
Orientation for International Students

Overview of the Orientation

1. Purpose of the Orientation
2. Things You Need to Do Immediately After You Arrive in Niigata
—Things you need to do to live in Japan
3. Things You Need to Do Immediately After You Arrive in Niigata
—Necessary Procedures to enroll in Niigata University
4. To Avoid Trouble and Live Safely in Japan
5. Things You Need to Know for Learning, Researching and Enjoying
Campus Life at Niigata University

1. Purpose of the Orientation

1. Purpose of the Orientation

1. To confirm what you need to do immediately after you arrive in Niigata
 - (1) Things you need to do to live in Japan
 - (2) Procedures necessary to enroll in Niigata University
2. To obtain knowledge to avoid trouble and live safely in Japan
3. To obtain information necessary for learning, researching and enjoying campus life at Niigata University

For detailed information, visit the related websites from the links provided.

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.

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

— NECESSARY PROCEDURES TO
ENROLLE IN NIIGATA UNIVERSITY

3-1. Have your Residence Card and passport confirmed at the Student Affairs Office (after you have submitted Notification of Resident Registration)

- Your new address will be printed at the back of your Residence Card upon submission of Notification of Resident Registration to the ward office.

住居地記載欄		記載者印
届出年月日	住居地	
2019年4月1日	東京都港区港南5丁目5番30号	東京都港区長
Sample		
資格外活動許可欄		在留期間更新等許可申請欄
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

Your new address will be printed here.

- After that, bring your Residence Card and passport to the Student Affairs Office of your faculty/graduate school to have them confirmed.

3-2. Enrollment in Gekkensai and Gakkenbai

As a general rule, enrollment in the above two insurance programs is mandatory for all Niigata University students.

Name of insurance	Coverage	Condition
Gakkensai (Insurance for injuries from accidents)	Injuries of the policyholder	Covers accidents that occurred during education and research activities
Gakkenbai (Insurance for accidents involving third parties or their property)	Liabilities to people other than the policyholder	Covers accidents that occurred during education and research activities

The policy does not cover any accidents that occurred outside of education and research activities.

- For detailed method for enrolling, refer to the “*Guidebook for International Students.*”

3-3. Enrollment in Inbound Futai-Gakuso

- **Inbound Futai-Gakuso (Comprehensive Insurance for Students Lives Coupled with “Gakkensai” for International Students) provides reassuring coverage.**
- **Benefits offered by Inbound Futai-Gakuso**
 - ✓ The insurance plan offers support for a wide range of personal injuries and illness occurring anytime and anywhere, and even heavy liabilities arising from accidents while riding a bicycle or during internships.

In Niigata Prefecture, purchase of bicycle insurance is mandatory.
 - ✓ The plan also covers payments for rescuer expenses when a guardian must come rushing to the hospital following a student’s hospitalization.
- For details on the coverage and application procedures, please inquire the Students Affairs Office of your faculty/graduate school.

3-4. Connection to the campus LAN system

- Be sure to install the anti-virus software before connecting to the system.
Center for Academic Information Service:
[Antivirus software product service \(available on campus only\)](#)
- How to connect
Center for Academic Information Service:
[How to use wireless LAN \(available on campus only\)](#)
- Connection is available in places where you see this sticker.
- Please observe the rules of use.
Center for Academic Information Service:
[Security training session for international students \(available on campus only\)](#)
- For details on how to connect, refer to the “*Guidebook for International Students*”.



3-5. Student Web System: Forwarding Gmail messages

- It is the responsibility of individual students to check all information from the University.
- You will be assigned an email address*, with which you will be able to use the Niigata University Gmail.
*Email address: (Student ID number)@mail.cc.niigata-u.ac.jp
- Set up your university email account to forward the messages automatically to your personal email address and make sure to check them every day.
- For detailed procedures, refer to the “*Guidebook for International Students.*”

*Please note that the Student Web System will not be available to you until the day of your enrollment to the University.

*The forwarding setting cannot be done until you are connected to the campus wireless LAN.

3-6. Multi-factor authentication for access to the Academic Information Service when you are outside of university

- It is necessary to verify through the 「Google Authenticator」 application, to login to the Academic Information Service.
- We strongly recommend to install this application in advance.
- How to install: refer to the “*Guidebook for International Students*” for detailed instructions.

3-7. Registration to ANPIC

- Safety Confirmation System (ANPIC) is a system to confirm the safety of students when a natural disaster (such as an earthquake) occurs.
- To receive a safety confirmation notifications, you need to do preparations in advance .
 - 1) Initial registration
 - 2) Install the application , setting the address for getting notifications
 - For detailed method of registration instruction, refer to the *“Guidebook for International Students”*.

3-8. Opening a bank account

- Students receiving scholarships or planning to study in Japan for more than six months can open a bank account.

1) International students on Japanese Government (MEXT) Scholarship and those on MEXT Honors Scholarship for Privately Financed International Students



Must open an account at Japan Post Bank.

2) Other students



Recommended to open an account at Daishi Hokuetsu Bank.

This is because the Japan Post Bank handles domestic remittances related to international students who have been in Japan for less than six months as international remittances, and there is a possibility that payment from the University to these students will not be processed properly.

3-8. How to open a bank account

■ Support from Niigata University (only at Ikarashi campus)

1) For whom to open Account at Japan Post Bank

✓ Session for Japan Post Bank Account Opening Procedures

The bank clerk will attend to the Session at Ikarashi Campus,
and the “International student assistant” will support if you will need any assistance.

2) For whom to open Account at Daishi Hokuetsu bank

✓ Session for Daishi Hokuetsu Bank Account Opening Procedures

✓ Session for filling out bank forms for account opening

We will check together all precautions on filling the bank forms.

You could ask the “International student assistant” if you have any questions.

3-8. How to open a bank account

■ In case you couldn't attend to the Bank Account Opening Sessions

- 1) Please call the bank and make an appointment to open an account prior to visiting the bank counter.
 - 2) In case of Daishi Hokuetsu bank: pick up and submit the necessary documents at International Office.
 - 3) Fill out the account opening application forms.
 - 4) You should be accompanied with someone who can speak Japanese, such as your tutor.
- For detailed instructions, refer to the “Guidebook for International students”

3-8. How to open a bank account

■ Things to note

- ✓ You cannot open an account unless you report your address at the ward office.
- ✓ Scholarship recipients must attend the account opening procedure and open an account in time for the first transfer.

Once you have your passbook, submit a copy to the Students Affairs Office of your faculty or graduate school as soon as possible.

- ✓ When the passbook or cash card is delivered to your home, if you are absent, a “Delivery notice” will be posted in the mailbox. For delivery, contact the post office on the form.

Japan Post [Postal communication Guide](#)

- ✓ It is a crime to give or sell an account that you no longer use to another person.

When you return to your home country, be sure to close your account.

Japan Financial Services Agency [Living in Japan: How to open a bank account and send money](#)

3-9. Smartphones

- Niigata University Co-op Association offers rental of SIM cards for smartphones and Wi-Fi routers to international students. They also sell smartphone terminals.
Niigata University Co-op Association: [To all international students at Niigata University](#)
- The advantages of using Co-op services
 - (1) Application for Co-op services can be made online.
 - (2) Payments can be made at convenience stores.
 - (3) You do not need to pay penalty when cancelling.
- You can also use services available from sources other than Co-op but note that the application procedure may be a hassle, as you may need to visit the stores physically and bring your bankbook.
- When you have acquired a phone number, promptly notify the Student Affairs Office of your faculty/graduate school and register on the Student Web System.

3-10. Life Startup Checklist

- Here is a checklist of various procedures to be taken at the time of arrival in Niigata to ensure a smooth start to your life here.

Niigata University: [2023 Orientation for International Students](#)

4. To Avoid Trouble and Live Safely in Japan

4-1. Status of residence and related procedures

(1) Residence Card

- Always carry your Residence Card with you.
- If there have been any changes to the information on your Residence Card, immediately inform the Student Affairs Office.
 - ✓ Your period of stay has been extended.
 - ✓ Your status of residence has been changed.
 - ✓ You obtained a permit to engage in an activity other than those permitted under the status of residence.
 - ✓ Your address has been changed.
- When departing back home, return your Residence Card at the airport.

4-1. Status of residence and related procedures

(2) Extension of period of stay

- Application for extension of period of stay will be accepted from three months prior to the expiry of the current period of stay. You must visit the [Niigata Branch Office of Tokyo Regional Immigration Services Bureau](#) yourself to make the application.
- If you overstay even for a single day without obtaining a permit for the extension of period of stay, your stay will be illegal, and you must leave Japan under a departure order or deportation, and you will not be able to continue your studies at Niigata University.
- If your academic performance does not satisfy certain standards, an extension of period of stay may not be granted, and you may have to leave Japan.
- You can obtain the documents necessary to apply for extension of period of stay at the International Office.
- Some of the documents need to be issued by the Student Affairs Office of your faculty/graduate school. Please request the documents well in advance as it may take at least one week for issuing.

4-1. Status of residence and related procedures

(3) Permission to engage in activities other than those permitted under the status of residence (part-time jobs)

- If you wish to take a part-time job, visit the [Niigata Branch Office of Tokyo Regional Immigration Services Bureau](#) yourself to obtain permission prior to engaging in an activity other than those permitted under the status of residence.
- In principle, international students will be allowed to engage in paid activities for up to 28 hours a week (or up to 8 hours a day during summer vacation, etc.)
- Be sure not to interfere with your university studies.
- You are prohibited to work in a place related to adult industry business.
- If you engage in paid activities without obtaining permission, work more than allowed hours, or engage in activities that are prohibited, such activities will be deemed as illegal work, and you may be deported from Japan.
- When you extend your period of stay, previous permissions to engage in activities other than those permitted under the status of residence will be invalid. Apply for a new permission as necessary.
- The permission will become invalid if you are no longer enrolled at Niigata University.
- Immigration Services Agency: [Permission to engage in activities other than those permitted by the status of residence previously granted](#)

4-1. Status of residence and related procedures

(4) Niigata Branch Office of Tokyo Regional Immigration Services Bureau



The building next to
Niigata Airport

From Niigata City website

Location	Niigata Airport Terminal Bldg., 3710 Matsuhama-cho, Higashi-ku, Niigata City, Niigata Prefecture
Telephone	025-275-4735
Hours	9:00 AM - 4:00 PM Please check their website for the latest information.

4-1. Status of residence and related procedures

(5) Temporary leave

- Consult your academic advisor and Student Affairs Office before deciding to leave Japan temporarily.
- If you decide to leave Japan temporarily, complete the on-campus procedures specified by Niigata University.
 - ① Be sure to submit the “Temporary Leave Notice” and "Overseas Pre-Travel Confirmation Form" to your affiliated faculty/graduate school **at least two weeks before your trip**. Submit to the Academic affairs section.
 - ② For information on insurance and crisis management services, etc., please see Niigata University's web page "[「渡航前の注意・諸手続き」](#) Check and take the necessary procedures.
 - ③ When leaving Japan and returning to Japan, report your departure and return to the academic affairs section of your faculty/graduate school via email.
- If you re-enter Japan within a year and within your valid period of stay, you will not need to obtain a re-entry permit (special re-entry permit) in principle. However, please note that the validity period for special re-entry permit will expire one year from the date of departure or the expiration date of your period of stay, whichever comes earlier.

4-1. Status of residence and related procedures

(6) Other things to note

■ When taking a leave of absence from the University

- ✓ You will not be able to continue to stay in Japan under a Student status of residence. Your status of residence will be revoked if you are not engaged in activities related to Student status for three or more consecutive months.
- ✓ You must return to your home country, or change the status of residence according to the activities you are planning to do if you have a reason to remain in Japan during a leave of absence.
- ✓ You will not be allowed to engage in part-time work (activities other than those permitted under the status of residence) during your leave of absence.

■ When you withdraw from studies at the University

- ✓ If you withdraw from the University, you must return to your home country, regardless of the outstanding Period of Stay for your status of Student. If you wish to remain in Japan, you must change the status of residence from Student to an appropriate status. Staying with status of Student after withdrawal is illegal.

4-2. Disaster prevention

(1) Past disasters in Niigata

1964 Niigata Earthquake (June 16, 1964)

- Magnitude 7.5
- 11 deaths, 125 injured, 20,000 damaged houses, approx. 12,000 houses destroyed, or damaged by tsunami flooding

4-2. Disaster prevention

(1) Past disasters in Niigata

■ Photos of the 1964 Niigata Earthquake

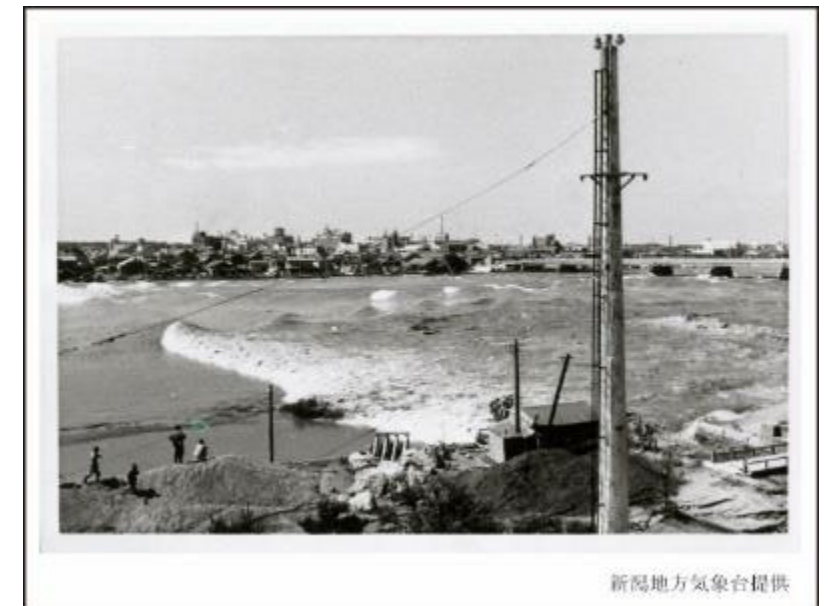
Earthquake crack



Collapsed bridge



Tsunami



From the Chuetsu Organization for Safe and Secure Society Website

4-2. Disaster prevention

(2) Response to earthquake and tsunami

■ Actions to secure safety when an earthquake strikes



1. DROP down to the floor (to protect yourself from falling)



2. Take COVER under a sturdy table or desk to protect your head. If there is no shelter nearby, cover your head with your arms or bag.



3. HOLD ON and do not move until the shaking stops.

- Evacuate immediately when the shaking stops. A tsunami may be coming.
- Stay on campus and climb to the highest story of the nearest sturdy building.
- Check tsunami information issued by the Meteorological Agency on a radio or smartphone.
- Tsunami will strike several times. Continue to evacuate until the tsunami warning is lifted.

4-2. Disaster prevention

(3) J-Alert System

The J-Alert system is a nationwide warning system which allows the Japanese government to instantly inform its residents across the country of various imminent threats, including ballistic missiles, earthquakes and tsunami. The system sends out emergency emails to the mobile phones in targeted area with a notification sound.

● If you receive a warning message, especially regarding ballistic missiles, please follow the instructions on the website below and take actions to protect yourself.

[Cabinet Secretariat: Actions in case of missiles flying to Japan](#)

● For details on emergency alert emails, please check the page below (see below for information on each mobile phone company. There is a link to it).

[Cabinet Secretariat “Q&A regarding information transmission through J-Alert”](#)

4-2. Disaster prevention

(4) Response to flood disasters

- Check information on warning levels and evacuation recommendation communicated on TV, radio, and area mails by the local government.
- Evacuate before the purple “Warning level 4” or “Evacuation order” is issued. “Warning level 5” or “Disaster information” means that the disaster has already occurred.
- Do not approach rivers or cliffs.
- Follow instructions of the authorities, including the fire department and police.

5-Level Warning System			
Warning Level	Action to take	Information provided by local government	Weather alerts issued by JMA
5	Must take measures to protect lives	Disaster information	Emergency warning
4	Must evacuate	Evacuation order / advisory	Landslide alert info. etc.
3	Elderly people must evacuate	Evacuation preparation information	Rain / flood / storm surge warnings etc.
2	Should check evacuation procedures	—	Rain / flood / storm surge advisories etc.
1	Should be on alert for disasters	—	—

From NHK WORLD-JAPAN Website

4-2. Disaster prevention

(5) Disaster preparedness

- Cabinet Office: [Disaster Mitigation Points for Foreigners \(Plain Japanese and Multilingual QR code\)](#)
 - ✓ Apps and websites to obtain information related to disasters
- Shakeout drill and Information Communication Drills
Niigata University conducts a university-wide ShakeOut drill in June, the month when the 1964 Niigata Earthquake occurred. Train safety actions and safety confirmation by **ANPIC**.

It is important to confirm that safety confirmations can be received and responses can be given in the event of a disaster. Be sure to answer.

- The Niigata University International House and dormitories conduct a fire drill once a year. All residents should participate in the drill.
- University-wide cancellation of classes ... When classes cannot be conducted due to a natural disaster or other reasons, students will be notified through the Student Web System or the University website.

4-3. Traffic safety

- **If you are going to ride a bicycle, be sure to enroll in a bicycle insurance.**
- Register for bicycle theft prevention to prevent your bicycle from being stolen.
- Wear a helmet.
- Bicyclists should keep to the left of the road. The city road running east-west from the Main Gate of Niigata University Ikarashi campus is marked with blue, and bicycles are not allowed to ride on the sidewalks.
- Adhere to safety rules.
 - ✓ Only one rider per bicycle. Riding a bicycle under the influence of alcohol, while using an umbrella, and riding side by side with another bicycle are all prohibited.
 - ✓ Turn on the bike light at night.
 - ✓ Obey traffic signals, and stop to confirm safety before crossing an intersection.
 - ✓ Do not ride a bicycle while using a smartphone, headphones, or earphones.
- Riding in winter: Do not ride a bicycle when it is snowing, or the road is frozen.
- Use designated parking areas and lock your bicycle.
- Using someone else's bicycle without permission is a criminal act.



From Google Map

4-4. Sorting and disposing of garbage and recyclables

- Bring your garbage to a designated garbage collection station.
- Refer to the [Niigata City garbage collection calendar \(in Japanese\)](#) and put out your garbage and recyclables according to the collection schedule* (day of the week and time).

* The collection schedule differs depending on where you live.



From Niigata City Website

- Use designated garbage bags for “combustible garbage” and “non-combustible waste.”
- When you find a red sticker saying “収集できませんでした, 分別にご協力ください (=Sorry, your waste could not be collected. Please sort your garbage properly)” on the garbage you put out, bring it back home, sort it properly, and bring it to the collection station on the right day.
- When you want to dispose of something that does not fit in the designated garbage bag, call the Oversized Waste Call Center to make a reservation for collection.
- Niigata City’s garbage sorting app: [“San-Aru”](#)

5. Things You Need to Know for Learning, Researching and Enjoying Campus Life at Niigata University

5-1. Student ID card

- Receive your student ID card at the Student Affairs Office of your faculty/graduate school.
- Confirm your name, date of birth, your faculty/graduate school, as well as period of study if you are a non-degree-seeking student.
- Memorize your ID number and name of your faculty/graduate school.
- Carry it with you at all times, just like your residence card,.
- Return your student ID card to the Student Affairs Office when you have finished your program at Niigata University (when returning to your home country).

5-2. Student Web System



What you can do on the Student Web System

- ✓ Register courses
- ✓ Submit class assignments
- ✓ View your grades
- ✓ Receive notices regarding classes

Login screen

Manual

Be sure to check at least once a day.

5-3. Course registration

- See the reference materials on the website to understand the basics of course registration.
- Orientation for International Students conducted by Niigata University
 - ✓ How to apply for subjects via online
 - ✓ Application period
 - ✓ How to change courses after application period
 - ✓ Japanese language learning subjects and intercultural collaborative subjects

5-4. [For privately financed international students] Tuition Exemption and Payment Deferral Program

- Students with excellent academic records who have difficulty paying tuition due to economic hardship may apply for and be exempted from paying all or part of the tuition fee.
- Students may also be granted deferral of tuition payment.
- Application to these programs will be notified via “連絡通知”(Message/notification)” of the Student Web System.
- You must take application procedures on a specified date for each semester (first and second semester). Applications made on other than specified date will not be accepted.

5-5. [For privately financed international students] Scholarships

- Scholarships that can be applied after enrollment to Niigata University*

*Eligible students: Degree-seeking students and research students (not applicable for exchange students)

- (1) Scholarships with University Recommendation

Preliminary applications for various scholarships are accepted once a year, as a general rule. Recommendation will be granted in order and according to the recommendation ranking based on academic performance.

- (2) Scholarships based on Individual Application

Students apply for these scholarships on their own and are not required to be recommended by Niigata University.

- Information on application will be posted on What's New under “国際交流・留学” (International Exchange and Study Abroad) page on Niigata University Website.

- First visit the webpage to collect detailed information on scholarships.
Niigata University : [Scholarships](#)

5-6. Health

(1) Infectious diseases

- If you have any of the following infectious diseases, please do not attend school to prevent the spread of infection (according to the School Health and Safety Act of Japan).
Novel coronavirus infection, influenza, measles, rubella, chicken pox, mumps, pharyngoconjunctival fever, whooping cough, meningococcal meningitis, and other infections
- If you have symptoms peculiar to an infectious disease, such as fever, cough, or rash, please consult a medical institution immediately.
- If you are diagnosed with the above infectious disease
 - ① Promptly report the diagnosis results to the Academic Affairs Section by phone or email.
 - ② Answer the Questionnaire of the Health Administration center.

5-6. Health

(1) Infectious diseases

- According to School Health and Safety Act of Japan, students can return to University only after they have taken a break for the stipulated period, and their symptoms have subsided.

- ✓ Novel Coronavirus

Do not return to school until **5 days** have passed from day 0 of the onset of symptoms and **1 day** has passed after symptoms have subsided.

- ✓ influenza

Do not return to school until **5 days** have passed from day 0 of onset of symptoms and **2 days have passed since the fever has subsided.**

- Contact information

- ✓ Health Administration Center Tel 025-262-6244
- ✓ Asahimachi campus Tel 025-227-2040

5-6. Health

(2) Health checkup

- Regular health checkups are conducted annually in spring.
- You must undergo health checkups to protect your own health and for early discovery of any diseases that may be transmitted to others.
- You will need a reservation to take a checkup offered at Ikarashi Campus. To make a reservation, login from the [Health Administration Center website](#) (The login page in Japanese).
- Be sure to bring your student ID card with you when you take a regular health checkup.
- If you do not take the regular checkups, the University will not be able to issue a Health Examination Certificate when you need it for job hunting, seeking further education, taking laboratory classes, and applying for scholarships.
- Schedule of health checkup will be posted on the bulletin board, etc.



5-7. Student counseling

■ Academic and personal matters

✓ Your academic advisor

* Contact Student Affairs Office if you are not sure who is your academic advisor.

✓ One-stop Student Support Counter (Gakusei Nandemo Soudan Madoguchi)

✓ Student Counselors

✓ Student Counseling Room

✓ Student Affairs Offices

■ Health issues

✓ Niigata University Health Administration Center

- Internal medicine list
- Mental healthcare support

Niigata University:
Health and Safety, Student Life

5-8. Other points to note

(1) Drinking manners

- Drinking alcohol under the age of 20 is prohibited by law.
- Please keep in mind that acute alcohol intoxication can lead to death. Drink moderately and take your time when drinking alcohol.
- Never ride a motorcycle or bicycle after drinking, not to mention automobiles.

(2) Sexual harassment

- Unwelcome conduct of a sexual nature (verbal, non-verbal, physical and etc.).
Examples : One-sided expression of sympathy, sending a lot of emails and often calling for conversation , persistently inviting for having meal or dinner together.
- Whether or not it constitutes sexual harassment depends on whether the person who received the act, felt uncomfortable.
- If you feel you have been sexually harassed, let that person know in your words and behavior..
- If it is difficult to say “No”, ask someone for advice or consult with Harassment counsellor in the University.
- ✓ Harassment counsellor: Confirm the “List of Harassment counsellors” at Student Web System. Login to the Student Web System, click the “Download” icon and find the “List of Harassment counsellors”.

5-8. Other points to note

(3) Nuisance cases

- There are a lot of complaints to the University
 - ✓ Traffic etiquette on narrow roads: fast bicycle drivers, spreadly walking pedestrians, and etc.
 - ✓ Late night noises: playing soccer in the park loudly.
- It is important to act with compassion, that all residents could live in comfortable environment, instead of thinking only about own pleasure.

(4) Cult, religious or political groups

- ✓ Cult groups disguised as student clubs are seen recruiting its members around campus.
- ✓ If you are invited to join a suspicious group or notice something odd, clearly say “NO” and report to students’ counseling services, Student Affairs Office or the International Office.

5-9. Emergency contact

Accidents/incidents: Call the police at 110
Ambulance/fire: Call the fire department at 119

On weekdays between 8:30 a.m. to 5:15 p.m., also call:

- (1) Your academic advisor (Always keep your advisor's phone number)
- (2) Student Affairs Office of your faculty/graduate school

Or the International Office (025-262-7333) if you are a student at the International Education Center

- (3) Director of the International Education Center (080-2169-8244)

5-10. Extracurricular activities

- There are more than student clubs and groups:

Sports clubs

Cultural clubs

Music/dance clubs

Volunteer groups

Others

- Extracurricular activities offer opportunities for making friends and enjoying campus life outside of your study.
- It is important to thoroughly understand the purpose and nature of the activities before you decide to join a club/group.
- Niigata University: [List of Student Clubs/Groups, Extracurricular Activities](#) (in Japanese)

5-11. Volunteer opportunities of intercultural education at local schools

- Opportunities to participate in English classes or international understanding workshops at local elementary, junior high and high schools upon request.
- Example of volunteer activity
Previous international students participated in the International Festival held at a local elementary school, introducing their home countries and dancing with the children.
- Valuable opportunities to interact with the local people, and foster deeper understanding of Japan.
- You will receive notices of request for volunteers by email from the International Office.

5-12. Study at NU webpage

- The webpage provides information for international students.
- Be sure to check the webpage at least once to see what information you can find there.

Niigata University: [Study at NU](#)



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