



HIROSHIMA UNIVERSITY

# Orientation for Newly Arriving International Students

## 2026 Autumn





# Today's Contents



1. Life Consultation, International Exchange Activity, Disaster Readiness
2. Scholarships, Insurance, Pension
3. Immigration Procedures
4. University Library, Writing Center
5. Health Service Center
6. Accessibility Center
7. Harassment Consultation Office
8. Global Career Design Center
9. Center for Academic Practice and Resource
10. Higashi-Hiroshima Police Station

## Event&News イベント&ニュース

- 2026/4/6 [【ご案内】第34回ペスタロッシー教育賞 表彰式・記念講演の開催/ 34nd Pestalozzi Edu...](#)
- 2026/4/3 [発明かな?と思ったら⇒【広大学生、教職員対象】\(無料\)「発明・知的財産相談会」開...](#)
- 2026/4/2 [2026年度広島大学地域の元気応援プロジェクト\(地域連携事業\)の募集を開始しました/ ...](#)
- 2026/3/30 [【東広島】電動マイクロモビリティ「試乗会及び安全講習会」のご案内/ 【Higashihiros...](#)
- 2026/3/27 [【参加者募集】\(5/20-5/28\)メガエクスチェンジプログラム参加者募集/ Mega Exchange...](#)

## Campus Activities 課外活動

Click to post to this column

Article List

【広島大学ピアサポートルーム主催】

### ～学生による学生のための～ 新入生なんでも相談

- ・ 履修をどうしようか迷っている
- ・ 教室や窓口の場所が分からない
- ・ 授業料や奨学金などの手続きが分からない
- ・ とりあえず新生活が不安...

私たちピアサポーター(研修を受けた学生相談員)が  
新入生の皆さんの不安解決のお手伝いをします!

お友達と一緒に来ていただいても構いません。  
些細なことでもいいのでお気軽にお越しください!

期間: 4/4(土)  
4/6(月)～4/10(金)  
4/13(月)、4/14(火)  
(場合によってはお休みすることがあります)  
時間: 12:00～16:00  
場所: 総合科学部K棟2階ロビー



ピアサポートルームは、  
広島大学内の自習スペースです!

### 広大医療・社会系 サークル合同説明会

4/9(木) 4/14(火) 4/27(月) 5/12(火)

17:00～18:30 @ 霞キャンパス講義室



### 背理的ナントカ論



広島大学演劇団 劇団ナメウエ  
令和八年度 新入生歓迎公演

## Emergency Information

There is no emergency  
information at this time  
Update: Oct 17, 2025 16:27

## TOPICS トピックス

### 日本学生支援機構 (JASSO) 奨学金



多子世帯  
無償化含む 給付・貸与

日本学生支援機構奨学金への申請につ  
いて(学部生を対象とした「多子世帯  
の授業料等無償化」を含む) /  
Application for JASSO scholarships  
(Japanese students only)

### Enrollment / Tuition Fee Exemption

### 入学料・授業料 免除申請

2026年度前期  
【4月入学生】 4.16 (木)まで

※大学院生・留学生など



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This is just an example. The color of the trash bags are different depending on the area.

# GARBAGE DISPOSAL RULES

Let's keep our community clean and livable. 🌿



- 1** Confirm the color of the trash bags, the sorting method, and the collection schedule.

| BURNABLE      | NON-BURNABLE  | PLASTICS    | PAPER / RECYCLABLES |
|---------------|---------------|-------------|---------------------|
|               |               |             |                     |
| <b>ORANGE</b> | <b>PURPLE</b> | <b>PINK</b> | <b>LIGHT BLUE</b>   |

- 2** **Buy designated trash bags.**  
Use the designated bags in the colors shown above.

- 3** **Separate your garbage.**  
Sort your garbage according to the rules.

- 4** **Put trash into the proper garbage bag.**  
Use the correct bag for each type of garbage.

- 5** **Follow the trash collection schedule in your area.**  
Take your garbage out on the designated day and time.



## STRICT RULES APPLY IN JAPAN

Different rules exist in different areas.

Please follow the local rules and cooperate with your community.



## WHY IT MATTERS



Keeps our community clean and healthy.



Shows respect for local rules and others.



Helps protect the environment.

# Overseas Travel Application System

海外に行くことが決まったら、  
必ず申請してください。

／ こんな時に申請してね！ ／

留学や研究で  
海外渡航が  
決まった

海外旅行に  
行くことが  
決まった

留学生の  
一時帰国が  
決まった

※渡航申請後、手続きに2週間程度かかります。

▶ 申請は  
こちらから



【問い合わせ先】

留学交流グループ

TEL: 082-424-6980

✉:kokusai-ryugaku@office.hiroshima-u.ac.jp

Please submit a travel application  
when traveling abroad.

／ Apply in the following situations ／

When  
traveling  
abroad for  
study or  
research

When  
traveling  
abroad for  
personal  
reasons

When  
international  
students  
return home

\*Please note that processing takes  
approximately 2 weeks after submission.

▶ Apply here !



【Contact Information】

Global Exchange Group

TEL: 082-424-6980

✉:kokusai-ryugaku@office.hiroshima-u.ac.jp



# When You Visit a Hospital For International Students

Foreign international students who have a residence registration in Japan are assigned a **My Number**.

You can get a My Number Card if you wish.



Please bring either your **My Number Card** (registered for health insurance use) or your Eligibility Confirmation Certificate.

There are currently 3 ways to have a health insurance verification card in Japan.

1

## Residence Card + My Number Card

(Two separate cards)

日本国政府 在留カード 番号 AB12345678CD  
GOVERNMENT OF JAPAN RESIDENCE CARD

氏 NAME  
NAME TURNER ELIZABETH

生年月日 1985年12月31日  
DATE OF BIRTH 1985年12月31日 女 F. 国籍・地域 米国

住所 東京都千代田区豊田 2-0-2 豊田 2-0-2 豊田 2-0-2  
RESIDENCE ADDRESS 東京都千代田区豊田 2-0-2 豊田 2-0-2 豊田 2-0-2

在留資格 留学  
STATUS Student

在留期間 (満了日)  
PERIOD (2026年10月20日) 就労制限の有無

このカードは 2026年10月20日まで有効です。 見本・SAMPLE  
PERIOD OF VALIDITY OF THIS CARD

Residence Card

氏名 IMMIGU 個人番号カード

住所 東京都千代田区豊田 2-0-2 豊田 2-0-2 豊田 2-0-2

2019年4月1日生  
2030年9月14日まで有効

氏名 年 月 日

0123456789ABCDEF 1234

My Number Card

Your My Number Card must be registered for health insurance use.

2

## Residence Card + Eligibility Confirmation Certificate

(Two separate items)

日本国政府 在留カード 番号 AB12345678CD  
GOVERNMENT OF JAPAN RESIDENCE CARD

氏 NAME  
NAME TURNER ELIZABETH

生年月日 1985年12月31日  
DATE OF BIRTH 1985年12月31日 女 F. 国籍・地域 米国

住所 東京都千代田区豊田 2-0-2 豊田 2-0-2 豊田 2-0-2

在留資格 留学  
STATUS Student

在留期間 (満了日)  
PERIOD (2026年10月20日) 就労制限の有無

このカードは 2026年10月20日まで有効です。 見本・SAMPLE  
PERIOD OF VALIDITY OF THIS CARD

Residence Card

資格確認書  
Eligibility Confirmation Certificate

記号 12345678  
番号 1234567

氏名 TURNER ELIZABETH

交付年月日 2025年4月1日  
有効期限 2026年7月31日

Eligibility Confirmation Certificate

For those who do not have a My Number Card or have not registered it for health insurance use.

3

## Specified Residence Card

(One card)

氏名 TURNER ELIZABETH 特定在留カード

住所・土地 東京都千代田区豊田 1丁目1番地1号  
豊田 1丁目1番地1号 豊田 1丁目1番地1号

在留資格 留学 就労制限の有無 就労不可

在留期間 (満了日)  
4年3月 (2026年10月20日) 番号 AB12345678CD

このカードは 2026年10月20日まで有効です。 見本・SAMPLE

Specified Residence Card  
(With health insurance functions)

This card has the functions of both a residence card and a My Number Card. Obtaining this card is optional and not automatic for all foreign residents.

# Emergency Contact Card

Please carry it with you at all times!

Example:

| 学生情報 / Student Information      |                | 緊急連絡カード<br>Emergency Contact Card                                                                                                                                                                                                                                                                                                                                                                                                        |  |
|---------------------------------|----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| フリガナ<br>Name in Katakana        | ヒロシマ タロウ       |  広島大学<br>緊急時には、下記に電話して下さい!!<br>In case of Emergency, please contact below!!<br>* 広島大学国際交流グループ<br>International Exchange Group<br>082-424-4541<br>(受付時間 / Office hour: 平日 / Weekdays 8:30-17:15)<br>* IDEC 学生支援窓口<br>Student Support Office 123-456-7890<br>(受付時間 / Office hour: 平日 / Weekdays 8:30-17:15)<br>* 指導教員<br>Supervisor Sensei 123-456-7891 |  |
| 氏名 / Name                       | Taro Hiroshima |                                                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| 出身国 / Country                   | Japan          |                                                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| 血液型 / Blood type                | A+             |                                                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| 生年月日 / Birth date               | 1990/1/23      |                                                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| 宗教 / Religion                   | Buddhism       |                                                                                                                                                                                                                                                                                                                                                                                                                                          |  |
| 教会・モスク等<br>Church, mosque, etc. |                |                                                                                                                                                                                                                                                                                                                                                                                                                                          |  |

| 医療情報 / Medical Information                   | HIROSHIMA UNIVERSITY                           |
|----------------------------------------------|------------------------------------------------|
| 今までにかかった大きな病気 / Severe illnesses in the past | 怪我や歯の治療で麻酔をかけたことがありますか / Have you ever had any |
| N/A                                          | No / Yes :                                     |
| 治療中の持病名 / Illness under medical treatment    | かかりつけの医療機関 / Family doctor or hospital         |
|                                              | Hiroshima University Hospital                  |
| 現在飲んでいる薬 / Medication taken presently        | Tel                                            |
|                                              |                                                |
| 食物・薬物アレルギー / Food and/or drug allergies      | <備考 / note>                                    |
|                                              |                                                |

広島大学国際交流グループ  
Hiroshima University  
International Exchange  
Group

Fill in other  
information if needed.  
(Ex. Home phone no.)

# ✓ In Preparation for Disasters



Do it soon after arriving in Japan

## 1 Check the hazard map around your residence.

You can find it on your city's official website.



- ★ Know what disasters may occur in your area (e.g. floods, landslides, tsunami)
- ★ Confirm evacuation routes and nearby evacuation shelters

## 2 Prepare to receive disaster information.



Higashihiroshima city

Sign up for the  
"City Disaster Prevention Email Service"



Hiroshima city

Use the app  
"避難所へGo!"



Prepare in advance to protect yourself and those around you.



# ✓ When Disasters Actually Happen

## 1 Collect information



Higashihiroshima city

Disaster prevention  
information mail



Hiroshima city

App "避難所へGo!"



Class Cancellation

もみじ Hiroshima Univ.  
MOMIJI

## 2 Consider evacuation depending on the situation



(In the case of heavy rain) it may be safer to move to a higher place, such as an upper floor of your apartment if evacuation itself seems dangerous, such as at night.

## 3 Respond to the safety confirmation survey conducted by HU



This survey should be answered after the situation has settled.



Stay informed. Take action. Stay safe.  
Your preparedness makes a difference.



# Smoking Ban

**NO SMOKING**



広島大学は2020年1月から  
キャンパス内全面禁煙です

「禁煙」には加熱式たばこを吸うことが含まれます。

**NO SMOKING ALLOWED ON THE CAMPUS FROM JAN 1, 2020.  
INCLUDING HEATED TOBACCO PRODUCTS.**





# SCAM WARNING

for International Students



Scam cases involving international students are increasing.

**Please be cautious to protect yourself.**

## 1 TO AVOID SCAMS:



- **Do not** respond to suspicious emails or messages.
- If something seems suspicious, **consult someone** before replying.

## 2 IF YOU BECOME A VICTIM OF A SCAM:



Contact both **your supervisor** and **the support office** of your school or graduate school **immediately.**

# ONE OF THE PAST SCAM INCIDENTS



1



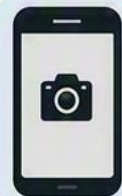
A student received an email to Hiroshima University's account from a person **claiming to be his/her supervisor.**

2



The sender used the name of student's supervisor and instructed the student to **immediately purchase** two Apple gift cards worth **20,000 yen each**, stating the cost would be reimbursed later.

3



After purchasing the two gift cards, the student sent the **details and photographs** of the cards to the sender according to the instructions.



# Be Safe Around Water!

## Think Before You Go. Your Safety Comes First.

Every year, many people have accidents in rivers, lakes, and the sea. Follow these tips to **enjoy the water safely**.



### Be Careful: No Diving/Jumping into Water

Diving or jumping into the sea, rivers, or lakes can be very dangerous.

- You may hit rocks, the bottom, or other people.
- The water depth may be shallow or uneven.
- You risk serious injury, paralysis, or death.



Do not dive or jump unless the area is clearly marked as safe.

When in doubt, ask first or choose another activity.



#### Before You Go



##### Check the weather

Avoid going near the water on rainy or windy days.



##### Go with others

Never go alone. Look out for each other.



##### Know the place

Check water depth, currents, and weather warnings.



##### Wear appropriate gear

Wear a life jacket and suitable clothing.



#### Pay Attention to These Dangers



##### Strong currents

Even calm water can have powerful currents.



##### Slippery rocks

Rocks can be very slippery and dangerous.



##### Sudden depth changes

The water can get deep unexpectedly.



##### Alcohol and water don't mix

Alcohol increases the risk of accidents.



##### Children need close supervision

Never leave children unattended near water.

#### What to Do in an Emergency



##### Call 119

Call 119 immediately in case of an emergency.



119



##### Do not enter the water

Do not jump in to save someone. Use something that floats and call for help.



##### If you fall in

Stay calm. Do not panic. Float on your back, and call for help.



##### Give first aid if trained

Check breathing and pulse. Perform CPR if needed until help arrives.





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# Scholarships from Private Foundations

**Standard Application Eligibility:** Resident Status “Student”.

**Start of Application Period:** Beginning around July of the year prior to start of benefits

**Monthly Amount:** ¥20,000 - ¥230,000

**Recipient Period:** From one year to the standard course duration

**Detailed Information:** Posted on the Momiji Bulletin Board as soon as the application guidelines are provided by each foundation.

**Application Methods** etc.:

● **University Recommendation** (approx. 40 organizations)

👉 Application forms should be submitted to the support office.

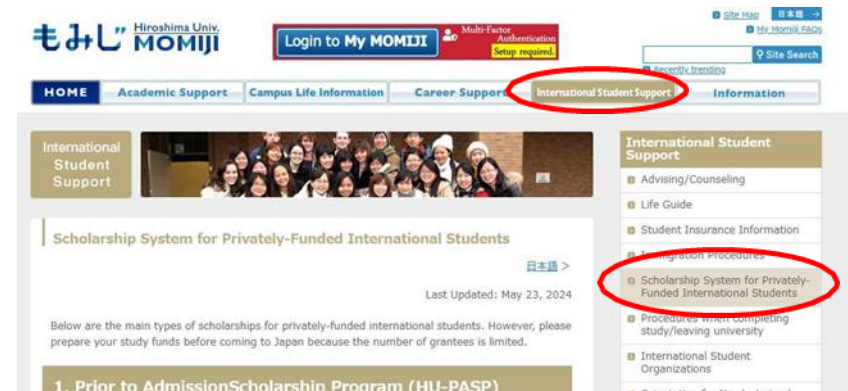
\* Once applying for a scholarship, you cannot apply for another scholarship until the results are announced.

● **Individual Application** (approx. 10 organizations)

👉 Apply to each foundation individually

**Reference:** For an overview, see the Momiji webpage.

**Inquiries:** Student Services Group (Student Plaza 3F)  
or each support office



# National Health Insurance

“Kokumin Kenko Hoken”

Everyone living in Japan **MUST** be enrolled in some form of public health insurance.

International Students



## National Health Insurance

**\*You are obligated to pay National Health Insurance premiums.**

Insurance covers 70% of medical cost.

You will be issued an **Eligibility Confirmation Certificate** when you enroll in National Health Insurance.

Be sure to bring it with you when you visit a medical institution.

⇒ You are required to **pay only 30% of medical cost** at that time.

\*After obtaining your My Number Card and registering your health insurance card functions on it, you can use your My Number Card as your health insurance card.

Medical Cost

# National Pension

## “Kokumin Nenkin”

Everyone aged between 20 and 59 living in Japan is obliged to enroll in the scheme and must pay the premium.

National Pension Scheme premiums are the same for everyone, irrespective of age or income. ( ¥ 17,510/month in FY2025)

### ***Mandatory but...***

Students 👉 can apply for exemption/postponement of payments.

*The Special Payment System for Students* for regular students.

\*It is necessary to reapply for postponement each year.

or

*The Payment Exemption System* for non-regular students.

***Recommended 👉 Application for pension exemption***

# Student Comprehensive Insurance

## Incident!

e.g. 1) When you ride a bicycle, hit a pedestrian, he gets severely injured.....

You might be asked to pay 20 million yen

2) In the event of a student's death, the cost of transporting the body may exceed 2 million yen.

***If you have student comprehensive insurance,***

- 👉 You can prepare for **compensation for damages** caused to others or their property.
- 👉 You can **minimize the financial burden on your family**, such as transportation costs, in the event of your death due to injury or illness.



**All international students are required to purchase**

**Comprehensive Insurance for Student Lives**

**Coupled with "GAKKENSAI "**

Type A: 1 year - ¥1,860 , 2 years - ¥3,260 , 3 years - ¥4,680

**"GAKKENSAI"** is a university-provided insurance policy covering students who sustain physical injury during regular curricular activities, school events etc.

If you are injured on campus or while commuting to school,

👉 contact each support office or the Student Services Group at Student Plaza.



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# ①Residence Card, Notification of Address

- The “Residence Card” is issued to those who will stay in Japan for more than three months. A new-format Residence Card has been issued since June 14, 2026.

- Please keep your residence card in your possession at all times.



- Please go to your local municipal office (City Hall) with your passport (and residence card) and submit a “**Notification of Moving In**” within 14 days after deciding on your place of residence.
- You must also submit a notification to your local municipal office (City Hall) when you move to a new address. In addition, please inform your support office of your new address.

- Those who enroll at Hiroshima University after attending another school or university in Japan  
⇒ Please submit the "**Notification of the Accepting Organization**" within 14 days after enrolling at Hiroshima University.

Online:

- Please access the URL below and choose your language. Please note the restrictions on the use of half-width and full-width characters.

[https://www.rasens-immi.moj.go.jp/rasens-u/offer/offerList\\_initDisplay](https://www.rasens-immi.moj.go.jp/rasens-u/offer/offerList_initDisplay)

- How to submit a notification online :

<https://www.moj.go.jp/isa/content/001452968.pdf> (Japanese)

<https://www.moj.go.jp/isa/content/001452959.pdf> (English)

By post:

- It can be submitted by post.

Please refer to the website of "[MOMIJI](#)" for details.



## ②Apply for the “EXTENSION OF PERIOD OF STAY”

- If you wish to continue studying in Japan beyond the expiration date of your current period of stay, you must **apply for an “Extension of Period of Stay”** before your current period of stay expires.

☆Applications accepted at the Hiroshima Regional Immigration Bureau.  
The university accepts applications several times a year.  
(Please refer to the website of [“MOMIJI”](#) for more details.)



Online application is also available.

(A My Number Card is required for personal authentication. )

- If you are going to continue job-hunting or secure employment after you complete your studies, you need to apply for **“Change of Status of Residence”**.

- You can check the expiration date of your period of stay on either your residence card or your passport.

Residence card

日本国政府 在留カード  
GOVERNMENT OF JAPAN RESIDENCE CARD

氏名 TURNER ELIZABETH  
NAME

生年月日 1985年12月31日 性別 女 F 国籍・地域 米国  
DATE OF BIRTH 1 2 3 SEX NATIONALITY/REGION

住所 東京都千代田区霞が関3丁目1番1号霞が関ハイブ222号  
ADDRESS

就労制限の有無 就労制限なし  
WORK RESTRICTIONS

在留資格 永住者の配偶者等  
STATUS Spouse or Child of Permanent Resident

在留期間満了日 2030年12月05日  
THE EXPIRY DATE OF THE PERIOD OF STAY

番号 No. AB12345678CD

このカードは 2030年12月05日まで有効です。  
PERIOD OF VALIDITY OF THIS CARD

見本・SAMPLE

Sticker in the passport

JAPAN IMMIGRATION INSPECTOR

上陸許可  
LANDING PERMISSION

許可年月日 -1 JUN 2010  
Date of arrival

在留期限 30 AUG 2010  
Until

在留資格 短期滞在  
Status: Temporary Visitor

在留期間 90days  
Duration

NARITA(2)

0000000000

XT 0000033

### ③ Apply for the “Permission to Engage in Activity other than that Permitted under the Status of Residence Previously Granted (PART-TIME WORK PERMIT)”

- The primary purpose of your stay in Japan is to study, not to work. However, you may obtain permission from the Immigration Bureau to work part-time, provided that the work does not interfere with your studies or research. Before you start working, you must obtain permission to engage in part-time work.
- You may not work in businesses related to adult entertainment such as bars, clubs, hostess clubs, etc., even if your work involves only cleaning or washing dishes.
- Working without the required permission or exceeding the permitted hours may affect future immigration applications and may result in penalties.

☆ Permitted Working Hours: **Up to 28 hours per week**

(Up to 8 hours per day during long vacation periods.)

(You do not need this permission if you work as a TA or RA at Hiroshima University.)

☆Applications accepted at the Hiroshima Immigration Bureau.  
The university accepts applications several times a year.  
(Please refer to the website of "[MOMIJI](#)" for more details.)



## ☆Part-time Work Report

◎How to report ⇒ Review the "[Checklist before Engaging in Part-Time Work](#)" and enter the required information in the "Form".(Confirm at your support office)

◎When to report ⇒ 1. Before starting any part-time job  
2. Before applying for an Extension of Period of Stay

### Reverse side of the residence card

| 住居地記載欄                      |                 |        |
|-----------------------------|-----------------|--------|
| 届出年月日                       | 住居地             | 記載者印   |
| 2014年12月1日                  | 東京都港区港南5丁目5番30号 | 東京都港区長 |
| 資格外活動許可欄                    |                 |        |
| 許可: 原則週 28 時間以内・風俗営業等の従事を除く |                 |        |
| 在留期間更新等許可申請欄                |                 |        |
| 在留資格変更許可申請中                 |                 |        |

### Sticker in the passport



### Permission obtained online application

| 資格外活動許可書                                                                                             |                                 |
|------------------------------------------------------------------------------------------------------|---------------------------------|
| PERMIT TO ENGAGE IN ACTIVITY OTHER THAN THAT PERMITTED BY THE STATUS OF RESIDENCE PREVIOUSLY GRANTED |                                 |
| 許可番号                                                                                                 | 東京-000001 号                     |
| 1 国籍・地域                                                                                              | オーストラリア                         |
| 2 氏名                                                                                                 | TURNER ELIZABETH                |
| 3 性別                                                                                                 | 男                               |
| 4 生年月日                                                                                               | 1985 年 12 月 31 日                |
| 5 住居地                                                                                                | 省略                              |
| 6 姓名字号                                                                                               | 省略                              |
| 7 上陸(在留)許可年月日                                                                                        | 省略 年 月 日                        |
| 8 現在有する在留資格                                                                                          | 在留期間 在留期間満了日                    |
| 9 在留カード番号                                                                                            | 123456789                       |
| 10 現在の在留活動の内容(記入欄がある場合にはその旨を記入)                                                                      | 省略                              |
| 11 許可された活動の内容                                                                                        | Other activity to be engaged in |
| 12 許可の期限                                                                                             | 2020 年 02 月 02 日 まで             |

## ④ “RE-ENTRY PERMIT”

- Before leaving Japan, please submit an Overseas Travel Application through the following system so that the university has your emergency contact information while you are abroad.

“Momiji” → Academic Support

→ Study Abroad/Overseas Travel Information

→ [Overseas Travel Application](#)



- If you plan to return to Japan within one year and before the expiration date of your current period of stay, you can normally use “**Special Re-Entry Permission**”.

When departing Japan using Special Re-Entry Permission,

1. Be sure to present your **residence card** with your passport.

2. Please fill out the E/D card as shown below when departing Japan.

| 再入国出国記録 EMBARKATION CARD FOR REENTRANT ①                                                                                                                                                                                                                                                                   |                                                                                                                                                                             |        |       |                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-------|------------------------|
| 【 DEPARTURE 】                                                                                                                                                                                                                                                                                              |                                                                                                                                                                             |        |       |                        |
| 氏 名<br>Name                                                                                                                                                                                                                                                                                                | Family Name                                                                                                                                                                 |        |       |                        |
|                                                                                                                                                                                                                                                                                                            | Given Names                                                                                                                                                                 |        |       |                        |
| 生年月日<br>Date of Birth                                                                                                                                                                                                                                                                                      | Day日                                                                                                                                                                        | Month月 | Year年 | 主な渡航先国名<br>Destination |
| 航空機便名・船名<br>Flight No./Vessel                                                                                                                                                                                                                                                                              | 出国予定期間<br>intended period<br>out of Japan                                                                                                                                   |        |       |                        |
|                                                                                                                                                                                                                                                                                                            | <input checked="" type="checkbox"/> 1年以内 <input type="checkbox"/> 1年超2年以内 <input type="checkbox"/> 2年超<br>Within one year Over one year but within two years Over two years |        |       |                        |
| 次のいずれかに☑を記入してください。 Please check either one of the boxes below.                                                                                                                                                                                                                                             |                                                                                                                                                                             |        |       |                        |
| <input checked="" type="checkbox"/> 1. 一時的な出国であり、再入国する予定です。<br>I am leaving Japan temporarily and will return.                                                                                                                                                                                             |                                                                                                                                                                             |        |       |                        |
| <input type="checkbox"/> 2. 「再入国許可」の有効期間内に再入国の予定はありません。<br>I do not plan to re-enter Japan while your re-entry permit is valid.<br>(地方入国管理官署で「再入国許可」を受けており、その有効期間内です。<br>(Check the box if you do not plan to re-enter Japan while your re-entry permit, issued by regional immigration bureau, is valid.) |                                                                                                                                                                             |        |       |                        |
| 署 名<br>Signature                                                                                                                                                                                                                                                                                           |                                                                                                                                                                             |        |       |                        |
| 官用欄<br>Official Use Only                                                                                                                                                                                                                                                                                   |                                                                                                                                                                             |        |       |                        |

Please check the box for “Within one year”.

Please check the box marked “I am leaving Japan temporarily and will return.”

- If you plan to re-enter Japan more than one year after your departure, you must apply for a re-entry permit at the Immigration Bureau before leaving Japan.  
(The re-entry permit cannot be valid beyond the expiration date of your current period of stay.)
- Please refer to the Immigration Services Agency website for more details.  
<https://www.moj.go.jp/isa/applications/procedures/16-5.html>

## ⑤ Status of Residence: “Student”

- If you do not engage in activities as a student for three months or more without a justifiable reason, your status of residence may be subject to revocation.
- Research students and auditing students are required to engage in at least 10 hours of study per week, including attendance at classes and research activities, under the Immigration Control and Refugee Recognition Act.

## ⑥ Leave of Absence from University

- As a general rule, students with a “Student” residence status who take a leave of absence from the university due to financial difficulties are not permitted to remain in Japan.
- Working a part-time job while on a leave of absence is not permitted.

# ***Hiroshima Regional Immigration Services Bureau***

**Address :** 2-31 Kami-Hatchobori, Naka-ku, Hiroshima  
(in the Hiroshima Legal Affairs Government Complex)

**Phone number :**

Employment and Permanent Residence Examination Department

⇒ 082-221-4412

Student and Trainee Examination Department ⇒ 082-221-4468

1. Office Hours: 9:00 AM - 4:00 PM

Monday to Friday (except national holidays)

2. Application forms and information on required documents are available  
from your Student Support Office or the Global Exchange Group.

***Immigration Services Agency of Japan Website***

**<https://www.moj.go.jp/isa/index.html>**



[Immigration Services Agency Email Distribution Service](#) | [Immigration Services Agency](#)

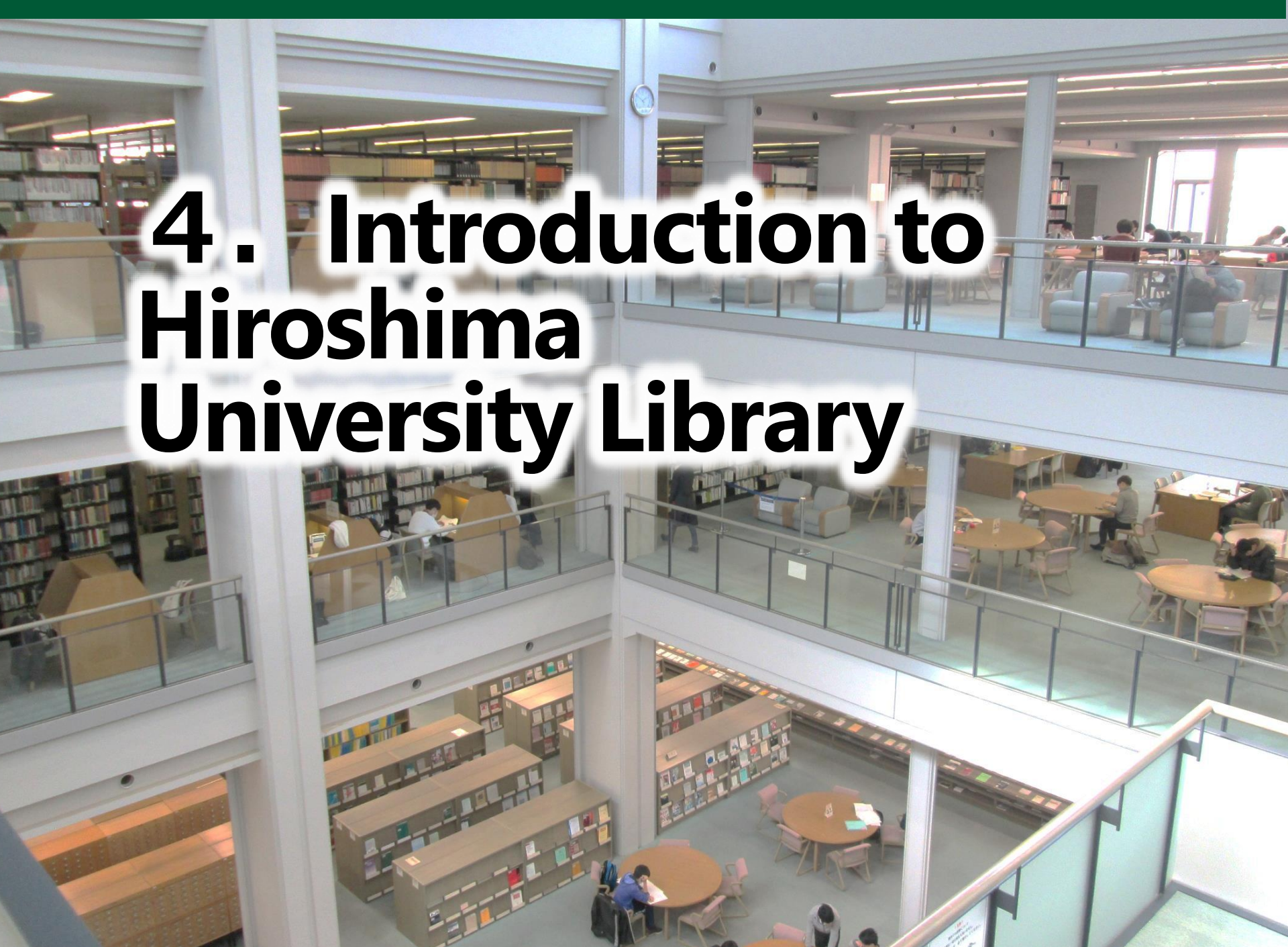


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3. Immigration Procedures
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6. Accessibility Center
7. Harassment Consultation Office
8. Global Career Design Center
9. Center for Academic Practice and Resource
10. Higashi-Hiroshima Police Station

# **4. Introduction to Hiroshima University Library**





Central Library

**We have  
five  
libraries in  
total**



East Library



West Library



Kasumi Library



Higashi-Senda  
Library

# How to Borrow Books



**Student ID**



**Books**

## How many books can I borrow and how long for?

Graduates : 15 books for 30 days at each library  
Undergraduates: 10 books for 3 weeks at each library

To use books and other materials from the East Library, please make a request through the library website.

# Study Spaces\*

## Group study

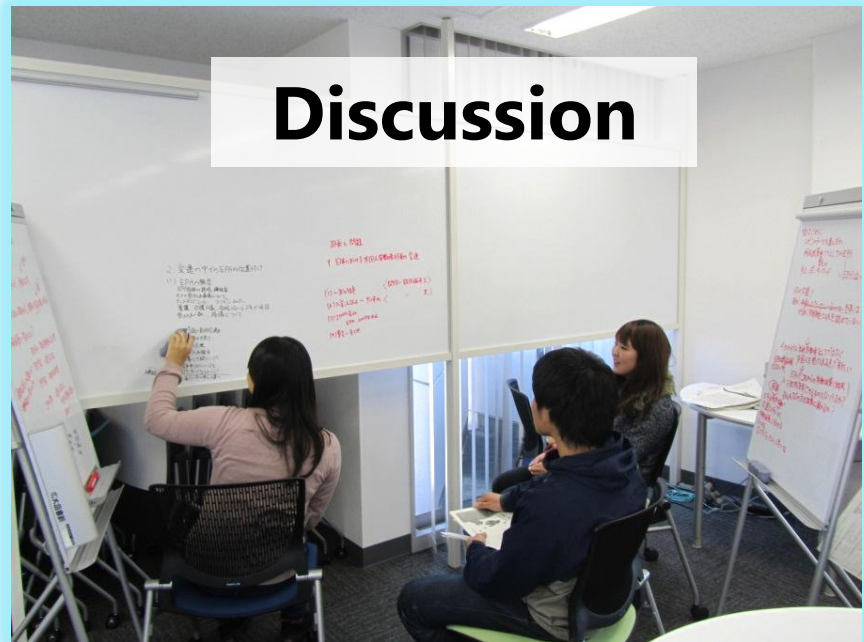


## Individual study



**\*Facilities and services are different for each library. Please check our website for the information.**

## Discussion



# Writing Center

(located in the Central Library)



We support your academic writing!

# Writing Tutorials

## Types of Writing We Support

- Assignment, Essay
- Academic reports
- Bachelor's theses
- Master's theses
- Doctoral dissertations
- Abstract
- Research proposal

## Service Options

- Face-to-face
- Online (Zoom)
- Drop-off Service



Come see us at the  
Writing Center!



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# Health Service Center Guide

Welcome to our service guide!

We support your healthy life.

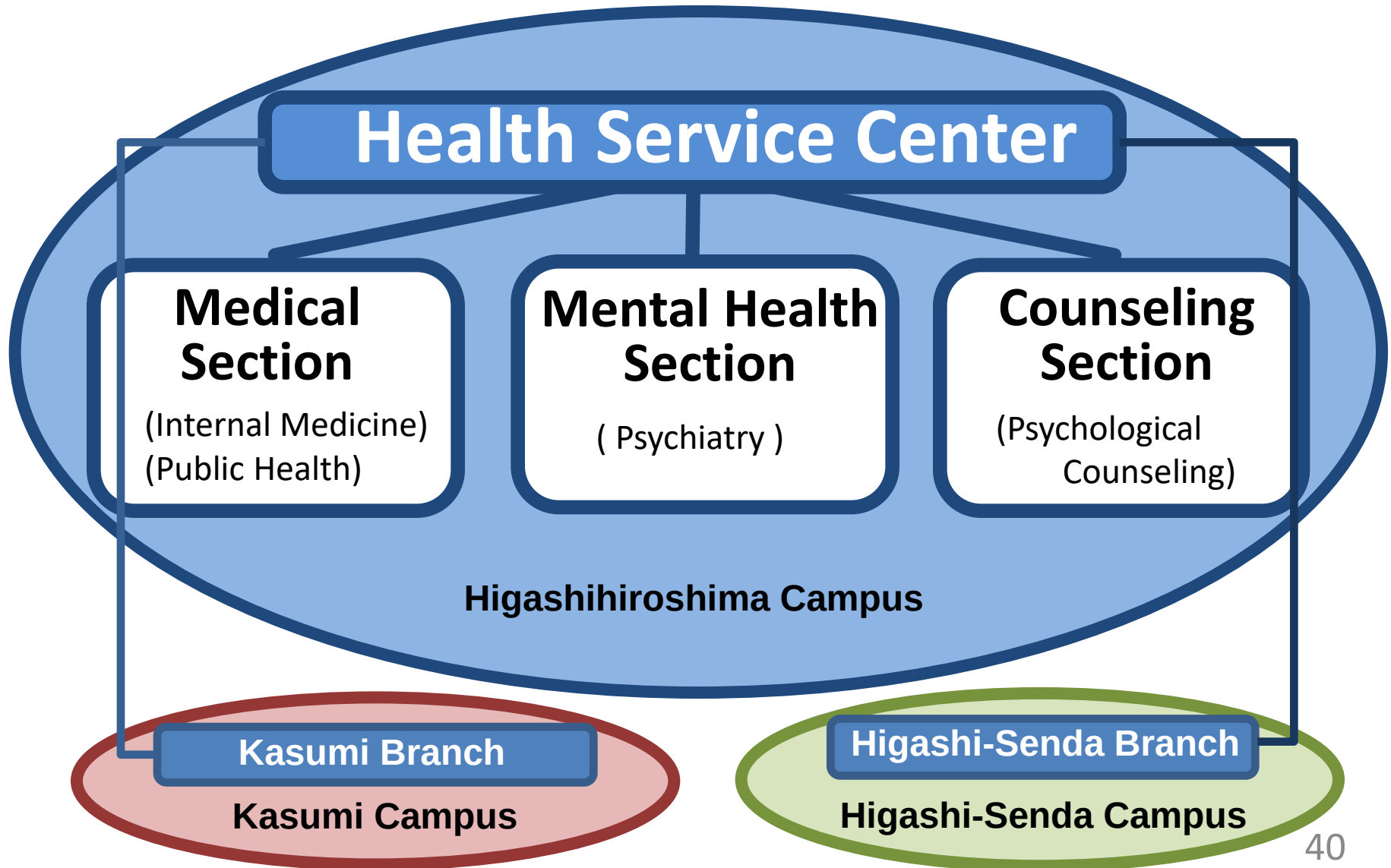
Get to know about Health Service Center  
and make good use of our services.



# 1. Health Service Center is...

- a university-wide health support center for every registered student and staff of Hiroshima University.
- working to prevent disease and promote health.
- composed of specialists such as doctors (internists, psychiatrists), nurses, a radiological technician, clinical psychologists and so on.

# 3 offices on 3 campuses



## 2. About our services (Free)

- Consultation on internal medicine
- Physical / Public health consultation
- First aid
- Health Checkup
- Issue Health Certificates
- Consultation on mental health \*
- Counseling for students \* [\* appointment is required ]

## ■ Consultation on internal medicine

### Medical Section

- If you feel unwell, you can consult a doctor of internal medicine during consultation hours.
- General health consultation is also available.
- If necessary, the internist will provide information of outside medical institution.

\* The primary role of Health Service Center is consultation and referral.

## ■ First aid

### Medical Section

- You can receive first aid when you get hurt.
- In case of emergency during office hours, you can receive medical care.
- If needed, the internist will provide information of outside medical specialists.

# Health Checkup

## Medical section

### Health Checkup for NEW students (FREE)

NEW Students **MUST** get the health checkup.

You will receive the information from Support Office.

### Periodic Health Checkup (FREE)

Every student **MUST** get the checkup every year.

This checkup is only offered once a year and the schedule will be listed in Momiji and 学生・職員健康診断の案内・結果 / STUDENT AND STAFF HEALTH CHECKUP section at <https://health.hiroshima-u.ac.jp/>

If you take a health check by yourself at an external institution,  
you need to pay the expense and the health insurance will not cover the charge.

## ■ Issuance of Health Certificate

### Medical Section

- A health certificate is required in several situations such as scholarship applications, job applications, etc..
- You can also get a certificate in English at Medical Section on each campus.

**A health certificate is ONLY issued to those who have taken the health checkup of that year.**

## ■ Consultation on mental health

### Mental Health Section

- You can consult a psychiatrist about your mental state, for example, feeling depressed, not sleeping well, getting tense too much in social life and so on.
- An appointment is required for consultation.
- If necessary, you will get a referral to an outside medical institution.

# ■ Psychological Counseling

## Counseling Section

- You can consult a counselor (psychologist) your concerns about study, future career path, interpersonal relations, your personality, etc..
- If necessary, a counselor can cooperate with a psychiatrist for further support.
- International students can consult a counselor in English or Japanese.

# 3. Stress

- Starting a new academic life often requires time for adjustment. You may find yourself trying too hard to adjust, getting sick easily, or becoming depressed with small matters. As an international student away from home, you may experience many challenges in Japanese culture, new friends from multicultural background, adjusting to new academic learning systems, and living on a limited budget. You may feel isolated because you cannot easily find support and comfort of family, friends, safe place, or stress managing activities that you had in back home.
- At such times, the following signs of stress may appear such as,
  - ☐ irritability    ☐ sleep problems    ☐ poor concentration
  - ☐ anxiety        ☐ depression

# Stress Management and Prevention

- Cutting down your workload
- Talking to others friends and family
- Talking to your tutor, staff and teachers
- having a more healthy lifestyle (eat well, exercise, get enough sleep, spend some time socializing)

We are happy to work on the details of your stress management and preventative action plans together. Planning and Consulting/Counseling can be a part of illness prevention that we are promoting it to all university members. If you are experiencing Long-term stress, please consult with us.

We will be happy to be a part of  
your supportive system!



Counseling Section



# Today's Contents



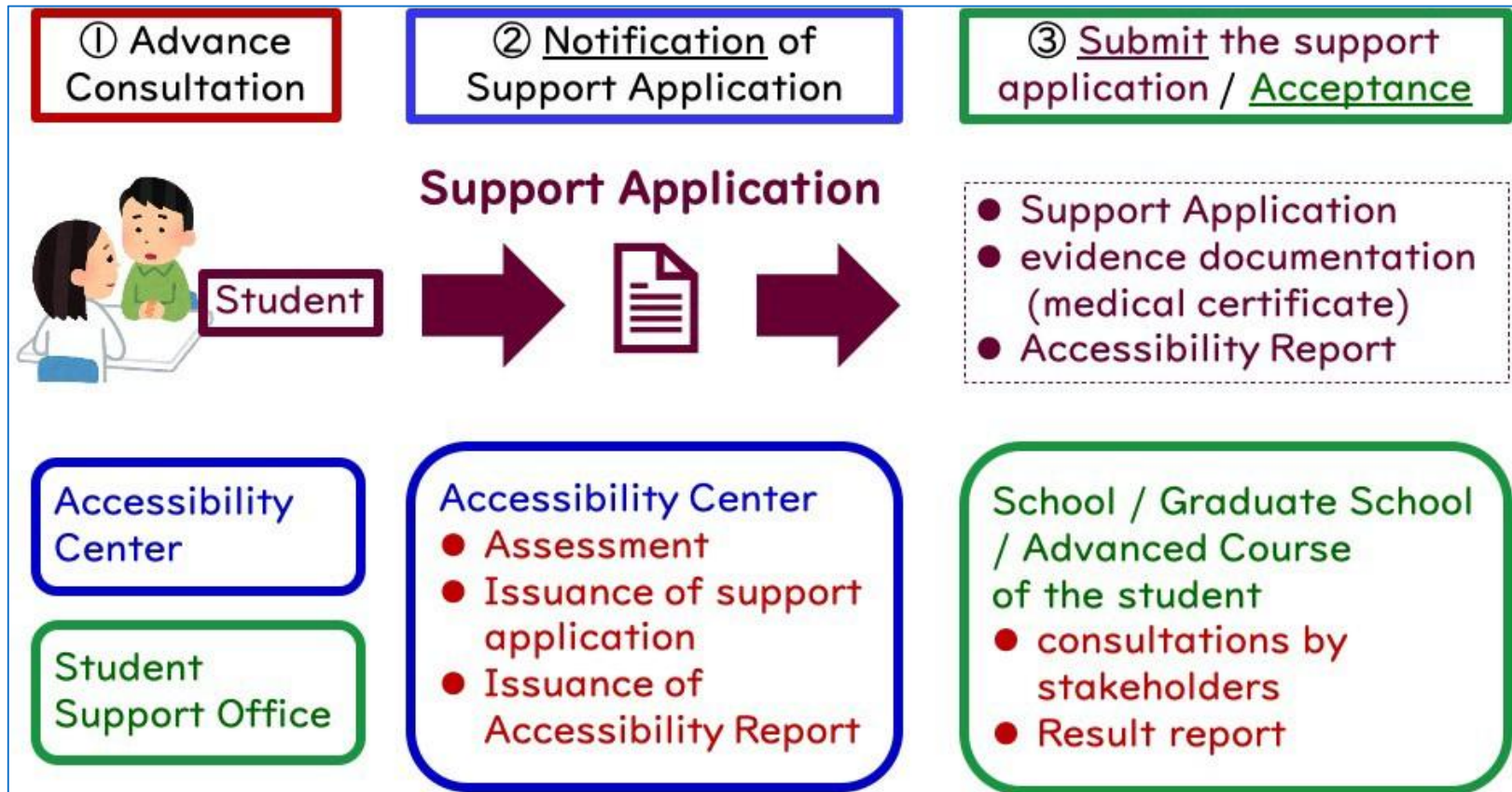
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# Accessibility support for students with disabilities

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- Hiroshima University provides support for students with special needs.
- Student can submit a learning support application to the faculty or graduate school that student belongs to

# Applying for learning support



# Types of learning support available to students

---

- Support for classes
  - sending a request for special treatment to teachers
  - note-taking support
  - assisted writing/typing
- Daily living on campus
  - mobility support and guidance on campus

# Types of learning support available to students

---

- for teaching materials...
  - translation into electronic data, braille
  - enlarged copy
- Captioning for the video
- Loaning out the resources
  - wheelchair, ICT resources, etc.



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# A Guide for Harassment and Discrimination Prevention

When you or your friend is in trouble  
in your campus life....

Hiroshima University has Rules for the  
Prevention of Harassment.

We support victims and organize awareness-  
raising activities.

# What Is Harassment?

Harassment includes so-called  
“Sexual harassment” ,  
“Power harassment”,  
“Academic harassment”,  
“Customer harassment”.

# It can arise...

between peers or  
with your supervisor, senior  
students, faculty and staff.

# Harassment includes

physical assault, verbal assault, scolding and abuse, the threatening, ignoring, and ill-treatment of certain people, groundless accusation, throwing tantrums, discriminatory remarks, unwanted conduct or jokes of a sexual nature, stalking, etc.

For examples;

# Academic Harassment

Your supervisor strongly demands the results of the research from you, and if you cannot produce a good result, they shout at you aggressively, and this drives you into a corner.

# Sexual/Gender Harassment

Your supervisor may tell you, “Women cannot contribute to society.” “You are very beautiful today”

or

“You must not date until you get your degree.”

# Power Harassment

Teasing you excessively or saying mean things.

Forcing unreasonable work on you.

# Sexual Assault

Non-consensual sexual contact can constitute a crime.

We will support in referring to the rape-crisis center or the police station.  
The university will take disciplinary measures for it.



# It can happen to anyone!

You might become a **victim** of harassment.

You might unintentionally cause  
secondary harm.

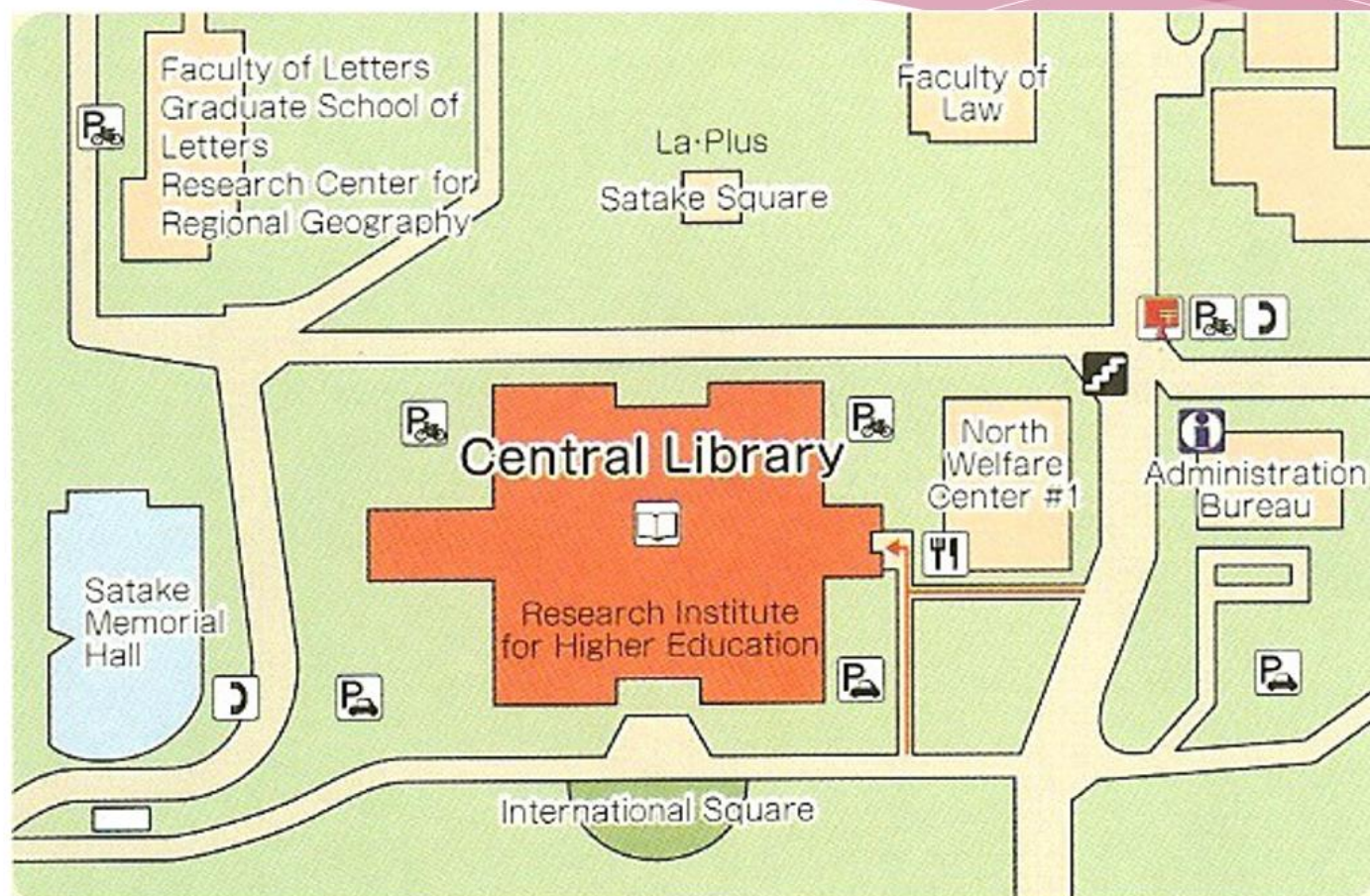
You may witness the harassment.

# Harassment Consultation Office

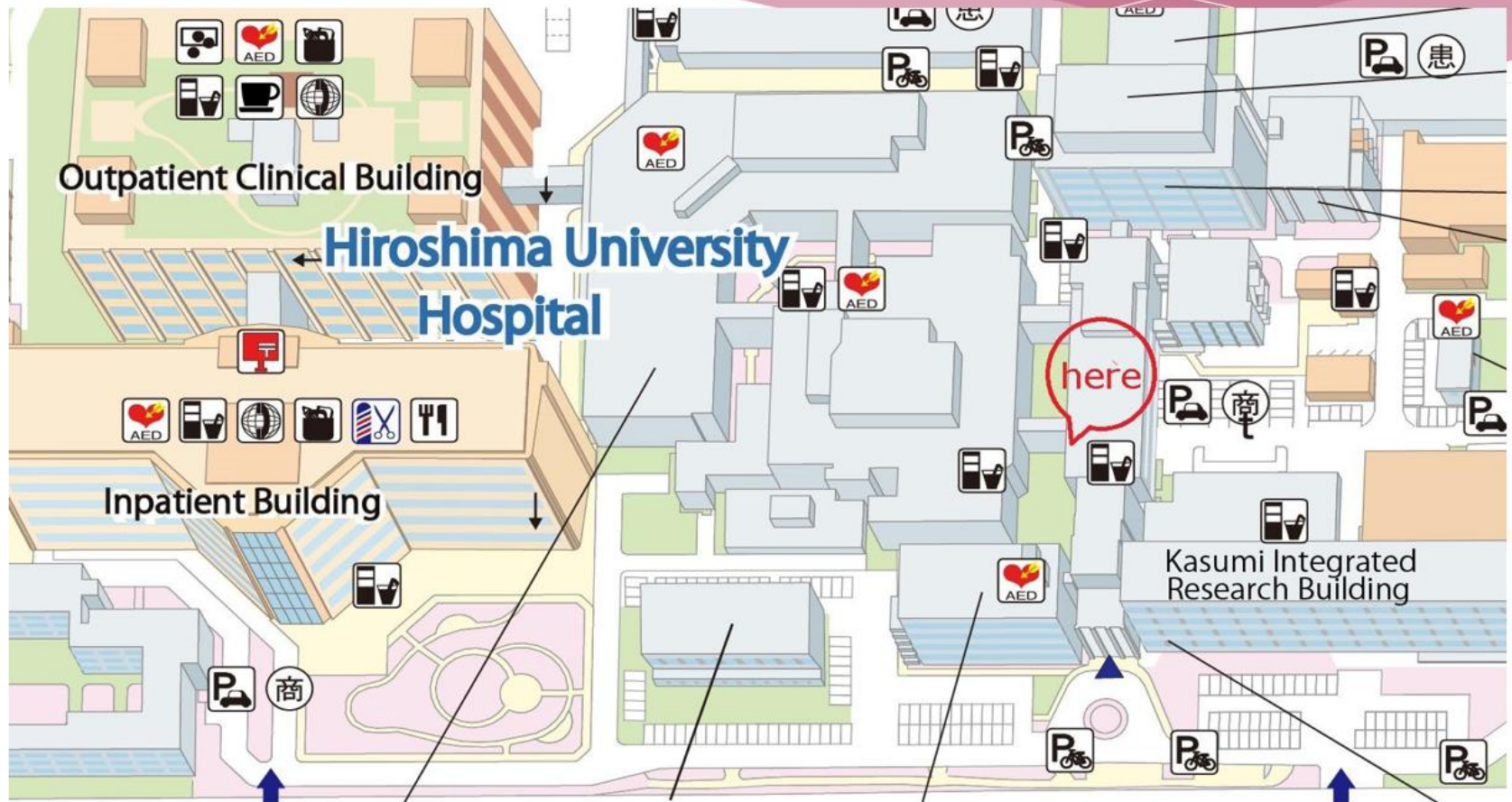
Specialized consultants will provide support to help resolve the issue.

We provide the information and support you need, including details on systems and procedures both within and outside the university.

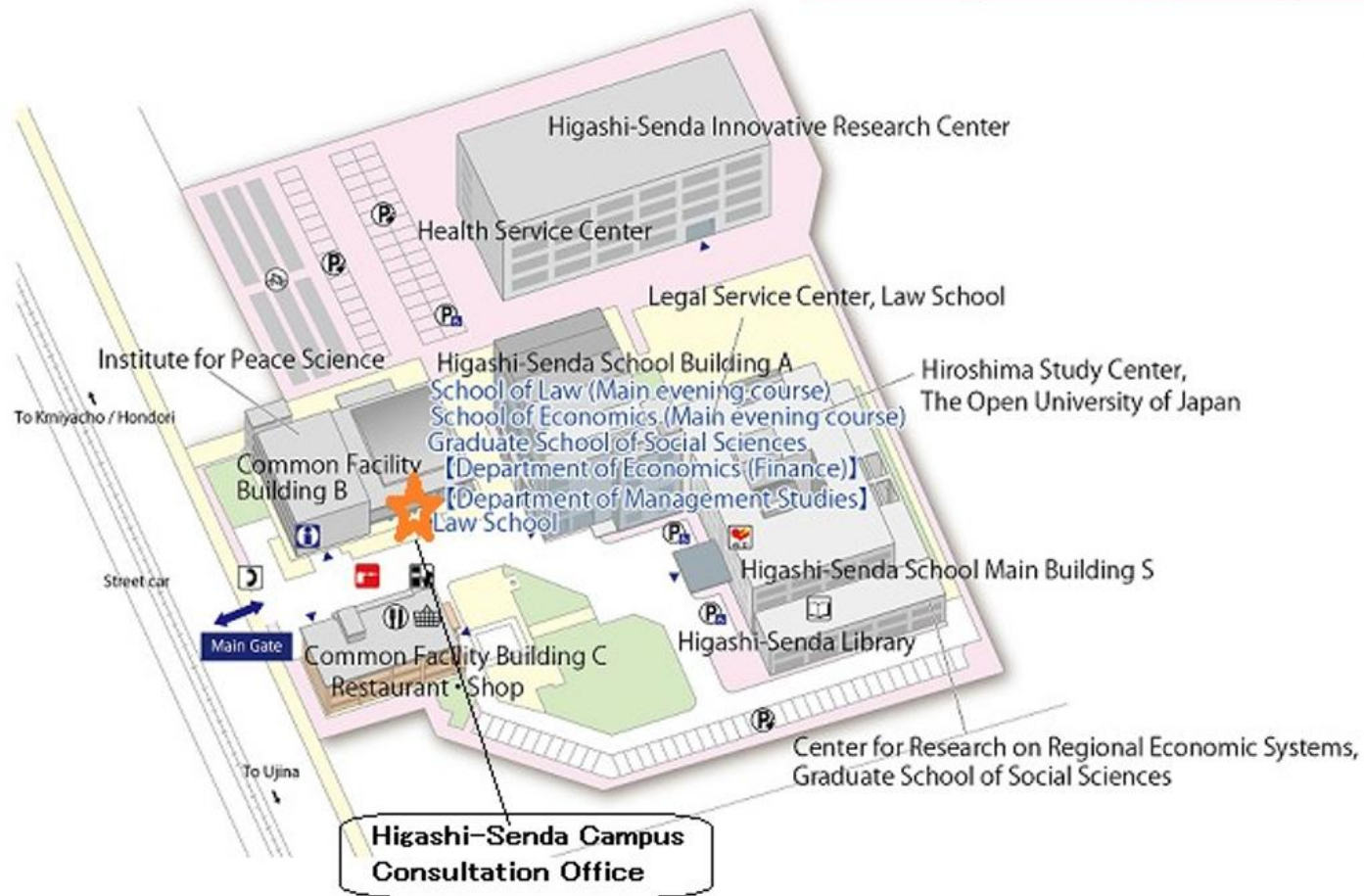
# Higashi-Hiroshima campus



# Kasumi Campus



# Higashi Senda Campus



# Confidentiality and Procedure

Please feel free to come and consult with us.

We will not share information outside the consultation office or take action without your consent.

We support problem-solving driven by your own will.



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# 1. What's the Global Career Design Center?

It supports all students and young researchers, including international students and global talents, for their career development and job-hunting activities.

## Undergraduates (B)

### 【Location/Office hours】

Student Plaza 2F, Higashi-Hiroshima

Weekdays, 8:30 – 17:15

(excluding national holidays)



## Graduates (M/D)

### 【Our services】

Career counseling, job searching activities, internship opportunities and other career events, job posting information, reading materials for job searching, other related information, etc.



The Global Career Design Center webpage “To International Students”

<https://www.hiroshima-u.ac.jp/gcdc/en/ForInternationalStudents>



## 2. Recruitment of the International Students in the Japanese Industries

### Type of industry (in 2024)

- **Manufacturing: 13.6%**
- **Retail: 10.2%**
- **Information/Communications: 9.3%**
- **Restaurant Service: 8.2%**
- **Academic Research/Professional & Technical Services: 7.9%**
- **Lodging Service: 7.1%**

Source: The Employment of International Students by Japanese Companies in 2024, the Immigration Services Agency of Japan.

## 2. Recruitment of the International Students in the Japanese Industries

### Examples of Jobs

(Common visa status: Technical/Humanities/International Business)

| Job Types                          | Job Titles                                                                                                                                                                                     | Industries                                                                                         |
|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| Engineer                           | <ul style="list-style-type: none"><li>• Production/Quality manager</li><li>• CAD operator</li><li>• Systems engineer</li><li>• Construction manager</li></ul>                                  | Manufacturing/IT/Construction                                                                      |
| Translator/<br>Interpreter         | <ul style="list-style-type: none"><li>• Social Media Management</li><li>• E-commerce site management and support</li><li>• Inbound Support</li></ul>                                           | (Many industries)                                                                                  |
| Planning/<br>Sales manager         | <ul style="list-style-type: none"><li>• Expansion of overseas sales channels</li><li>• Planning and development of products for foreigners</li><li>• Contact with overseas customers</li></ul> | (Many industries)                                                                                  |
| Administrator/<br>Business manager | <ul style="list-style-type: none"><li>• Management of non-Japanese technical trainees/part-timers</li><li>• Bridge employees with local subsidiaries</li></ul>                                 | Many industries with a strong focus on global business and the recruitment of international talent |

(Source : JETRO Information on the promotion for Highly-skilled Professionals)

### 3. Why Japanese companies hire international talent?

- ① To recruit excellent human resources regardless of nationality.
- ② To carry out assignments related to clients overseas.
- ③ To hire foreign nationals who can work as executive candidates for overseas subsidiaries.
- ④ To perform duties arising from newly launched businesses overseas.

**Japanese companies have high expectations of international talents who can work globally with their specialties and language ability.**

## 4. Job-Hunting in Japan

- In Japan, we recommend you start job-hunting while still at university.
- First, start by understanding the uniqueness of job hunting in Japan and how the process differs from your own country.
- The Global Career Design Center holds a variety of guidance sessions and seminars for international students.
- The guidance sessions and seminars are scheduled on the Global Career Design Center website.  
<https://www.hiroshima-u.ac.jp/gcdc/student/guidance>
- As soon as we get more information, we will post it in **My Momiji (Message from the Career Center)**. Check them out!



# 4. Job-Hunting in Japan

Career Support: Career Fairs

Open to  
All Students

## ■ On-campus Job Fair

⇒ Around May to June

Companies that are eager to actively recruit Hiroshima University students are invited onto campus to hold a joint company information session.



## ■ Job Seminar (Industry)

⇒ Around October to November

Invites companies from different sectors to help students understand diverse Japanese and global industry opportunities.

## ■ Off-Campus Seminars

Information is posted on the webpage below:

<https://www.hiroshima-u.ac.jp/gcdc/student/gosetsu/ryugakusei>



## 5. Common Questions and Answers in the Job Interviews

### Why do you want to work in Japan?

- Link your motivation to the unique characteristics of the company. Clearly show why you want to work in Japan and how you can contribute.
- Example Answer: I was drawn to Japan's focus on quality and teamwork. After learning about your business, I became motivated to connect Japanese technology with global markets.

### How long do you like to work in Japan?

- Clearly expressing your intention to build a career in Japan and work long-term leaves a positive impression.  
Note: Depending on the job and specific position, some employees may be assigned to offices abroad after training in Japan. Always check the job description carefully to understand expectations for long-term work in Japan.
- Example Answer: I hope to work in Japan long-term. My study-abroad experience made me appreciate Japanese corporate culture and working styles. I feel they suit me well, and I want to continue developing my skills while contributing here.

### Have you faced any challenges in Japan?

- Focus on how you overcame negative experiences and what you learned from them.
- Example Answer: I initially struggled with honorific Japanese and class discussions. By taking language classes and actively practicing with friends and teachers, my skills improved. I now lead presentations in my seminar.

## 6. How to be Successful to Join Your Preferred Japanese Companies

**Japanese language proficiency is QUITE Plus!**

Many companies prefer international talents with fluency of Japanese.

Below skills are most advantageous in your job search in Japan.

- (1) Japanese language (speaking/writing/reading)
- (2) Understanding of the Japanese culture
- (3) Specialty (especially for students in science major)

**It is vital to be able to speak, read and write in Japanese to go through the job-hunting successfully.**

**It is recommended to take Japanese language courses as much as possible 😊**

Job Hunting Guide in Japan (published by JASSO)

[https://www.jasso.go.jp/en/ryugaku/after\\_study\\_j/job/guide.html](https://www.jasso.go.jp/en/ryugaku/after_study_j/job/guide.html)



## 7. International Student Career Development Program

Want to Work in Japan?

**Calling Hiroshima University Graduate International Students**

**Build Your Future in Japan**

**2026 International Student Career Development Program**

### Program Guidance Session

**October.2 (Fri) 1-2p.m.**

**Student Plaza(1F),  
Higashi-Hiroshima Campus**

✂ Attendance at the guidance session is a mandatory requirement for participation in the program

For Students at Kasumi and Higashi-Senda Campuses  
Online Participation

Please scan the QR code or access the URL below to register.  
The meeting link will be sent to registered participants.

<https://forms.cloud.microsoft/r/AtqtwwEZTe>



### Registration Requirements

【Program Period】 Oct. 2026 – Sept. 2027

【Capacity】 20 students

【Eligibility】 Applicants must meet both of the following requirements:

- Be a regular international student who has enrolled in a graduate school at Hiroshima University in or after April 2026 and intends to seek employment in Japan after graduation.
- Possess Japanese language proficiency equivalent to CEFR C1 or JLPT N1 at the time of enrollment in the program.

### Selection Schedule

Oct. 2, 2026 (Fri.), 1:00 - 2:00 p.m. — Program Guidance Session (**Mandatory Attendance**)

Oct. 5 (Mon.), 12:00 p.m. — Application Deadline (Notify applicants of the document screening results and interview invitations.)

Oct. 6 (Tue.) — Selection Interviews

Oct. 7 (Wed.) — Selection Interviews, finalization of participants, and notification of selection results via the My Momiji bulletin board

Oct. 8 (Thu.) — Classes begin

For More Information,  
Scan the QR Code





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# What is the Center for Academic Practice and Resources?



広島大学教育学習支援センター  
Center for Academic Practice and Resources

At the Center for Academic Practice and Resources, students can use the Learning Support Counter to receive counseling on concerns about day-to-day studies and study methods for various areas of liberal arts education (mathematics, physics, chemistry, and English) from the student staff (principally graduate students).

The Center also holds events such as Freshmen Get-together and HU Students' Meeting, an event that is planned by the student staff for new students and HU students.

# Education and Learning Consultation



Venue : 1st floor, Student Plaza  
Higashi-Hiroshima Campus

How to consult :

Face-to-face consultation / Consultation by email

Opening Hours :

| Monday               | Tuesday              | Wednesday            | Thursday             | Friday               |
|----------------------|----------------------|----------------------|----------------------|----------------------|
| 10 : 00 ~<br>17 : 00 | 10 : 00 ~<br>17 : 00 | 10 : 00 ~<br>17 : 00 | 10 : 00 ~<br>17 : 00 | 10 : 00 ~<br>12 : 00 |

\*Except for 12:00-13:00, Monday-Thursday.

\*Closed during holidays.

\*Consultation is available in English and Chinese as well.

If you wish to have English or Chinese consultation, please contact us by e-mail ([capr@hiroshima-u.ac.jp](mailto:capr@hiroshima-u.ac.jp)) in advance.

# Consultation on learning of each subject in liberal arts education (Math, Physics, Chemistry, English)

Venue : 1st floor, Student Plaza  
Higashi-Hiroshima Campus,

How to consult :

Face-to-face consultation /  
Consultation by email



Opening Hours :

| Monday          | Tuesday | Wednesday | Thursday | Friday |
|-----------------|---------|-----------|----------|--------|
| 16 : 30~18 : 30 |         |           |          | —      |

\*Closed during holidays.

\*The subjects available for consultation differ depending on the day of the week. Please see the web site for details.

\*Consultation is available only in Japanese.

# Freshmen Get-together, HU Students' Meeting

This is a forum for communication beyond the boundaries of academic department, graduate school, nationality, or age, held for new students, international students and transfer students around three times a year.

Notice of these events will be provided via “Momiji” and center homepage, so feel free to participate.



# TA Seminar

\*Students who enrolled in a degree-seeking program(Undergraduate degree program, Master' s degree program, Doctoral degree program,) will eligible to work as TAs.

“TA Seminar” are held four times a year. Duties of “Hirodai TA” , qualifications to become a TA, and various experiences and concerns that arose while working in education as a TA, participants can discuss, share, and find answers to a wide variety of experiences and concerns together with faculty, highly experienced student staff, and other TAs.

