

# Showa Women's University: Mandatory Student Information

As part of your acceptance to SWU study program, you are required to read this information sheet fully. It provides important information for prospective students of the Intensive Japanese Language Program / Academic Program. Only contact with questions after reading this document fully. All students are expected to have read this document prior to arrival at SWU.



## 1. When should I arrive in Japan?

Recommended arrival dates differ by semester. Below are sample dates of when you should plan to arrive and leave. Exact dates will be announced to you after you obtain student visas.

**\*Below are approximate dates. Dates are subject to change.**

Spring Semester		Fall Semester	
End of March	Arrival	Mid September	
April 1st~8th	Orientation	Around Sep.18th~25th	
Around April 10th	Class Start	October 1st	
End of July	End of Semester	Early February	
September 10th	Deadline date to leave Dormitory	March 10th	

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

SWU will send you documents necessary for your visa application at least about a month before your arrival. You will need to submit these documents with your visa application form to the Japanese Embassy / Consulate General in your home country. Before leaving your home on the day of your departure, please ensure that you have your passport, visa, and flight ticket with you!



## 3. Will I be picked up at the airport?

You will be met by a Japanese student ("host sister" - see no. 13) at the airport. They will help you make your way to SWU or accommodation. You will be informed of your pickup time, meeting spot, and host sister at a later date. **The cost of transportation from the airport to the university must be paid by yourself.** If you cannot enter Japan on the recommended arrival dates, we may not be able to assign a host sister to meet you at the airport. If you require assistance after arrival (e.g. you cannot find your host sister), please call the CIE office (03-3411-5249) or email us at: [non-degree@swu.ac.jp](mailto:non-degree@swu.ac.jp)



## 4. How much money should I bring?

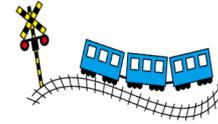
We recommend that you bring sufficient cash for your stay as there are still places that do not accept credit cards. You can exchange your home country's currency at the airport or at major banks. When estimating how much money you will need to take with you to Japan, we recommend that you bring more than you expect, in case of unexpected expenses. You should also factor in expenses for food, laundry, transportation, medical treatment and souvenirs. An estimate for the amount needed for your first month in Japan is 100,000 yen. (Necessary costs: transportation, accommodation, futon rental etc., text books, food, mobile telephone, health insurance, etc.)



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

Transportation costs must be paid by each student. We recommend that you buy a commuter pass (PASMO or SUICA card is available at Sangen-jaya Station) for using Tokyo public transportation. Some stores (most convenience stores and some restaurants) also accept PASMO/SUICA as a method of 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 receive money transfers from your financial supporter.

You will also need a Japanese bank account if you will take on part-time work, or if you will be receiving a scholarship from SWU. It is possible to withdraw money from your Japanese bank account at local banks, convenient stores, and post offices (withdrawal fee of approximately 210 Yen may apply).



## **7. Can I withdraw money using my home country's bank card?**

Withdrawing money from your home country bank account in Japan depends on which bank you hold an account with. Prior to travelling to Japan, inform your local bank branch that you will be using your bank card in Japan, and ask about whether it is possible to make withdrawals in Japan, which ATMs can be used, and whether there is a branch in Japan. In case you cannot find a suitable ATM etc. please also ensure that you bring sufficient cash with you.



## **8. Should I bring my own computer?**

We highly recommend that you bring your own laptop to Japan. It would be useful to have for contacting family and friends, and for studying during hours that the computer rooms on campus are closed. Please note that the default language on SWU campus computers is Japanese, so you might find it more convenient to use your own personal computer.



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

As long as you have an internet connection and suitable device, you can communicate with your parents or others back home via Skype, Zoom, Facetime, or other apps that you normally use. As mentioned above, it would be best to have your own laptop or smartphone to do this.

In case of emergencies, you can use the school phone at the CIE.

Wi-fi is available both on campus and dormitory. More information about wi-fi services will be available after arrival.



### 10. Can I use my phone in Japan?

---

If you plan on using the same mobile phone that you use in your home country, please contact your provider before travelling to Japan regarding the cost and usage in Japan. Roaming fees cost a lot, so buying a SIM card in Japan would be an alternative option to consider. \*You will need to ensure that your mobile phone can be used with other SIM cards.

During orientation you will be given information on SIM card (and other internet services) available.



### 11. Will I have Wi-Fi access?

---

Wi-Fi access is available on campus and in the dormitories. If you wish to use your mobile phone/smartphone outside of these areas, you might want to consider renting a Wi-Fi router, or purchasing a SIM plan with internet access.



### 12. What is the weather in Tokyo like and what kind of clothes should I bring?

---

Japan in the summer is known to be extremely hot and humid! Average maximum temperatures in Tokyo can vary from 12°C (54°F) in March to 35°C (95°F) in August.

Please bring appropriate clothes depending which season you are planning to stay in Japan. Tokyo rarely have snow in the winter, but we recommend you bring sturdy shoes and warm clothes for the winter.



### 13. Will I have a host sister or host family?

---

You will have a 'host sister,' a SWU student who will assist with the necessary procedures and support your campus life. You will also have a 'host family', who you can meet with about once a month. They will give you the chance to experience what an ordinary Japanese family is like. You can decide what to do together.



### 14. Is there a curfew?

---

Your curfew will depend on which accommodation you live in. You will receive more information about which accommodation you will live in. In the meantime, please check the accommodation information offered at the CIE website.



## 15. Can I have a part time job?

You are allowed to have a part time job(s) within limits permitted by your visa (maximum 28hours/week). If you wish to earn an income while in Japan, you are required to submit an 'Application for permission to engage in activity other than that permitted under the status of residence previously granted'. This form should be filled-in and submitted to the immigration counter when entering Japan.

\*More information will be provided at a later date.

Please note that in most cases high-level Japanese communication skills are required, and short-term employment is 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 cf.) The minimum hourly wage of Tokyo ¥1013/Kanagawa ¥1011 (effective as of Jul 1, 2020) Please refer to the 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 in case of accidents or illness while in Japan.**

**Please use the information below and sign up for the most appropriate insurance for you.**

### 1) National Health Insurance Mandatory – Kokumin Kenko Hoken, also referred to as "Kokuho".

-National health insurance covers 70% of medical costs. All foreigners who stay in Japan for more than 3 months are required to enrol for this insurance by law. As this insurance does not cover 100% of medical costs, refer to "2) Overseas Travel Insurance" below for information on travel insurance that you should acquire prior to travelling to Japan.

You would enrol for National Health Insurance when making your resident registration as soon as you arrive in Japan (with the help of your "host sister") and pay the monthly premium while you in Japan.

The premium varies according to where you live, but you can expect it to be approximately 1,250-2,000 Yen/month.

### 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 costs not covered by National Health Insurance.

—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 obtain insurance from your country.

—Rescuer expenses, i.e. family's travel cost if they wish to travel to Japan to visit you in if you are hospitalized due to illness or injury.

—Transportation cost for you to return to your home country due to disease or death.

② The following are other cases which you might consider insurance for.

—Cost of loss caused by airplane delay or accident.

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

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



## 17. What medicines can I bring to Japan?

---

- If you take any prescription medication you **MUST** refill your prescription **BEFORE** you leave for Japan. Japanese pharmacies cannot and will not fill prescriptions provided by doctors outside of Japan. Showa Women's University will not be responsible for refilling prescriptions or obtaining appointments with Japanese doctors for such reasons.
- Most medicine found in your home country can not be found in Japan. Brands are different, as well as variations in dosages and strengths of 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 also that you will find desired supplements at Japanese pharmacies.
- Please check regulations on what medication (quantities and type) is allow to be brought to Japan before you do so. 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 you have prescription medication, always bring a copy of your prescription with you when travelling and passing through customs.

If you plan on bringing a considerable amount of medicine 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 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 your own or purchase your own bedding set in Japan. If you purchase the bedding, you are responsible for desposing them before departure.



## 20. Where can I get tableware/kitchenware?

---

Whether you need to purchase tableware etc. will depend on which dormitory you will live in. If needed, you can purchase your own tableware after arriving in Japan 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-up during orientation. The fee is included in the program fee, and you will not be charged for it.



## **22. What sort of living costs are needed?**

---

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 Approx. ¥2000 per month
  - House rent Varies according to place of residence
  - Utilities
    - Electricity Approx. ¥3000 - 5000 per month
    - Water Approx. ¥3000 - 4000 per month
    - Gas Approx. ¥4000 - 5000 per month
- \* Average of living cost in Tokyo (Single person)  
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 renting) Approx. ¥2000 - ¥3000 per month



## What to Bring to Japan

This is 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 (and any other medication you might need)
- Everyday clothes
- 1-2 formal outfits
- Shoes (comfortable shoes for everyday use)
- Bag to carry everyday items
- Laptop/Charger (Highly recommended)
- Mobile phone/charger (Highly recommended)



### Optional Items You Might Want to Bring

- Black shoes (for use at internship)
- Hairdryer
- Electric/pocket dictionary



- 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.