



# Overview of JSPS and Preparing for Your Research Trip

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## Japan Society for the Promotion of Science 日本学術振興会 = JSPS = Gakushin

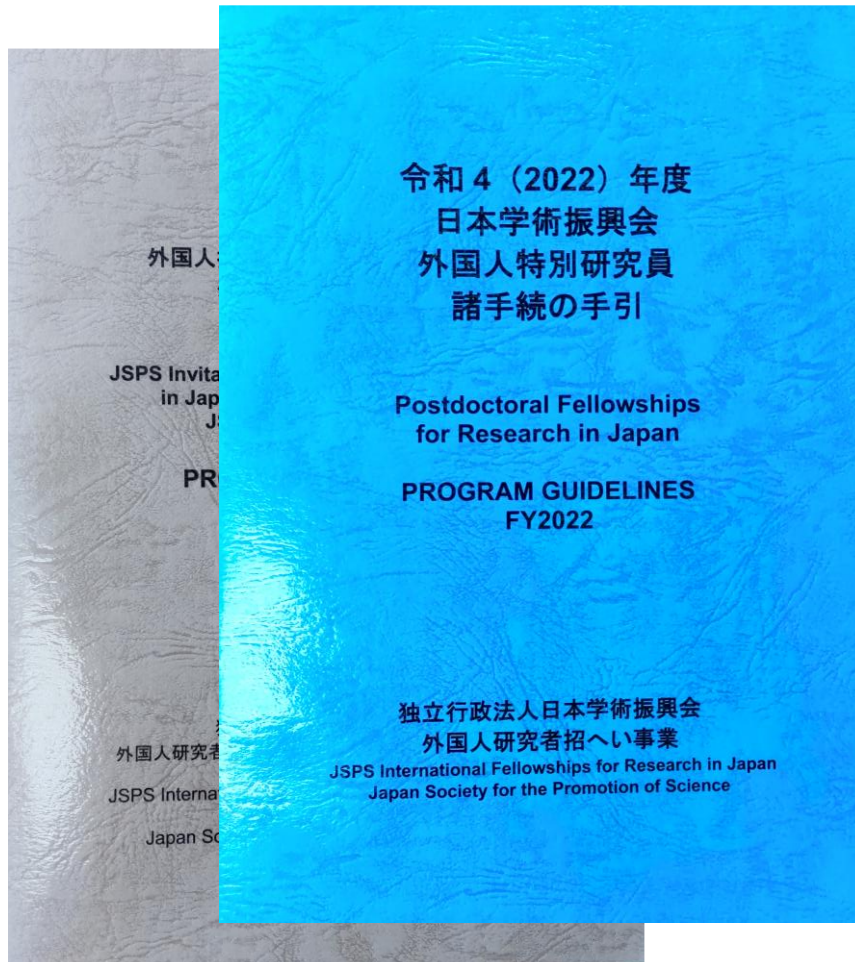
- Established through an endowment by Emperor Showa in 1932



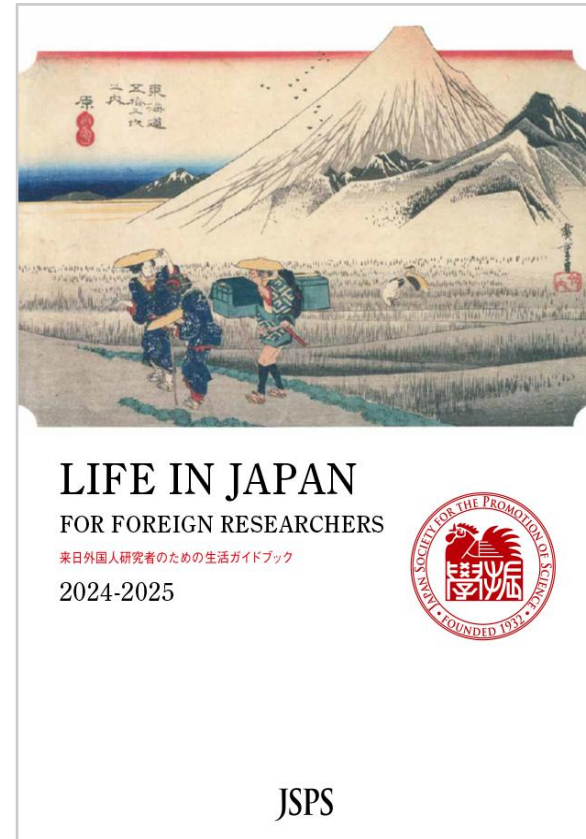
**Rooster:**  
Harbinger of new knowledge that  
promises a brilliant future for  
humankind.

# Have you read?

## Programme Guidelines



## “Life in Japan”



[https://www.jspss.go.jp/file/storage/e-plaza/51\\_lifeInJapan/2023-2024/chapter1-appendices.pdf](https://www.jspss.go.jp/file/storage/e-plaza/51_lifeInJapan/2023-2024/chapter1-appendices.pdf)



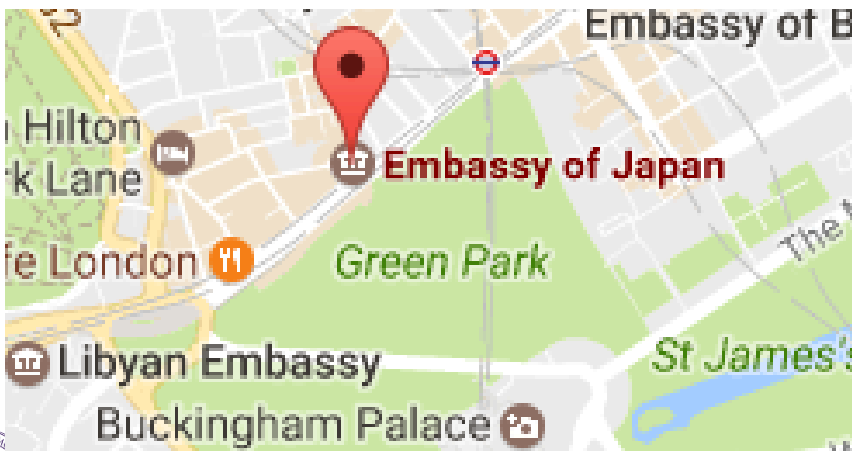
# VISA: Embassy of Japan in the UK

## Visa Section at Embassy of Japan in the UK, London

Tel: 020 7465 6565

<http://www.uk.emb-japan.go.jp/>

near Green Park  
underground station



Note:

For applicants in Scotland and the part of North of England, please contact the Consulate-General of Japan in Edinburgh

# Residents Card

## Residency management system (from 9 July 2012)

- Fellows who will stay in Japan for 3 months or longer



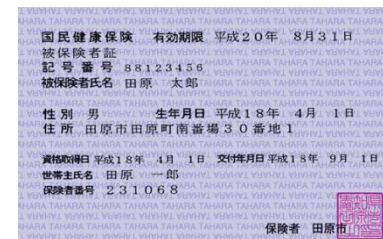
- ✓ A resident card will be issued at the airport.
- ✓ You must take the card to a municipal office and notify it of your address within 14 days of the residency being determined.

Immigration Bureau of Japan

[http://www.immi-moj.go.jp/newimmiact\\_1/en/](http://www.immi-moj.go.jp/newimmiact_1/en/)

# National Health Insurance

- Fellows who will stay in Japan for 3 months or longer are obliged to join the national health insurance program.
- The insurance covers 70% of all medical expenses. You have to pay the rest, but it will be covered by another private insurance provided by JSPS from NipponKoa.
- Application for enrollment in the program is made at your local municipal office.
- **Allowances of JSPS fellowship  $\neq$  Salary**



National Health Insurance Card

# Medical System in Japan

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

## Prescription medicines:

You are normally allowed to bring in up to one month's supply.

NHS : <https://www.nhs.uk/>

NaTHNaC: <https://travelhealthpro.org.uk/>

<https://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html>



# Opening a Bank Account

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

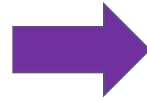


Useful link:

<https://www.japanlivingguide.com/dailylife/money/bank/>

## Preparation against natural disasters

- (1) Protecting yourself
- (2) Taking refuge



### Useful information:

- Local government's website
- Please ask in advance your host researcher and institution how to evacuate and contact them in case of an emergency.
- NHK World (Live program in case of emergency)

<https://www3.nhk.or.jp/nhkworld/>

# Tips: Living in harmony

## Good Manner

### On the train



マナーモード  
通話

マナーモードに設定の上、通話はご連慮ください。  
Please set your mobile phone to silent mode and refrain from talking on the phone

### On the road



歩きタバコ  
禁止  
No Walk Smoking



NO TEXTING WHILE WALK

### In your place



Noise

# Living in harmony

## Rubbish collection



# Follow up services

## JSPS-Net

<https://www.jsps-net.jsps.go.jp/>



The screenshot shows the homepage of the JSPS Researchers Network. At the top, there is a dark blue header with the JSPS logo and the text "JSPS Researchers Network". Below the header is a navigation bar with links for "Top", "Home", "News", and "Groups". On the left side, there is a sidebar with a "Login" button (with a lock icon) and a "Register" button (with a pencil icon). Below these are links for "About us(English)", "Features & QuickGuide (English)", "About us(Japanese)", and "Features & QuickGuide (Japanese)". The main content area features a large banner with a photograph of researchers in a lab. The banner text reads "Be connected!! Researchers of the World" and "JSPS supports the building of vibrant networks among researchers playing active roles in...". Below the banner, there is a section titled "(JSPS Researchers Network (JSPS-Net) is now open !)" with the text: "JSPS is pleased to announce the launch of Researchers Social Networking Service, JSPS Researchers Networking service exclusively dedicated to facilitating exchange among researchers and research-support personnel. We are looking forward to your registration. ==>Join for free". At the bottom of the page, there are two teal buttons: "Community" with a globe icon and "Event page" with a person at a podium icon.



# Enjoy your stay in Japan!



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## JSPS Tokyo:

Postdoctoral Fellowship: [gaitoku@jsps.go.jp](mailto:gaitoku@jsps.go.jp)

Invitation Fellowship: [invitation@jsps.go.jp](mailto:invitation@jsps.go.jp)

Summer Program: [summer@jsps.go.jp](mailto:summer@jsps.go.jp)

