbow hiji ひじ
- Hand te 手
- Arm ude 腕
- Hip koshi 腰
- Leg ashi 膝
- Foot ashi 足
- Chest mune 胸
- Throat nodo 喉
- Eyes mimi 眼
- Ears mimi 耳
- Nose hana 鼻
- Mouth kuchi 口
- Stomach/Abdomen onaka 腹
- Knee hiza 膝
- Thigh momo 脅

### Explaining your symptoms shō jō 症状を訴える

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

- 【いつから】+【頻度】+【症状】の順で
4-2 地震

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

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

4-2-1 地震への備え

地震に対しては、普段から次のように準備を心構えをしておくようにしましょう。

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

4-2-2 地震が起きたら—揺れを感じたら—

① 机の下などへ避難し、まず身の安全を図ります。
② ガスの元栓を締め、電気製品の電源プラグを抜くなど、火の始末をします。
③ 窓、戸口を開けて避難路を確保してください。
④ ご近所と声を掛け合い、協力し合って応急救護をしましょう。
⑤ テレビ、ラジオの報道に注意をし、また地区の役所、消防署、警察署などからの情報を、たとえば注意をして、正しい情報を得るようにしてください。

---

4-2 Earthquakes

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

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

4-2-1 Preparing for an Earthquake

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

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

4-2-2 If an Earthquake Occurs and You Feel Your House Shaking

1. Take shelter under a table and make sure that you are safe first.
2. Avoid the possibility of fire by closing the main gas valve and unplugging electrical appliances.
3. Open a window or door to secure an escape route.
4. Call out to immediate neighbors to see if they need help.
4-2-3 Tsunamis

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

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

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

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

4-2-4 Life Safety Learning Center

The Tokyo Fire Department operates the Ikebukuro Life Safety Learning Center, where you can learn about disaster preparedness and first-aid measures and get disaster simulation experience. There are also similar facilities throughout Japan, mainly operated by local governments. Please call your local municipal office for more information.

Emergency Warning System

This is a broadcast aired when a natural disaster such as an earthquake or tsunami occurs. An alert tone will sound, followed by an announcement giving information on the disaster. If your TV or radio is compatible with this system, as long as they are plugged in they will automatically be turned on and the announcement will be aired. NHK and many other private broadcasting companies offer this service. Information is provided in English on a subchannel of the general (“sogo”) NHK, BS1 and BS Premium channels. On NHK radio station No. 2 (Tokyo area: 693 kHz), the emergency information is broadcast in English, Chinese, Korean and Portuguese.

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

Major Disaster Information Websites

★ Cabinet Office Disaster Information
URL http://www.bousai.go.jp/index.html

★ Tokyo Metropolitan Government Disaster Prevention Information

★ NHK World
URL http://www.nhk.or.jp/nhkworld/

NHK World’s news and other programs can be viewed on a personal computer or smartphone.
4-3 台風

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

4-4 気候

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

日本各地の月別平均気温、平均湿度は次のようにになっています。

<table>
<thead>
<tr>
<th></th>
<th>1月</th>
<th>2月</th>
<th>3月</th>
<th>4月</th>
<th>5月</th>
<th>6月</th>
<th>7月</th>
<th>8月</th>
<th>9月</th>
<th>10月</th>
<th>11月</th>
<th>12月</th>
</tr>
</thead>
<tbody>
<tr>
<td>札幌 (Sapporo)</td>
<td></td>
<td></td>
<td></td>
<td>14.9</td>
<td>16.3</td>
<td>20.7</td>
<td>23.9</td>
<td>19.4</td>
<td>10.6</td>
<td>2.1</td>
<td></td>
<td>-1</td>
</tr>
<tr>
<td>平均気温 (℃)</td>
<td>-3.5</td>
<td>-2.3</td>
<td>2.1</td>
<td>7.8</td>
<td>16.3</td>
<td>20.7</td>
<td>23.9</td>
<td>19.4</td>
<td>10.6</td>
<td>2.1</td>
<td></td>
<td>-1</td>
</tr>
<tr>
<td>平均気温 (%)</td>
<td></td>
<td>58</td>
<td></td>
<td></td>
<td></td>
<td>65</td>
<td>66</td>
<td></td>
<td></td>
<td></td>
<td>58</td>
<td></td>
</tr>
<tr>
<td>平均湿度 (%)</td>
<td>65</td>
<td>66</td>
<td>63</td>
<td>58</td>
<td>73</td>
<td>75</td>
<td>73</td>
<td>72</td>
<td>58</td>
<td>65</td>
<td>69</td>
<td></td>
</tr>
</tbody>
</table>

4-3 Typhoons

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

4-4 Weather

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

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

<table>
<thead>
<tr>
<th></th>
<th>1月</th>
<th>2月</th>
<th>3月</th>
<th>4月</th>
<th>5月</th>
<th>6月</th>
<th>7月</th>
<th>8月</th>
<th>9月</th>
<th>10月</th>
<th>11月</th>
<th>12月</th>
</tr>
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<td></td>
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<td>16.3</td>
<td>20.7</td>
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<td>10.6</td>
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<td></td>
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<tr>
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<td>-3.5</td>
<td>-2.3</td>
<td>2.1</td>
<td>7.8</td>
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<td>20.7</td>
<td>23.9</td>
<td>19.4</td>
<td>10.6</td>
<td>2.1</td>
<td></td>
<td>-1</td>
</tr>
<tr>
<td>平均気温 (%)</td>
<td></td>
<td>58</td>
<td></td>
<td></td>
<td></td>
<td>65</td>
<td>66</td>
<td></td>
<td></td>
<td></td>
<td>58</td>
<td></td>
</tr>
<tr>
<td>平均湿度 (%)</td>
<td>65</td>
<td>66</td>
<td>63</td>
<td>58</td>
<td>73</td>
<td>75</td>
<td>73</td>
<td>72</td>
<td>58</td>
<td>65</td>
<td>69</td>
<td></td>
</tr>
</tbody>
</table>

日本には毎年夏から秋にかけて（特に8月、9月）台風が襲ってきてきます。台風が近づくと風が強まり、まれに停電、断水が生じます。台風が近づいたときはガラス戸を補強したり、窓の植木鉢やベランダの物干しなどが風で飛ばされないように注意しましょう。地域によっては、増水、崖崩れなどが起こる場合がありますので、テレビ、ラジオ、消防署等の情報に注意してください。
第4章  その他の役立つ情報

4-5 祝祭日など

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

<table>
<thead>
<tr>
<th>日付</th>
<th>記念日</th>
</tr>
</thead>
<tbody>
<tr>
<td>1月1日</td>
<td>元旦</td>
</tr>
<tr>
<td>1月2日〜3日</td>
<td>年始休暇 1)</td>
</tr>
<tr>
<td>1月第2月曜日</td>
<td>成人の日</td>
</tr>
<tr>
<td>2月11日</td>
<td>建国記念の日</td>
</tr>
<tr>
<td>3月21日</td>
<td>春分の日 2)</td>
</tr>
<tr>
<td>4月1日</td>
<td>学年・会計年度開始</td>
</tr>
<tr>
<td>4月29日</td>
<td>昭和の日</td>
</tr>
<tr>
<td>5月3日</td>
<td>憲法記念日</td>
</tr>
<tr>
<td>5月4日</td>
<td>みどりの日</td>
</tr>
<tr>
<td>5月5日</td>
<td>こどもの日</td>
</tr>
<tr>
<td>7月第3月曜日</td>
<td>海の日</td>
</tr>
<tr>
<td>8月11日</td>
<td>山の日</td>
</tr>
<tr>
<td>8月15日</td>
<td>旧盆（または「お盆」） この前後休業する企業などがある。</td>
</tr>
<tr>
<td>9月第3月曜日</td>
<td>敬老の日</td>
</tr>
<tr>
<td>9月23日</td>
<td>秋分の日 2)</td>
</tr>
<tr>
<td>10月第2月曜日</td>
<td>体育の日</td>
</tr>
<tr>
<td>11月3日</td>
<td>文化の日</td>
</tr>
<tr>
<td>11月23日</td>
<td>勤労感謝の日</td>
</tr>
<tr>
<td>12月23日</td>
<td>天皇誕生日</td>
</tr>
<tr>
<td>12月29日</td>
<td></td>
</tr>
<tr>
<td>~ 31日</td>
<td>大晦日</td>
</tr>
<tr>
<td></td>
<td>年末休暇 1)</td>
</tr>
</tbody>
</table>

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

Notes:
1) There is some variation in days depending on the holiday schedule of the company or organization.
2) These dates may change from year to year.
4-6 Traveling in Japan

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

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

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

Travel Information in English
The Japan National Tourism Organization (JNTO) provides tourists from overseas with travel information in multiple languages, and distributes maps and pamphlets on travel within Japan. It also offers tourism information through the Internet, and operates several Tourist Information Centers in Tokyo. These centers provide sightseeing information across Japan throughout the year (except on New Year’s Day). JNTO also launched a program to certify the Tourist Information Centers that can handle foreign tourists as Visit Japan Centers. As of October 2017, a total of 874 centers had been certified throughout Japan and are permitted to display the program’s logo.

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

★ JNTO Tourist Information Center (TIC)
1st Floor, Shin-Tokyo Bldg., 3-3-1 Marunouchi, Chiyoda-ku, Tokyo
(Located on Marunouchi-Naka Dori Street side of Shin-Tokyo Bldg.)
Tel: 03-3201-3331 URL http://www.jnto.go.jp/eng/arrange/travel/guide/tic.html
Daily from 9:00 a.m. to 5:00 p.m.

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

Onsen (Hot Springs): Japan has a lot of volcanoes and geothermal activity, and you can find hot springs in various parts of the country. The mineral contents of onsen differ by region, offering a variety of health and aesthetic benefits. Be sure to enjoy some onsen during your stay in Japan.
Major Certified Tourist Information Centers

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

Narita International Airport Terminal 1, 1F
Tel: 03-6428-0633

Narita International Airport Terminal 2, 1F
Tel: 0476-30-3383

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

4-7 Transportation between International Airports and Metropolitan Areas

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

Flight Information

Narita International Airport
Tel: 03-6428-0653

Kansai International Airport
Tel: 072-455-2500
URL http://www.kansai-airport.or.jp/en/

New Chitose Airport
Tel: 0123-23-0111
URL http://www.new-chitose-airport.jp/

Kansai International Airport Access

Haneda Airport (Tokyo International Airport) Access,
Narita International Airport Access

Kansai International Airport Access
### 4-7-1 Narita International Airport

**Narita Airport, Terminal 1**
(Narita Airport Station)

**Narita Airport, Terminal 2**
(Airport Terminal 2 Station)

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

- **Tokyo Station**
  - Keisei highway bus (Tokyo Shuttle) (approx. 80 min., fare: ¥1,000)
  - Narita Express (JR) (approx. 60 min., fare: ¥3,020)

- **Keisei Ueno Station**
  - Skyliner (approx. 40 min., fare: ¥2,470)

- **Ikebukuro Station**
  - Limousine bus (approx. 75 min., fare: ¥3,100)
  - Narita Express (JR) (approx. 90 min., fare: ¥3,190)

- **Shinjuku Station**
  - Limousine bus (approx. 85 min., fare: ¥3,100)
  - Narita Express (JR) (approx. 80 min., fare: ¥3,190)

- **Haneda Airport**
  - Limousine bus (approx. 65 min., fare: ¥3,100)

- **Yokohama Station**
  - Narita Express (JR) (approx. 90 min., fare: ¥4,290)

- **Yokohama City Air Terminal (YCAT)**
  - Limousine bus (approx. 85 min., fare: ¥3,600)

- **Tsuchiura Station East Exit / Tsukuba Center**
  - Narita Airport Line (NATT’S) (approx. 95 min., fare: ¥2,200)

**Notes:**

1) Fares are current as of October 2017.
2) Narita Express (JR) fares are the regular season rates.
4-7-2 Haneda Airport (Tokyo International Airport) International Flights

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

<table>
<thead>
<tr>
<th>Station</th>
<th>Route</th>
<th>Time (approx.)</th>
<th>Fare (approx.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tokyo Station</td>
<td>Monorail (Rapid) + JR</td>
<td>25 min.</td>
<td>¥1,840</td>
</tr>
<tr>
<td>Shibuya Station</td>
<td>Monorail (Rapid) + JR</td>
<td>35 min.</td>
<td>¥1,850</td>
</tr>
<tr>
<td>Shinjuku Station</td>
<td>Keikyu (or Rapid Limited Express, “Kaitoku”) + JR</td>
<td>32 min.</td>
<td>¥1,860</td>
</tr>
<tr>
<td>Ikebukuro Station</td>
<td>Monorail (Rapid) + JR</td>
<td>46 min.</td>
<td>¥1,870</td>
</tr>
<tr>
<td>Yokohama Station</td>
<td>Keikyu (or Rapid Limited Express, “Kaitoku”) + JR</td>
<td>47 min.</td>
<td>¥1,880</td>
</tr>
<tr>
<td>Narita International Airport</td>
<td>Monorail (Rapid) + JR</td>
<td>65 min.</td>
<td>¥1,890</td>
</tr>
<tr>
<td>Tsukuba</td>
<td>Monorail (Rapid) + Tsukuba Express*</td>
<td>80 min.</td>
<td>¥1,900</td>
</tr>
</tbody>
</table>

Note: Fares are current as of October 2017.
* Tsukuba Express is a dedicated rapid train.
### 4-7-3 関西国際空港

#### 京都駅 (Kansai International Airport)
- **JR (特急)**
  - 所要時間：約 75 分，料金：2,850 円
- **リムジンバス**
  - 所要時間：約 85 分，料金：2,550 円

#### 新大阪駅
- **JR (特急)**
  - 所要時間：約 50 分，料金：2,330 円

#### 大阪駅
- **JR (特急)**
  - 所要時間：約 65 分，料金：1,910 円
- **リムジンバス**
  - 所要時間：約 50 分，料金：1,550 円

#### なんば駅 (なんば OCAT)
- **南海電鉄 (ラピート)**
  - 所要時間：約 40 分，料金：1,430 円
- **リムジンバス**
  - 所要時間：約 50 分，料金：1,050 円

#### 大阪国際空港（伊丹）
- **リムジンバス**
  - 所要時間：約 70 分，料金：1,950 円

#### 奈良駅
- **JR (特急、天王寺経由)**
  - 所要時間：約 90 分，料金：1,710 円
- **リムジンバス**
  - 所要時間：約 85 分，料金：2,050 円

#### 和歌山駅
- **JR**
  - 所要時間：約 56 分，料金：890 円
- **リムジンバス**
  - 所要時間：約 40 分，料金：1,150 円

#### 神戸三宮
- **リムジンバス**
  - 所要時間：約 65 分，料金：1,950 円

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**Note:** Fares are current as of October 2017.

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### 4-7-3 Kansai International Airport

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

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

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

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

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

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

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

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

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注）料金は 2017 年 10 月現在のもの
4-8 Various Mass Media: TV, Radio, Newspapers

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

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

Radio Broadcasts in Foreign Languages

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

★ FM radio
◇ Inter FM (76.1 MHz) [URL] http://www.interfm.co.jp/
Inter FM Nagoya (79.5 MHz)
Broadcasts news and information in English and other languages in the Tokyo metropolitan area and Nagoya area.

◇ FM Cocolo (76.5 MHz) [URL] http://cocolo.jp/
Broadcasts news and information in English and other languages in the Kansai region.

English-language Newspapers

◇ The Japan News

◇ The Japan Times
Tel: 0120-036-242 [URL] http://www.japantimes.co.jp/

◇ The Asahi Shimbun/Asia & Japan Watch

English newspapers are also available at station stands.
### 4-9 Sizes of Clothes and Shoes

#### Men’s

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

#### Women’s

<table>
<thead>
<tr>
<th>Size</th>
<th>Japan (cm)</th>
<th>Inches</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>23</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>23.5</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>24</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>24.5</td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>25</td>
<td></td>
</tr>
</tbody>
</table>

#### Shoes

<table>
<thead>
<tr>
<th>Country</th>
<th>Japan (cm)</th>
<th>USA</th>
<th>UK</th>
<th>France</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>24.5</td>
<td>6.5</td>
<td>5</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>25</td>
<td>7</td>
<td>6</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>25.5</td>
<td>8.5</td>
<td>6.5</td>
<td>41</td>
</tr>
<tr>
<td></td>
<td>26</td>
<td>9</td>
<td>7</td>
<td>42</td>
</tr>
<tr>
<td></td>
<td>26.5</td>
<td>9.5</td>
<td>7.5</td>
<td>42</td>
</tr>
<tr>
<td></td>
<td>27</td>
<td>10</td>
<td>8</td>
<td>43</td>
</tr>
<tr>
<td></td>
<td>27.5</td>
<td></td>
<td></td>
<td>43</td>
</tr>
</tbody>
</table>

**Note:** Please use these figures as a guide only, as actual sizes vary among manufacturers and products.
Chapter 5

Academic Information

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

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

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

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

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

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

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

<table>
<thead>
<tr>
<th>Category</th>
<th>Number of Universities</th>
<th>Number with Graduate Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>National university corporations</td>
<td>86</td>
<td>86</td>
</tr>
<tr>
<td>Public universities</td>
<td>90</td>
<td>80</td>
</tr>
<tr>
<td>Private universities</td>
<td>604</td>
<td>463</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>780</strong></td>
<td><strong>629</strong></td>
</tr>
</tbody>
</table>

(FY2017 Report on School Basic Survey, MEXT)

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

5-1-2 Inter-University Research Institute Corporations

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

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

Japan also has a large number of research institutes (National Research Institutes, Incorporated Administrative Agencies, Quasi-Governmental Organizations) under the jurisdiction of the MEXT
5-2 学会

学会は、研究発表、討論、情報交換などの場として、重要な機能を果たしており、人文・社会科学分野で正会員 2,000 人以上の学会は約 40 団体、自然科学分野で正会員 10,000 人以上の学会は、約 40 団体あります（『学会名鑑 2007 ～ 9 年版』より）。

なお、学会に関する情報については日本学術会議（SCJ）、日本学術協力財団（JSSF）、科学技术振興機構（JST）が連携し実施している「学会名鑑」の Web 版（URL http://gakkai.jst.go.jp/）が公開されており、参考になります。

また、国立情報学研究所では、Web 上で、各学協会とリンクして学会の情報提供をしています。（5-3 参照）

5-3 学術情報システム

日本の学術情報システムは、人文・社会・自然科学にわたる全学間分野の学術情報を対象として、広く情報を発信しています。その中核的な機関である「国立情報学研究所（NII）」を中心として、全国の大学の情報基盤センター、情報処理センター及び図書館や、大学共同利用機関法人及び学協会などと連携を図り、大学、研究機関及び諸外国の研究者が必要とする学術情報システムの構築と学術情報の提供（一部有料）を行っています。

★ 情報・システム研究機構 国立情報学研究所

URL http://www.nii.ac.jp/

【主なサービス】

① CiNii（NII 学術コンテンツ・ポータル）：学術論文、図書・雑誌など多様な学術情報を統合的に検索するサービス
② KAKEN（科学研究費助成事業データベース）：科学研究費助成事業により行われた研究の成果概要などを検索するサービス
③ NII-REO（海外電子ジャーナル）：複数の海外電子ジャーナルを横断的に検索し、抄録などを無料で閲覧するサービス
④ Webcat Plus（総合目録データベース WWW 検索サービス）：全国の大学図書館等で所蔵している図書、雑誌の情報を検索するサービス
⑤ NACSIS-CAT/ILL（目録所在情報サービス）：大学・研究機関等が所蔵している図書・雑誌資料の目録データベースの提供

and other ministries and agencies which conduct investigative research to meet administrative objectives of the respective ministries and agencies. See Appendix V for a list of the main research institutes.

5-2 Academic Societies

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

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

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

5-3 Academic Information System

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

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

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

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

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

(3) NII-REO (Overseas Electronic Journal)
Provides a crossover search function among multiple overseas electronic journals and abstracts of articles free of charge.

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

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

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

★ Japan Science and Technology Agency

URL http://www.jst.go.jp/EN/
Useful Japanese Expressions (4)

- **Numbers**

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

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

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

The naganakidori, a long-crowing rooster of the eternal world, has symbolized the dawn since ancient times. Japan’s oldest historical record, the Kojiki, relates that the gods gathered naganakidori to signal the end of night and thereby convince the sun goddess Amaterasu to open the stone door of her cave.
6-1 Japan Society for the Promotion of Science

Since the Japan Society for the Promotion of Science (JSPS) was established with an imperial endowment in 1932, it has been Japan’s premier funder of scientific research. JSPS has four basic pillars: (1) Creating world-class knowledge in diverse fields; (2) Building robust international cooperative networks; (3) Fostering the next generations of researchers and enhancing the education and research functions of universities; and (4) Building evidence-based science-promotion systems while strengthening linkage with society. Based on these pillars, JSPS promotes academic research through the Grants-in-Aid for Scientific Research (KAKENHI) program—which is Japan’s biggest competitive funding program—and other subsidies; the Research Fellowship for Young Researchers program and other researcher development programs; international exchange related to academic research; and support for university reform and globalization. All fields of research are eligible for support, from the humanities and social sciences to the natural sciences. The special characteristic of JSPS is that it emphasizes bottom-up support for the researcher’s creative ideas.

The JSPS, located in the Kojimachi district of Tokyo’s Chiyoda Ward, has six organizational units—Administration Department, International Program Department, Human Resource Development Program Department, Research Program Department, Research Center for Science Systems, and Center for Global Science Information—with a total of 166 full-time employees. In addition to its headquarters in Tokyo, JSPS has ten liaison offices overseas in nine countries. As of 2015, the organization established a new post, JSPS Science Advisor, in São Paulo to collect information on research trends and provide specialized advice in Brazil and neighboring areas. Cooperative ties have been built with 94 overseas counterpart institutions—including two international institutions—in 50 countries around the world to promote various international programs. JSPS plays a crucial role as the Japan’s premier funder of scientific research (as of June 2017).

Please refer to the list on page 145 for the JSPS programs. For details on each program, such as the KAKENHI program, the World Premier International Research Center Initiative (WPI), fellowship programs, and outreach programs, please see the JSPS website or brochure.

### 6-1-1 List of JSPS Programs

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>I</strong> Creating Diverse World-Level Knowledge</td>
<td>Grants-in-Aid for Scientific Research (KAKENHI)</td>
</tr>
<tr>
<td></td>
<td>Topic-Setting Program to Advance Cutting-Edge Humanities and Social Sciences Research</td>
</tr>
<tr>
<td></td>
<td>World Premier International Research Center Initiative</td>
</tr>
<tr>
<td></td>
<td>Research Integrity</td>
</tr>
<tr>
<td><strong>II</strong> Building Robust International Cooperative Networks</td>
<td>Bilateral Collaborations</td>
</tr>
<tr>
<td></td>
<td>Japanese-German Graduate Externship</td>
</tr>
<tr>
<td></td>
<td>International Joint Research Programs</td>
</tr>
<tr>
<td></td>
<td>Core-to-Core Program</td>
</tr>
<tr>
<td></td>
<td>A3 Foresight Program</td>
</tr>
<tr>
<td></td>
<td>HOPE Meetings with Nobel Laureates</td>
</tr>
<tr>
<td></td>
<td>Travel Grant for Attending Lindau Meetings</td>
</tr>
<tr>
<td></td>
<td>Academic Workshops &amp; Seminars for Young Researchers</td>
</tr>
<tr>
<td></td>
<td>Nobel Prize Dialogue</td>
</tr>
<tr>
<td><strong>III</strong> Fostering the Next Generation while Enhancing the Education and Research Functions of Universities</td>
<td>Research Fellowships for Young Scientists</td>
</tr>
<tr>
<td></td>
<td>Overseas Research Fellowships</td>
</tr>
<tr>
<td></td>
<td>Overseas Challenge Program for Young Researchers</td>
</tr>
<tr>
<td></td>
<td>Program for Advancing Strategic International Networks to Accelerate the Circulation of Talented Researchers</td>
</tr>
<tr>
<td></td>
<td>Program for Leading Graduate Schools</td>
</tr>
<tr>
<td></td>
<td>Acceleration Program for University Education Rebuilding (AP)</td>
</tr>
<tr>
<td></td>
<td>Program for Promoting Inter-University Collaborative Education</td>
</tr>
<tr>
<td></td>
<td>Program for Promoting Regional Revitalization by Universities as Centers of Community (COC+Program)</td>
</tr>
<tr>
<td></td>
<td>Inter-University Exchange Project</td>
</tr>
<tr>
<td></td>
<td>Top Global University Project</td>
</tr>
<tr>
<td></td>
<td>Go Global Japan Project</td>
</tr>
<tr>
<td></td>
<td>Takuetsu Daigakuin Program (Provisional), A Commissioned Overview Project</td>
</tr>
<tr>
<td><strong>IV</strong> Building an Evidence-Based Science-Promotion Systems and Strengthening Linkage with Society</td>
<td>Research Fellowships for Foreign Researchers</td>
</tr>
<tr>
<td></td>
<td>Postdoctoral Fellowship Program for Foreign Researchers</td>
</tr>
<tr>
<td></td>
<td>Japan Society for the Promotion of Science (JSPS) Invitation Fellowship Program for Research in Japan</td>
</tr>
<tr>
<td></td>
<td>A Standard Program</td>
</tr>
<tr>
<td></td>
<td>B North America/ Europe (short-term)</td>
</tr>
<tr>
<td></td>
<td>C Summer Program</td>
</tr>
<tr>
<td></td>
<td>D Pathway to University Position in Japan (Application recruitment stopped in FY 2018)</td>
</tr>
<tr>
<td></td>
<td>E Strategic Program</td>
</tr>
<tr>
<td></td>
<td>F Long-term Program</td>
</tr>
<tr>
<td></td>
<td>G Short-term Program</td>
</tr>
<tr>
<td></td>
<td>H Short-term Program</td>
</tr>
<tr>
<td></td>
<td>RONPAKU (Dissertation PhD) Program</td>
</tr>
<tr>
<td><strong>V</strong> Awards of Recognition</td>
<td>Leading Initiative for Excellent Young Researchers (LEADER)</td>
</tr>
<tr>
<td></td>
<td>Overseas Research Fellowships</td>
</tr>
<tr>
<td></td>
<td>Overseas Challenge Program for Young Researchers</td>
</tr>
<tr>
<td></td>
<td>Program for Advancing Strategic International Networks to Accelerate the Circulation of Talented Researchers</td>
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<td>Program for Leading Graduate Schools</td>
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<td>Acceleration Program for University Education Rebuilding (AP)</td>
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<td></td>
<td>Program for Promoting Inter-University Collaborative Education</td>
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<td>Program for Promoting Regional Revitalization by Universities as Centers of Community (COC+Program)</td>
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<td>Top Global University Project</td>
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<td></td>
<td>Go Global Japan Project</td>
</tr>
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<td></td>
<td>Takuetsu Daigakuin Program (Provisional), A Commissioned Overview Project</td>
</tr>
<tr>
<td></td>
<td>International Prize for Biology</td>
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<tr>
<td></td>
<td>JSPS Prize</td>
</tr>
<tr>
<td></td>
<td>Ikushi Prize</td>
</tr>
</tbody>
</table>
事業紹介（JSPS Programs）

① 科学研究費助成事業
Grants-in-Aid for Scientific Research (KAKENHI)
人文学、社会学から自然科学まで、すべての分野にわたり、基礎から応用までを含む「研究」を構想し、促進することを目的とする研究費の助成。研究者の自由な発想に基づく研究を支援している日本を代表するプログラム。平成29年度予算額はおよそ2284億円。
To promote curiosity-driven research, the JSPS supports researchers from basic to applied fields across the humanities, social sciences and natural sciences. KAKENHI is the government's largest competitive funding program in Japan. The total budget for fiscal 2017 was ¥228.4 billion.

② 世界トップレベル研究拠点プログラム
World Premier International Research Center Initiative (WPI)
高いレベルの研究者を中核とした世界トップレベルの研究拠点の形成を目指す。プログラムの成果が即成果型と研究過程型の2種類に分類されており、年間1回に日本で開催される。
WPI Program works to establish top world-level research centers having a cadre of high-caliber researchers at their core. In addition to conducting application screening, project evaluation and project-progress oversight, JSPS supports activities carried out to disseminate the achievements of the WPI Program.

③ HOPE ミーティングーノーベル賞受賞者との5日間
HOPE Meetings with Nobel Laureates
アジア太平洋アフリカ地域の大学院等からノーベル賞受賞者をはじめとする著名研究者や質問の他者に研討を行い、求めた地域の学術支援としての研究者会を提供。毎年1回日本で開催されます。
To foster the next generation of researchers in the Asia-Pacific region and on the African continent, the JSPS annually gives opportunities to prominent graduate students and young researchers from those regions to interact closely with Nobel laureates and other top scientists in the world through a five-day program in Japan.

④ 外国人研究者招へい事業
Fellowships for Excellent Overseas Researchers
文化庁の優秀な研究者を招へいし、我が国との共同研究、探究、意見交換等を行う機会を提供。博士課程取得後の若手を対象としたサマープログラム（右図）から、外国人特別研究員（一般、戦略プログラム）を行なう。外国人招へい研究者（長期、短期、短期S）事業など、多岐にわたっています。
To give outstanding foreign researchers an opportunity to visit Japan to conduct joint research, hold discussions and engage in opinion exchanges with Japanese colleagues, the JSPS offers several fellowship programs, such as the JSPS Summer Program for young pre- and postdoctoral researchers, JSPS Postdoctoral Fellowship (Strategic Program, Standard, Pathway to University Positions in Japan) and JSPS Invitation Fellowship (in three categories: long term, short term and short-term S).

⑤ スーパーグローバル大学形成支援
Top Global University Project
日本の高等教育の国際競争力の向上を目的に、世界レベルの教育研究を行う13のトップ大学に国際化を推進する自主的なグローバル大学に対し、海外の卓越した大学との連携や大学改革により了っていない国際化を進めるよう文科省と協力で支援。
To strengthen the international competitiveness and compatibility of Japan's institutions of higher education, the JSPS in coordination with MEXT gives priority support to 13 world-class universities designated as "top type" and 24 innovative universities designated as "global traction type" that proactively carry out collaborations with top-level institutions overseas and thorough reforms toward globalization of their institutions.

6-1-2 日本学術振興会の連絡先・案内図
Map and Contact Information of JSPS Head Office

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

Japan Society for the Promotion of Science (as of November 2017)
URL http://www.jsps.go.jp/
5-3-1 Kojimachi, Chiyoda-ku, Tokyo 102-0083

Telephone
General Affairs Division +81-3(3263)1722
Policy Planning, Information and Systems Division +81-3(3263)3461
Budget and Accounting Division +81-3(3263)2083
International Policy Planning Division +81-3(3263)1798
Research Cooperation Division +81-3(3263)1697
Bilateral Cooperation Division +81-3(3263)1769
Overseas Fellowship Division +81-3(3263)9094
JSPS Fellows Plaza +81-3(3263)1872
University Fellowship Program Division +81-3(3263)1758
University Cooperation Program Division +81-3(3263)3576
Overseas Training Program Division +81-3(3263)1943
University-Industry Cooperation and Research Program Division +81-3(3263)4645
Research Aid Planning Division +81-3(3263)0964
Research Aid Division I +81-3(3263)0976
Research Aid Division II +81-3(3263)1431
Research Integrity Office +81-3(3263)1015
Research Center for Science Systems +81-3(3263)1882
Center for Global Science Information +81-3(3263)1971
Center for World Premier International Research Center Initiative (WPI Program Center) +81-3(3263)9067
Auditing and Evaluation Office +81-3(3263)1849

JSPS office hours are from 9:30 a.m. to 12 noon and from 1 p.m. to 5:30 p.m., Monday through Friday. The office is closed on Saturdays, Sundays, national holidays and on September 21 (JSPS Foundation Day).
6-2 JSPS Fellows Plaza (As of April 2018, will be reorganized)

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

(1) Services for current JSPS fellows
- Distribution of *Life in Japan for Foreign Researchers* before they come to Japan
- Orientation for the JSPS Postdoctoral Fellowship for Foreign Researchers program after their arrival in Japan (five times a year)

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

(3) Services for all JSPS fellows

Note: The portal site JSPS Fellows Plaza provides details of the following services.

- Publication of the *JSPS Quarterly* four times a year
- Find Nearby Fellows (a database of active fellows arranged by area of residence and research field)
- Posting of an online version of *Life in Japan*
- Testimonials and advice, etc., from participants in past programs
- Photos of the JSPS Postdoctoral Fellowship Program for Overseas Researchers orientation (e-Orientation)
- Management and operation of a database of researchers with experience living in Japan, the Japan-Affiliated Research Community Network (JARC-Net)
- Management and operation of a SNS of researchers, “JSPS Researchers Network (JSPS-Net)”

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

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日本学術振興会

Chapter 6 Japan Society for the Promotion of Science (JSPS)
6-3  Researcher Community Network (Alumni Association)

JSPS supports the formation of research communities (alumni associations) of the former program participants so as to help foreign researchers who have come to Japan under a JSPS program to actively maintain and develop their networks with international and Japanese researchers even after the completion of their fellowship tenure. As of October 2017, 18 researcher communities had formally received certification from JSPS, and about 25 percent of former fellows—a total of 26,000 since the fellowship programs were launched—belong to one of them. As JSPS alumni associations, these groups receive support from the JSPS head office and overseas branches, and independently engage in such activities as periodically hosting academic symposia, publishing newsletters and e-mail magazines. Many overseas fellows work hard on alumni association activities to serve as a bridge between Japan and their home countries.

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

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

<table>
<thead>
<tr>
<th>日本語名</th>
<th>Name</th>
<th>設立年/Year of Establishment</th>
</tr>
</thead>
<tbody>
<tr>
<td>ドイツ語圏日本学術振興会研究者同盟会 ※1</td>
<td>Deutsche Gesellschaft der JSPS-Stipendiaten e.V.</td>
<td>1995</td>
</tr>
<tr>
<td>JSPS フランス語圏同窓会</td>
<td>Association des Anciens Boursiers Francophones de la JSPS</td>
<td>2003</td>
</tr>
<tr>
<td>JSPS イギリス・アイルランド同窓会</td>
<td>The JSPS Alumni Association of the UK and the Republic of Ireland</td>
<td>2004</td>
</tr>
<tr>
<td>日本学術振興会米国研究者同窓会</td>
<td>US JSPS Fellows Alumni Association</td>
<td>2004</td>
</tr>
<tr>
<td>JSPS スウェーデン同窓会</td>
<td>JSPS Alumni Club in Sweden (SAC)</td>
<td>2005</td>
</tr>
<tr>
<td>JSPS インド同窓会</td>
<td>Indian JSPS Alumni Association (IJA)</td>
<td>2006</td>
</tr>
<tr>
<td>JSPS エジプト同窓会</td>
<td>JSPS Alumni Association in Egypt (JSPSAAE)</td>
<td>2008</td>
</tr>
<tr>
<td>JSPS 東アフリカ同窓会 ※2</td>
<td>Eastern Africa JSPS Alumni Association</td>
<td>2008</td>
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<tr>
<td>JSPS 韓国同窓会 (日韓研究者交流協会)</td>
<td>Korean JSPS Fellows Alumni Association (Association of the Korea-Japan Research Network)</td>
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<tr>
<td>JSPS バングラデシュ同窓会</td>
<td>Bangladesh JSPS Alumni Association (BISPSAA)</td>
<td>2009</td>
</tr>
<tr>
<td>JSPS フィンランド同窓会</td>
<td>JSPS Alumni Club in Finland (ACF)</td>
<td>2009</td>
</tr>
<tr>
<td>JSPS タイ同窓会</td>
<td>JSPS Alumni Association of Thailand (JAAT)</td>
<td>2010</td>
</tr>
<tr>
<td>JSPS 中国同窓会</td>
<td>JSPS Fellow Alumni Association in China</td>
<td>2010</td>
</tr>
<tr>
<td>JSPS フィリピン同窓会</td>
<td>JSPS Alumni Association in the Philippines Inc. (JAAP)</td>
<td>2013</td>
</tr>
<tr>
<td>JSPS ネパール同窓会</td>
<td>Nepal JSPS Alumni Association (NJAA)</td>
<td>2015</td>
</tr>
<tr>
<td>JSPS デンマーク同窓会</td>
<td>JSPS Alumni Club in Denmark (ACD)</td>
<td>2015</td>
</tr>
<tr>
<td>JSPS インドネシア同窓会</td>
<td>Indonesia JSPS Alumni Association (JAAC)</td>
<td>2016</td>
</tr>
<tr>
<td>JSPS オーストラリア同窓会</td>
<td>JSPS Alumni Association in Australia (JSPSAAA)</td>
<td>2017</td>
</tr>
</tbody>
</table>

※1 ドイツ語圏であるオーストリア、スイスも含む。
※2 ケニア、ウガンダ、エチオピア、タンザニア、ブルンジ、ルワンダを含む。
*1 The area covered includes Germany, Austria and Switzerland.
*2 The area covered includes Kenya, Uganda, Ethiopia, Tanzania, Burundi and Rwanda.
6-4 海外研究連絡センター等
JSPS Overseas Offices

日本学術振興会

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

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

○ JSPSが協力協定を締結している海外の学術振興機関等との連携
○海外学術機関との協力によるシンポジウム、コロキウム等の実施
○日本の大学の海外活動展開への協力・支援
○フェローシップ等のJSPS事業経験者のネットワーク構築・支援
○日本の学術情報の発信及び海外の学術動向・大学改革等の情報収集

○ JSPS Overseas Offices 主な事業

1. 企業・研究機関との連携
2. 国際シンポジウム・コロキウムの開催
3. 海外大学との協力
4. 海外研究者のネットワーク構築
5. 学術情報の発信

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

The JSPS has built ties with the following 94 research promotion institutes in 50 countries, including two international institutes, creating a strong and diverse international cooperative network for promoting JSPS bilateral programs and fellowship programs for overseas research:

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

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

<table>
<thead>
<tr>
<th>Country</th>
<th>Institutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Europe</td>
<td>Denmark: Universities Denmark (DU) ♠♣♥★</td>
</tr>
<tr>
<td></td>
<td>Estonia: Estonian Research Council (ETAG) ♥</td>
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<tr>
<td></td>
<td>Finland: Academy of Finland (AF) ♥★</td>
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<tr>
<td></td>
<td>France: Ministry of Foreign Affairs and International Development (MAEDI) ♥★</td>
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<tr>
<td></td>
<td>National Center for Scientific Research (CNRS) ♥★</td>
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<tr>
<td></td>
<td>National Institute for Research in Computer Science and Automation (Inria) ♥★</td>
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<tr>
<td></td>
<td>National Institute of Health and Medical Research (Inserm) ♥★</td>
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<td></td>
<td>Germany: Alexander von Humboldt Foundation (AvH) ♥★</td>
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<td></td>
<td>German Academic Exchange Service (DAAD) ♥★</td>
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<td></td>
<td>German Research Foundation (DFG) ♥★</td>
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<td>Hungary: Hungarian Academy of Sciences (HAS) ♥★</td>
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<td></td>
<td>Italy: Ministry of Education, University and Research (MIUR) ♥★</td>
</tr>
<tr>
<td></td>
<td>The National Research Council (CNR) ♥★</td>
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<tr>
<td></td>
<td>Lithuania: The Research Council of Lithuania (RCL) ♥★</td>
</tr>
<tr>
<td></td>
<td>Netherlands: Netherlands Organisation for Scientific Research (NWO) ♥★</td>
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<td>Norway: The Research Council of Norway (RCN) ♥★</td>
</tr>
<tr>
<td></td>
<td>Poland: Polish Academy of Sciences (PAN) ♥★</td>
</tr>
<tr>
<td></td>
<td>Romania: Ministry of National Education (MEN) ♥★</td>
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<tr>
<td></td>
<td>Russia: Russian Foundation for Basic Research (RFFR) ♥★</td>
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<tr>
<td></td>
<td>Slovakia: Slovak Academy of Sciences (SAS) ♥★</td>
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<td></td>
<td>Slovenia: Ministry of Education, Science and Sport (MESS) ♥★</td>
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<td>Spain: Spanish National Research Council (CSIC) ♥★</td>
</tr>
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<td></td>
<td>Sweden: Novel Media AB ♥★</td>
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<td></td>
<td>Royal Swedish Academy of Sciences (RSAS) ♥★</td>
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<td>The Swedish Foundation for International Cooperation in Research and Higher Education (STINT) ♥★</td>
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<td>Swedish Foundation for Strategic Research (SSF) ♥★</td>
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<td>Swedish Governmental Agency for Innovation Systems (VINNOVA) ♥★</td>
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<td>Switzerland: ETH Zurich (ETHZ) ♥★</td>
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<td>Swiss National Science Foundation (SNSF) ♥★</td>
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<td>UK: The British Academy ♥★</td>
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<td>The British Council ♥★</td>
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<td>The Royal Society ♥★</td>
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<td>Economic and Social Research Council (ESRC) ♥★</td>
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<td>Ukraine: The National Academy of Sciences of Ukraine (NAS) ♥★</td>
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<td>The State Fund for Fundamental Researchers (SFFR) ♥★</td>
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<td>Europe: European Research Council (ERC) ♥★</td>
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<tr>
<td>Canada</td>
<td>Canadian Embassy (CE) ♥★</td>
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<td>Canadian Institute for Advanced Research (CIFAR) ♥★</td>
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<td></td>
<td>Canadian Institutes of Health Research (CIHR) ♥★</td>
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<td></td>
<td>Natural Sciences and Engineering Research Council of Canada (NSERC) ♥★</td>
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<tr>
<td>Argentina</td>
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<tr>
<td>Brazil</td>
<td>Brazilian Federal Agency for Support and Evaluation of Graduate Education (CAPES) ♥★</td>
</tr>
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<td>São Paulo Research Foundation (FAPESP) ♥★</td>
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<tr>
<td>Chile</td>
<td>Chilean National Commission for Scientific and Technological Research (CONICYT) ♥★</td>
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<td>Mexico</td>
<td>National Council on Science and Technology (CONACYT) ♥★</td>
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<td>Turkey</td>
<td>The Scientific and Technological Research Council of Turkey (TUBITAK) ♥★</td>
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<tr>
<td>Israel</td>
<td>Ministry of Science and Technology and Space ♥★</td>
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<td></td>
<td>Israel Science Foundation ♥★</td>
</tr>
<tr>
<td>United Nations University (UNU)</td>
<td>♥★</td>
</tr>
</tbody>
</table>

**Fellowships**
- Invitation Fellowship
- Postdoctoral Fellowship

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

<table>
<thead>
<tr>
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<td>64</td>
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</table>

Japanese calendar types have included a range of official and unofficial systems. At present, Japan uses the Gregorian calendar, together with year designations stating the year of the reign of the current emperor. Note: The current year designation (Heisei) is scheduled to change in April 2019.

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

Note: The current year designation (Heisei) is scheduled to change in April 2019.

Appendices

巻末付録

椿

花言葉「控えめな美しさ・誇り」
春の到来を告げる花。「吉祥」を意味する一方、花の付け根からポトリと散る姿は、首が落ちる様を連想させ武家に相応しくないとされた。現在でもhetenや怪我人に贈ることは避けられている。

Tsubaki (Camellia)

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

Camellias announce the arrival of spring. While the camellia is considered a good omen on one hand, it was thought to be an inappropriate flower for a samurai family because the way the flowers fall to the ground from the neck made a person think of human heads being cut off. Even today, people avoid giving camellias as gifts to those who are sick or injured.
日本の行政機構図  Japanese Government Structure

内閣
Cabinet Office

宮内庁 Imperial Household Agency

公正取引委員会 Japan Fair Trade Commission

国家公安委員会 National Public Safety Commission

金融庁 Financial Services Agency

消費者庁 Consumer Affairs Agency

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

復興庁 Reconstruction Agency

総務省 Ministry of Internal Affairs and Communications

法務省 Ministry of Justice

外務省 Ministry of Foreign Affairs

財務省 Ministry of Finance

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

厚生労働省 Ministry of Health, Labour and Welfare

農林水産省 Ministry of Agriculture, Forestry and Fisheries

経済産業省 Ministry of Economy, Trade and Industry

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

環境省 Ministry of the Environment

防衛省 Ministry of Defence

警視庁 National Police Agency

消防庁 Fire and Disaster Management Agency

公害等調整委員会 Environmental Dispute Coordination Commission

公害情報等研究会 Japan Fair Trade Commission

公害防止等研究会 Japan Fair Trade Commission

中央労働委員会 Central Labour Relations Commission

林野庁 Forestry Agency

水産庁 Fisheries Agency

国立環境庁 Agency for Natural Resources and Energy

特許庁 Japan Patent Office

中小企業庁 Small and Medium Enterprise Agency

気象庁 Japan Meteorological Agency

海上保安庁 Japan Coast Guard

観光庁 Japan Tourism Agency

運輸安全委員会 Japan Transport Safety Board

原子力規制委員会 Nuclear Regulation Authority

防衛装備庁 Acquisition, Technology and Logistics Agency
Government Offices, etc.

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

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

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

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

Agency for Cultural Affairs
3-2-2 Kasumigaseki, Chiyoda-ku, Tokyo 100-8959
Tel: 03-5253-4111 URL http://www.bunka.go.jp/

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

Ministry of Health, Labour and Welfare
1-2-2 Kasumigaseki, Chiyoda-ku, Tokyo 100-8916
Tel: 03-5253-4111 URL http://www.mhlw.go.jp/

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

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

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

Ministry of the Environment
2-1-3 Kasumigaseki, Chiyoda-ku, Tokyo 100-8918
Tel: 03-5253-8111 URL http://www.env.go.jp/

Ministry of the Environment
2-1-3 Kasumigaseki, Chiyoda-ku, Tokyo 100-8918
Tel: 03-5253-8111 URL http://www.env.go.jp/
日本学術会議

Science Council of Japan
7-22-34 Roppongi, Minato-ku, Tokyo 106-8555
Tel: 03-3403-3793 URL http://www.scj.go.jp/

科学技術振興機構

Japan Science and Technology Agency
Kawaguchi Center Bldg., 4-1-8 Honcho, Kawaguchi-shi, Saitama 332-0012
Tel: 048-226-5601 URL http://www.jst.go.jp/

国際協力機構

Japan International Cooperation Agency
Niban-cho Center Bldg., 5-25 Niban-cho, Chiyoda-ku, Tokyo 102-8012
Tel: 03-5226-6660 to 6663 URL http://www.jica.go.jp/

国際交流基金

The Japan Foundation
4-4-1 Yotsuya, Shinjyuku-ku, Tokyo 160-0004
Tel: 03-5369-6075 URL http://www.jpf.go.jp/

日本学術振興会

Japan Institute of Science and Technology
3-21-1 Toyosumi, Suita-shi, Osaka 565-8585
Tel: 06-6876-2151 URL http://www.naist.go.jp/

科学技術振興機構

Inter-University Research Institute Corporations

National Institutes of Natural Sciences
Hulic Kamiyacho Bldg., 2F, 4-3-13 Toranomon, Minato-ku, Tokyo 105-0001
Tel: 03-3403-3793 URL http://www.nins.go.jp/

国立歴史民俗博物館

National Museum of Japanese History
117 Jonai-cho, Sakura-shi, Chiba 285-8502
Tel: 03-5777-8600 URL http://www.rekikaku.ac.jp/

国立音楽研究所

National Institute for the Humanities
10-3 Midori-cho, Tachikawa-shi, Tokyo 190-0014
Tel: 050-5533-2900 URL http://www.nihu.go.jp/

国立国際文化協力機構

International Research Center for Japanese Studies
1-2 Oeyama-cho, Goryo, Nishikyo-ku, Kyoto-shi, Kyoto 610-1192
Tel: 075-335-2222 URL http://www.nijl.ac.jp/

国立人類学博物館

National Museum of Ethnology
457-4 Motoyama, Kamigamo, Kita-ku, Kyoto 603-8047
Tel: 075-707-2100 URL http://www.nhm.go.jp/

国立地球環境学研究所

Research Institute for Humanity and Nature
10-1 Senri-banpakukoen, Suita-shi, Osaka 565-8511
Tel: 06-6876-2151 URL http://www.chikyu.ac.jp/

国立大学共同利用機関法人自然科学研究機構

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

国立天文台

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

核融合科学研究所

National Institute for Fusion Science
322-6 Oroshi-cho, Toki-shi, Gifu 509-5292
Tel: 0572-58-2222 URL http://www.nifs.go.jp/
基礎生物学研究所
National Institute for Basic Biology
38 Nishigo-naka, Myodaiji-cho, Okazaki-shi, Aichi 444-8585
Tel: 0564-55-7652  URL http://www.nibb.ac.jp/

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

分子科学研究所
Institute for Molecular Science
38 Nishigo-naka, Myodaiji-cho, Okazaki-shi, Aichi 444-8585
Tel: 0564-55-7418  URL http://www.ims.ac.jp/

High Energy Accelerator Research Organization
1-1 Oho, Tsukuba-shi, Ibaraki 305-0801
Tel: 029-879-6047  URL http://www.kek.jp/

素粒子原子核研究所
Institute of Particle and Nuclear Studies
1-1 Oho, Tsukuba-shi, Ibaraki 305-0801
Tel: 029-864-5324  URL http://www2.kek.jp/ipns/

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

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

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

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

Nationwide Utilization Institute for Development of Social Systems
National Institute of Polar Research
10-3 Midori-cho, Tachikawa-shi, Tokyo 190-8518
Tel: 042-512-0608  URL http://www.nipr.ac.jp/

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

Ministry of Education, Culture, Sports, Science and Technology

National Institute for Educational Policy Research
3-2-2 Kasumigaseki, Chiyoda-ku, Tokyo 100-8951
Tel: 03-6733-6833  URL http://www.nier.go.jp/

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

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

National Museum of Nature and Science
7-20 Ueno Koen, Taito-ku, Tokyo 110-8718
Tel: 03-5777-8600  URL http://www.kahaku.go.jp/

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

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

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

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

National Research Institute for Cultural Properties, Tokyo
13-43 Ueno Koen, Taito-ku, Tokyo 110-8713
Tel: 03-3823-2241  URL http://www.tobunken.go.jp/

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

Japan Atomic Energy Agency
756-1 Oaza-Funaishikawa, Tokai-mura, Naka-gun, Ibaraki 319-1184
Tel: 029-282-1122  URL http://www.jaea.go.jp/

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

Cabinet Office

National Research Institute of Police Science
6-3-1 Kashiwanoha, Kashiwa-shi, Chiba 277-0882
Tel: 04-7135-8001  URL http://www.npa.go.jp/nrips/jp/

Ministry of Internal Affairs and Communications

National Institute of Information and Communications Technology
4-2-1 Nukui-Kitamachi, Koganei-shi, Tokyo 184-8795
Tel: 042-327-7429  URL http://www.nict.go.jp/

National Research Institute of Fire and Disaster
4-35-3 Jindaiji-higashi-machi, Chofu-shi, Tokyo 182-8508
Tel: 0422-44-8331  URL http://nrfs.hid.go.jp/
Appendix V

Ministry of Finance

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

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

Ministry of Health, Labour and Welfare

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

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

National Institute of Health and Nutrition
1-23-1 Toyama, Shinjuku-ku, Tokyo 162-8636
Tel: 03-3205-5721 http://www.nih.go.jp/eiken/

National Institute of Neuroscience, National Center of Neurology and Psychiatry
4-1-1 Ogawa-higashi-cho, Kodaira-shi, Tokyo 187-8502
Tel: 042-341-2711 http://www.ncnp.go.jp/nimh/

National Institute of Mental Health, National Center of Neurology and Psychiatry
4-1-1 Ogawa-higashi-cho, Kodaira-shi, Tokyo 187-8553
Tel: 042-341-2711 http://www.ncnp.go.jp/nimh/

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

National Institute of Health Sciences
1-18-1 Kamiyoga, Setagaya-ku, Tokyo 158-8501
Tel: 03-3700-1141 http://www.nih.go.jp/index-j.html
Scheduled to transfer to KING Skyfront (international strategic zone of the Tonomachi Area), Kawasaki City in FY2017

National Institute of Infectious Diseases
1-23-1 Toyama, Shinjuku-ku, Tokyo 162-8640
Tel: 03-5285-1111 http://www.nih.go.jp/niid/ja/

National Center for Geriatrics and Gerontology
7-430 Morioka-machi, Obo-shi, Aichi 474-8511
Tel: 0562-46-2311 http://www.ncgg.go.jp/

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

National Center for Global Health and Medicine
7-430 Morioka-machi, Obu-shi, Aichi 474-8511
Tel: 0562-46-2311 http://www.ncgm.go.jp/

National Institute of Health and Sciences
1-6 Umezono, Kiyose-ku, Tokyo 204-0024
Tel: 042-491-4512 http://www.jniosh.go.jp/

National Institute of Agriculture, Forestry and Fisheries

Central Region Agricultural Research Center, National Agriculture and Food Research Organization
2-1-18 Kannonda, Tsukuba-shi, Ibaraki 305-8666
Tel: 029-838-4818 http://www.naro.affrc.go.jp/narc/

National Research Institute for Crop Science, National Agriculture and Food Research Organization
2-1-2 Kannonda, Tsukuba-shi, Ibaraki 305-8518
Tel: 029-838-7404 http://www.naro.affrc.go.jp/nics-nee/index.html

National Institute of Food and Agriculture, National Agriculture and Food Research Organization
2-1 Fujimoto, Tsukuba-shi, Ibaraki 305-8605
Tel: 029-838-6416 https://www.naro.affrc.go.jp/nifs/index.html

National Institute of Oceanographic Science, National Agriculture and Food Research Organization
2-1-1 Kannonda, Tsukuba-shi, Ibaraki 305-8519
Tel: 029-838-6669 https://www.naro.affrc.go.jp/nifs/index.html
付録V

農業・食品産業技術総合研究機構 食品研究部門
Food Research Institute, National Agriculture and Food Research Organization
2-1-12 Kannondai, Tsukuba-shi, Ibaraki 305-8642

農業・食品産業技術総合研究機構 畜産研究領域
Institute of Livestock and Grassland Science, National Agriculture and Food Research Organization
2 Ikenodai, Tsukuba-shi, Ibaraki 305-0901

農業・食品産業技術総合研究機構 北海道農業研究センター
Hokkaido Agricultural Research Center, National Agriculture and Food Research Organization
1 Hitujigaoka, Toyohira-ku, Sapporo-shi, Hokkaido 062-8555
Tel: 011-851-9141 URL http://www.naro.affrc.go.jp/harc/index.html

農業・食品産業技術総合研究機構 東北農業研究センター
Tohoku Agricultural Research Center, National Agriculture and Food Research Organization
4 Akahira, Shimo-kuriyagawa, Morioka-shi, Iwate 020-0198
Tel: 019-643-3433 URL http://www.naro.affrc.go.jp/tarc/index.html

農業・食品産業技術総合研究機構 西日本農業研究センター
Western Region Agricultural Research Center, National Agriculture and Food Research Organization
6-12-1 Nishifukatsu-cho, Fukuyama-shi, Hiroshima 721-8514
Tel: 084-923-4100 URL http://www.naro.affrc.go.jp/warc/index.html

農業・食品産業技術総合研究機構 九州沖縄農業研究センター
Kyushu Okinawa Agricultural Research Center, National Agriculture and Food Research Organization
2421 Suya, Koshi-shi, Kumamoto 861-1192
Tel: 096-242-1150 URL http://www.naro.affrc.go.jp/karc/index.html

農業・食品産業技術総合研究機構 農村工学研究部門
Institute for Rural Engineering, National Agriculture and Food Research Organization
2-1-6 Kannondai, Tsukuba-shi, Ibaraki 305-8609

森林総合研究所 林木育種センター
Forest Tree Breeding Center, Forestry and Forest Products Research Institute
3809-1 Ishi, Juo-cho, Hitachi-shi, Ibaraki 319-1301

水産総合研究所 北海道水産研究所
Hokkaido National Fisheries Research Institute, Fisheries Research Agency
2-4-1, Nakanoshima-2-jo, Toyohira-ku, Sapporo-shi, Hokkaido 062-0922
Tel: 011-822-2131 URL http://nfrf.affrc.go.jp/

水産総合研究所 東北区水産研究所
Tohoku National Fisheries Research Institute, Fisheries Research Agency
3-27-5 Shinhama-cho, Shiohama-shi, Miyagi 985-0001
Tel: 022-365-1191 URL http://nfrf.affrc.go.jp/

水産総合研究所 日本海区水産研究所
Japan Sea National Fisheries Research Institute, Fisheries Research Agency
1-5939-22 Suido-cho, Chuo-ku, Niigata-shi, Niigata 951-8121
Tel: 025-228-0451 URL http://nfrf.affrc.go.jp/

水産総合研究所 国際水産資源研究所
National Research Institute of Far Seas Fisheries, Fisheries Research Agency
5-7-1 Orido, Shimizu-ku, Shizuoka-shi, Shizuoka 424-8633
Tel: 054-336-6000 URL http://fsf.affrc.go.jp/
<table>
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<tr>
<th>産業省</th>
<th>Ministry of Economy, Trade and Industry</th>
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<tr>
<td>産業技術総合研究所</td>
<td>National Institute of Advanced Industrial Science and Technology</td>
</tr>
<tr>
<td>AIST Tsukuba Central 1, 1-1-1 Umezono, Tsukuba-shi, Ibaraki 305-8568</td>
<td>Tel: 029-861-2000 <a href="http://www.aist.go.jp/">URL</a></td>
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<th>国土交通省</th>
<th>Ministry of Land, Infrastructure, Transport and Tourism</th>
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<tr>
<td>土木研究所</td>
<td>Public Works Research Institute</td>
</tr>
<tr>
<td>1-6 Minamihara, Tsukuba-shi, Ibaraki 305-8516</td>
<td>Tel: 029-879-6700 <a href="http://www.pwri.go.jp/">URL</a></td>
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<th>National Maritime Research Institute</th>
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<tr>
<td>6-38-1 Shinkawa, Mitaka-shi, Tokyo 181-0004</td>
<td>Tel: 0422-41-3005 <a href="http://www.nmri.go.jp/">URL</a></td>
</tr>
</tbody>
</table>
Regional Immigration Bureaus and District Immigration Offices

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

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

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

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

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

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

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

大宇入国管理局
Kobe Local Joint Government Bldg., 1-29-53, Nanko Kita, Suminoe-ku, Osaka-shi, Osaka 559-0034
Tel: 06-4703-2100
Jurisdiction: Osaka, Kyoto, Hyogo, Nara, Shiga and Wakayama

Appendix VI

名古屋入国管理局
Nagoya Regional Immigration Bureau
5-18 Shoho-cho, Minato-ku, Nagoya-shi, Aichi 455-8601
Tel: 052-559-2150
Jurisdiction: Aichi, Mie, Shizuoka, Gifu, Fukui, Toyama and Ishikawa

名古屋入国管理局 中部空港支局
Chubu Airport District Immigration Office
3rd Floor, CIQ Bldg., 1-1 Centrair, Tokoname-shi, Aichi 479-0881
Tel: 0569-38-7410
(Chubu Airport)

Tokyo Regional Immigration Bureau
5-3-10 Minato-machi, Chuo-ku, Tokyo 104-0064
Tel: 03-5796-7111
Jurisdiction: Fukuoka, Saga, Nagasaki, Oita, Kumamoto, Kagoshima,

Fukuoka Regional Immigration Bureau
Terminal 3, Fukuoka Airport, 778-1 Shimousui, Hakata-ku, Fukuoka-shi, Fukuoka 812-0003
Tel: 092-623-2400

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

広島入国管理局
Hiroshima Regional Immigration Bureau
Hiroshima Legal Affairs Joint Government Bldg., 2-31 Kamihatchobori, Naka-ku, Hiroshima-shi, Hiroshima 730-0012
Tel: 082-221-4411
Jurisdiction: Hiroshima, Yamaguchi, Okayama, Tottori and Shiman

高松入国管理局
Takamatsu Regional Immigration Bureau
Takamatsu Second Legal Affairs Joint Government Bldg., 1-3-20 Kamihatchobori, Naka-ku, Kagoshima 703-0011
Tel: 087-822-5852
Jurisdiction: Kagawa, Ehime, Tokushima and Kochi

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

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

(Approved by the Ministry of Internal Affairs and Communications)

<table>
<thead>
<tr>
<th>Prefecture</th>
<th>Website</th>
<th>Prefecture</th>
<th>Website</th>
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<td>Chiba Convention Bureau and International Center</td>
<td><a href="http://www.ccbo.or.jp/">http://www.ccbo.or.jp/</a></td>
<td>Hiroshima International Center</td>
<td><a href="http://hiroshima-ic.or.jp/">http://hiroshima-ic.or.jp/</a></td>
</tr>
<tr>
<td>Fukui International Association</td>
<td><a href="http://www.f-i-a.or.jp/ja/">http://www.f-i-a.or.jp/ja/</a></td>
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</tr>
</tbody>
</table>

**Appendix VII**
IBARAKI Prefecture　いばらき県
URL http://www.pref.ibaraki.jp/
Ibaraki International Association
Kenmin Bunka Center Bunkan 2F, 745 Ushirokawa, Senba-cho, Mito-shi, Ibaraki 310-0851
Tel: 029-241-1611 URL http://www.ia-ibaraki.or.jp/

ISHIKAWA Prefecture　いしかわ県
URL http://www.pref.ishikawa.lg.jp/
Iwate International Association
Iwate Prefecture Citizen’s Cultural Exchange Center (Aiina) 5F, International Exchange Center, 1-7-1 Morioka-eki Nishi-dori, Morioka-shi, Iwate 020-0045
Tel: 019-654-8900 URL http://iwate-ia.or.jp/

KAGAWA Prefecture　かがわ県
URL http://www.pref.kagawa.jp/
Kagawa Prefecture International Exchange Association
c/o I-pal Kagawa, 1-11-63 Bancho, Takamatsu-shi, Kagawa 760-0017
Tel: 087-837-5908 URL http://www.i-pal.or.jp/

KAGOSHIMA Prefecture　鹿児島県
URL http://www.pref.kagoshima.jp/
Kagoshima International Exchange Association
Kagoshima Prefectural Citizens Exchange Center 1F, 14-50 Yamashita-cho, Kagoshima-shi, Kagoshima 892-0816
Tel: 099-221-6620 URL http://www.synapese.ne.jp/kia/

KANAGAWA Prefecture　神奈川県
URL http://www.pref.kanagawa.jp/
Kanagawa International Foundation
Dai-ichi Yasuda Bldg. 4F, 2-21-8, Tsuruya-cho, Kanagawa-ku, Yokohama-shi, Kanagawa 221-0835
Tel: 045-620-0011 URL http://www.kif.jp.org/

KOCHI Prefecture　高知県
URL http://www.pref.kochi.lg.jp/
Kochi International Association
4-1-37 Honmachi, Kochi-shi, Kochi 780-0870
Tel: 088-875-0022 URL http://www.kochi-kia.or.jp/

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

KYOTO Prefecture　京都府
URL http://www.pref.kyoto.jp/
Kyoto Prefectural International Center
Kyoto Station Bldg. 9F, Shiori Karasuma, Shimogyo-ku, Kyoto-shi, Kyoto 600-8216
Tel: 075-342-5000 URL http://www.kpic.or.jp/

MIYAZAKI Prefecture　宮崎県
URL http://www.pref.miyazaki.lg.jp/
Mie International Exchange Foundation
UST-TSU 3F, 700 Hadokoro-cho, Tsu-shi, Mie 514-0009
Tel: 059-223-5006 URL http://www.mief.or.jp/

MIYAGI Prefecture　宮城県
URL http://www.pref.miyagi.jp/
Miyagi International Association
Miyagi-ken Sendai Goto Chosha 7F, 4-17 Tsutsumidori, Amamiyamachi, Aoba-ku, Sendai-shi, Miyagi 981-0914
Tel: 022-275-3796 URL http://www.mia-miyagi.jp/

MIYAZAKI Prefecture　宮崎県
URL http://www.pref.miyazaki.lg.jp/
Miyazaki International Foundation
Carino 8F, 4-8-1 Tachibanadori-higashi, Miyazaki-shi, Miyazaki 880-0805
Tel: 0985-32-8457 URL http://www.mif.or.jp/

NAGANO Prefecture　長野県
URL http://www.pref.nagano.lg.jp/
Association of Nagano Pref. for Internationalization
Nagano Kencho Higashi-chosha 1F, Habashita 692-2 Minaminagano, Nagano-shi, Nagano 380-8570
Tel: 026-235-7186 URL http://www.anpie.or.jp/

NAGASAKI Prefecture　長崎県
URL http://www.pref.nagasaki.lg.jp/
Nagasaki International Association
2-11 Dejima-machi, Nagasaki-shi, Nagasaki 850-0862
Tel: 095-823-3931 URL http://www.nia.or.jp/
SAITAMA Prefecture  埼玉県
URL http://www.pref.saitama.lg.jp/
(公財) 埼玉県国際交流協会
Saitama International Association
Urawa Gobo Chosha 3F, 5-6-5 Kitaurawa, Urawa-ku, Saitama-shi, Saitama 330-0074
Tel: 048-833-2992  URL http://www.sia1.jp/

SHIGA Prefecture  滋賀県
URL http://www.pref.shiga.lg.jp/
(公財) 滋賀県国際協会
Shiga Intercultural Association for Globalization
Piazza Omia 2F, 1-1-20 Nionohama, Otsu-shi, Shiga 520-0801
Tel: 077-526-0931  URL http://www.s-i-a.or.jp/

SHIMANE Prefecture  島根県
URL http://www.pref.shimane.lg.jp/
(公財) 島根国際センター
Shimane International Center
369-1 Higashi-tsuza-cho, Matsue-shi, Shimane 690-0011
Tel: 0852-31-5056  URL http://www.sic-info.org/

SHIZUOKA Prefecture  静岡県
URL http://www.pref.shizuoka.jp/
(公財) 静岡県国際交流協会
The Shizuoka Association for International Relations
Mizunomori Bldg. 2F, 14-1, Minamicho, Suruga-ku, Shizuoka-shi, Shizuoka 422-8067
Tel: 054-202-3411  URL http://www.sir.or.jp/

TOCHIGI Prefecture  栃木県
URL http://www.pref.tochigi.lg.jp/
(公財) 栃木県国際交流協会
Tochigi International Association
Tochigi International Center, 9-14 Honcho, Utsunomiya-shi, Tochigi 320-0033
Tel: 028-621-0777  URL http://tia21.or.jp/

TOKUSHIMA Prefecture  鹿児島県
URL http://www.pref.tokushima.jp/
(公財) 鹿児島県国際交流協会
Tokushima Prefectural International Exchange Association
Clement Plaza 6F, 1-61 Terashima Honcho Nishi, Tokushima-shi, Tokushima 770-0831
Tel: 088-656-3303  URL http://www.topia.ne.jp/

TOKYO Prefecture  東京都
URL http://www.metro.tokyo.jp/
東京都国際交流委員会
Tokyo International Communication Committee
Ono Bldg. 3F, 17-15 Kanda-Matsunaga-cho, Chiyoda-ku, Tokyo 101-0023
Tel: 03-5294-6542  URL http://www.tokyo-icc.jp/
TOTTORI Prefecture  岡山県
URL http://www.pref.tottori.lg.jp/
Tottori Prefectural International Exchange Foundation
Tottori Airport International Center 1F, 4-110-5 Koyamacho-nishi, Tottori-shi, Tottori 680-0947
Tel: 0857-31-5951  URL http://www.torisakyu.or.jp/

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

WAKAYAMA Prefecture  和歌山県
URL http://www.pref.wakayama.lg.jp/
Wakayama International Exchange Association
Wakayama Big Ai 9F, 2-1-2 Tebira, Wakayama-shi, Wakayama 640-8319
Tel: 073-435-5240  URL http://www.wixas.or.jp/

YAMAGATA Prefecture  山形県
URL http://www.pref.yamagata.lg.jp/
Association for International Relations in Yamagata
Kajo Central 2F, 1-1-1 Jonan-machi, Yamagata-shi, Yamagata 990-8580
Tel: 023-647-2560  URL http://www.airyamagata.org/

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

YAMANASHI Prefecture  山梨県
URL http://www.pref.yamanashi.jp/
Yamanashi International Association
Yamanashi International Center, 2-2-3 Iida, Kofu-shi, Yamanashi 400-0035
Tel: 055-228-5419  URL http://yia.or.jp/wordpress/

CHIBA Designated City  千葉市
URL http://www.city.chiba.jp/
Chiba City International Association
Chiba Chuo Twin Bldg. 2nd Tower 8F, 2-5-1 Chuo, Chuo-ku, Chiba-shi, Chiba 260-0013
Tel: 043-202-3000  URL http://www.ccia-chiba.or.jp/

FUKUOKA Designated City  福岡市
URL http://www.city.fukuoka.lg.jp/
Fukuoka City International Foundation
Fukuoka City Hall North Annex 5F, 1-10-1 Tenjin, Chuo-ku, Fukuoka-shi, Fukuoka 810-0001
Tel: 092-733-5630  URL http://www.rainbowfia.or.jp/

HAMAMATSU Designated City  浜松市
URL http://www.city.hamamatsu.shizuoka.jp/
Hamamatsu Foundation for International Communications and Exchanges
CREATE Hamamatsu 4F, 2-1-2 Hayauma-cho, Naka-ku, Hamamatsu-shi, Shizuoka 430-0916
Tel: 053-458-2170  URL http://www.ccia-chiba.or.jp/

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

KAWASAKI Designated City  川崎市
URL http://www.city.kawasaki.jp/
Kawasaki International Association
2-2 Kizuki Gion-cho, Nakahara-ku, Kawasaki-shi, Kanagawa 211-0033
Tel: 044-435-7000  URL http://www.kian.or.jp/

KITAKYUSHU Designated City  北九州市
URL http://www.city.kitakyushu.lg.jp/
Kitakyushu International Association
Kumamoto City 3F, 3-15-3, Kurosaki, Yahatanishi-ku, Kitakyushu-shi, Fukuoka 806-0021
Tel: 093-643-6464  URL http://www.kitaq-koryu.jp/
KOBE Designated City  神戸市
URL http://www.city.kobe.lg.jp/
Kobe International Center for Cooperation and Communication
Boeki Center Bldg. 2F, 5-1-14, Hamabe-dori, Chuo-ku, Kobe-shi, Hyogo 651-0083
Tel: 078-291-0641  URL http://www.kicc.jp/

KUMAMOTO Designated City  熊本市
URL http://www.city.kumamoto.jp/
Kumamoto International Foundation
4-18 Hanabata-cho, Chuo-ku, Kumamoto-shi, Kumamoto 860-0806
Tel: 096-359-2121  URL http://www.city.kumamoto-if.or.jp/

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

NAGOYA Designated City  名古屋市
URL http://www.city.nagoya.jp/
Nagoya International Center
1-47-1 Nagono, Nakamura-ku, Nagoya-shi, Aichi 450-0001
Tel: 052-581-0100  URL http://www.nic-nagoya.or.jp/

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

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

OSAKA Designated City  大阪市
URL http://www.city.osaka.lg.jp/
Osaka International House Foundation
8-2-6 Uehonmachi, Tennoji-ku, Osaka-shi, Osaka 543-0001
Tel: 06-6773-8182  URL http://www.ih-osaka.or.jp/

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

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

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

SAPPORO Designated City  札幌市
URL http://www.city.sapporo.jp/
Sapporo International Communication Plaza Foundation
Sapporo MN Bldg. 3F, Kita 1-jo Nishi 3-chome, Chuo-ku, Sapporo-shi, Hokkaido 060-0001
Tel: 011-211-3670  URL http://www.plaza-sapporo.or.jp/

SENDAI Designated City  仙台市
URL http://www.city.sendai.jp/
Sendai Tourism, Convention and International Association
Sendai-Aoba Wing Bldg. A-11F, 2-2-10 Omachi, Aoba-ku, Sendai-shi, Miyagi 980-0804
Tel: 022-268-6251  URL http://www.sentia-sendai.jp

SHIZUOKA Designated City  静岡市
URL http://www.city.shizuoka.jp/
Shizuoka City Association for Multicultural Exchange
CCC 1F, 4-16 Otemachi, Aoi-ku, Shizuoka-shi, Shizuoka 420-0853
Tel: 054-273-5931  URL http://www.samenet.jp/

YOKOHAMA Designated City  横浜市
URL http://www.city.yokohama.lg.jp/
Yokohama Association for International Communications and Exchanges
Yokohama International Organizations Center 5F, Pacifico Yokohama, 1-1-1 Minato Mirai, Nishi-ku, Yokohama-shi, Kanagawa 220-0012
Tel: 045-222-1171  URL https://www.yokeweb.com/

Appendix VII

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

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

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

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

**Osawa Scientific Studies Grants Foundation**
(Science and technology)
OSG Annex Bldg., 3-25-4 Minami-magome, Ota-ku, Tokyo 143-0025
Tel: 03-5709-4510 [URL: http://www.osawazaidan.or.jp/]

**The Kajima Foundation**
(Science and technology; humanities and social science)
Kajima KI Bldg. 6-5-30 Akasaka, Minato-ku, Tokyo 107-8502
Tel: 03-3584-7418 [URL: http://www.kajima-f.or.jp/]

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

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

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日本学振以外の外国人研究者招へい機関等

学振では、外国人特別研究員事業や外国人招へい研究者事業など、
海外の研究者が日本で研究を行う機会を提供しています。同様に、外国人研究者の
招へいを目的とする機関等は次のようにあります。カッコ内は対象分野です。

池谷科学技術振興財団（科学技術）
〒100-0013 東京都千代田区霞が関 3-7-1
Tel: 03-3580-1712 [URL: http://www.iketani-zaidan.or.jp/]

井上科学振興財団（科学技術）
〒150-0036 東京都渋谷区南台15-15 南台ビル 601
Tel: 03-3477-2738 [URL: http://www.inoue-zaidan.or.jp/]

大澤科学技術振興財団（科学技術）
〒143-0025 東京都大田区南馬込3-25-4
Tel: 03-5709-4510 [URL: http://www.osawazaidan.or.jp/]

鹿島学術振興財団（科学技術 / 人文）
〒107-8502 東京都港区赤坂6-5-30 鹿島 KIビル
Tel: 03-3584-7418 [URL: http://www.kajima-for.jp/]

情報科学国際交流財団（科学技術）
〒150-0002 東京都渋谷区渋谷1-10-7 グローリア洪宮坂Ⅲ 805
Tel: 03-5766-3641 [URL: http://www.iisf.or.jp/]

第一三共生命科学研究振興財団（科学技術）
〒103-8234 東京都中央区日本橋 3-14-10 第一三共日本橋ビル 10階
Tel: 03-3243-9061 [URL: http://www.ds-fdn.or.jp/]

立石科学技術振興財団（科学技術）
〒600-8234 京都府京都市下京区塩小路通堀川東入不動堂町 801
Tel: 075-365-4771 [URL: http://www.tateisi-f.org/]

中部電気利用基礎研究振興財団（科学技術 / 医保 / 環境）
〒460-0007 愛知県名古屋市中区新栄1-231 フロンティア新栄2階
Tel: 052-259-7550 [URL: http://www006.upp.so-net.ne.jp/refec/WELCOME.HTM]
テルモ科学技術振興財団（科学技術）
〒259-0151 神奈川県足柄上郡中井町井ノ口1500
Tel: 0465-81-4236 URL http://www.terumozaidan.or.jp/

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

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

ノバルティス科学振興財団（科学技術 / 医保）
〒105-6333 東京都港区虎ノ門1-23-1 虎ノ門ビルズ森タワー29階
Tel: 03-6899-2100 URL http://novartisfound.or.jp/

野村財団（人社）
〒103-8011 東京都中央区日本橋1-9-1（野村証券本社ビル旧館4階）
Tel: 03-3271-2330 URL http://www.nomurafoundation.or.jp/

ファイザー株式会社社長募金（科学技術 / 医保 / 福祉）
〒151-8589 東京都渋谷区代々木3-22-7 新宿文化クイントビル
Tel: 03-5309-6712 URL http://www.health-research.or.jp/

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

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

なお、これらの助成団体の概要については、次の図書が参考になります。

★「助成団体要覧 2016—民間助成金ガイド—」
（公益財団法人助成団体センター編集・発行）

公益財団法人助成団体センターでは、要覧中の個々の財団についての問い合わせにも応えています。

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

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

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

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

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

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

Nomura Foundation
(Humanities and social science)
1-9-1 Nihonbashi, Chuo-ku, Tokyo 103-8011
Tel: 03-3271-2330 URL http://www.nomurafoundation.or.jp/en/

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

The Matsumae International Foundation
(Science and technology; medicine and health; environment)
4-14-46 Kamiogi, Suginami-ku, Tokyo 167-0043
Tel: 03-3301-7600 URL http://www.mif-japan.org/?hl=en
また、次の団体でも外国人研究者招へい等の事業を行っています。

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

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

(Edited and issued by The Japan Foundation Center)

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

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

The Japan Foundation
4-4-1 Yotsuya, Shinjuku-ku, Tokyo 160-0004
Tel: 03-5369-6075  Fax: 03-5369-6044
URL http://www.jpf.go.jp/c/
**Postal Fees**

**Domestic Postage Rates**

- **Postcards:** ¥62
- **Double postcards with replies attached:** ¥124
- **Letter post**
  
<table>
<thead>
<tr>
<th>Class</th>
<th>Weight</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard-size items</td>
<td>Up to 25 g</td>
<td>¥82</td>
</tr>
<tr>
<td>9 to 12 cm (width) x 14 to 23.5 cm (length) and up to 1 cm (thickness)</td>
<td>Up to 50 g</td>
<td>¥92</td>
</tr>
<tr>
<td>Nonstandard-size items</td>
<td>Up to 4 kg</td>
<td>¥120 to ¥1,330 (Rate varies depending on the weight)</td>
</tr>
</tbody>
</table>

[Special Handling Mail (Additional fees in the following tables apply)]

- **Express-delivery mail**
  
<table>
<thead>
<tr>
<th>Class</th>
<th>Weight</th>
<th>Additional Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Letter post</td>
<td>Up to 250 g</td>
<td>¥280</td>
</tr>
<tr>
<td></td>
<td>Up to 1 kg</td>
<td>¥380</td>
</tr>
<tr>
<td></td>
<td>Up to 4 kg</td>
<td>¥650</td>
</tr>
<tr>
<td>Yu-Mail</td>
<td>Up to 2 kg</td>
<td>¥320</td>
</tr>
<tr>
<td></td>
<td>Up to 3 kg</td>
<td>¥470</td>
</tr>
</tbody>
</table>

- **Registered mail**
  
<table>
<thead>
<tr>
<th>Contents</th>
<th>Claimable Amount</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash</td>
<td>Up to ¥100,000</td>
<td>¥430</td>
</tr>
<tr>
<td>Per additional ¥50,000 increment, over ¥100,000</td>
<td>Additional ¥21</td>
<td></td>
</tr>
<tr>
<td>General</td>
<td>Up to ¥100,000</td>
<td>¥430</td>
</tr>
<tr>
<td>Per additional ¥50,000 increment, over ¥100,000</td>
<td>Additional ¥21</td>
<td></td>
</tr>
<tr>
<td>Simple registered mail</td>
<td>Claimable damage up to ¥50,000</td>
<td>¥310</td>
</tr>
</tbody>
</table>
### International Postage Rates

- **Postcards:** ¥70 worldwide
- **Aerograms:** ¥90 worldwide
- **Letters**

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

#### Nonstandard-size
- Up to 2kg: ¥220 – ¥2,150
- ¥260 – ¥3,410
- ¥300 – ¥4,990

#### Standard-size
- Up to 25g: ¥90
- ¥110
- ¥130
- Up to 50g: ¥160
- ¥190
- ¥230

#### Parcel Post

<table>
<thead>
<tr>
<th>Class</th>
<th>Destination</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>East Asia, Guam, Midway Islands, etc.</strong></td>
<td><strong>Southeast Asia</strong></td>
</tr>
<tr>
<td><strong>Africa, South America</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Airmail</strong></td>
<td><strong>Seamail</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Class</th>
<th>Weight</th>
<th>East Asia, Guam, Midway Islands, etc.</th>
<th>Southeast Asia</th>
<th>Oceania, Middle East, North and Central America, Europe, etc.</th>
<th>Africa, South America</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Airmail</strong></td>
<td>Up to 500g: ¥1,700</td>
<td>¥2,100</td>
<td>¥2,500</td>
<td>¥3,200</td>
<td><strong>Seamail</strong></td>
</tr>
<tr>
<td></td>
<td>Per additional 500g: ¥350</td>
<td>¥600</td>
<td>¥850</td>
<td>¥1,400</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Per additional 1kg: ¥400</td>
<td>¥700</td>
<td>¥950</td>
<td>¥1,600</td>
<td></td>
</tr>
<tr>
<td><strong>Seamail</strong></td>
<td>Up to 1kg: ¥1,600</td>
<td>¥1,700</td>
<td>¥1,800</td>
<td>¥2,200</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Per additional 1kg: ¥300</td>
<td>¥400</td>
<td>¥550</td>
<td>¥450</td>
<td></td>
</tr>
</tbody>
</table>

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

### Length

<table>
<thead>
<tr>
<th>センチメートル</th>
<th>メートル</th>
<th>キロメートル</th>
<th>インチ</th>
<th>フィート</th>
<th>ヤード</th>
<th>マイル</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0.01</td>
<td>-</td>
<td>0.3937</td>
<td>0.0328</td>
<td>0.0109</td>
<td>-</td>
</tr>
<tr>
<td>100</td>
<td>1</td>
<td>0.001</td>
<td>39.370</td>
<td>3.2808</td>
<td>1.0936</td>
<td>-</td>
</tr>
<tr>
<td>10000</td>
<td>1000</td>
<td>1</td>
<td>39370</td>
<td>3280.8</td>
<td>1093.6</td>
<td>0.6214</td>
</tr>
<tr>
<td>2.5399</td>
<td>0.0254</td>
<td>-</td>
<td>1</td>
<td>0.0833</td>
<td>0.0278</td>
<td>-</td>
</tr>
<tr>
<td>30.479</td>
<td>0.3048</td>
<td>-</td>
<td>12</td>
<td>1</td>
<td>0.3333</td>
<td>-</td>
</tr>
<tr>
<td>91.440</td>
<td>0.9144</td>
<td>-</td>
<td>36</td>
<td>3</td>
<td>1</td>
<td>-</td>
</tr>
<tr>
<td>-</td>
<td>1609.3</td>
<td>1.6093</td>
<td>63360</td>
<td>5280</td>
<td>1760</td>
<td>1</td>
</tr>
</tbody>
</table>

### Area

<table>
<thead>
<tr>
<th>メートル</th>
<th>平方メートル</th>
<th>フィート</th>
<th>平方フィート</th>
<th>エーカー</th>
<th>マイル</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>10.764</td>
<td>0.01</td>
<td>0.001</td>
<td>0.002</td>
<td>-</td>
</tr>
<tr>
<td>-</td>
<td>10000</td>
<td>100</td>
<td>247.11</td>
<td>0.3861</td>
<td>-</td>
</tr>
<tr>
<td>0.0929</td>
<td>-</td>
<td>1</td>
<td>0.0009</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>100</td>
<td>1076.4</td>
<td>1</td>
<td>0.0247</td>
<td>-</td>
<td>-</td>
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<tr>
<td>10000</td>
<td>0.01</td>
<td>100</td>
<td>2.4711</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>4046.9</td>
<td>0.0040</td>
<td>40.469</td>
<td>0.4047</td>
<td>1</td>
<td>0.0016</td>
</tr>
<tr>
<td>-</td>
<td>2.5900</td>
<td>25900</td>
<td>259.00</td>
<td>640</td>
<td>1</td>
</tr>
</tbody>
</table>

### Weight

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

### Volume

<table>
<thead>
<tr>
<th>リットル</th>
<th>リットル（立方インチ）</th>
<th>リットル（立方フィート）</th>
<th>ガロン（英）</th>
<th>ガロン（米）</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0.001</td>
<td>-</td>
<td>0.0002</td>
<td>0.0003</td>
</tr>
<tr>
<td>1000</td>
<td>1</td>
<td>61.024</td>
<td>0.2200</td>
<td>0.2642</td>
</tr>
<tr>
<td>16.387</td>
<td>0.0164</td>
<td>1</td>
<td>0.0036</td>
<td>0.0043</td>
</tr>
<tr>
<td>28317</td>
<td>28.317</td>
<td>1728</td>
<td>6.2288</td>
<td>7.48</td>
</tr>
<tr>
<td>4546</td>
<td>4.5461</td>
<td>277.4</td>
<td>1</td>
<td>1.2010</td>
</tr>
<tr>
<td>3785</td>
<td>3.7854</td>
<td>231</td>
<td>0.134</td>
<td>0.833</td>
</tr>
</tbody>
</table>

## Traffic Signs and Public Signs

The main traffic signs and public signs that you will see as you go about your daily life are shown below.
Regions and Prefectures of Japan

Railway and Airline Network
World Heritage Sites in Japan

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

2. 姫路城
   Himeji-jo

3. 屋久島
   Yakushima

4. 白神山地
   Shirakami-Sanchi

5. 古都京都の文化財
   Historic Monuments of Ancient Kyoto [Kyoto, Uji and Ohtsu Cities]

6. 白川郷・五箇山の合掌造り集落
   Historic Villages of Shirakawago and Gokayama

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

8. 嶋崎神社
   Itsukushima Shinto Shrine

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

10. 日光の社寺
    Shrines and Temples of Nikko

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

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

13. 知床
    Shiretoko

14. 石見銀山遺跡とその文化的景観
    The Iwami Ginzan Silver Mine and its Cultural Landscape

15. 小笠原諸島
    Ogasawara Islands

16. 平泉〜仏国寺（浄土）を表す建築・庭園及び考古学的遺跡群
    Hiraizumi Temples, Gardens and Archeological Sites Representing the Buddhist Pure Land

17. 富士山〜信仰の対象と芸術の源泉
    Fujisan, sacred place and source of artistic inspiration

18. 岩手製糸場と絹産業遺産群
    Tomioka Silk Mill and Related Sites

19. 明治日本の産業革命遺産
    製鉄・製鋼・造船、石炭産業
    Sites of Japan’s Meiji Industrial Revolution: Iron and Steel, Shipbuilding and Coal Mining

20. ル・コルビュジエの建築作品
    〜近代建築への顕著な貢献〜
    The Architectural Work of Le Corbusier, an Outstanding Contribution to the Modern Movement

21. 「神奈川沖浪」の宗像・沖ノ鳥と関連遺産群
    Sacred Island of Okinoshima and Associated Sites in the Munakata Region

Notes: 1. Circled numbers in blue indicate locations of cultural heritage, while those in pink show natural heritage.
2. See the UNESCO website (http://whc.unesco.org/en/statesparties/jp) for more information.
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2018-2019

2017年12月

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電話：03-3263-1872
http://www.jsps.go.jp/english/e-plaza/

編集協力：（株）メリットファイブ

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