



Overview of JSPS and Preparing for Your Research Trip

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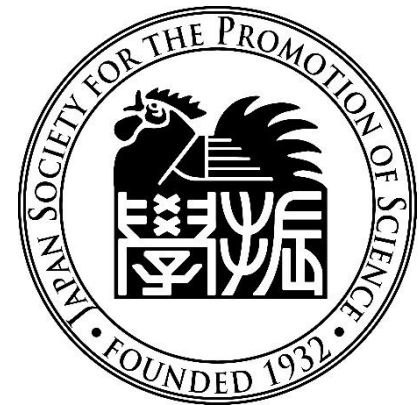
**Deputy Director
JSPS London**

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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

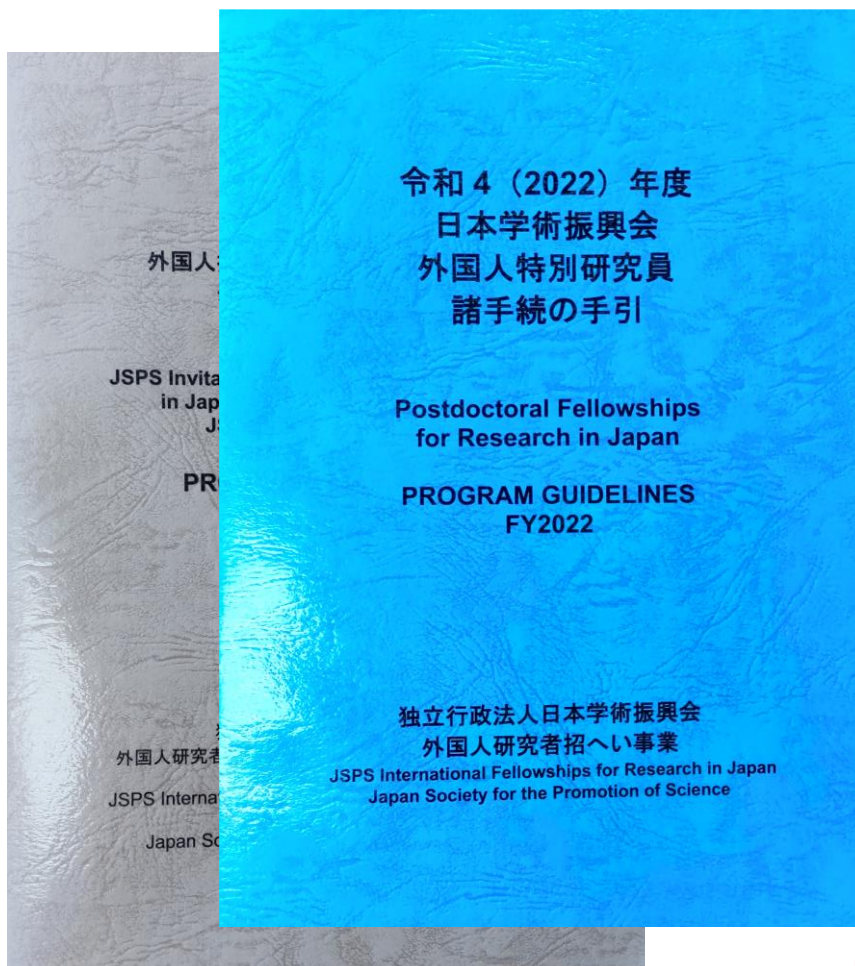


Rooster:
Harbinger of new knowledge that
promises a brilliant future for
humankind.



Have you read?

Programme Guidelines



“Life in Japan”



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

Preparation: VISA

- UK passport holders can stay in Japan up to 90 days

	Summer Program	Postdoc Fellowship (Short-term)	Postdoc Fellowship (Standard)	Invitation Fellowship (Short-term)	Invitation Fellowship (Long-term)
Application	Not required	90 days or less: Not required	Required	Not required	90 days or less: Not required
		91 days or more: Required			91 days or more: Required
Status	-	"Researcher" "Professor"	"Researcher" "Professor"	-	"Cultural activities" "Researcher" "Professor"

Applying for a visa is your personal responsibility!

VISA: Embassy of Japan in the UK

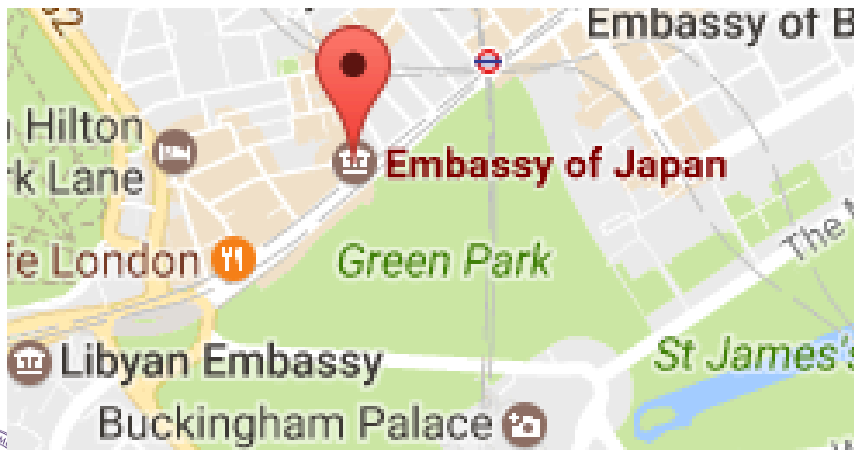
Visa Section at Embassy of Japan in the UK, London

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

Preparation: before departure

- You are required to provide either a valid COVID-19 vaccination certificate or to take an approved COVID-19 test within 72 hours before your flight
- Complete information on the MySoS app or website, including signing a written pledge
- ✓ please refer to the GOV.UK website



<https://www.gov.uk/foreign-travel-advice/japan/entry-requirements>



Valid vaccination certificate

- Valid certificates must be shown to prove vaccination with three doses of any of the COVID-19 vaccines on the [Emergency Use List of WHO](#).
- If you are triple vaccinated with two doses of AstraZeneca, Pfizer or Moderna vaccines (or one of Johnson & Johnson) and an additional booster shot from Pfizer or Moderna then you do not require a negative PCR test before flying. Note that AstraZeneca is not accepted as a valid booster. Valid certificates must be shown to prove vaccination with three doses of any of the COVID-19 vaccines on the [Emergency Use List of WHO](#).
- There is no requirement to be vaccinated in order to enter Japan, however if you cannot prove you are triple-vaccinated, then you must take a PCR test within 72 hours before your flight and show a negative certificate in the approved format. You will be unable to use the 'fast track' MySos system in this case.
- You can use the [UK COVID Pass](#) to demonstrate your vaccination record to the Japanese authorities. Your NHS appointment card from vaccination centres is not designed to be used as proof of vaccination and should not be used to demonstrate your vaccination status.

Useful links

Ministry of Health, Labour and Welfare:

https://www.mhlw.go.jp/content/03112200QA_EN.pdf

Fast Track Immigration Procedures (MySos app):

<https://www.hco.mhlw.go.jp/en/#news>

Emergency Use List of the World Health Organisation (WHO):

<https://extranet.who.int/pqweb/vaccines/vaccinescovid-19-vaccine-eul-issued>

UK Covid Pass:

<https://www.gov.uk/guidance/nhs-covid-pass>

Embassy of Japan in the UK:

https://www.uk.emb-japan.go.jp/itpr_en/index_000025.html

Consulate General of Japan in Edinburgh:

https://www.edinburgh.uk.emb-japan.go.jp/itpr_ja/00_000205.html

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.

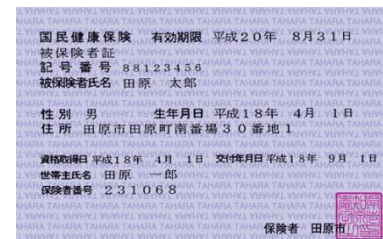


HM Revenue & Customs

<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.
- Many 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>



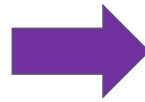
Opening a Bank Account

- 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



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. The header features the JSPS logo and the title "JSPS Researchers Network". Below the header is a navigation bar with links: "Top", "Home", "News", and "Groups". On the left side, there is a sidebar with links: "Login", "Register", "About us(English)", "Features & QuickGuide (English)", "About us(Japanese)", and "Features & QuickGuide (Japanese)". The main content area has 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, there is a section titled "(JSPS Researchers Network (JSPS-Net) is now open !)" with a paragraph of text and a link "Join for free". At the bottom, there are two icons: "Community" (a globe with people) and "Event page" (a person at a podium).

Enjoy your stay in Japan!



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Invitation Fellowship: invitation@jsps.go.jp

Summer Program: summer@jsps.go.jp

