



Overview of JSPS and Preparing for Your Research Trip

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JSPS London**

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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

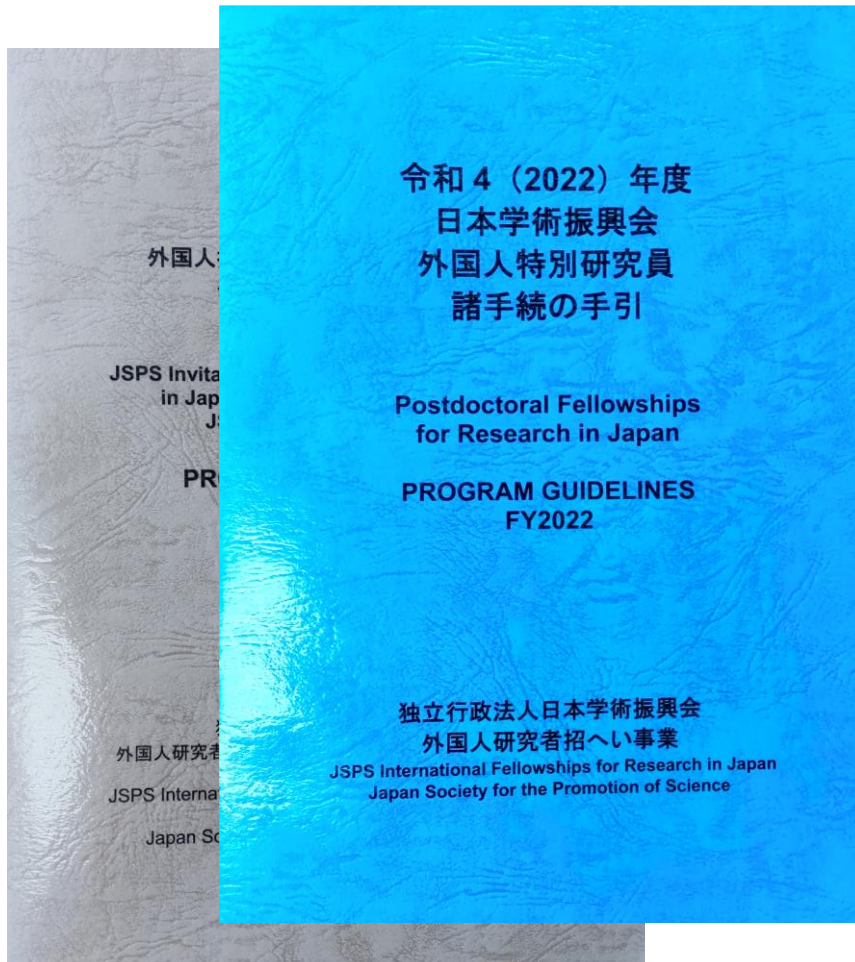


Rooster:
Harbinger of new knowledge that
promises a brilliant future for
humankind.

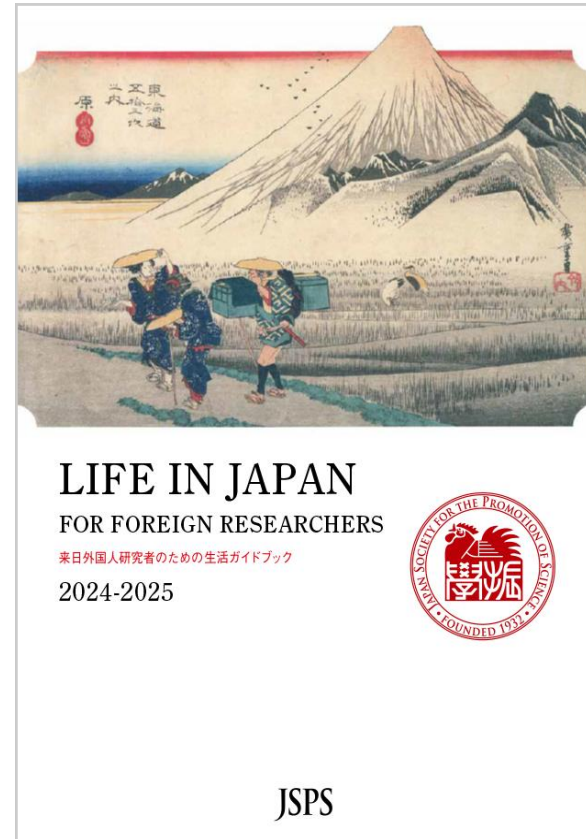


Have you read?

Programme Guidelines



“Life in Japan”



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



The current entry requirements

- ✓ **Have you applied for a visa?**
- The visa application process must be initiated by the host institution as the sponsor in Japan using the Entrants, Returnees and Follow-up online System (ERFS)



You need 受付済証 for the visa application (A certificate for completion of Registration to the ERFS)

Applying for a visa is your personal responsibility!

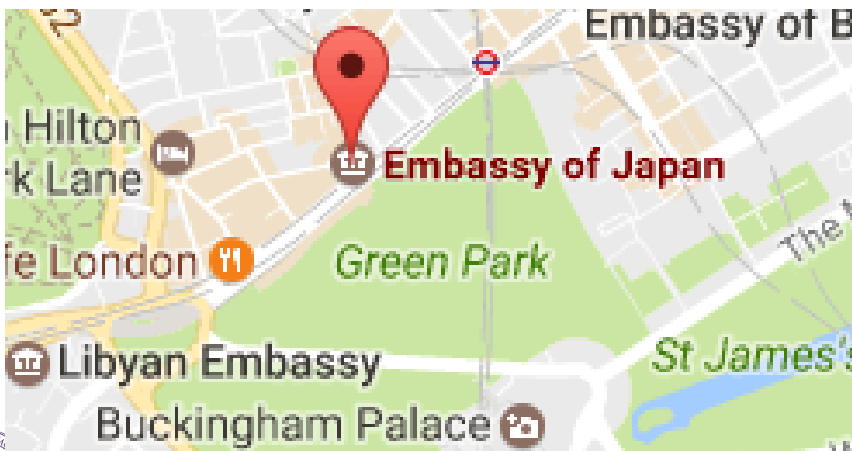
VISA: Embassy of Japan in the UK

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/

National Pension

- Not required to enroll in the Japanese National Pension System if your stay in Japan is less than 5 years.
- Fellows from the UK should continue their enrollment in the UK Pension System.

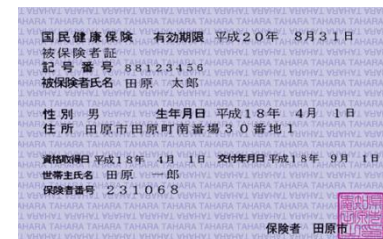


HM Revenue & Customs

<http://www.hmrc.gov.uk/nic/japan.htm>

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.
- In addition, “Life in Japan” provide information on hospitals/clinics where you can receive medical care in English or other foreign languages.

https://www.jsps.go.jp/english/e-plaza/51_lifeInJapan.html



Medication

Common medicines:

You must not have medicine containing pseudoephedrine or codeine.
(For example, Vicks inhalers, Sudafed and Beechams)

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/>

If you need prescription medicine for long-term use, please check Japan's Ministry of Health, Labour and Welfare website.

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

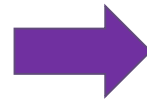


Opening a Bank Account

- 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.

Preparation against natural disasters

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



“Be prepared in advance”
“Don’t panic”

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 the text "Be connected!! Researchers of the World" and "JSPS supports the building of vibrant networks among researchers playing active roles in". Below the banner 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 Social 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 icons: "Community" (a globe with three people) and "Event page" (a person at a podium with an audience).



Enjoy your stay in Japan!



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JSPS Tokyo:

Postdoctoral Fellowship: gaitoku@jsps.go.jp

Invitation Fellowship: invitation@jsps.go.jp

Summer Program: summer@jsps.go.jp

