



Preparing for Your Research Trip

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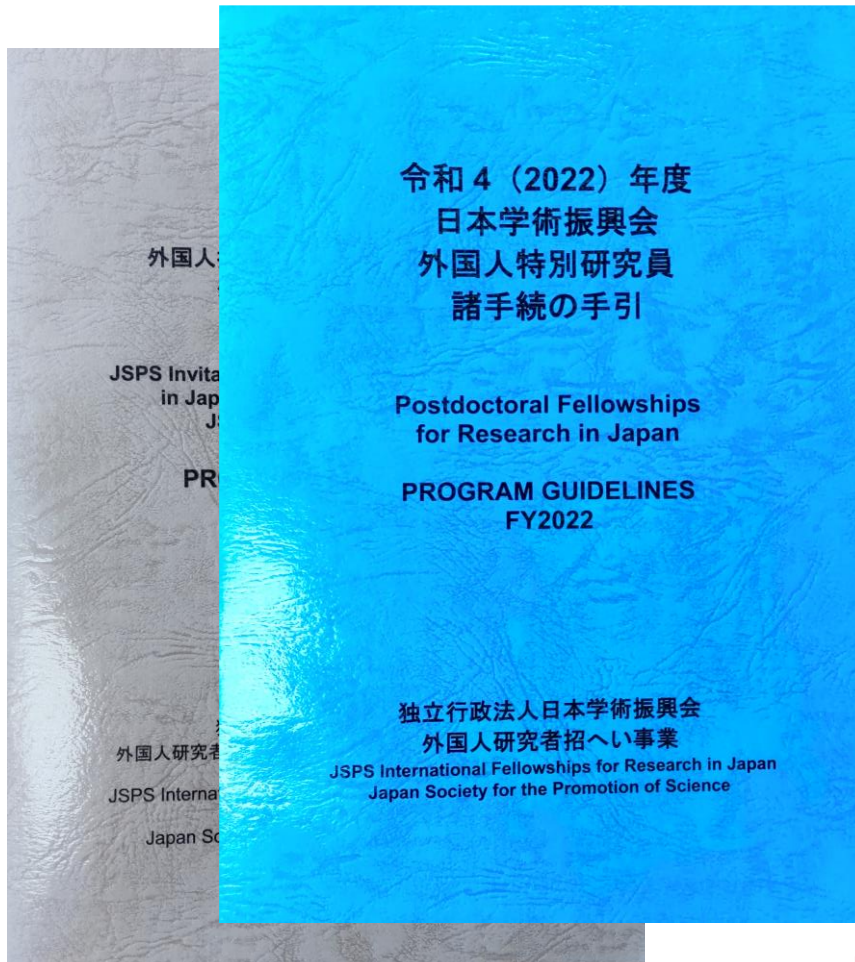
**Deputy Director
JSPS London**

April 2023



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

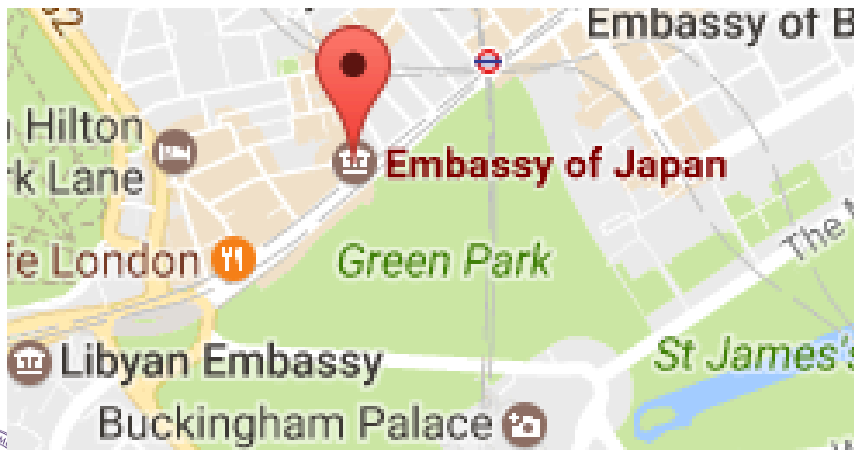
Visa Section at Embassy of Japan in the UK, London

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 of three doses of vaccines or to take an approved COVID-19 test within 72 hours before your flight
- Complete information on the website, including signing a written pledge
- ✓ please refer to the GOV.UK website
<https://www.gov.uk/foreign-travel-advice/japan/entry-requirements>



All border measures to prevent the spread of COVID-19 will be lifted on May 8, 2023.

Useful links

Ministry of Health, Labour and Welfare:

<https://www.mhlw.go.jp/stf/covid-19/bordercontrol.html>

Fast Track Immigration Procedures:

<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.

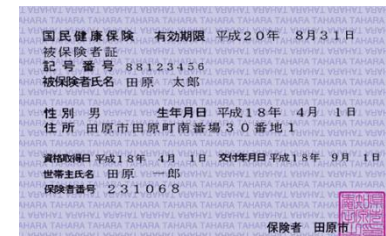


HM Revenue & Customs

<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

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/>

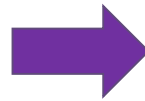
If you need prescription medicine for long-term use, please check Japan's Ministry of Health, Labour and Welfare website.

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



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



Enjoy your stay in Japan!



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