

第3章  
医療・健康・社会生活

**Chapter 3:**  
**Medical and Health Care**  
**Social Life**

## Chapter 3. Medical and Health Care, Social Life

### I. Medical and Health Care

#### 3-I-1. Hospitals near JAIST

If you get injured or sick on campus, please follow the procedures below.

- Apply first-aid and contact the Health Care Center and if necessary one of the local hospitals.
- Inform the Health Care Center/ hospital of the patient's name, school, symptoms and cause of the injury/sickness. Please be sure to inform of the names of chemicals involved if the accident happened during a chemical experiment.

##### «Hospitals near JAIST»

Hospital	Address	Phone Number
Hoju Memorial Hospital	11-71, Midorigaoka, Nomi, 923-1226	0761-51-5551
Tsurugi Hospital	No-1, Tsurugimitomachi, Hakusan, 920-2134	076-272-1250
Shinmura Hospital	722-12, Tsukihashi-machi, Hakusan, 920-2104	076-273-0100

For details, please refer to the website of each hospital and "Chapter 3-III-5. Health Care".

#### 3-I-2. When you get sick or injured...

##### (1) AED (Automated External Defibrillator)

If somebody suddenly falls unconscious in cardiac arrest, use the AED.

<AED Placements>

In front of the Health Care and the Career Support Office

1F of the Administration Bldg.

2F of the School of Knowledge Science Bldg.III

2F of the School of Information Science Bldg.III

2F of the School of Materials Science Bldg.II

1F of the Institute Hall

In the entrances of Student Housings 2 and 3

JAIST shop : Daily Yamazaki

Bus stop : JAIST shuttle Bus(Tsurugi Line).

Gymnasium

##### (2) Prevention of Infections

If you have a case of infection or suspected of being infected, please go to the Health Care or a local hospital.

##### (3) Hospitals

Be sure to take your National Health Insurance Card with you for your initial visit and first visit of the month to a hospital. In the case of hospitalization, be sure to inform your supervisor.

You can obtain basic medicines for colds, indigestion, painkillers and compress at pharmacies without a prescription.

##### (4) Calling an Ambulance

##### **Ambulance: Dial 119 (Hyaku-juukyuu-ban)**

- Tell that you need an ambulance (since fire engines are dispatched from the same number).
- Tell the location and the directions to get there and any notable landmarks.

Note:

English can be used. However it would be better if you use Japanese as much as possible.

e.g.) "Ambulance, please." → "Kyūkyūusha wo onegaishimasu."

"The place is ○○." → "Basho wa ○○ desu."

(English)

(Japanese)

When calling from a public telephone, you can call toll free by pressing the red button.

※ Refrain from calling an ambulance unless there is a dire need such as serious and major illnesses or injuries that need immediate care.

For more mild illnesses or injuries call a taxi. (Please refer to "Chapter 2-14.(8) Taxi and Highway Express Bus" for the phone numbers.)

※Please be sure to contact our Disaster Prevention Center (0761-51-1000) when calling an ambulance.

### 3-I-3. When Accidents or Incidents Occur...

#### (1) Police

If an incident or accident occurs, please report to the nearest police station, Koban or Chuzaisho. Also, when emergencies occur, please contact the police as soon as possible by dialing 110 (toll free). This number handles all cases and will immediately dispatch the nearest police patrol cars and officers to the scene.

#### **Police: Dial 110 (Hyaku-toh-ban)**

- Calmly inform the police whether it is an accident or incident.
- Note** : Some officers may not be able to respond in all languages, so if you think your message is not understood, please try to speak Japanese slowly or find someone who can speak Japanese.  
Call “#9110” for a non-emergency case.

※Please be sure to contact our Disaster Prevention Center (0761-51-1000) and Student Affairs Department or your supervisor when calling the police.

#### (2) Police Help Line

Please call the Police whenever you are a victim of crime or need police assistance. Consultation in English, Chinese, Spanish, Portuguese and Russian is available.

#### Police Help Line

TEL : 076-225-0555  
Hours : 9: 00 - 17: 00  
(weekdays only)

#### Help Line (Japanese)

TEL : 076-225-9110 (24hours)

#### (3) If a Fire Breaks Out

If a fire breaks out, first push the emergency button and warn people by shouting “Kaji da! (Fire!)” and call the fire department (dial 119). If a fire breaks out on campus, please also call the Disaster Prevention Center(TEL:0761-51-1000), and report the situation.

#### **Fire Department: Dial 119(Hyaku-juukyuu-ban)**

- Tell the operator that you want the fire engine (because the fire department office also dispatches ambulances)
- Give the address, your name, telephone number and any landmarks nearby.
- Say what is on fire.
- Note** : Calling in English is possible but please try to speak in Japanese.  
e.g.) “Please send a fire engine.” → “Syoubousya wo onegai shimasu.”  
“The place is ○○.” → “Basho wa ○○ desu.”  
(English) (Japanese)

※Please be sure to contact our Disaster Prevention Center (0761-51-1000) and Student Affairs Department or your supervisor when getting a fire engine.

### 3-I-4. Protection against Disasters

#### (1) Earthquakes

Although the Ishikawa campus is in a fairly safe, Japan is an earthquake-prone country. Please check the location of the place of refuge in your area beforehand, and consider the steps you must take in emergency situations. Preparation for disasters prevents panic.

<JAIST TOP PAGE → Internal Use Only → Guidelines for Crisis Management at JAIST>

#### (2) Emergency Broadcast System for Protection against Disasters

Nomi city office prepares an Emergency broadcast system for protection against large-scale disasters in Nomi city or around the town such as an earthquake or the flooding of the Tedori River. For the purpose of checking the function of the system and working as a time signal, melody is usually broadcasted across Nomi city over this system once a day:18:00. If something other than the melody is broadcasted, please ask a person around you what happened and follow his/her directions.

#### (3) Red Sirens on the Tedori River Bank

The sirens will be sounded for a warning against the danger of the discharge of water from Tedori Dam. If you hear a sound of a siren when you are playing or fishing at the shores of the river, you must immediately escape to a safe place from the water. The sirens will also be sounded when the Tedori River rises considerably from heavy rain.

#### (4) Disaster Emergency Message Dial

In the occasion of a major disaster, each telephone company provides a service in which people within the disaster area can post messages via mobile phones, etc., in order to notify family and friends of their personal safety and whereabouts. Please know how to use this service and share the information with family, friends, etc.

#### (5) Safety Confirmation System

JAIST has introduced a safety confirmation system "ANPIC " that utilizes the Internet for quick and reliable safety confirmation when a large-scale disaster such as an earthquake and a natural disaster occurs. **Please be sure to register ANPIC beforehand. Also, please register more than 1 frequently email address to receive the emails from ANPIC definitely.** Please refer to the end of this book for information on registration method.

<JAIST Top Page → Safety Confirmation System >

### 3-I-5. Possession of Narcotics

In Japan possession of all narcotics is illegal and strictly prohibited. When going abroad or leaving Japan temporarily, never agree to look after a stranger's luggage at the airport.

In recent years many cases of university students' violation of the Cannabis Control Law have been reported in the media, such as possessing, selling or growing cannabis illegally. According to WHO, cannabis causes a harmful effect on memory, a deterioration in learning ability, a change in perception and/or loss of a personality of the person. It is said that the dependence property on cannabis remains even after you stopped using it.

Recently, cases of crimes and serious car accidents caused by legal drugs abusers has become social problems. Legal drugs contain materials whose chemical constitution was slightly changed from illegal drugs. Legal drugs affect a human bodies in the same way or worse than illegal drugs.

Not only the abuse of Cannabis but abuse of other drugs such as narcotics, stimulants and inhalants is said to have very harmful effects especially on young people. It can destroy both the mind and body, and can lead to the dissolution of family and friend relationships. Therefore, the use of such drugs is regulated by law in Japan and the violators are severely punished.

### 3-I-6. Prevention of Harassment, etc

Harassment and sexual violence are not tolerated, because they interfere with the rights, dignity, honor and privacy of individuals, and a healthy educational and research environment. Each university employee and student should pay a special attention to what they speak and how they act to prevent harassments, etc., esteem other members' individuality and maintain a healthy, comfortable campus environment.

#### (1) Typical Types of Harassments, etc.

##### ① Sexual violence

Sexual violence is defined as sexual relations or indecent acts without sexual consent, whether between opposite or same sex persons.

##### ② Sexual harassment

Sexual harassment involves any unwelcome verbal or physical conducts of a sexual nature.

##### ③ Academic harassment

Academic harassment involves abusing superiority or authority in the academic environment which makes you feel distressed, humiliated or threatened.

##### ④ Power harassment

Power harassment involves any intimidating verbal or physical conducts abusing superiority/authority in the working environment.

#### (2) Consultation for Harassment, etc.

JAIST provides counseling service for anyone to talk about their problems and feelings in a confidential environment. The list of the counselors can be viewed at the web site:

<JAIST TOP PAGE → Internal Use Only → Other Information → Prevention of Harassment>

## II. Residence and Registration Procedures

### 3-II-1. Residence Registration

#### Residence Registration (Japanese Students)

Complete necessary procedures at the local public office within 14 days of moving in. You will need a Certificate of Transfer (転出証明書) from the local public office where you were previously living, your seal(hanko),etc.

#### Notification of place of residence (International Students)

Non-Japanese nationals who plan to stay residing in Japan for more than 3 months must take the required procedures at a local public office.

##### (1) When coming to Japan for the first time

Non-Japanese nationals must notify the Ministry of Justice of their residence with their residence card at the local public office where they live within 14 days of finding a place to live. If you haven't received a residence card at the port of entry/departure and are in possession of a passport stating "A residence card will be issued later.", you are required to bring your passport to the local public office where you live and follow the necessary procedures. A residence card is not issued unless you register your address. Please note that you must carry this Residence Card with you at all times.

Please apply for Japan National Health Insurance (JNHI) (3-II-2) and Japan National Pension System (3-II-3) at a local public office when you make a notification of place of residence.

#### 《My Number System and Notification Card》

##### What is a "My Number"?

An Individual Number, "My Number" is an important 12-digit number for the appropriate and efficient management of personal information used for tax, social security, and in relation to disaster prevention measures, that is allocated to each and every individual (including foreign nationals) with a certificate of residence within Japan to be used throughout one's whole life.

Businesses such as companies are required to record Individual Number on various applications and reports prescribed by law and provide them to relevant institutions. As a business, JAIST is also required to ask international students engaged as TA, RA, etc. for information about Individual Number, including dependent family members.

##### Individual Number Notice

If international students newly come to Japan and register as residents, an Individual Number Notice will be sent by registered mail to the address on your residence registration within a few weeks. Please make sure you receive the card and keep it in a safe place.

An Individual Number Notice cannot be used as proof of an Individual Number or as identification. Please don't use it for general identification procedures.

##### (2) When moving to a new residence

Those who has changed his/her place of residence must notify the Ministry of Justice of his/her new residence with his/her residence card at the local public office of his/her new residence within 14 days of moving to the new residence. If you move to a different municipality (city/town/village), you are required to make a notification of moving out at the local public office where you used to live and bring a Certificate of Transfer (転出証明書) issued by the local public office of your previous residence and your residence card to the local public office of your new residence. As soon as you get the new address on your residence card, please send a copy of both sides of the card via-e-mail to International Student Section (ryugaku@ml.jaist.ac.jp).

##### (3) When getting a Certificate of Residence (Paper-based Certificate)

This certificate verifies the content of the registration such as your name, date of birth, sex, address, nationality/region, status of residence, and period of stay etc. You may be required to submit this certificate to the International Student Section for a scholarship application or to the Immigration office. You can request the local public office to issue a copy of this Certificate of Residence (300 yen/ a copy in Nomi city). You must show your residence card when you apply.

##### (4) When Leaving Japan

Non-Japanese nationals who do not have any plans to re-enter Japan must return their residence card to a Immigration officer at the passport control counter of the departure airport.

### 3-II-2. Japan National Health Insurance (JNHI)

In order to apply for the Japan National Health Insurance, you must go to the local public office with your "hanko".

International students at JAIST with a student visa are required to join the Japan National Health Insurance plan. This insurance generally covers about 70% of medical costs. Some specific cases may not be covered. Please make sure whether the treatment will be covered by the insurance or not before you undergo any treatment. Family members can join the insurance plan as dependents.

Please complete the application at a local public office at the same time of your residence registration. The bill of the insurance premium is sent to you every month, and you can pay for it at a post office/a bank/convenient store. You can also arrange for the premiums to be automatically deducted from your bank account.

Residents without income in the previous year in Japan will receive a reduction on their insurance premiums. Please inquire at the local public office for further information.

In addition, current health insurance cards will be abolished, and new issuance and reissue will end. From now on, the system will be shifted to a system based on health insurance card use of My Number Card (Myna Insurance Card), but issued insurance cards can continue to be used for up to one year until the stated expiration date.

Those who have registered for the use of the Myna Insurance Card will receive the "Notification of health insurance eligibility information" showing their registration status. Those who have not registered for the use of the Myna Insurance Card, etc., will receive the "Eligibility Certificate" in turn within the expiration date of their current health insurance card, and they will be able to visit medical institutions as before.

(Reference)

My Number Card as your Health Insurance Certificate (Information for Foreign Residents)

[https://www.mhlw.go.jp/stf/newpage\\_51604.html](https://www.mhlw.go.jp/stf/newpage_51604.html)

Please take necessary procedures at the local public office when...

➤ **Moving to another city in Japan...**

Please re-apply for the Japan National Health Insurance at the city hall in the new city.

➤ **Returning to your home country...**

Consult with the local public office about 2 weeks before you leave Japan.

### 3-II-3. Japan National Pension System

Regardless of nationality, all registered residents of Japan aged 20 and over are required by law to enroll in the National Pension system and pay contributions. Please follow necessary procedures at the city hall with your Basic Pension Number Notice (or Japan National Pension Handbook) and "hanko". If you enter Japan from abroad and completing resident registration at the city hall, you need to take the enrollment procedure at the same time. When your enrollment procedure is completed, you will receive your Basic Pension Number Notice.

Students can apply for "Special Payment System for Students", which is deferring the payment of national pension according to their annual income of the previous year. Please contact the local public office for the details (Please check the following website for more information.). If you applied for "Special Payment System for Students" in the previous year and would like to continue this system, you have to complete the renewal procedures following a renewal notice from the National Pension Service during late March and April every year.

< Japan Pension Service ( <https://www.nenkin.go.jp/international/index.html> ) → Japanese Social Insurance Systems → National Pension System → National Pension System → Contributions → Special Payment System for Students >

The Japan Pension Service website provides information on the National Pension Plan in easy-to-understand Japanese for foreign residents. You can also view pamphlets in various languages, including English.

【[https://www.nenkin.go.jp/tokusetsu/gaikoku\\_nenkin.html](https://www.nenkin.go.jp/tokusetsu/gaikoku_nenkin.html)】

*\*For those who are facing loss of jobs and appreciable income reduction due to COVID-19, the application for special payment system for students has become temporarily simplified by one's declaration of expected income.*

Please take necessary procedures at the local public office when...

➤ **Moving to another city in Japan...**

Please take necessary procedures at the city hall in the new city.

➤ **Returning to your home country...**

Consult with the local public office about 2 weeks before you leave Japan. If you have any possibility of coming back to Japan in the future, please keep your Basic Pension Number Notice (or National Pension Handbook) and bring it with you when you come back.

### III. Guide for daily living

This chapter contains basic and useful information for the JAIST international students (and their families). We hope this guide will help you become accustomed to life in Ishikawa easily.

Please use this information at your own responsibility. In Japanese society, keeping good manners, moral values, and obeying rules (respect for others, punctuality, hygiene, etc.) are very important. Living in Japan is sure to be full of things you are unaccustomed to but please keep this in mind and live in commune with friends and the local residents.

#### 3-III-1. Financial Institutions

It is very useful to have a bank account in a Japanese bank while you are at JAIST. You can receive scholarship, pay various bills and taxes through your account. At and around JAIST, however, the place where ATMs are located or where you can use your cash card/credit card are limited. The closest Japan Post Bank is located at the Miyatake Post Office.

The below is the two institutions where you might want to have an account.

##### (1) Japan Post Bank

###### Tsurugi Post Office

Add: 52-3, He, 4, Tsurugi-honmachi,  
Hakusan, 920-2199  
Tel: 076-272-0100  
Open: 9:00 - 16:00 (weekdays)  
\*5 min. walk from the Hon-tsurugi JAIST shuttle bus stop

###### Miyatake Post Office

Add: 9-1, Ho, Miyatake-machi,  
Nomi, 923-1205  
Tel: 0761-51-2987  
Open: 9:00 - 16:00 (weekdays)  
\*2 min. walk from Nomi Bus Miyatake Elementary school bus stop(IW13)

##### 《Requirements for opening an account (for International Students)》

- ① Your seal, “Inkan (hanko)”
- ② A passport
- ③ A residence card
- ④ Student ID Card

➤ When opening an account, fill out the application form on the post office website below, print it out, and bring it to a post office.

- To all Japan Post Bank Customers with non-Japanese Citizenship  
[https://www.jp-bank.japanpost.jp/kaisetu/pdf/kaisetu\\_en.pdf](https://www.jp-bank.japanpost.jp/kaisetu/pdf/kaisetu_en.pdf)
- Application Form Creation Page for Account Opening  
[https://jp-bank-kaisetsu.japanpost.jp/account\\_open/0010.php](https://jp-bank-kaisetsu.japanpost.jp/account_open/0010.php)

➤ You can apply to open an account with smart phone application.

- Yucho Tetsuzuki App  
[https://www.jp-bank.japanpost.jp/app/tetsuzuki/app\\_tz\\_en.html](https://www.jp-bank.japanpost.jp/app/tetsuzuki/app_tz_en.html)

##### 《Note》

###### · Procedure for the change from “Non-Residents” to “Residents”

By the law of the Foreign Exchange and Foreign Trade Act, foreigners who have been in Japan for less than 6 months (including international students) are classified as “Non-Residents”, and foreigners who have been in Japan for more than 6 months are classified as “Residents”. Under the law, your domestic remittances are treated as international remittances in principle, and the fees are high. Also, since receiving a scholarship from JAIST will be also treated as an international remittance, the payment may be delayed.

Therefore, after 6 months from the date of entry into japan, please change your status from “Non-Resident” to “Resident” at a Japan Post Bank counter.

- “My number” is mandatory to make / receive out of country remittance.
- English guidance is available in the Japan Post Bank’s ATMs.
- Yucho Call Center

Tel: (Domestic call) : 0120-108-420 (toll-free number) \*Japanese only  
(International call) : +81-50-3850-7788 (pay call) \*Japanese only  
Office Hours : 9:00 a.m. - 7:00 p.m. (Weekdays)  
9:00 a.m. - 5:00 p.m. (Weekends & Holiday)  
Website: [https://www.jp-bank.japanpost.jp/en\\_index.html](https://www.jp-bank.japanpost.jp/en_index.html)



## (2) Hokkoku Bank (Bank Code: 0146)

### Tatsunokuchi Branch (Branch code: 217)

Add : 104, Tatsunokuchi-machi,  
Nomi, 923-1245  
Tel: 0761-51-3101  
Open: 9:00 – 15:00 (weekdays)  
\*7 min. walk from Tatsunokuchi Sogo  
Fukushi Kaikan

### Tsurugi Branch (Branch code: 219)

Add: Ni 87-1, Inokuchi-machi,  
Hakusan, 920-2154  
Tel: 076-272-1122  
Open: 9:00 – 15:00 (weekdays)  
\*15 min. walk from Koyanagi station of  
Hokuriku Railroad

#### 《Requirements for opening an account (for International Students)》

- ① Your seal, “Inkan (hanko)”
- ② A passport
- ③ A residence card (If your residence card is not issued yet, you can show the certificate of residence issued by a city hall.)

#### (Note)

- English guidance is available in the Hokkoku Bank ATMs.
- International remittance is available at the teller's counters.

## 3-III-2. Postal Services

Post offices are open from 9:00 a.m. to 5:00 p.m. (Mon. - Fri.) and are closed on weekends and holidays. There are offices that are open on weekends in some areas. For details of the services, please refer to the website of Japan Post Service Co., Ltd.:

[https://www.post.japanpost.jp/index\\_en.html](https://www.post.japanpost.jp/index_en.html)

At shops displaying the postal mark 〒 (e.g. the JAIST convenience store on campus), you can buy stamps and drop mails.

### (1) International Mail

There are three shipping types of international mail: Airmail, Surface mail and Economy Airmail (SAL). Rates and speed of delivery can be chosen according to individual needs. In addition, Express Mail Service (EMS), the fastest delivery service, is available. Please refer to the website of Japan Post Service Co., Ltd. for details: [https://www.post.japanpost.jp/int/service/dispatch/index\\_en.html](https://www.post.japanpost.jp/int/service/dispatch/index_en.html)

### (2) Domestic Mail

Domestic mail can roughly be classified into two types: letter-type postal items and parcels.

- ① Letter-type postal items can be sent in four classes from first- to fourth-class depending on shape and purpose. First-class is for letters and business documents and second-class for postcards. Third-class is for periodicals such as newspapers and magazines, while fourth-class mail is used to send educational as well as correspondence course materials, and mail for the blind. Lower rates are offered for third- and fourth-class mail since they contribute to the promotion of public welfare and social or cultural advancement.
- ② Parcels can be sent with charges based on size and weight. You can send items weighing up to 3kilograms by Yu-Mail (booklet parcel post), 4kilograms by Letter Pack, and up to 30kilograms by Yuu-Pack (ordinary parcel post). Parcel post allows you to enclose a brief message or invoice along with the item being sent and Letter Pack allows you to send letters.

Other optional services such as registered mail, express mail, etc. are available at an extra fee. Please refer to the website of Japan Post Service Co., Ltd. for details: <https://www.post.japanpost.jp/english/service/>

### (3) Other Services of Domestic Mail

- ① Forwarding

You can have mail redirected to a new address by submitting a “Change of Address Notice” to the post office or register your forwarding address on the e-Tenkyo, free forwarding service of Japan Post. Mail delivered to your previous address will be forwarded to the new address for one year. Items will not be forwarded overseas. For details, please ask the post office or call the postal service information (in English) as below.



## ② Redelivery Service

If you are not home when a registered mail or parcels is delivered, the post officer will leave a "Non-delivery Notice" in your mail box and take the item back to the post office. If you wish to have your postal item redelivered, follow the instructions on the notice. You can pick it up at the post office. Items will be kept at the post office until the date stated on the notice.

For more detailed information, please check the Japan Post Service website.

### Customer Service Center

Tel: (Japanese only) 0120-23-28-86(toll free)

(English) 0570-046-111(from mobile phone) \*chargeable call

Office Hours : 8:00 a.m. - 9:00 p.m.

Website: [https://www.post.japanpost.jp/index\\_en.html](https://www.post.japanpost.jp/index_en.html)

## 3-III-3. Home Delivery Service

You can send packages by the postal service and by a home delivery service as well. Packages will be delivered within 1~2 days in Japan. Some companies also have moving services. When you send a package abroad, check goods prohibited from being imported into the country of destination before you pack them. The JAIST convenience store, convenience stores, and local supermarkets, stores handle packages as an agent of a delivery company. Those agents show signs of each company's mark. You can ask a delivery company come to your home to pick up your package by phone call and on the Internet. If you packed some fragile things or perishables, tell so to your delivery agency. Such packages will be handled carefully. Additional rate will be charged on perishables.

### (1) Major Delivery Companies

#### **Yamato Transport** Domestic and International

Tel: 0570-200-000 (Phone reception time : 8:00-21:00)

Website: <https://www.kuronekoyamato.co.jp/en/>

#### **Sagawa-Kyuubin (Hakusan Office)** Domestic and International

Tel: 0570-55-0386 (Business Hours: 8:00-19:00)

Pickup service phone line : 0120-700-850 (toll free)

Website: <https://www.sagawa-exp.co.jp/english/>

#### **FedEx Japan**

Website: <https://www.fedex.com/en-jp/home.html>

## 3-III-4. Telephone

### (1) Mobile Phones

You can buy a mobile phone and sign up for services at mobile phone shops and electronics retail stores in the city. You will need to present your identification, such as your residence card, to prove your identity and address. Since rates and services vary by companies, be sure to check and find the carrier that best suits you.

**NTT docomo** (<https://www.docomo.ne.jp/english>)

**SoftBank** (<https://www.softbank.jp/en/>)

**au by KDDI** (<https://www.au.com/english/>)

**Y!mobile** (<https://www.ymobile.jp/english/>)

※ You can also make international call with your mobile phone. Since usage methods and fees vary by company, please refer to the websites of each mobile phone companies.

### 3-III-5. Health Care

Foreigners residing in Japan with student visas and/or dependent visas are required to join Japan National Health Insurance Plan. Also, JAIST requests all students join **Personal Accident Insurance for Students Pursuing Education and Research (PAS)** and **Liability Insurance for Students Pursuing Education and Research (LSR)**. Please refer to “Chapter 2-9. PAS coupled with Liability Insurance”.

If you don't feel well or sense a change in your health conditions, please go to the Health Care Center as soon as possible. When going to the Health Care Center or any other medical institutions, be sure to check clinic hours.

#### (1) Hospitals

※Our Health Care Center refers you to hospitals.

※Not each medical facilities have foreign language support at all times. Therefore, it is advisable to see a doctor with someone who speaks Japanese well.

Houju Kinen Byoin

#### ◆ Houju Memorial Hospital 芳珠記念病院 << English available >>

Address	11-71, Midorigaoka, Nomi, 923-1226
Telephone	0761-51-5551
Open	7:45-11:30, 13:30-16:30
Clinic Hours	8:45-12:30, 14:00-17:15
Closed	The 1st & 3rd Saturdays, Sundays, National holidays Please confirm the consultation days and hours by their website, etc. since they are different depending on the department.
Departments	Internal medicine, Orthopedic surgery, Neurosurgery, Ophthalmology, Obstetrics and Gynecology, Pediatrics, Otorhinolaryngology, Dermatology, Urology, Plastic Surgery, Dentistry/Oral surgery
Access	Go to 【Houju Memorial Hospital(芳珠記念病院)】 by Nomi bus
Website	<a href="https://www.houju.or.jp/">https://www.houju.or.jp/</a> (Japanese)

Koritsu Tsurugi Byoin

#### ◆ Tsurugi Hospital 公立つるぎ病院 << English available >>

Address	1 No Tsurugi-mitomachi, Hakusan, 920-2134
Telephone	076-272-1250
Open	8:00-11:30, 13:00-16:30 (Internal medicine 13:00-15:00) (Mon. - Fri.)
Clinic Hours	8:30-12:00, 13:00-17:15 (Mon. - Fri.)
Closed	Saturdays, Sundays, National holidays Please confirm the consultation days and hours by their website, etc. since they are different depending on the department.
Departments	Internal medicine, Pediatrics, Surgery, Gastroenterology, Orthopedic surgery, Gynecology, Neurosurgery, Dermatology, Urology, Ophthalmology, Otorhinolaryngology, etc.
Access	5 min. on foot from Tsurugi-honmachi JAIST Shuttle bus stop
Website	<a href="http://www.tsurugihp.jp/">http://www.tsurugihp.jp/</a> (Japanese)

## ◆ Shinmura Hospital 新村病院 &lt;&lt;English available&gt;&gt;

<b>Address</b>	722-12, Tsukihashi-machi, Hakusan, 920-2104
<b>Telephone</b>	076-273-0100
<b>Open</b>	8:30-11:30, 14:30-17:00 (Mon. Tue. Thu. Fri) 8:30-11:30 (Wed. Sat.)
<b>Clinic Hours</b>	8:30-12:00, 14:30-17:30 (Mon. Tue. Thu. Fri) 8:30-12:00 (Wed. Sat.)
<b>Closed</b>	Sundays and National holidays Please confirm the consultation days and hours by their website, etc. since they are different depending on the department.
<b>Departments</b>	Surgery, Orthopedic surgery, Internal medicine, etc.
<b>Access</b>	15 minutes on foot from Hokutetsu Tsurugi Station
<b>Website</b>	<a href="https://shinmurahp.com">https://shinmurahp.com</a> (Japanese)

## (2) Dental Clinics

Clinic	Address	Telephone
<b>Tsuda Dental Clinic</b>	4-5-4 Tsurugi-honmachi, Hakusan, 920-2121	076-272-0566
<b>Kido Dental Clinic</b>	3-Wo-70 Tsurugi-honmachi, Hakusan, 920-2121	076-273-0811
<b>Miyaura Dental Clinic</b>	212 Deguchi-machi, Nomi, 923-1247	0761-52-0885
<b>Shiomura Dental Clinic</b>	509-1 Tatsunokuchi-machi, Nomi, 923-1245	0761-51-6171

## (3) Mental Care

Living in a foreign country or new place may make you feel stressed, not only from adjusting to new customs but also from studies and researches. It could happen to anyone, so please ask for help if you have any anxieties. Counseling requires advanced reservation.

There is also an Anything/Everything Counseling Room by doctoral students. Feel free to stop by.

Following organizations provide you with information and opportunities for international exchange. Please use them to refresh yourselves.

## ◆ International Exchange Organizations

<b>Nomi International Exchange Association</b>	Add: Yo47 Terai-machi, Nomi, 923-1121 Tel: 0761-57-3751 ( <a href="https://sites.google.com/view/niea/">https://sites.google.com/view/niea/</a> )
<b>Ishikawa Foundation for International Exchange</b>	Add: 1-5-3 Honmachi, Kanazawa (3F Rifare Bld.), 920-0853 Tel: 076-262-5931 ( <a href="https://www.ifie.or.jp">https://www.ifie.or.jp</a> )
<b>Kanazawa International Exchange Foundation (KIEF)</b>	Add: 1-5-3 Honmachi, Kanazawa (2F Rifare Bld.), 920-0853 Tel: 076-220-2522 ( <a href="https://www.kief.jp">https://www.kief.jp</a> )

## (4) Childbirth

**\*It is advisable to see a doctor with someone who speaks Japanese well.**

If there is a possibility of pregnancy, please see a gynecologist. If you are pregnant, a doctor will issue a Pregnancy Report. Please submit this report to Nomi City Hall and receive a Mother and Child Health Handbook (*Boshi techo*). *Boshi techo* is a small notebook to keep a record of prenatal checkups, progress of childbirth conditions, etc. Also some amount of the prenatal checkups may be covered by the local government if you carry this book. For details, please check the Nomi City website.

<https://www.city.nomi.ishikawa.jp.e.bg.hp.transer.com/www/genre/1000100000011/index.html>

### (5) Health Checkups, Immunizations for Children, and Counseling on Raising Children

If you have children under eighteen years old, you may also receive some financial support from Nomi City for medical checkups and immunization. When you apply for Birth Registration (or move into a new city), the city hall will give you the information.

\*In Nomi city, medical checkups and other affairs are conducted below.

Nomi City Health and Welfare Center “Sante”

Add: Nu-48, Terai, Nomi, 9223-1121 Tel: 0761-58-2235

## 3-III-6. Nursery Schools & Kindergartens

### (1) Nursery School / Day-Care Centers

A nursery school is a government-run facility according to Child Welfare Act under the jurisdiction of Ministry of Health, Labour and Welfare, and they can accept children who require daytime childcare for reasons such as the parents' working.

You may not enroll your child into nursery school soon after coming to Japan since the application period is set, and their capacity and the time when they start accepting new nursery school toddlers are limited by law. If you are planning to enroll your child into nursery school, please consult the following day-care center or Support for child care section, Health and Welfare Department of Nomi City Hall in Japanese prior to application for admission, and confirm when you can apply and enroll your child into the nursery school. They do not accept your application in English, so please be sure to apply in Japanese. Please note that you cannot ask your tutor to help you on your family matter like this.

Enrollment into nursery schools will be determined in order of priority based on your eligibility such as working out of home in the daytime. Therefore, you might not enroll your children into nursery schools or continue to do that when there are other applicants having higher priority. Usually, they tend to accept children whose parents are actually working at companies in priority to children whose parents are students.

#### Miyatake nursery school (Nomi Municipality)

Fee is charged (Childcare cost is determined by the previous year's income of the parents'.)

Add: 230, Miyatake-machi, Nomi, 923-1205

Tel: 0761- 51-2361

#### Childcare Hours 8:00~16:00

School bus and Lunch are provided (They might not deal with allergies or food restrictions.)

**Eligible age** 2 months~before entering elementary school

#### Overtime Care & Overtime Charge

The usual hours of nursing and overtime charge depend on the classification of approval. For detailed information, please refer to the Nomi City website.

<https://www.city.nomi.ishikawa.jp.e.bg.hp.transer.com/www/contents/1001000000078/index.html>

You must pick up your child by yourself for overtime care.

\*For more information, please contact Miyatake nursery school directly.

#### Temporary Childcare Fee is charged

Temporary childcare is available at **Miyatake nursery school** for children whose parents cannot take care of them on particular days or particular hours. Application procedures are required by the day before the date you wish to use the service.

#### Support for child care section, Health and Welfare Department (Nomi City Hall)

Add : 1110 Raimaru-machi, Nomi, 923-1297

Tel : 0761-58-2232

## (2) Kindergartens

A kindergarten is an educational facility for children of preschool age (usually 3-before entering elementary school) according to School Education Act under the jurisdiction of Ministry of Education, Culture, Sports, Science and Technology. You are not required to give them a reason why you need daytime childcare, but childcare cost is relatively higher than that of nursery schools. Tsurugi-Daiichi-Yochien, a private kindergarten, is nearest to JAIST. If you are planning to enroll your child into kindergartens, please consult them in Japanese prior to application for admission, and confirm when you can apply and enroll your child into the kindergartens. They do not accept your application in English, so please be sure to apply in Japanese. Please note that you cannot ask your tutor to help you on your family matter like this.

### **Tsurugi-Daiichi-Youchien** (Fee is charged)

Add: 122-1 Ro, Tsurugi-Hiyoshi-machi, Hakusan, 920-2112

Tel: 076 -273 -0066

<http://daiichi.tsurugakuaiwa.jp/> (Japanese)

**Childcare Hours** 8:00-14:30 (Mon.-Fri.), 8:00-13:00 (Sat.)

School bus and Lunch are provided (They might not deal with allergies or food restrictions.)

### **Overtime Care & Overtime Charge**

The usual hours of nursing and overtime charge depend on the classification of approval. For detailed information, please refer to their website.

You must pick up your child by yourself for overtime care.

\*For more information, please contact Tsurugi-Daiichi-Youchien directly.

## (3) Other Childcare Facilities / Services

The following are additional facilities and support programs to cover childcare needs besides nursery schools and kindergartens. If you are interested in any of these, please feel free to contact for more information.

### **Nomi City Health and Welfare Center “Sante”**

Add: Nu-48, Terai, Nomi, 923-1121

Tel: 0761-58-2235

Feel free to inquire about consultation on pregnancy, childbirth, and childcare, as well as health checkups for infants and children.

#### **~ Baby and Maternity visits~**

Around 2 months after birth, a public health nurse or midwife will visit the home to provide consultation on immunizations, growth and development of child, as well as the mother's postpartum physical and mental health. Center will call you to schedule a visit.

(\*Please contact them if you wish to make a visit earlier.)

### **Nomi City Child-Support Center**

Add: Ta-8-1, Terai, Nomi, 923-1121

Tel: 0761-58-8200

The Child-Support Center is a place where parents and children can easily drop in and spend their time freely.

There are counseling services for those who have troubles or questions on raising children, lecture on childcare and clubs for parents and children activity.

## 3-III-7. Education for family

### (1) Compulsory Education

In Japan, it is compulsory for parents/ guardians to have their children attend school for 9 years; 6 years of elementary and 3 years of junior high school. It is not required for non-Japanese national children, but you may have your children attend a school at your request. However, you cannot enroll your child into school whenever you like since the time of enrollment is limited. You will need to apply for permission to enroll your child and if you make an application in advance, you will receive a notice to take to the government office with the child's Residence Card as part of the necessary paperwork. Although public compulsory schools require no tuition fees in principle, additional expenses such as lunch money may be necessary.

### (2) Elementary School

In Japan, children who have reached the age of 6 as of April 1 in the year of entrance can enter an elementary school. Most public elementary schools require no admission exam. Please contact the government office in the ward (or city, town or village) where you reside and its board of education. Miyatake Elementary School is the nearest to JAIST.

#### **Miyatake Elementary School (Nomi Municipality)**

Add: I-153, Miyatake-machi, Nomi, 923-1205

Tel: 0761-51-2309

<https://cms1.ishikawa-c.ed.jp/miyate/> (Japanese)

\* They might not deal with allergies or food restrictions.

#### **New Students**

All necessary procedures will be mailed to Nomi City residents. Contact Nomi City government office.

#### **Transfer Students**

If you move to a new city, please contact the government office in the new city in advance and ask for all necessary information to transfer to a new school. Usually some official documents issued by the former school such as a Student Registration Certificate (在学証明書), etc.

#### **(Note)**

Everything will be conducted in Japanese. Please be accompanied by someone who can interpret for you. Mail is also written in Japanese. Please ask someone to translate, if you cannot understand.

### **(3) Care for School Children after School Hours “Gakudo Club”**

Care-service for 1<sup>st</sup>-6<sup>th</sup> graders of elementary school, whose parent/ guardian is absent from home after school hours is available. Student Housings residents can join “Miyatake Gakudo Club” at Miyatake Children’s House.

#### **Miyatake clubs for after school activities for children (Fee is charged)**

Add: 7-1, Ha, Miyatake, Nomi, 923-1205 (at Miyatake Children’s House)

Tel: 0761-51-5532

<https://www.city.nomi.ishikawa.jp.e.bg.hp.transer.com/www/contents/1001000000412/index.html>

Reception period: Early October to Mid-October

After the reception period, please contact to Miyatake clubs.

### **(4) Junior High School**

Children who live in JAIST Student Housing belong to the district of Tatsunokuchi Junior High School.

If you wish to have your child go to a national, prefectural, or private junior high school, you should consult with your child’s elementary school at an early stage.

#### **Tatsunokuchi Junior High School (Nomi Municipality)**

Add: 129, Tatsunokuchi-machi, Nomi, 923-1245

Tel: 0761-51-3532

<https://cms1.ishikawa-c.ed.jp/tatsukuj/> (Japanese)

For transferring, please contact Nomi city office and the school.

## **3-III-8. Culture / Sports Facilities**

### **(1) Libraries**

#### **JAIST Library (Open 24 hours)**

Students and faculty members can automatically pass through the library gate with their Student ID / other JAIST ID.

<https://www.jaist.ac.jp/library/english/index.html>

#### **Note:**

Family members of students can also use the library services. Please apply at the library information counter.

<https://www.jaist.ac.jp/library/english/general/index.html>

#### **Nomi Municipal Tatsunokuchi Library**

Add: Bo-41, Kurashige-machi, Nomi, 923-1246

(Go to 【In front of Tatsunokuchi library】 by Nomi bus)

Tel: 0761-52-8080

Open: 9:00 - 18:00 \*closed on Mondays and 3<sup>rd</sup> Friday of the month, Year End and Beginning (December 28-January 4)

People living, working, or going to school within Nomi City can apply for a free library card to use the library service. For details on using library services, please contact the library yourself.

<https://www.city.nomi.ishikawa.jp.e.bg.hp.transer.com/www/genre/1000100000285/index.html>

## (2) Community Centers

There are six community centers in Nomi City, each offering a wide variety of cultural activities: music, handcrafts, cooking, art, gardening, tea ceremony, flower arrangement, calligraphy, dance, etc. If you are interested in any of the classes, please contact a community center. Miyatake community center is the closest to JAIST.

<b>Miyatake Community Center</b>	Add: Ha-7-1, Miyatake, Nomi, 923-1205 Tel: 0761-51-5532 *5min. walk from Nomi Bus (for Miyatake Area) Miyatake Shougakkou Mae bus stop.
<b>Iwauchi Community Center</b>	Add: Wa-35, Iwauchi, Nomi, 923-1201 Tel: 0761-51-5105 *5min. walk from Nomi Bus (for Iwauchi Area) Iwauchi Nishi bus stop.
<b>Tatsunokuchi Community Center</b>	Add: Nu-10, Tatsunokuchi, Nomi, 923-1245 Tel: 0761-51-4513 *In front of Nomi Bus (for Miyatake Area) Tatsunokuchi Fukushi Kaikan bus stop.
<b>Hisatsune Community Center</b>	Add: Ni-5, Tokuhisa, Nomi, 923-1235 Tel: 0761-51-2385 *In front of Nomi Bus (for Tokuhisa Area) Tokuhisa bus stop.
<b>Kokuzo Community Center</b>	Add: I-62, Wake, Nomi, 923-1224 Tel: 0761-51-5735
<b>Midorigaoka Community Center</b>	Add: 9-1, Midorigaoka, Nomi, 923-1226 Tel: 0761-51-5545 *In front of Nomi Bus (for Midorigaoka Area) Midorigaoka Yon-Chou-Me bus stop.

## (3) Sports Facilities

A variety of sports activities (swimming, tennis, badminton, soccer, Chinese shadow boxing, karate, dance and yoga, etc.) are offered at the following sports facilities in Nomi City. For more detailed information, contact each facility.

<b>Miyatake Community Center Tobu Gym</b>	Add: Ha-7-1, Miyatake, Nomi, 923-1205 Tel: 0761-51-5532
<b>Tatsunokuchi Sports Park</b> Swimming Pool Tennis Court Baseball Field	Add : Wa-50, Raimaru-machi, Nomi, 923-1245 Tel: 0761-51-6460/ 0761-51-3491 (Baseball Ground) There are a gym, swimming pool, tennis court, and baseball field in the park. *Each facility has different open hours.
<b>Tatsunokuchi Hill Park</b> Spa Pool Tennis Courts	Add: Ne-1-1, Tokusan-machi, Nomi, 923-1222 Tel: 0761-51-4166 <b>Park (Tennis Court)</b> 9:00-21:00 <b>Spa Pool</b> (July-August) 10:00-19:00 (Other Months) 13:00-20:00 (Weekdays) 10:00-17:00 (Sunday & Holidays) *closed on Mondays <a href="http://www.ishikawazoo.jp/tatsu_park/index.html">http://www.ishikawazoo.jp/tatsu_park/index.html</a> (Japanese)
Iwauchi and Hisatsune Community Centers open their pools for children in summer.	

In addition, JAIST students are allowed to use sports/cultural facilities such as gyms, swimming pools and athletics track fields in Komatsu City at half price of the charge by showing Student ID based on the agreement with Komatsu City. Most of these facilities are located within walking distance from Komatsu Station where you can reach by JAIST shuttle Komatsu Station Line.

<Komatsu student village pass>

<https://www.city.komatsu.lg.jp/shiseijoho/8/2/7199.html>



### 3-III-9. Amusement & Recreation

#### (1) Movie Theaters

Some facilities will give a discount if you show your Student ID card.

##### **AEON Cinema Shinkomatsu**

Add: 20gaiku, Okisyuhentochikukakuseirijigyoukuikainai, Komatsu  
<https://www.aeoncinema.com/cinema/shinkomatsu/> (Japanese)

##### **AEON Cinema**

Add: 3-1, Horikawashinmachi, Kanazawa (Kanazawa FORUS Building 7F)  
 Tel: 076-231-8650 <https://www.aeoncinema.com/cinema/kanazawaforus/> (Japanese)

##### **Korinbo 109 Cine-monde**

Add: 2-1-1, Korinbo, Kanazawa (Korinbo TOKYU SQUARE 4F)  
 Tel: 076-220-5007 <https://cine-monde.jimdofree.com/> (Japanese)

##### **United Cinemas Kanazawa**

Add: 1- 70- 1, Takayanagi-machi, Kanazawa  
 Tel: 076-251-7009 <https://www.unitedcinemas.jp/kanazawa/index.html> (Japanese)

Additional facilities are Corona Cinema World, AEON CINEMA Kanazawa, and Cinema Sunshine Kahoku.

#### (2) Zoo

##### **Ishikawa Zoo**

Add: 600, Tokusanmachi, Nomi  
 Tel: 0761- 51- 8500  
 Open: 9:00 - 17:00 April ~ October  
 9:00 - 16:30 November ~ March  
 closed on Tuesdays  
<http://www.ishikawazoo.jp> (Japanese)

#### (3) Amusement Parks

##### **Tatsunokuchi Hill Park**

Add: 1- 1, Ne, Tokusanmachi, Nomi  
 Tel: 0761-51-4166  
 Open: 9:00 - 21:00  
[http://www.ishikawazoo.jp/tatsu\\_park/](http://www.ishikawazoo.jp/tatsu_park/) (Japanese)

##### **Tedori Fish Land**

Add: 58, Tsu, Ao-machi, Nomi  
 Tel: 0761-57-2211  
 Open: Amusement park: 10:00 - 18:00 April – September  
 10:00 - 17:00 October, November, March  
 Closed on Wednesdays  
 10:00 - 17:00 December - February  
 Open on Saturdays and Sundays  
 Shops: 10:00 - 19:00  
<https://tedori.jp/> (Japanese)

##### **Sky Shishiku**

Add: 110, Ri, Hachiman, Hakusan  
 Tel: 076-272-0600  
 Open: 10:00 -17:00 ※Opening hours vary according to seasons.  
<https://city-hakusan.com/shishiku/> (Japanese)

#### (4) Ski Areas

##### **Hakusan Seymour Ski Area**

Add: , Utsuo, Kawachi, Hakusan  
Tel: 076-273-0331  
<http://sam-hakusan.com/seymour/> (Japanese)

##### **Hakusan Ichirino-onsen Ski Area**

Add: 63, Ri, Ozoe, Hakusan  
Tel: 076-256-7412  
<http://sam-hakusan.com/ichirino/> (Japanese)

##### **Note:**

Ski equipments and snowboards are available at the Student Affairs Department (Free of charge), or you can rent ski equipments, ski wears, and snowboards at every ski area.

#### (5) Hot Springs

There are many hot spring bathhouses in Nomi and neighboring cities. You can take a hot spring bath at these public bathhouses at reasonable charges without lodging.

##### **Tatsunokuchi-onsen Souyu Satoyamanoyu**

Add: 3-1 Nu Tatsunokuchimachi  
Tel: 0761-51-2183  
Open: 10:00 - 22:00  
\*closed on the 2nd and 4th Wednesdays of the month  
<https://www.city.nomi.ishikawa.jp/www/contents/1001000000790/index.html> (Japanese)

##### **Tatsunokuchi Furusato Onsen**

Add: 10 Nu Tatsunokuchimachi (Tatsunokuchi Fukushimaikan)  
Tel: 0761-51-4511  
Open: 11:00 - 21:00 Weekdays  
10:00 - 21:00 Saturdays, Sundays and Holidays  
\*closed on the 2nd and 4th Mondays of the month

##### **Kawakita-onsen Fureai-no-yu**

Add: 100 Hitotsuya, Kawakita  
Tel: 076-277-1110  
Open: 10:00 - 22:00 closed on Tuesdays  
<http://www.town.kawakita.ishikawa.jp/seikatsu2/fureai.html> (Japanese)  
\*The Kawakita library is in the 2nd floor of the same building.

#### ◆ How To Use Public Baths

- 1) Please bring your own soap, shampoo, conditioner, small towel (or body scrub/ washcloth). Some places request customers to bring a bath towel too.
- 2) Go to the section of the bathhouse which meets your gender. Bathhouses are divided into two sections (for men and women), but little children can go to either section regardless of gender.
- 3) Take off clothes and put them in a locker in the dressing room. You may feel uncomfortable about being completely undressed among strangers, but it is not the custom in Japan to wear bathing suits at public bathhouses or spas.
- 4) Pour hot water over yourself before soaking in a bathtub. Please wash your body outside the bathtub and do not soak your towel in the bathtub.