

# Information on Daily Life in Japan

## Guide to Living and Studying in Japan

A handbook for living and studying in Japan containing information on questions commonly asked by international students can also be downloaded from our website.

Checklist of things to be done upon arrival living in a foreign country for one year, inevitably involves a few administrative procedures all newly arriving students will have to go through. Of course, the Student Office staff will help you whenever needed and may in some cases accompany students to the municipal offices, real estate agents etc. to help you with application and registration procedures. The following matters are particularly important to deal with as soon as possible after arriving in Japan:

### Foreign Resident Registration

When you arrive in Japan, you must register at your local municipal office by filling out an "Application for Foreign Resident Registration" form. You must take your passport and two identical full-face photographs (45x35mm) with your name written on the back of each photograph. In about two weeks after registration, you will be issued a "Foreign Resident Registration Card" (gaikokujin toroku shomeisho). Officially, you must register within 90 days after arrival in Japan, but since you will most likely need to show your Foreign Resident Registration Card when opening a bank account, getting a telephone etc. you should register as soon as possible.

### National Health Insurance

All foreign students must enroll in the National Health Insurance System (kokumin kenkohoken).

Formalities are carried out by the municipal office of the region in which you live. Upon joining the National Health Insurance System you will receive a National Health Insurance Certificate. Upon showing this certificate you will need to pay only 20-30% of incurred medical costs.

### Opening a Bank Account

You should open a bank account as soon as possible because, in general, the monthly scholarship is paid into your bank account. To open an account, you will need to bring with you personal identification such as passport and Foreign Resident Registration Card. You may be requested to bring your name stamp as well, although foreigners can usually use a signature instead of a seal.

## Guide to Odaiba, GRIPS and Life in Tokyo

This guide was first put together by the 2001-2002 GRIPS students who were staying at the Tokyo International Exchange Center in Odaiba and has been updated by subsequent generations of Odaiba dwellers. It contains lots of practical information about shopping, entertainment, sport, transport etc. in Odaiba and greater Tokyo. Hopefully it will help you settle in and get to know your surroundings in the whirlwind that is the first few weeks.

The guide can be downloaded from our website:

<http://www.grips.ac.jp/studentoffice/odaibaguide.pdf>