

Student Life Orientation for International Students



Center for Global Education and Exchange
Department of Student Affairs

Hitotsubashi University

Student Life Orientation

1

The First Procedure

(1) Procedure at the City Hall (2) Procedure at the University

2

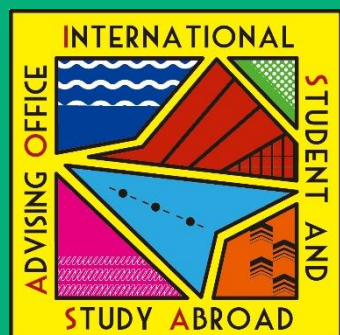
Basic Rules in Japan

3

International Student Support

4

International Activities on Campus



Online Resources



留学生・海外留学相談室

International Student & Study Abroad Advising



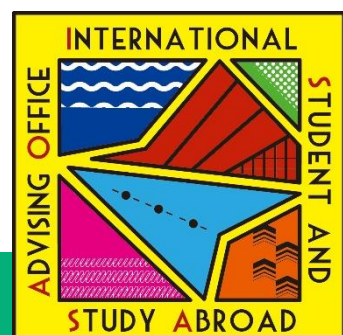
Welcome to Advising Office	Message from the Director	International Student Support	Incoming Exchange Students
Voice of Students	FAQ	Language Community	Orientation Materials

Services available face-to-face (throughout the year) and online (during class sessions)

!

URLs are listed below this video

STUDENT LIFE ORIENTATION FOR INTERNATIONAL STUDENTS



1

The First Procedure: (1) Procedure at the City Hall

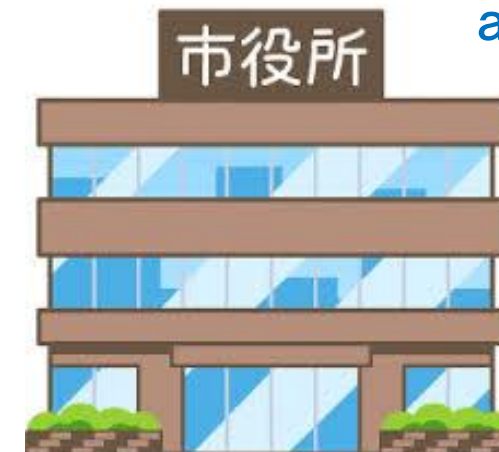
To-Do List (other than ISDAK residents)

- ① Register address
- ② Apply for National Health Insurance
- ③ Apply for exemption from pension plan payments

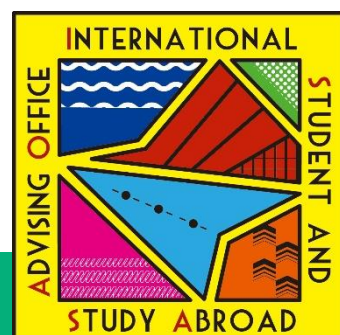
Bring



- ① Residence card
- ② Passport
- ③ Student card
- ④ My-number card (If you have one)
- ⑤ Move-out notice (If you moved from within Japan)



Go to the city hall
as soon as you receive
your student card!



1

The First Procedure: (1) Procedure at the City Hall

① Register address

Your address will be stamped on the back of your residence card.

Your residence status may be revoked if you fail to register your address.

The image shows the back of a Japanese residence card (Zairyu Card). A red stamp is visible, indicating the date and location of registration. The stamp contains the following text:

届出年月日	住所	記載者印
2014年12月1日	東京都港区港南5丁目5番30号	東京都港区長

Below the stamp, there are two sections for residence status:

資格外活動許可欄	在留資格変更許可申請欄
許可: 原則週 28 時間以内・風俗営業等の従事を除く	在留資格変更許可申請中



For more details, refer to the list of URLs below this video

1

The First Procedure: (1) Procedure at the City Hall

② Apply for National Health Insurance

1. Covers **70% of medical bills upfront**, monthly medical bill **capped at approx. \$600**.
2. To qualify for discount premium, apply at City Hall
Premium=10,000 yen /yr for people with low/no income



For more details, refer to the list of URLs below this video

2 months later...



1 The First Procedure: (1) Procedure at the City Hall

③ Apply for exemption from pension plan payments

Apply for **full exemption** as a student

About ¥17,000 yen/
month waived

MONEY SAVING



For more details, refer to the list of URLs below this video

1

The First Procedure: (1) Procedure at the City Hall

Apply for “My Number”

1. “My Number” notification card will be mailed to you — needed for job application
2. Apply for Photo ID card at City Hall



For more details, refer to the list of URLs below this video

1 The First Procedure: (2) Procedure at the University

*If uninsured,
this will cost you a FORTUNE!*



! Strongly recommended ! ! !

**Comprehensive Insurance for Students Lives
(approx. ¥6,000/Yr)**

To Apply: Fill out payment form
(request form at Student Support Office)
and pay at a post office ATM

!

For more details, refer to the list of URLs below this video

1 The First Procedure: (2) Procedure at the University

Commuting options to/from ISDAK (4 times/wk)

Period	Single Fare (¥648/Round trip)	Student Commuter Pass*
1 Months	¥10,368 (¥648 x 16)	¥4,240
3 Months	¥31,304 (¥648 x 48)	¥12,100
6 Months	¥62,608 Yen (¥648 x 96)	¥22,920
Buying a low-end bike for commute: ¥16,000-20,000		



クリーム[cream]

Cream City (クリーム シティ)
BAA260-O 26インチ 変速なし
ダイナモライト シティサイクル
ママチャリ 自転車

¥16,345 (税抜)

¥17,979 (税込)



クリーム[cream]

Cream City (クリーム シティ)
BAA266-O 26インチ 外装6段変
速 ダイナモライト シティサイク
ル ママチャリ 自転車

¥19,073 (税抜)

¥20,980 (税込)

! *Rules about Student Commuter Pass

1. With a student commuter pass certificate, you can purchase a **1- , 3-, or 6-month** commuter pass from the station closest to your home to the station closest to campus at a **discounted price**.
2. Student Commuter Pass Certificate applies to degree-seeking students and exchange student, NOT to MEXT Japanese Studies Students and researchers, **per JASSO Rules**.

1

The First Procedure: (2) Procedure at the University

Steps for purchasing the Student Commuter Pass

Exchange Undergraduate and Graduate students instructed to collect their student ID card from the Study Abroad Section (Inbound) office

- Apply for a student commuter pass certificate using this form →
- Collect your **Certificate** from the Study Abroad Section (Inbound) after 5 business days



<https://wuke.jp/app-international/entries/add/85>

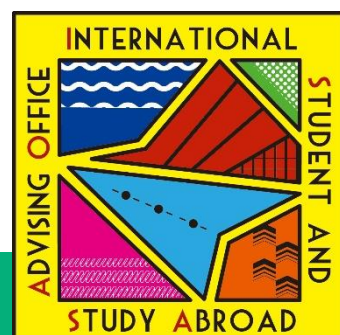
Graduate students (Exchange students / Degree-seeking students) instructed to collect their student ID card from their graduate school office.

- Apply for a "Student Commuter Pass" **Sticker** at your graduate school office

Degree-seeking Undergraduate students

- Apply for a "Student Commuter Pass" **Sticker** at the Educational Affairs Section

Visit your closest station with your student ID card with the certificate or the sticker

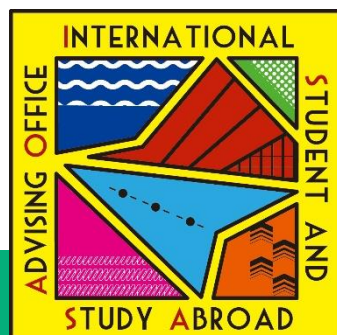


1 The First Procedure: (2) Procedure at the University

Other Perks: Student Discount for Japan Railroad System-wide

! * Notes about JR Student Discount

1. Get a 20% discount on JR regular fares for one-way trips over 100 km with a student discount certificate
2. The certificate is valid only for going home (in Japan), school activities, and job interviews, but **not for personal trips**
3. Degree-seeking students (Undergraduate/Graduate) may print the certificate from the issuing machine on the 1st floor of the main building (West Campus)
4. Exchange students (Undergraduate/Graduate) must apply at the Educational Affairs Section on the 1st floor of the main building (West Campus)
5. MEXT Japanese Studies Students and Research students are not eligible, **per JASSO Rules**.



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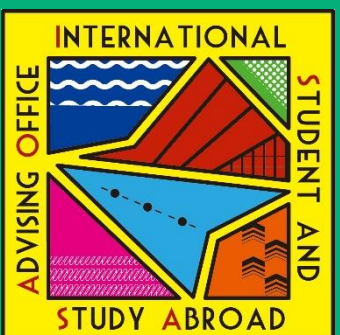
Basic Rules in Japan

3

International Student Support

4

International Activities on Campus



2 Basic Rules in Japan

Smoking Areas on Campus



There are 2 designated smoking areas () on Kunitachi Campus.



Smoking outside of these areas or while walking is strictly prohibited.

2 Basic Rules in Japan

Alcohol policies on campus

In Japan

Drinking @ 20



On Campus



(unless under
faculty supervision)

In Residence Halls



Private spaces
only



For more details, refer to the list of URLs below this video

2 Basic Rules in Japan

Drug possession and use

In Japan



Legal Implications

People caught with any amount of weed might spend **up to 5 years** in prison.

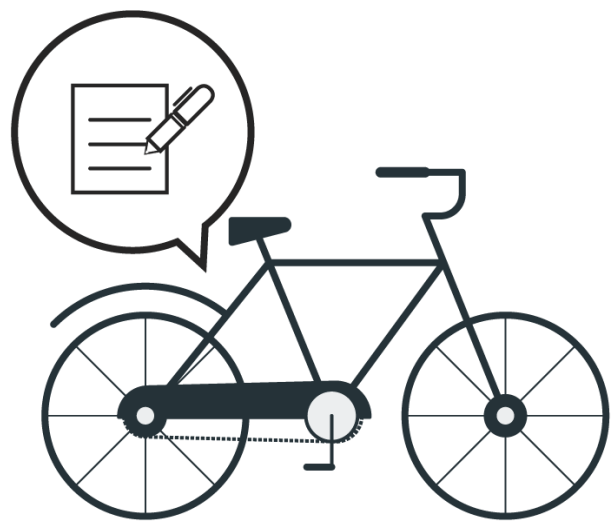
Societal Implications



For more details, refer to the list of URLs below this video

2 Basic Rules in Japan

Bicycle Safety Rules (Handbook P.10)

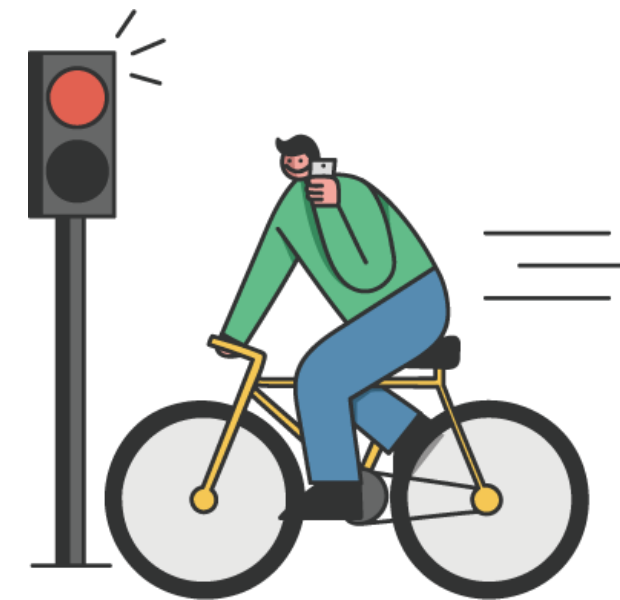


YES

- Register your bike
- Drive on the left
- Lights on at night

NO

- 2 people on 1 bike
- Drinking and driving
- Driving while on the phone



<Bicycle Traffic Safety in Japan>

<https://www.youtube.com/watch?v=MurfsFk8CZ4>

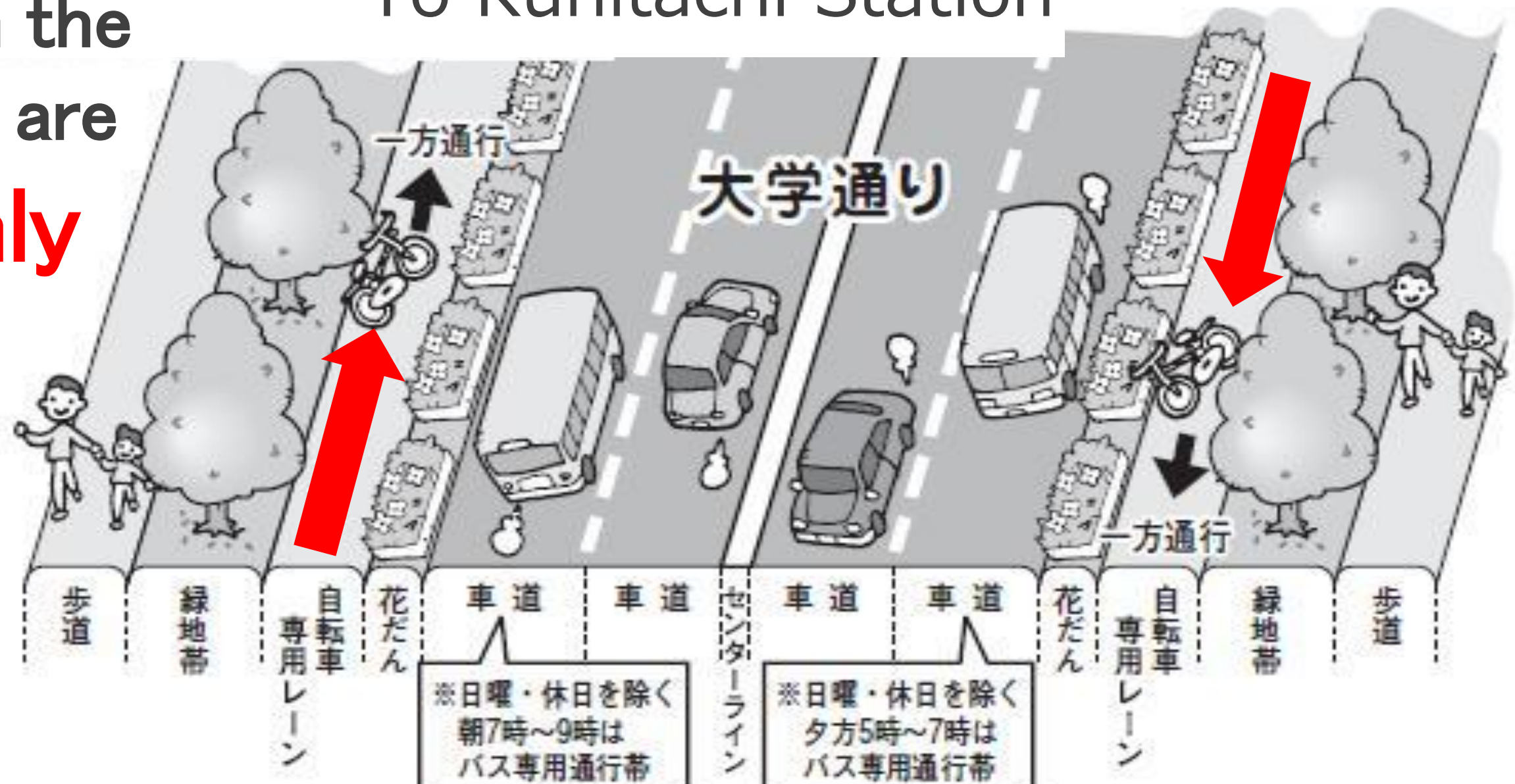


For more details, refer to the list of URLs below this video

2 Basic Rules in Japan

The bike lanes on the University street are **one-way only**

To Kunitachi Station



Be careful not to walk in the bike lanes or ride in the wrong direction!

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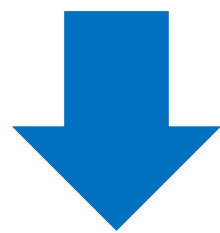
4

International Activities on Campus

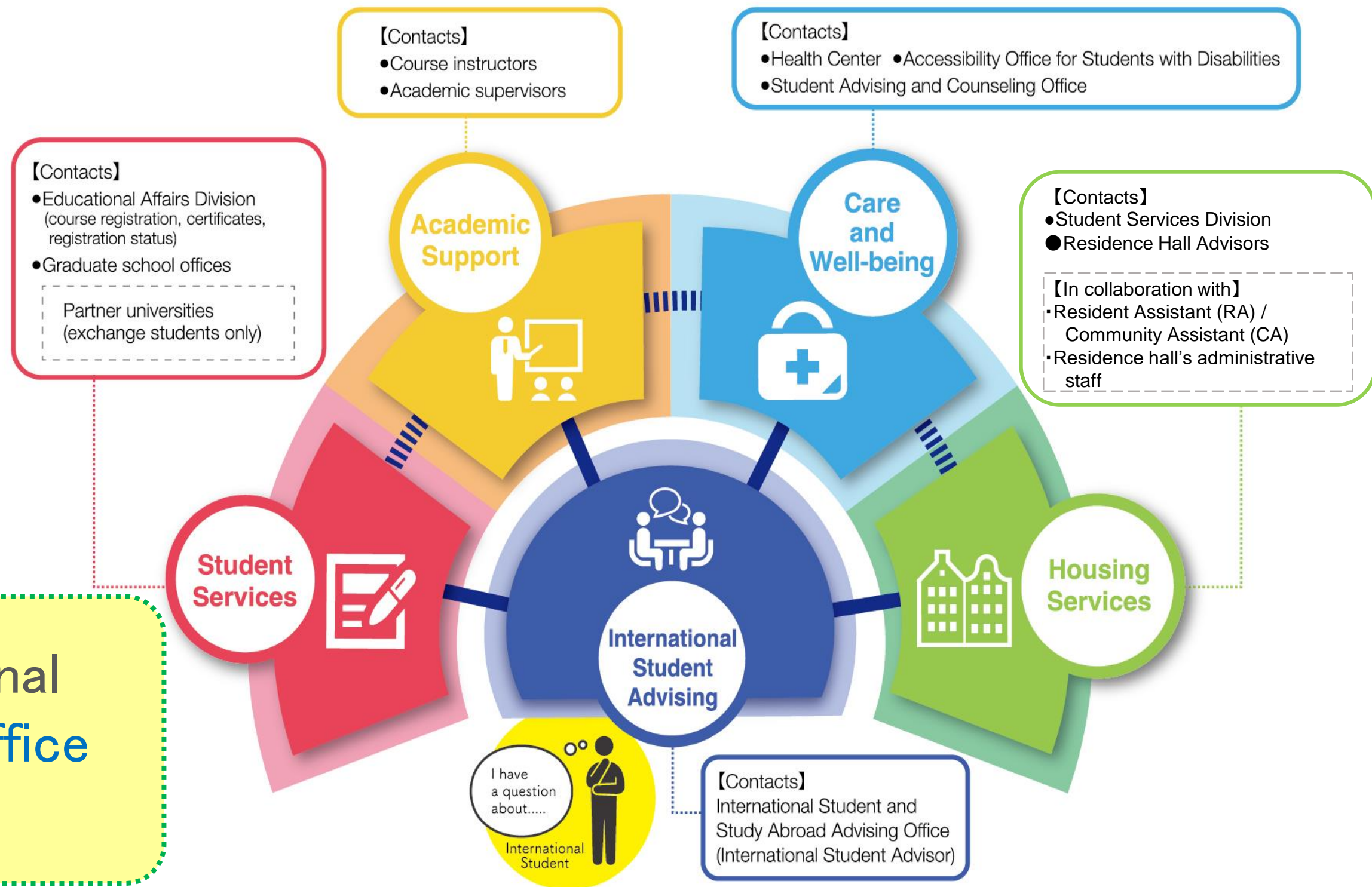
3

International Student Support

I have
a question
about.....



visit the International
Student Advising Office
first.



3

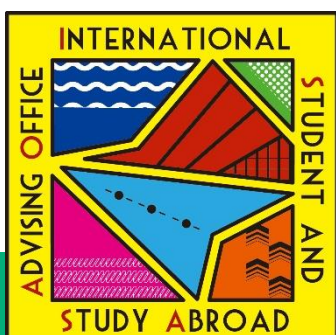
International Student Support

International Student & Study Abroad Advising (Handbook P.4)

Place	LS/CGE Bldg 2F on East Campus
Time	Mon – Fri <AM> Walk-in 10:15 – 13:15 <PM> Online (By reservation) 14:30 – 17:15
URL	https://international.hit-u.ac.jp/jp/cgee/advising/

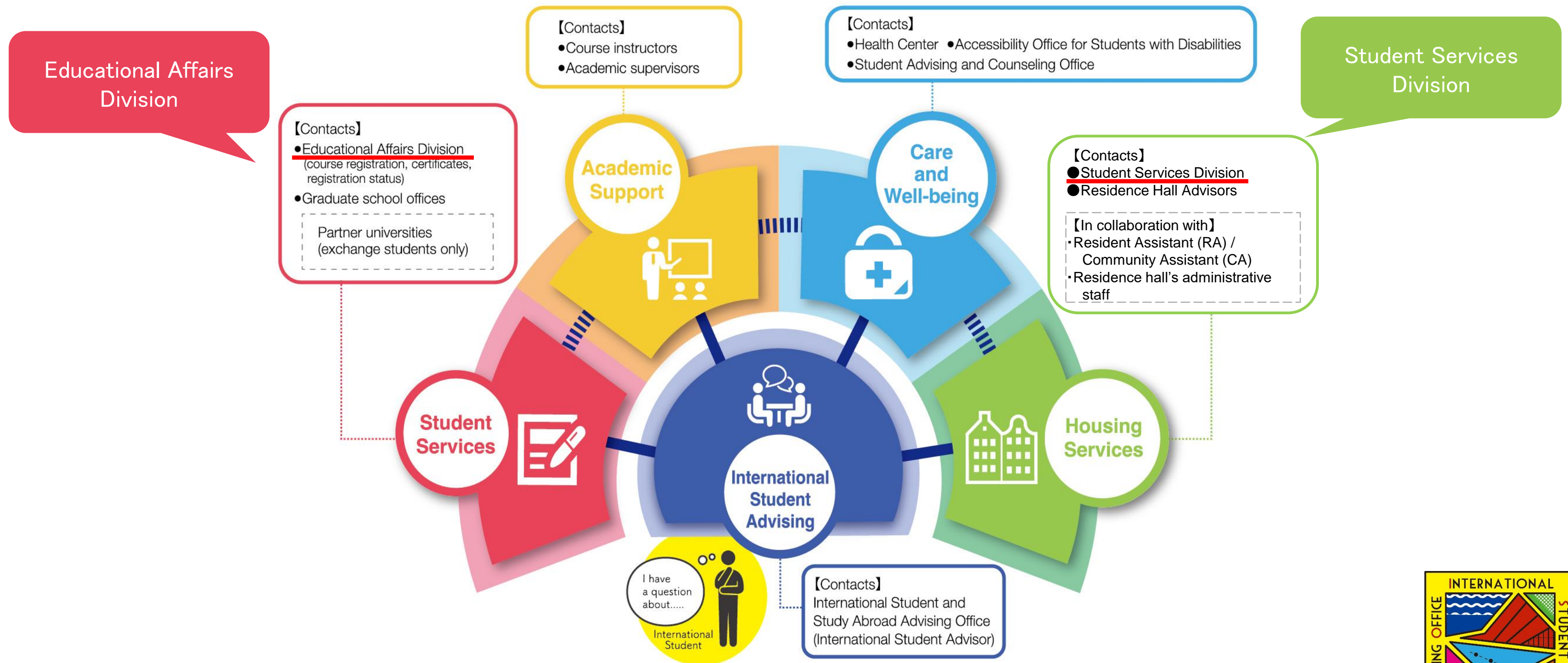


For more details, refer to the list of URLs below this video



3

International Student Support



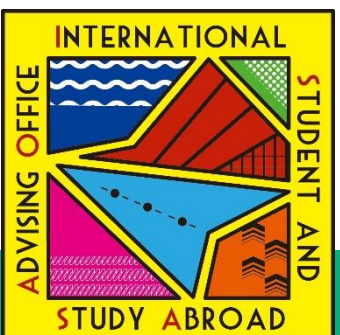
3 International Student Support

Educational Affairs & Student Support Offices (Handbook P.4)

Place	West Main Bldg 1F (Educational Affairs)
Time	Mon – Fri 8:30– 17:15
URL	<Educational Affairs> Academic Records, Exchange students https://www.hit-u.ac.jp/eng/information/current.html <Student Support> Residence Life, Scholarship https://www.hit-u.ac.jp/shien/campuslife/info.html



For more details, refer to the list of URLs below this video



3

International Student Support

Educational Affairs will issue

Enrollment
Certificate

Academic
Transcript

Graduation
Certificate

Student
Discount
Certificate

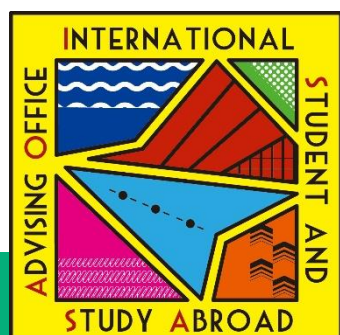
Scholarship
Certificate

Visa Status
Change Letter

For more details...international.hit-u.ac.jp/jp/curr/certificate_U/index.html

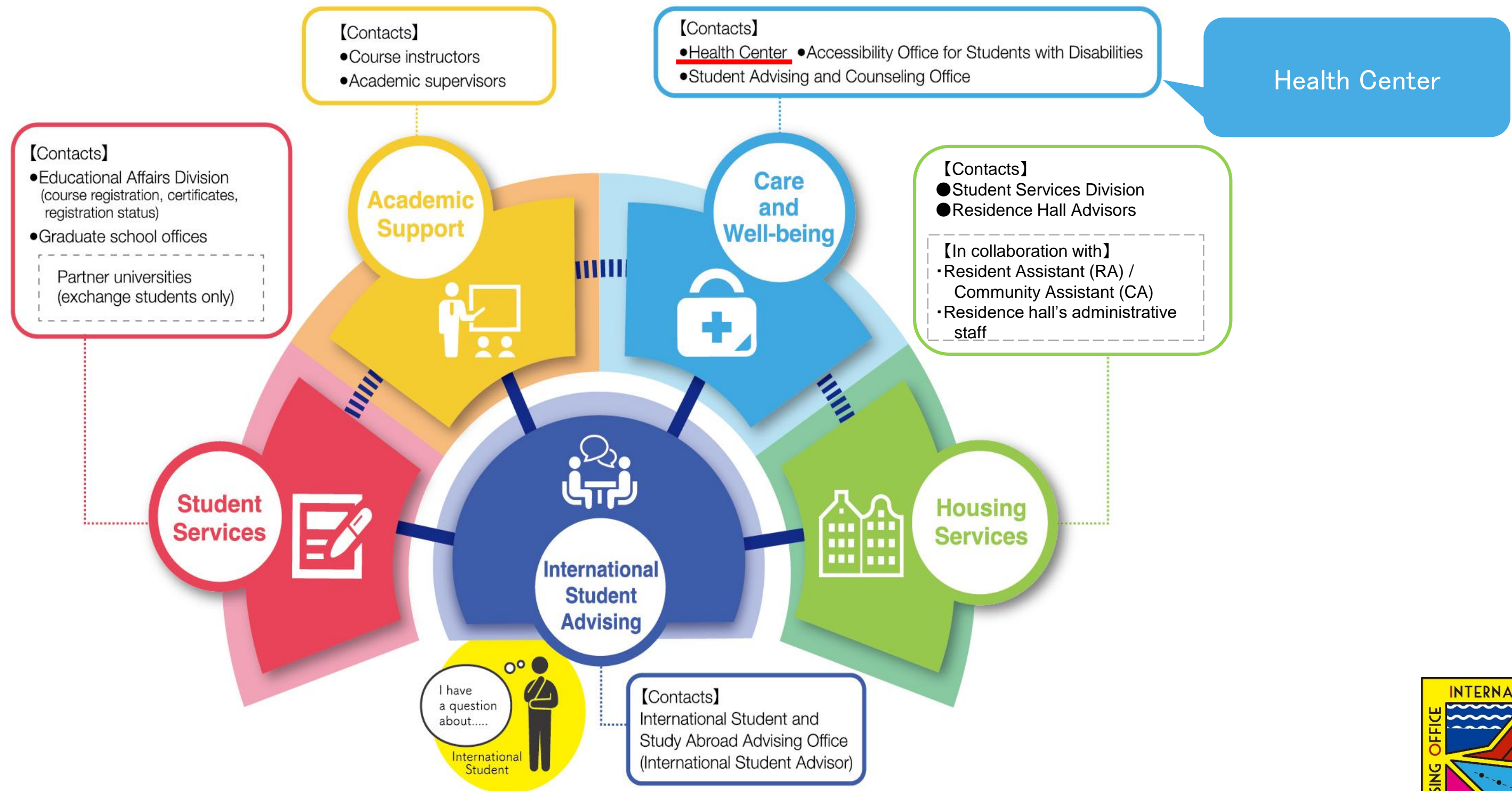


For more details, refer to the list of URLs below this video



3

International Student Support



3

International Student Support

Health Center (Handbook P.34)

Place	West Campus Health Center
Time	Mon – Fri 8:30– 17:00 ✕ By Appointment (call or e-mail)
URL	http://www.hit-u.ac.jp/hoken/



For more details, refer to the list of URLs below this video

3

International Student Support

Out-of-business-hour Hotline

Tokyo
English
Life
Line
(TELL)



03-5774-0992 <https://telljp.com>

TELL is dedicated to providing effective support and counseling



For more details, refer to the list of URLs below this video

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International Activities on Campus

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International Activities on Campus

Get involved internationally on campus

Introducing student activities that facilitates interactions between domestic and international students



Language Community

Fostering social interactions through language exchange

RA • CA

Enhancing residence life through diversity



4

International Activities on Campus

Student life as a RA/CA (Handbook P.25)

RA ... Residential Assistant

CA ... Community Assistant



Enhancing
residence life
through
diversity



For more details, refer to the list of URLs below this video

4

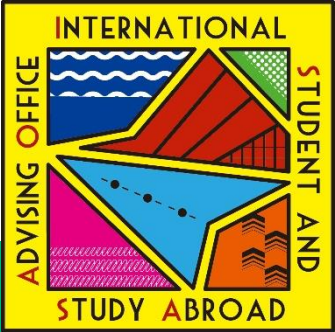
International Activities on Campus

Language Community (Handbook P.23)

When	Mon, Wed, Fri (during lunch period)
Language	Japanese, English (plus Chinese, Korean, other languages by request)
Where	East Campus Building 1F Lounge or online
What	Opportunity for international students and Japanese students to help each other improve their language skills



! For more details, refer to the list of URLs below this video



4

International Activities on Campus

Directory of Clubs/Circles in English (compiled/edited by students)

F	G	H	I	J	
Circle/Club Name (English)	Numt	Nur	Language Level Required for Joining	Reason for Setting Language Proficiency Levels	Degree of Com
The Karate Club of Hitotsubashi and Tsuc	2	7	4. Bilingual (Japanese or English)	Some members and coachs speak English.	None specified
Cycling Club	0	1	4. Bilingual (Japanese or English)	Basic communication is sufficient in activities.	None specified
Judo Club	1	5	4. Bilingual (Japanese or English)	Some members speak English.	None specified
HU American Football Club CRIMSON	0	1	3. Conversational Japanese recommend	We mainly communicate in Japanese for techniques and tactics.	None specified
Hitotsubashi University Golf Club	6	2	3. Conversational Japanese recommend	Basic communication is sufficient in activities.	None specified
Aikido Club	0	3	3. Conversational Japanese recommend	Coaching is conducted in Japanese.	None specified
Hitotsubashi University Athletic Associati	0	1	3. Conversational Japanese recommend	We mainly communicate in Japanese.	None specified
Men's Lacrosse Team	0	1	3. Conversational Japanese recommend	We mainly communicate in Japanese during games and matches.	None specified
Hitotsubashi University Semi-hardball Bas	0	0	3. Conversational Japanese recommend	We mainly communicate in Japanese.	None specified
Hitotsubashi Archery Club	0	1	3. Conversational Japanese recommend	We mainly communicate in Japanese.	None specified
Hitotsubashi Women Volleyball Team	0	0	1. Not suitable for short-term students	Smooth communication is essential due to the nature of the sport and organizational management.	None specified
Hitotsubashi University Kendo Team	0	0	3. Conversational Japanese recommend	We mainly communicate in Japanese.	5 days/week of
				The sport requires rapid decision-making and	



Directory of circles in English is available at:

<https://docs.google.com/spreadsheets/d/131TicW7OKU1H0ea8prhJLxNw5HqR3LTI/edit?usp=sharing&ouid=100041428029203651404&rtpof=true&sd=true>

4

International Activities on Campus

Check before joining Clubs/Circles



Frequency



Timing



Location

Commitment



Introduction of circles in English is available at
<https://international.hit-u.ac.jp/en/cgee/advising/faq/p2/>