

Handbook for Foreign Exchange Students
Studying at Iwate University

Exchange Student Safety

Iwate University International
Exchange Center

Living Safely in Japan

Being Prepared to Stay Safe

Administrative Procedures

Where to Find Help

Being Prepared to Stay Safe

Insurance enrollment

- **It is mandatory for all exchange students who will be staying in Japan for over a year to enroll in the National Health Insurance Plan!**
- **Combining the National Health Insurance Plan with other insurance plans is recommended.**
- **Have you already enrolled in a fire insurance plan (such as the Comprehensive Residential Compensation for Exchange Students)?**

Being Prepared to Stay Safe

Being prepared for earthquakes

- **Always be prepared for earthquakes, as they are unpredictable.**
- **Make sure that there is nothing that can fall where your bed is.**

Being prepared for tsunamis

- **In the event of a large earthquake in the coastal area, evacuate to higher ground away from the shore to avoid tsunamis.**

Being Prepared to Stay Safe

Obey the law!

- **Memorize the numbers for the police (110) and ambulance (119)!**
- **Unauthorized employment is illegal!**

You can only engage in a part-time job after receiving a temporary work permit from the Immigration Bureau.

Obey the time limit!

Being Prepared to Stay Safe

- **Riding an abandoned bicycle is considered stealing.**

Be sure to register your bicycle!

- **Do not drive a car or a bike without a license and voluntary insurance!**

Being Prepared to Stay Safe

Obey the law!

- **It is illegal to sell/purchase counterfeit items (imitations)!**
- **Do not misuse the Internet.**
- **Drug dealing is a serious criminal offense!**

Being Prepared to Stay Safe

Health management and sanitation

- **Get a check-up on a regular basis.**
- **Visit the Healthcare Center for any health-related concerns.**
- **If you get measles or influenza, visit a hospital. Contact your homeroom professor, your supervisor, or the International Department, and stay at home (dormitory) until you are well. Do not come to the university.**
- **If you must be absent over a long period of time due to an illness, contact your homeroom professor, your supervisor, or the International Department.**

Being Prepared to Stay Safe

If you are experiencing issues with your new lifestyle in Japan or with harassment, your first step is to talk to the International Department.

Counseling is also available at the Healthcare Center.

Administrative Procedures

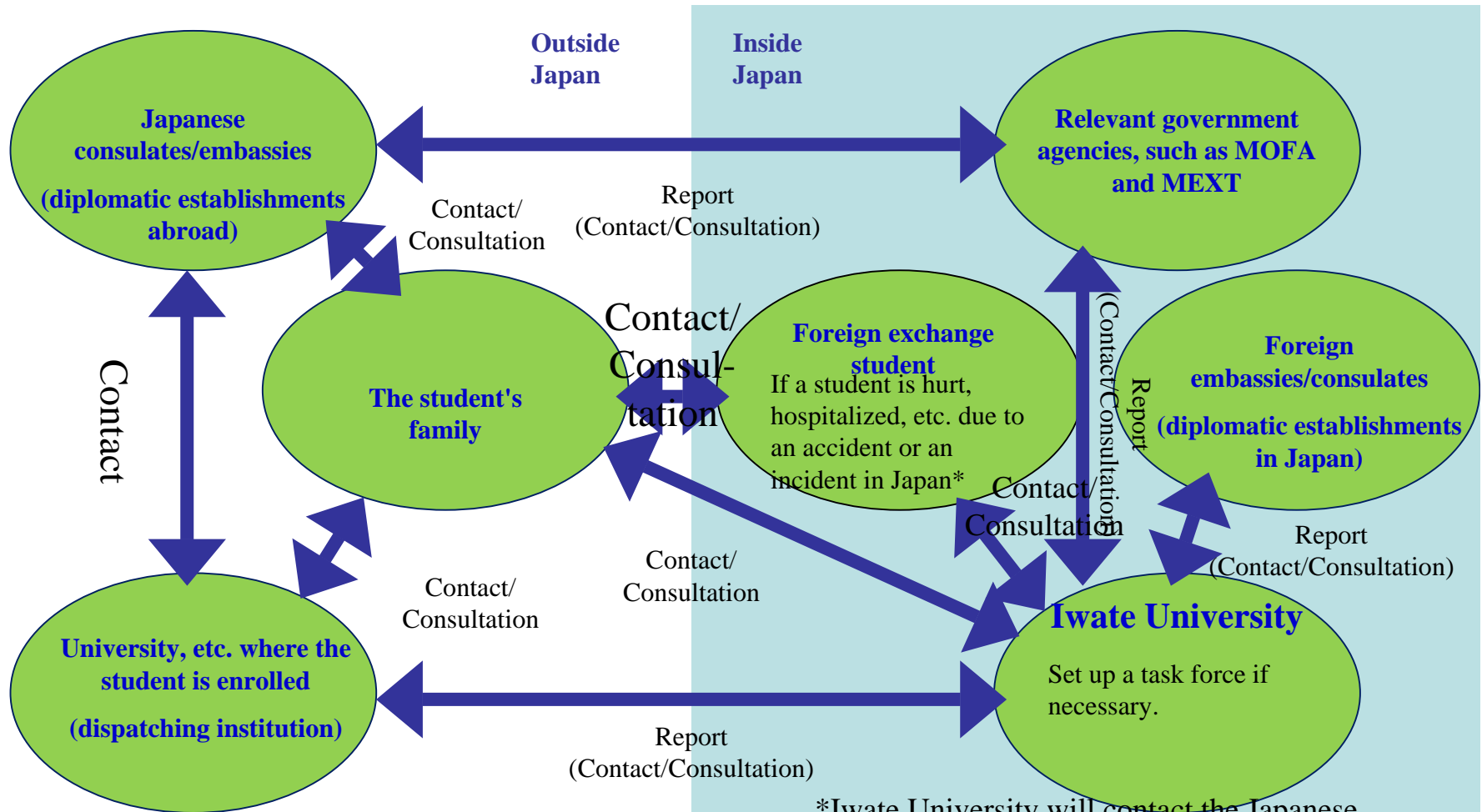
- **If you are planning to stay in Japan for more than 3 months, you must complete the foreign resident registration at Morioka City Hall immediately after you arrive in Japan.**
- **If your stay is going to be longer than a year, please apply for the National Healthcare Insurance Plan at Morioka City Hall.**
- **If you are going to be engaged in a part-time job, please apply for a temporary work permit at the Immigration Bureau's Morioka Office. When you leave Japan, you will be required to apply for a re-entry permit.**

Administrative Procedures

- **A survey slip must be submitted immediately after you are enrolled in Iwate University.**
- **Contact the International Department every time you get a permit from the Immigration Bureau, including permits for change in status, visa extension, and temporary work.**
- **Contact the International Department whenever you leave Japan.**

Where to Find Help

Handling incidents and accidents involving exchange students



*Iwate University will contact the Japanese government if a student is missing, deceased, or in a serious condition.

Where to Find Help

- You must always carry your alien registration card.

<Contacting Iwate University>

- Security Guard Room at the main entrance (nights and weekends/holidays)
International phone identification number: 019-621-6110
- Student Support Section, Department of Academic Affairs: 019-621-6881
gkikaku@iwate-u.ac.jp
- International Department / International Exchange Center: 019-621-6927
- Healthcare Center: 019-621-6073
- Homeroom professor / supervisor of your department (ask your professor for his/her contact information and enter it here)
019-621-

Enjoy your stay in Japan!

Obey Japanese laws,
stay healthy and safe,
and enjoy your life as an exchange
student in Iwate!