
2. Things You Need to Do Immediately After You Arrive in Niigata

—THINGS YOU NEED TO DO TO LIVE IN
JAPAN

2-1. [Things to do at the ward office]

- Procedures
 - (1) Notification of Resident Registration
 - (2) Enrollment in the National Health Insurance
 - (3) Enrollment in the National Pension Program
 - Support from Niigata University
 - (1) Shuttle bus service and assistance in proceeding procedures

Shuttle buses will operate between each campus and ward office.
The “International student assistant” will accompany and support.
 - (2) Session for Filling out Documents for Ward Office Procedures

During this session, we will check together all the nuances about filling the forms, and complete them.
If you have any questions, the “International student assistant” will help you.
- Please see the Notifications from your related Faculty or Graduate School for detailed information.

2-1. [Things to do at the ward office]

(1) Resident Registration

- When your place of residence is determined, the new address must be notified to the ward office within 14 days of your arrival in Niigata.
- In case of moving within Japan, it is also necessary to register at the ward office within 14 days after moving.

2-1. [Things to do at the ward office]

(2) Enrollment in the National Health Insurance

- All residents in Japan must enroll in the National Health Insurance.
- An insurance card will be delivered to you by mail. Bringing this insurance card with you to medical facilities, will decrease your expenses by 30%, as a general rule.
- The amount of insurance premium and payment due date will be notified by postal mail every year.
Complete the payment within the terms.
- For privately financed international students: If you meet certain criteria, you may be able to receive financial aid* for the payment of insurance premiums.
*Information on the financial aid application will be notified from the International Office.

新潟県 国民健康保険 被保険者証	有効期限 令和〇〇年〇〇月〇〇日 記号 新潟 番号 00-000-00000 枝番 00 氏名 新潟 花子 性別 女 生年月日 昭和〇〇年〇〇月〇〇日 適用開始年月日 平成〇〇年〇〇月〇〇日 交付年月日 令和〇〇年〇〇月〇〇日
住所 新潟市中央区学校町通〇丁目〇番〇号	
世帯主名 新潟 太郎 保険者番号 154039	交付者名 新潟市 印

Sample of Insurance card
according to Niigata Prefecture web-site

2-1. [Things to do at the ward office]

(3) Enrollment in the National Pension Program

- Those who are 20 years of age or above must enroll in the National Pension Program.
- If you enroll in the Program over a certain period of time, you will be entitled to receive pension benefits under certain circumstances (e.g. if you should become disabled).
- You can apply for exemption/postponement of payment.

	To apply for
Non-degree-seeking students (Research students, special auditing students, etc.)	Exemption of premium payment
Degree-seeking students* (Undergraduate/graduate students)	Postponement of premium payment

*Degree-seeking students who need to take the procedure before enrollment in the University (which means you don't have a student ID card), apply for the exemption first, then apply for postponement in person when you receive your student ID in October.

- The evaluation for payment exemption or postponement applications takes two or more months, and you will receive the evaluation result afterward.

Meanwhile, if you receive a statement of payment for the Japanese national pension during the evaluation period, do not pay for it: Make sure to store the statement.

2-1. [Things to do at the ward office]

■ Things to bring to ward office

- ① Residence Card (except persons without Residence Card)
- ② Student ID card (Only for degree-seeking-students who already have done the entering procedures at the university)
- ③ The filled out documents

2-2. Discover the campus and nearby shops

- Student Affairs Office of your faculty/graduate school
- International Office
- Counter No.2 at the Student Support Division (for Lost and Found)
- Health Administration Center
- Library
- Student cafeterias
- Student Co-op stores
- Lawson (convenience store)
- Post office
- Supermarkets etc.



Guidebook for International Students

Please refer to *Guidebook for International Students** or the Campus Maps ([Ikarashi](#) and [Asahimachi](#)).

* You will receive it when you move into the accommodation.

* You can also obtain a copy at the Student Affairs Office of your faculty/graduate school or the International Office.