

howa Women's University: Mandatory Student Information

***As part of your acceptance into the program, we require that you read this information sheet in its entirety. It provides important information on Intensive Japanese Language Program / Academic Program. Please do not email us with a question without checking to see if it has been answered here. We expect that each student has read this document before your preparation for arrival.



1. When should I arrive in Japan?

You need to arrive in Japan **either the 17th or the 18th of September.**

The tentative schedule after your arrival.

19th Sep - 27th Sep	Orientations
1st Oct - 3rd Feb	The term of classes for the Fall Semester, 2019
4th Feb - 7th Feb	Extra class (only if necessary)
8th Feb - 10th Mar	Semester break * Return to your country or travel

You can stay in Japan after finishing your semester until 10th March.

2. How should I go about obtaining a visa to Japan?

Showa Women's University will send you the documents necessary for your visa application. You will need to take these documents along with your application forms to the Japanese Embassy / Consulate General in your home country. Before your trip, please do not forget to bring your passport, visa, and plane ticket with you to the airport!



3. Will I be picked up at the airport?

You will be met by someone ("host sister" - see 17 for more information) at the airport. The pickup person will help your way to the school, or to the accommodation. Your pickup time, meeting spot, pickup person are to be announced later on. Please pay for the transportation fee from the airport to the University by yourself. If you cannot enter Japan on the recommended arrival dates, we might not be able to pick you up. If there is any emergency (e.g. you cannot find your pickup person at the airport), please call CIE office (03-3411-5249) or email us at: non-degree@swu.ac.jp



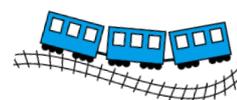
4. How much money should I bring?

We recommend that you bring enough cash for your stay as Japan is a cash-based society. You can exchange your home country's currency at the airport or at major banks. When estimating how much money you will need, it is better to overestimate as there may be some expenses that you have not accounted for. You should also factor in expenses for food, laundry, transportation, medical treatment and souvenirs. Recommended amount for the first month is 100,000 yen (Expected costs: commuting ticket, accommodation fee and rental fees, text books, food, cell phone, health insurance fee, etc.)



5. Will I have to pay for my own transportation costs?

As you are staying half a year (or more), transportation costs will not be covered. We recommend that you buy a commuter pass (A PASMO or SUICA card is available at Sangen-jaya Station) to use Tokyo's public transportation system. Some stores (most convenience stores and some restaurants) also accept PASMO/SUICA as payment. PASMO Website: <https://www.pasmo.co.jp/en/>



6. Can I open a Japanese bank account?

We strongly recommend opening a Japanese account, to make it possible for your fiscal supporter to transfer money into your bank account. You will be asked by the school to open a Japanese bank account. For those who will be receiving scholarship from Showa Women's University, your scholarship will be paid to the Japanese bank account you open. It is possible to withdraw money from your Japanese bank account at local banks, and also at places such as convenient stores and post offices (although in which case you will be charged with withdrawal fee of approximately 100 Yen). If you plan to work parttime, opening a bank account in Japan is vital.



7. Can I withdraw money from my home country's bank card?

It may be possible to withdraw money from your bank account at ATM on campus (near Global Lounge), but this service may not be available depending on which bank you are holding an account with (also, confirm with your bank that you will be abroad, so they do not think that the charges you make in Japan are fraudulent). Please keep in mind that you might not be able to withdraw money from your bank card/credit card, so bring some cash.



8. Should I bring my own computer?

It is not mandatory to bring your laptop for your study abroad program, but we highly recommend you do so. A laptop would be helpful if you wish to contact your family and friends via Skype, E-mail or SNS. Moreover, computer rooms on campus are closed at night and the default language is in Japanese. It would most probably be more convenient to write reports on your own laptop.



9. Will I be able to communicate with friends and family back home?

The best way you can communicate with your parents or others back home is via Skype (or FaceTime for Apple products) or email, so, as mentioned earlier, you might want to bring a laptop or smartphone to do this. You can use the school phone at CIE for any emergency communication. Wi-fi is also available on campus.



10. Can I use my phones in Japan?

Please discuss with your provider at home if you wish to bring your mobile phone(s) regarding costs for its usage while in Japan. Generally speaking, roaming fees are high cost, thus buying a SIM card or pre-paid phone would be an alternative you could consider. You will have an orientation for your contract for a sim card (and other internet services) in the orientation week. We will announce you the information of SIM companies and their services later.



11. Will I have Wi-Fi access?

Wi-Fi access is available on campus. Whether you have Wi-Fi access at home depends on the accommodation. There is Wi-Fi access at Showa International House and First House Mizonokuchi. If you will live in SWU Gakusei-kaikan, cable LAN is available in your rooms. For this reason, bringing your laptop would be a solution to Internet access. If you wish to use your mobile phone/smart phone outside campus, you might want to consider renting a router, in which case you shall be aware of its cost. (You can also make a contract for wi-fi router in the orientation week.)



12. What kind of clothes should I bring?

Although it might be still hot when you arrive in Japan in September, Japan in the winter is known to be cold! We recommend you bring some summer/winter clothes along with sturdy shoes and warm clothes that can protect you from the snow in winter. Average temperatures in Tokyo can vary from 21°C - 28°C (70°F - 82°F) in September to 3°C - 11°C (37°F - 52°F) in February.



13. Will I have a 'buddy'?

You will have a 'host sister,' a Showa student who will assist with the necessary procedures and support your campus life. You will also have a 'host family,' a family which will meet you once a month or so, and this offers you the chance to interact with an ordinary Japanese family. The host family activities depend on the family/you.



14. Will I have a curfew?

Your curfew depends on which accommodation you live in. We will let you know which accommodation you would be in in early August by E-mail. Please check the accommodation information file CIE has sent you until then.



15. Can I have a part time job?

You are allowed to have part time job(s) within limits permitted by your visa (maximum of 28hours/week). If you wish to earn an income whilst you are in Japan, you will need to submit 'Application for permission to engage in activity other than that permitted under the status of residence previously granted'. Please fill in the form and submit it to the immigration counter when entering Japan. Please note that in most cases high-level Japanese communication skills are required, and short-term jobs are difficult to find.

Moreover, jobs in gambling and sex-related industries are prohibited (details will be explained during orientation). Part time job information is available on Internet sites, magazines at train stations, etc.

cf.) The minimum hourly wage of Tokyo ¥985/Kanagawa ¥983 (effective as of Oct 1, 2018)

Please refer those links below.

<http://www.moj.go.jp/ENGLISH/index.html>

<http://www.moj.go.jp/ONLINE/IMMIGRATION/16-8.html>

The Form→ <http://www.moj.go.jp/content/001290246.pdf>



16. Insurance

It is important to have insurance against accidents or disease while you are studying abroad. Please use the information below and sign up for the most appropriate insurance for you.

1) National Health Insurance Mandatory – Kokumin Kenko Hoken, which we refer to as "Kokuho".

- Kokuho is health insurance that covers 70% of your medical costs. All foreigners who stay in Japan for more than 3 months are required to join Kokuho by the Japanese law. Since it does not cover all the medical cost, we ask you to join other insurances before coming to Japan as you can refer the following section, "2) Overseas Travel Insurance".

You would start the Kokuho insurance enrollment procedure along with your resident registration as soon as you arrive in Japan by yourself (with the help of your "host sister") and pay its monthly fee while you are in Japan. Although premium for Kokuho depends on where you reside, it would be approximately 1,080~1,250 Yen/month.(as of July 2017)

2) Overseas Travel Insurance

① Before you leave your country, please make sure to sign up for an insurance which covers the items listed below.

—Medical cost which is not covered by Kokuho.

—Liability insurance in the case that you hurt others and/or other people's property, Showa Women's University automatically enrolls all students to cover the cost of compensation for damage up to 5,000,000 JPY. If you would like an additional coverage, please get an insurance from your country.

—Rescuer expenses as your family's travel cost when you are hospitalized while in Japan because of illness or injury.

—Transportation cost for you to go back to your country at the time of disease or death.

② It would be better for you to have insurance which also cover the costs below.

—Cost of loss caused by airplane delay or accident.

—Cost of loss caused by theft and/or damage of your valuable goods.

Before you arrive at Showa Women's University (SWU), please submit a copy of your travel insurance certificate to Center for International Exchange(CIE), SWU. If your insurance does not cover ① above, we ask that you sign up for JEES's insurance for international students ("inbound futai-gakuso") More information about "inbound futai-gakuso" will be announced during the CIE orientation once you arrive in Japan.



17. Do I have to refill my prescription medication before I leave for Japan? Which medicines can I bring to Japan?

- If you take prescription medication for any reason you MUST refill your prescription BEFORE you leave for Japan. Japanese pharmacies cannot and will not fill prescriptions given from foreign doctors. Showa Women's University will not be responsible for refilling prescriptions or obtaining appointments with Japanese doctors for such reasons.
- Additionally, most of the medicine you find in your home country will not be found in Japan. The brands are different as well as the dosages and strengths of the medication. Therefore, we recommend that you bring medicine with you from home in case you get ill during your stay here. There is no guarantee at the pharmacy you may find an adequate supplement.
- Please check before you bring medication to Japan and see which medicines are allowed in what quantities and which are banned. Medicines containing pseudoephedrine, such as Actifed, Sudafed, and Vicks inhalers and other allergy and sinus medications with stimulants are banned from Japan. Medicines with amphetamine and methamphetamine such as Adderall are banned completely from Japan no exceptions. So please take care and check before leaving. Customs will not allow you to bring any prohibited items at all regardless of personal need. If it's prescription medication, always be safe and bring a copy of your prescription with you when you travel and go through customs.

When you have to bring certain amount of medicine from your country to Japan, please refer the link below.

厚生省労働省 <https://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html>

Q&A <https://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/dl/qa1.pdf>



18. Where can I buy sanitary goods?

Sanitary goods are available at drug stores/pharmacies. There are many drug stores/pharmacies around Sangen-jaya. If you have any troubles finding sanitary goods, you can always ask your host sister.



19. Should I bring my beddings?

Bedding rental services are available. If you choose not to rent or buy through Showa Women's University, you are asked to bring or purchase your own bedding set in Japan.



20. How do I get my tableware/kitchenware?

You would need to purchase your own tablewares. They are available at supermarkets, 100 yen shops, department stores, etc.



21. Will I be able to receive a medical check?

You will receive a school medical check on the 24th of September. The fee is included in the program fee, hence you will not be charged for it.



22. What sort of living costs will I be paying for?

Below are a list of living costs you should take into consideration.

* Please note that some accommodations do not charge you with energy costs.

- National Health Insurance Around ¥2000 per month
- House rent Depends on accommodation
- Energy costs

Electricity	Around ¥3000 - 5000 per month
Water	Around ¥3000 - 4000 per month
Gas	Around ¥4000 - 5000 per month

 * Average of living cost in Tokyo (Single life)

At Showa International House, SWU Gakusei-kaikan, and First House Mizonokuchi, energy costs are included in the house rent.

- Food ex.) Lunch in Showa Women's University ¥340 - ¥500
- Transportation Depends on accommodation
- Phones Depends on a cellular carrier which you use
- Medical treatment ex.) Cold ¥2000 - ¥3000 (including prescription and medicine)
- Wi-Fi (if you rent a router) Around ¥3000 - ¥6000 per month



What to Bring to Japan

We have made a checklist you might want to use while packing for Japan. Keep in mind that even if you forget something, you can purchase most things here in Japan.

Items to Bring

- Cash/*Credit card
- Passport/Visa
- Insurance Card
- Prescription and medication, Any other medication you might need
- Everyday clothes (for autumn and winter)
- 1-2 formal outfits
- Shoes (something comfortable to walk in everyday)
- Bag to carry everyday items
- Underwear, socks
- Pajamas
- Towels
- Notebooks/stationery
- Sanitary goods - bring extra



Recommended Personal Items

- Toothbrush/toothpaste
- Deodorant
- Shampoo and conditioner/Body wash
- Brush, hair ties, clips, headbands, etc.
- Cosmetics/Makeup remover
- Hairdryer
- Electric/pocket dictionary
- Cell phone/charger



- Plug outlets in Japan are only two-pronged. So please check if any of your electronic devices are three-pronged and plan accordingly. There are always items at the airport that you can purchase that will convert your charger to a two-pronged charger.

Optional Items You Might Want to Bring

- Advil, Tylenol, Ibuprofen
- Contact solution, contacts case
- Glasses
- Nail-clippers
- Laptop/Charger
- Camera
- Reusable water bottle
- Headphones
- Rice cooker

