

For students entering in April, 2025 Orientation for New International Students

**International Student Office
Meiji University**



Click the link below to review the handouts!

1. Resume (This document)
2. International Student's Guidebook
3. Application guidelines of Tuition Assistance Program
4. Bulletin board for international students
5. Guide to Career support center
6. Poster of Meiji Univ. Japanese Speech Contest
7. Guide to the Student Counseling Room
8. To protect yourself from earthquakes
9. Opening Yucho Bank Account



Click the link below and **check** the slide!

Documents to be submitted

【All required】 List of Submission P4

【Optional】 Information regarding scholarships P5

Student Support

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About Visa Procedures P12 - 16

About scholarships & Tuition Assistance P18 - 21

Life in Japan

Managing your health P23 - 24

Housing Information P25

Japan for the First Time P26

To protect yourself from earthquakes P27

About Career Support Center P28



Documents to be submitted



【All required】 List of Submission

Please submit the documents via "[Oh-o!Meiji](#)" system.

If the documents are not submitted by the deadline below,

you may not be eligible for scholarships or other student support.

*Faculty office will provide you with instructions on how to log in to Oh-o!Meiji.



Where to submit	Group "International Students Submission (for freshman) "
Submission Period	April 14th (Mon.) ~ April 25th (Fri.)
Documents to be submitted	<p>①Photo data of your residence card copy (both sides) ②Photo data of your passport ③Photo data of your National Health Insurance card ※Students who do not have their insurance card yet, please submit them as soon as you receive it. ④Answer the questionnaire "International Students Information"</p> <p>【only if you are eligible, answer ⑤・⑥ below.】 * If you have part time job ⑤Answer the questionnaire "Part time job information"</p> <p>* When leaving Japan temporarily after enrollment ⑥Answer the questionnaire "Temporary leave information"</p>
How to submit	<p>For information on how to submit items ①, ⑤, and ⑥ above, please click here. For ②,③,④ please click here.</p>



Information about scholarships offered after admission are listed here.
Please check the application guidelines for each scholarship and submit the required documents within the application period if you wish to apply.

■ Tuition Assistance Program

Application period: **April 9th (Wed.) to April 25th (Fri.)**

How to apply: by answering forms

*If you do not apply within the period above, your tuition fees will not be reduced so **please do not forget to apply.**

■ Scholarships offered by the foundations

Please check the application period from each scholarship's guideline.





Student Support



International Student Office helps international students in areas below.

1. Life in Japan as a Meiji University Student
2. Visa/Resident Status Procedure
3. Various reporting information
4. Housing
5. Scholarships
6. *Japanese Language Classes

*For inquires about classes other than Japanese language classes, please visit your school office.

Campus	Place	Handling time and date
Surugadai	International Student Office Global Front 2 nd floor	Mon. - Fri. 9:00 AM - 5:00 PM (Closed on 11:30 AM - 12:30 PM) Saturdays 9:00 AM - 12:30 PM
Izumi	International Student Office Building No.1, 1 st floor	Mon. - Fri. 9:00 AM - 5:00 PM (Closed on 11:30 AM - 12:30 PM) Saturdays Closed
Ikuta	International Student Office Main Building, 1 st floor	Mon. - Fri. 9:00 AM - 5:00 PM (Closed on 11:30 AM - 12:30 PM) Saturdays Closed
Nakano	Nakano Campus Administrative Office Low-rise Building 3F	Mon. - Fri. 9:00 AM - 5:30 PM (Closed on 11:30 AM - 12:30 PM) Saturdays 9:00 AM - 12:30 PM

Office hours differs from usual during vacations.
Please check [here](#) for details.



International Lounges

The International Lounge was established to promote mutual friendship among international students and exchange with Japanese students.



@Izumi Campus



@Surugadai Campus

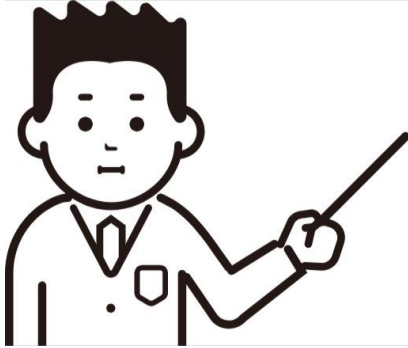


@Ikuta Campus

Campus	Place	Office Hours
Surugadai	Global Front 2nd floor	Mon.- Fri. 9:00AM - 6:00PM Saturdays 9:00AM - 12:30PM
Izumi	Building No.1, 1st floor	Mon.-Sat. 9:00AM - 6:00PM
Ikuta	Dining Hall Square 21, 1st floor	Mon.-Sat. 9:00AM - 6:00PM
Nakano	High-Rise Wing, 1st floor *Learning Lounge	Mon.- Fri. 9:00AM - 6:00PM

Information : International Students Guidebook P12





Support for learning Japanese!

Teaching Assistants (TA)

- Check the Japanese in the report
- Help reading Japanese language materials
- Conversation practice in Japanese



Support for international exchange!

Campus mate (CM)

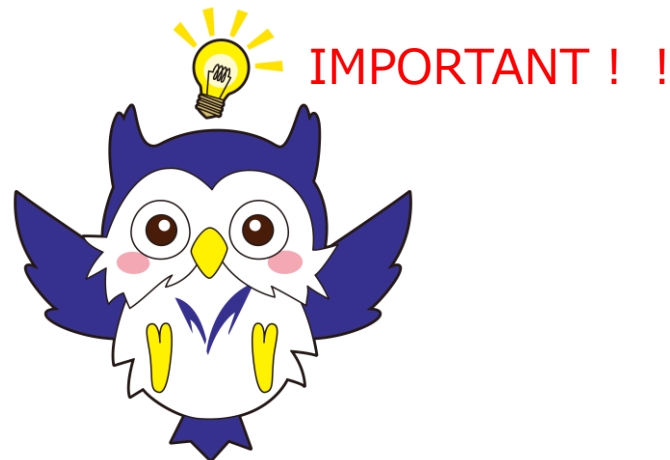
- Planning and organizing events
- Sightseeing at famous places in Japan

MuBO

- Holding an international exchange party at the end of the semester



About Visa Procedures



Visa extension procedure

Renewal procedures can be completed **3 months prior** to the expiration date of the period of stay. Please start preparing documents as soon as possible.

STEP 01



Submit required documents to International Student Office

➡ It takes about 3 days for the office to check and prepare the documents.

STEP 02



After receiving documents from ISO, please **submit the documents to Immigration Bureau**

➡ It will take about 1 to 2 months till you receive your new residence card.

STEP 03



As soon as your new residence card is issued, **submit a copy of the card to Oh-o! Meiji Group "International Student Submission (for freshman).**

Information : International Students Guidebook P13~17

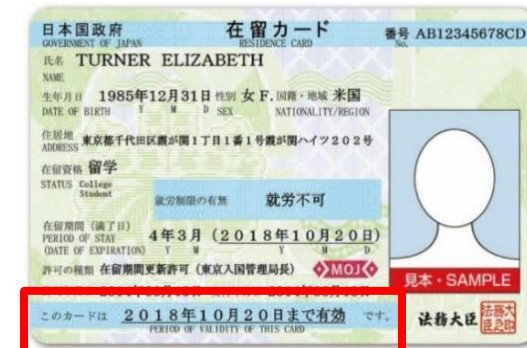
1. In the case of poor grades, very few credits earned, or non-payment of tuition fees, extension of the period of stay will not be granted, and **the student may not be able to stay in Japan.**

2. Please be careful not to exceed the expiration date of your period of stay. If you stay beyond your period of stay, you will be **deported or imposed criminal penalties.**



Important!

Always check the expiration date of your visa and **be careful not to overstay.**



You can check the expiration date from here.



Temporary Leave Information

Fill in the questionnaire from the Oh-o!Meiji group at least one week prior to your departure from Japan.



Special Re-entry Permission

When leaving Japan, for students who have a valid passport and residence card and will return to Japan within one year of the departure, they do not need to apply for a regular re-entry permit.



Important !

- Return to Japan within one year
- Return before “Period of stay” expires
- When leaving Japan, tell the immigration officer that you are using this special re-entry permission.

Information : International Students Guidebook P16



About part time work permit

International students are allowed to work up to 28 hours per week by getting a permission issued by Immigration Services Bureau.

*Hours available to work will vary during long vacations.

During summer, winter, and spring breaks, no more than 8 hours per day and no more than 40 hours per week.

For the procedures, please check [here](#).



Important!

★ You may not work part-time in places where adult entertainment or adult entertainment-related businesses are conducted. Also, washing dishes and cleaning in snack bars, nightclubs, bars and coffee shops where customers are entertained and served food and drinks are prohibited.

★ Please report to International Student Office when you start a part-time job or when you change your part-time job. Check [here](#).

Information : [International Students Guidebook P16](#)、[website](#)

■ Leave of absence from the University

■ Withdraw/Removed from the University

■ Graduation/Completion of studies



Important!

Even if your visa status still has the period of stay after the above, visa problem occur.

If you are in any cases above, please consult with International Student Office in advance.

Information : International Students Guidebook P17, website

About scholarships & Tuition Assistance



The more you study, the more financial support you can get!

① Scholarship

② Tuition Assistance



Reduce Payment

For students with student visa.
★Over 50 scholarships a year.
★Application requirements vary by scholarship.

New students can receive a partial tuition subsidy.
*From the 2nd year, the amount of subsidy is determined based on grades.

How to apply	Example of scholarship
Announced via Oh-o!Meiji Online Application	-Meiji University Scholarship for Privately Financed International Students -Meiji University Tuition Assistance Program
Individual Application from Website	Scholarships <u>offered by the foundations</u> (about 50 per year)
Individuals will be Contacted Separately	<u>Monbukagakusho Honors Scholarship [JASSO]</u>
No Application Required	-Meiji University Parent's Association Union Scholarship for Privately Financed International Students

Please check [our website](#) for application guidelines and the latest information.

Information : [International Students Guidebook P18](#)



- ✓ Those who received **Reservation Notice** from JASSO or **being informed of nomination by University** can apply.
- ✓ **Make sure whether you meet the eligibility.**
In case you are not eligible, you cannot receive this scholarship.
- ✓ Applications will be accepted at Oh-o!Meiji **in early April**.
The deadline is short, so check the Oh-o!Meiji message and make sure to apply.

文部科学省外国人留学生学習奨励費給付予約決定通知書
Reservation Notice for Monbukagakusho Honors Scholarship for Privately-Financed International Students

あなたは、留学生受入れ促進プログラム予約制度による学習奨励費給付予約者に選ばれました。

You have been selected for the Reservation Program for the Monbukagakusho Honors Scholarship for Privately-Financed

■ Eligibility & Application Guidelines

Application guidelines will be posted on the following pages in March. If the latest application guidelines have not yet been posted, please refer to the previous year's application guidelines.

<Application Guidelines>

https://www.meiji.ac.jp/cip/student_support/funding/mkmht0000002f4ix.html



■ Downloading

To find out if you are a reservation holder or not, go to My Page of the EJU Online.

<EJU Online>

<https://eju-online.jasso.go.jp/src/CMNLOGIN010.php>



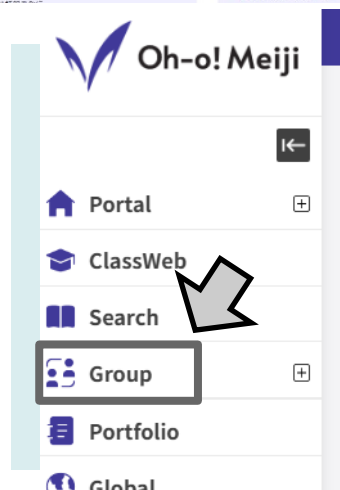
Information about Scholarships

Where to get information.

Website



Bulletin Board



Oh-o!Meiji Group "Bulletin Board for Int'l Students"



This page provides information on external foundation scholarships, job-search support information, and various events.



Life in Japan



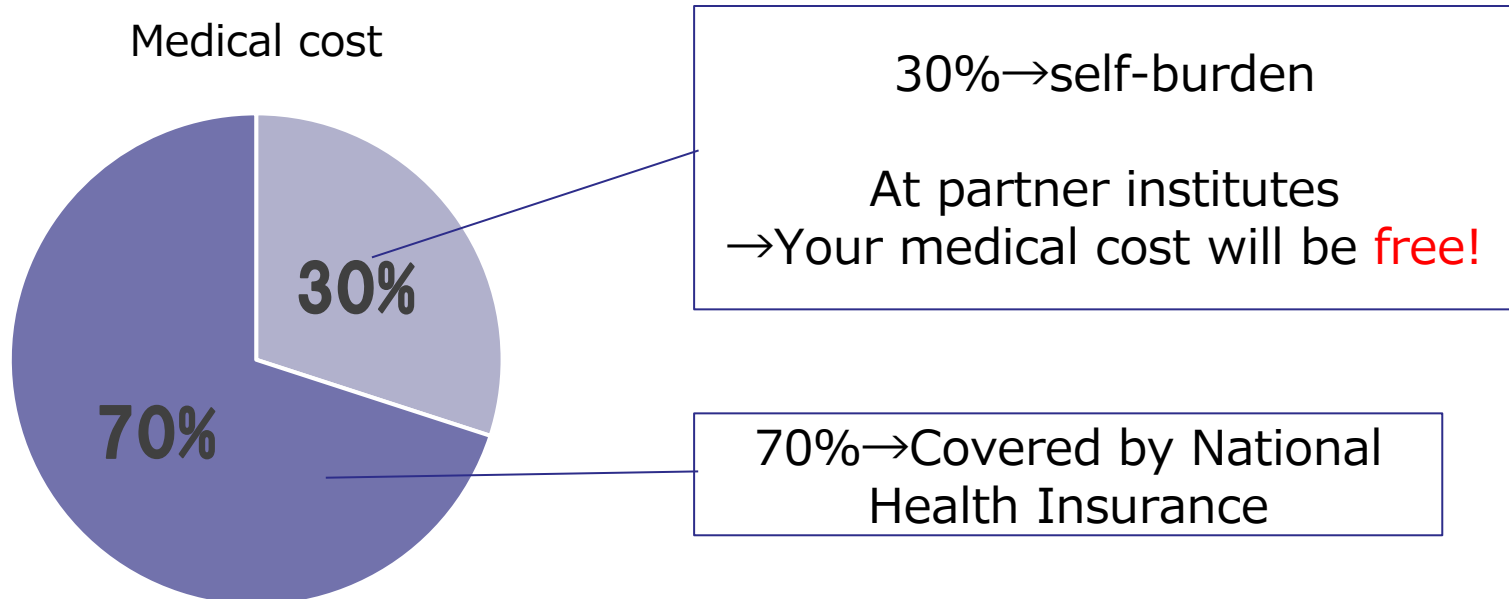
1. National Health Insurance

Reduce medical costs by **70%**.

*Need to enroll at the city/ward office (**required!**)

2. Meiji University Student Health Insurance

At 160 partner medical institute, your medical cost will be **free**.



3. Campus Clinic

You can receive first aid by physicians at each campus for **free**!

4. Health Examinations

You can take **free** health examinations in campus every year.

5. Student Counseling Room

If you have any issues you want to consult with a counselor, please visit the Student Counseling Room located on each campus.

Please check [International Students Guidebook P5](#) , [handout7](#) , and [website](#) for details.



You can check the details on [our website](#) or on the bulletin board at International Student Office. [Campus Support](#) also provides other housing information.

★[Joint Guarantor](#)

Global Trust Networks Co, Ltd helps students with guarantors and language support for 10,000JPY. (Special Price)

*You can check the leaflet from [here](#).

Information : [International Students Guidebook P23](#)



The Immigration Services Bureau has released a video summarizing the rules and regulations for living in Japan. Check it out if you start living in Japan for the first time.

[Videos for the Daily Life Orientation \(MOJ\)](#)

Videos are also available in the following languages.

- English
- 简体中文
- 繁體中文
- 코리언
- Tiếng Việt
- नेपाली भाषा
- Bahasa Indonesia
- Filipino
- ภาษาไทย
- Português
- Español
- ភាសាខ្មែរ
- မြန်မာဘာသာစကား
- Монгол
- українська мова
- русский язык

Information : International Students Guidebook P25-26



To protect yourself from earthquakes

Webpage

Disaster Prevention Guidebook

- Disaster Prevention Guidebook
 - When an earthquake occurs
- Other disasters (Fire)
- How to Communicate During a Disaster
- Information sent from the university / Useful websites
- First Aid
- How to use AED
- Support for those unable to return to home
- Preparation in daily life

Japanese Edition

- 明治大学防災ガイド

1. When an earthquake occurs

When an earthquake occurs

Earthquakes

ますひくく DROP! あたまをまもり COVER! うごかない HOLD ON!

Izumi Campus

Nakano Campus

Other disasters (Fire)

How to Communicate During a Disaster

Information sent from the university / Useful websites

Handout 8

Typhoon! Torrential rain!
Bumabagyo! Malakas ang ulan!

How would you react?
Ano ang gagawin mo?

Have you ever experienced a typhoon or torrential rain?
Naiyo kayo nagalaman ng typhoon o torrensyal na ulan?

Be sure to evacuate by Alert Level 4
Sigat lumabas hanggang sa alert level 4

Alert Levels (When to Evacuate) Antas ng Alerta/Panahon ng paglikas

Emergency Safety Measures ▶ Your life is in danger. Evacuate immediately to a safe place within the building you are in or to a safe building nearby.
Emersiyong Paglikas ▶ Mapangib ang buhay. Agad na pumunta sa isang ligtas na lugar sa kalapitan.

Evacuation Instruction ▶ Immediately get away from dangerous places and evacuate to a safe place.
Uluhan ng Paglikas ▶ Lumakas kapalad mula sa mga mapangib na lugar. Pumunta sa isang ligtas na lugar.

Warning ▶ Check locations of evacuation centers and evacuation routes on hazard maps.
Ang mga evacuation center at mga ruta ng evacuahan.

What to do when a typhoon or torrential rain hits
Mga gagawin kung may dumating na malakas na ulan

In Case of Typhoons
Kapag bagyo

- Train services may be suspended before rain starts to fall. May pagkakataonang ihinto ang tren bago sa main arrival.
- Check train service information on websites or social media. Tingnan ang impormasyon ng operasyon mula sa mga website o social media.
- The term "Tatsu" means trains are not running. Ang tren ay "tatsu(chatagi)". (Big salihin ang waking operasyon ng tren)

Be Prepared with "Tokyo My Timeline"
Maghanda gamit ang "Tokyo My Timeline!"

Plan now where and how to escape in case of typhoon and torrential rain, keeping in mind where you live and the needs of your family.
Isaalang-alang ang kalakaran ng lugar ng tirahan at ng young people at magandang pagpapalathay ang inyong paglikas.

Earthquake! Lumilindol!

How would you react?
Ano ang gagawin mo?

Have you ever experienced an earthquake? Japan is a country with frequent earthquakes.
Naiyo kayo nagalaman na ng paglikas? Ang Japan ay isang bansa na maraming lindol.

Seismic Intensity (Strength of shaking) Seismic Intensity (Lakas ng pagyaring)

Seismic Intensity 7 (Strongest)
Seismic Intensity 7 (Strongest)
Seismic Intensity 7 (Strongest)
Seismic Intensity 7 (Strongest)

It is impossible to remain standing
Hindi maaaring nangayon.

Houses and buildings may collapse
Maaaring gumuhap ang mga bahay at gusali.

It is difficult to remain standing
Mahirap manatili nakatayo.

It is difficult to walk without holding onto something stable
Mahirap lumalakad kung hindi nakaibabaw sa mga bagay.

People feel fear and the need to hold onto something stable
Makakaramdam ng takot at gustong-hugan humawak sa mga bagay.

Tremors are felt by most people walking
Makakaramdam ng pagyaring ang hulois lahat ng naglalakad sa daan.

What to do when you feel an earthquake
Mga gagawin kung makakaramdam ng lindol

When at home or indoors
Kapag nasa loob ng bahay o gusali

- Get under a table. Pumalakad sa ilalim ng mesa.
- Protect your head with your hands or pillows or magazines. Protahan ang ulo mula sa mga bagay na nahahulog gamit ang bag.
- Don't rush outside. Huwag mag-panic at lumabas ng gusali.
- In Japan, it's usually safer to stay indoors. Sa Japan, mas madalas na ligtas manatili sa loob ng gusali.

When outside
Kapag nasa labas

- Protect your head from falling objects with your bag. Protahan ang ulo mula sa mga bagay na nahahulog gamit ang bag.
- Keep away from concrete block fences, glass, and signboards. Lumayo mula sa mga pader, mga salamin, at mga billboard o signboard.

Earthquake Early Warning
Earthquake Emergency Warning/EEW

An alert announced on TV and sent to smartphones shortly before strong earthquakes occur.
Isang paunang-alaran ng malakas na paglikas o torrensyal na ulan ang karaniwang nangyayari ang malakas na lindol.

What to do when an earthquake stops
Mga gagawin pagkatapos ng lindol

- Beware of aftershocks and put out fires. Mag-ingat sa aftershocks at put-out fires.
- If you see smoke, cover your nose and mouth with a handkerchief or any other type of cloth.
- Crouch low and evacuate.
- Be careful as aftershocks can happen again.
- Kung may usok, takpan ang bibig at ilang damit ang peryo, at pagkatapos ay lumakas.

- ★Evacuation manuals for each campus
- ★First Aid
- ★Daily Preparation



★At the Career Support Center, they also provide support for international students who wish to find a job in Japan.

★Job hunting in Japan is different in many respects compared to other countries.

Early awareness is the first step to success in job hunting!

If you are thinking about finding a job in Japan, please check Handout 5.

★Check the webpage.

Information : International Students Guidebook P6 , Handout 5

If you have any problems after entering Meiji University, please contact ISO anytime.

*If you have any questions about classes or grades, please contact your faculty/graduate school's office.

Contact information for other department
→ click [HERE](#).



International Division

	TEL	E-mail
International Student Office	03-3296-4141	cip@mics.meiji.ac.jp

This is the end of today's orientation.
Please be sure to submit residency-related documents from the following groups.

Submission period: From April 14th (Mon.) ~ April 25th (Fri.)



Thank you for watching!