Welcome to Tohoku University

Orientation for incoming students
Overview of Tohoku University

Faculties/Schools: 学部・研究科・研究所等
Undergraduate (10), Graduate (16),
Professional Graduate Schools (3),
Research Institutes (6)

Number of Students: About 18,000
(Undergraduate 11,000, Graduate 7,000,
International Students 2,046)

Number of Staff: About 6,200
(Teaching Staff 3,100,
Administrative/Technical Staff 3,100)

Budget: about 1,700 million USD
(as of May 2014)
107 Years of History and Tradition
- Established in 1907 as the third Imperial University

• Research First 研究第一
• Open Door 門戸開放
• Practice Oriented Research and Education 実学主義

“Establish a culture, environment and management system appropriate for an internationally renowned research and education institution” - President Satomi
仙台って
どんなとこ?
World Ranking

Material Science 6th
Physics 12th
Chemistry 28th

東北大学は理系が強いが、その他の分野も非常に優れた総合大学
Tohoku University

**University Ranking Overall Education**

1st **Tohoku U**
2nd Univ of Tokyo
3rd Kyoto Univ
4th Osaka Univ
5th Akita Int’l

For the past 10 years

**University Ranking Academic Achievement**

1st **Tohoku U**
2nd Univ of Tokyo
3rd Osaka Univ
4th Kyoto Univ
5th Tokyo Science Univ
Waseda Univ

For the past 8 years

**Satisfaction of alumni in business**

1st Hokkaido Univ
2nd **Tohoku U**
3rd Hitotsubashi Univ
4th Keio Univ
5th Tsukuba Univ

TU was ranked first by Japanese high school teachers (2012)
Student: Professor 6:1
2048 International Students from 78 Countries/Areas
Multicultural Learning Environments
Diverse learning environments where International students and Japanese students learn together

Active Student Life
Many student support groups help international students adjust to campus life

Many Extracurricular Activities
Various cultural activities, including field trips, local elementary school visits, volunteer opportunities, etc.
Buddy System (Tutor System): チューター制度
Assists incoming international students with their studies and daily lives to help them adjust quickly to their new environment.

Student Counseling: 相談
Offers students the opportunity to receive individual counseling on any problems involving life in Sendai, health, study and research, etc..

Career Support: キャリア支援
Assistance with finding jobs and advice for career development
How to succeed at Tohoku University

1. Set goals and plan ahead
2. Try to obtain information from multiple sources
3. Seek support
4. Make Japanese friends
5. Build an international network
6. Be good citizens
7. Be prepared for emergencies
1. Set goals and plan ahead

- Time flies – use your time efficiently
- Think of “expected outcomes” of your study-abroad at Tohoku University
- Set goals and think of ways to accomplish them

  Ex) ✗ I would like to be an expert in my field.
  ✗ I would like to make Japanese friends.

  😊 I would like to present my accomplishments in public such as at international conferences or speech contests by the end of my study-abroad term.

  😊 I would like to join a student club and get to know Japanese students.
2. Try to obtain information from multiple sources

- Bulletin Board (scholarships, tuition waiver, fieldtrips, support programs, events, etc.)
- HP (Tohoku Univ., International Support Office)
- Advisors, staff, tutor, friends, local community
- News

Educational Affairs Info System 学務情報システム
3. Seek Support

- Advisor, faculty & staff, tutor, friends, etc.
- Global Learning Center
- Student Counseling Center
- Career Support Center
- International Division of Faculty
- Other places on/off campus
- Learn Japanese — we offer a variety of Japanese classes

* If you have a problem, don't wait for it to get bigger.
4. & 5. Make friends

- Take co-learning classes
- Join student clubs and circles
- Participate in activities hosted by student organizations and support groups in the local community
- Get connected to the international community
- Take part in volunteer activities

→ TU Volunteer Support Center

https://sites.google.com/site/voltohokuuniv/
6. Be good citizens

- Custom regulations (drinking & smoking age: 20)
  [Link](http://sup.bureau.tohoku.ac.jp/pre/packing_en.html)
- Illegal drugs
- Part-time jobs (strict regulations about hours and places to work)
- Stay away from cult groups/activities
- Be careful about privacy issues/personal space
- Follow residence/dormitory rules (sub-leasing, room-sharing without permission, etc)

法律、ルールを守る=自分を守る
7. Be prepared for emergencies

- **110** Police
- **119** Ambulance & Fire Department
- Earthquakes → Get under a table and watch out for falling objects. Follow what Japanese people do.  
  [http://sup.bureau.tohoku.ac.jp/emer/earthquake_en.html](http://sup.bureau.tohoku.ac.jp/emer/earthquake_en.html)

Register for the Safety Confirmation System  
[http://sup.bureau.tohoku.ac.jp/emer/index_en.html](http://sup.bureau.tohoku.ac.jp/emer/index_en.html)

Safety Confirmation Drill → **Friday, April 24**

- If you become ill, visit a campus health center first. You need a referral letter to see a specialist in Japan.  
  [http://sup.bureau.tohoku.ac.jp/health/feelingnotwell_en.html](http://sup.bureau.tohoku.ac.jp/health/feelingnotwell_en.html)

- 70% of the total treatment will be covered by the National Health Insurance. Keep your insurance card with you all the time.

- In case of accidents, make sure to call the police.
- Bicycle accidents have been increasing drastically.
**Activities and accidents covered under insurance provided by JAPAN EDUCATIONAL EXCHANGES and SERVICES (JEES).**

| Personal Accident Insurance for Students Pursuing Education and Research (学研災, Gakkensai) | Liability Insurance for Students Pursuing Education and Research (学研賠, Gakkenbai) |
| Injuries during regular curricular activities, school events, extracurricular (club) activities, and while on the university campuses. An additional premium covers commuting to and from the above. | Liability you bear causing bodily injuries or material damage to third parties during regular curricular activities, school events, extracurricular (club) activities, commuting to and from the above, internships, and volunteer activities etc. |

保険には必ず加入してください！
## Benefits you receive from UNIV. CO-OP insurance

<table>
<thead>
<tr>
<th>Student Mutual Benefit (学生総合共済, Gakuseisogokyosai)</th>
<th>Personal Liability Insurance for Students (学生賠償責任保険, Gakuseibaishosekininhoken)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life Mutual Insurance (生命共済, Seimeikyosai)</td>
<td>Fire Mutual Insurance (火災共済, Kasaikyosai)</td>
</tr>
<tr>
<td>Hospitalization due to illness, accidents, surgery.</td>
<td>Damage to household properties due to fire, water leakage, wind or flood.</td>
</tr>
<tr>
<td>Out-patient care at hospitals due to accidents.</td>
<td>Liable accidents in daily life and during official lectures / events / training.</td>
</tr>
<tr>
<td>Provider</td>
<td>JEES</td>
</tr>
<tr>
<td>----------</td>
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</tr>
<tr>
<td>Name of Insurance</td>
<td>Personal Accident Insurance for Students Pursuing Education and Research (学研災, Gakkensai)</td>
</tr>
<tr>
<td>Period of Insurance</td>
<td>1 year</td>
</tr>
<tr>
<td>Premiums</td>
<td>650 yen (350 yen) ※1</td>
</tr>
<tr>
<td></td>
<td>340 yen</td>
</tr>
<tr>
<td></td>
<td>12,800 yen</td>
</tr>
</tbody>
</table>

※1 The amount shown in ( ) is the premium for additional coverage for commuting accidents.
※2 Only those who enroll in “Gakkensai” may join “Gakkenbai”. You cannot buy only “Gakkenbai”.
※3 Only student members of UNIV. CO-OP can buy this insurance.
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① Get a payment form at the Education Affairs Section of your department and fill it out.

② Pay the premium with the payment form at your nearest post office.

Contact Tohoku Univ. CO-OP at 022-221-0752.
When you face challenges or need support from us, send email to:

advising-f@insc.tohoku.ac.jp  （Female Advisor）
advising-m@insc.tohoku.ac.jp  （Male Advisor）

OR  supportoffice@bureau.tohoku.ac.jp