

留学生ガイドブック Guidebook for International Students

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Shizuoka University Website

<http://www.shizuoka.ac.jp>

Guidebook for International Students

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• A. Starting as a Shizuoka University Student

1. University Life

1.1. The Academic Year at Shizuoka University

1.1.1. Academic Calendar

The academic year begins on April 1 and ends on March 31 of the following year. Each year has two semesters: the first from April to September, and the second from October to March.

The academic calendar is available on the website below.

<https://www.shizuoka.ac.jp/education/affairs/schedule/>



1.1.2. Days When the University Is Closed

Shizuoka University is closed not only on Saturdays and Sundays but also on national holidays. National holidays (If a holiday occurs on a Sunday, the following day is observed as a holiday):

April 29.....	Showa Day
May 3.....	Constitution Day
May 4.....	Greenery Day
May 5.....	Children's Day
3rd Monday of July.....	Marine Day
August 11	Mountain Day
3rd Monday of September.....	Respect for the Aged Day
September 23	Autumnal Equinox Day (date varies by year)
2nd Monday of October.....	Sports Day
November 3.....	Culture Day
November 23.....	Labor Thanksgiving Day
January 1	New Year's Day
2nd Monday of January	Coming-of-Age Day
February 11	National Foundation Day
February 23	The Emperor's Birthday
March 21	Vernal Equinox Day (date varies by year)
Spring break	early February – early April
Summer break	mid-August – late September
Winter break.....	late December – early January

1.1.3. Class Cancellations Caused by Severe Weather or Disasters

If a storm or heavy rain warning is issued for the western or central areas of Shizuoka Prefecture and public transportation stops, classes will be canceled per the following rules:

- 1) If the warning remains active and public transportation is not running at 7:00 a.m., the first period will be canceled. Updates for the second and subsequent periods will be posted on the university website.

- 2) If the warning remains active and public transportation is not running at 11:00 a.m., all afternoon classes will be canceled. All classes will be canceled if an earthquake warning is issued. For more details, visit the university website.

<https://www.shizuoka.ac.jp/education/affairs/intermission/>



1.2. International Student Affairs Sections

Living in Japan can present various challenges. If you have questions about your studies, research, everyday life, or the scholarship application process, please reach out to your faculty's or school's international student affairs section.

Faculty / School	Section	Telephone
Humanities and Social Sciences	Academic Affairs	Shizuoka (054) 238-4267
Education	Academic Affairs	Shizuoka (054) 238-4571
Informatics	Academic Affairs	Hamamatsu (053) 478-1511
Science	Academic Affairs	Shizuoka (054) 238-4717
Engineering	Engineering / Doctoral Programs	Hamamatsu (053) 478-1010
Agriculture	Academic Affairs	Shizuoka (054) 238-4816
Global Interdisciplinary Science and Innovation	Academic Affairs	Shizuoka (054) 238-3715
Graduate School of Science and Technology	Engineering / Doctoral Programs	Hamamatsu (053) 478-1010
Research Institute of Electronics	General Affairs	Hamamatsu (053) 478-1301

Two offices serve the entire university: the International Student Admissions Unit, International Affairs Division, on the 4th floor of General Education Building A on the Shizuoka Campus (Tel: 054-238-4260), and the International Student Section, Hamamatsu Student Support Division, on the 1st floor of S-Port on the Hamamatsu Campus (Tel: 053-478-1014). Office hours are 8:30–12:30 and 13:30–17:15.

1.3. Organization for International Collaboration

The Organization for International Collaboration offers Japanese language and Japanese studies classes for international students and provides guidance on studying and everyday life. It also plans and runs on-campus international exchange activities and participates in off-campus activities with local international exchange groups. Faculty offices are located on the 4th and 5th floors of General Education Building A on the Shizuoka Campus, and on the 1st and 3rd floors of Engineering Building No. 7 on the Hamamatsu Campus. Please feel free to visit us whenever you want to talk or ask for advice.

2. Categories of International Students

2.1. Categories by Student Status

2.1.1. Degree-Seeking Students

1) Undergraduate students

Students with foreign nationality who have completed 12 years of schooling outside Japan and have passed both the required subjects in the Examination for Japanese University Admission for International Students (EJU, administered by JASSO) and the entrance examination for the faculty concerned. They

must hold or be able to obtain the “Student” residence status upon entering the university. Students who study for at least four years and earn the necessary credits are awarded a bachelor’s degree.

2) Graduate students

Students with foreign nationality who have graduated (or are expected to graduate) from a Japanese university or have completed 16 years of schooling outside Japan, and who have passed the entrance examination for the graduate school concerned. They must hold or be able to obtain the “Student” residence status upon entering the graduate school. Master’s programs require at least two years of study, while the Graduate School of Science and Technology requires a minimum of three years. Students who earn the necessary credits and pass the thesis review and final examination are awarded a master’s or doctoral degree.

2.1.2. Non-Degree Students

1) Research students

Students who conduct research on a specific topic under an academic advisor. Research periods are six months or one year. No degree or qualification is awarded at the end of this period. Students who wish to extend their time as a research student should complete the required procedures.

2) Credited auditors

People who are not enrolled as regular students but take one or more courses offered by this university. Credited auditors take the examination for each course and earn credits if they pass. A certificate of credits earned is issued upon request.

3) Special auditors

Undergraduate or graduate students from universities that have an agreement with Shizuoka University who take courses here for a short period (up to one year). A transcript of the courses taken is issued upon request.

4) Short-Term Exchange Students

Undergraduate students from a university outside Japan who have received their home university’s approval to receive short-term education and research guidance from a faculty at this university. They cannot take regular undergraduate courses.

5) Special Research Students

Graduate students from another university who receive research guidance at our graduate school. They cannot take regular graduate courses.

2.2. Categories by Source of Funding

2.2.1. Japanese Government (MEXT) Scholarship Students

The following students have their study expenses covered by the Japanese government (MEXT):

1) Research students

2) Undergraduate students

3) Teachers in training

This program is for primary and secondary school teachers and specialist staff at educational institutions outside Japan. Its aim is to help them contribute to raising the level of education in their home countries. The period of study is normally one year and six months, including Japanese language study.

4) Japanese Studies students

Japanese Studies students work to improve their Japanese language skills and also study Japanese society and culture.

5) Intensive Japanese Language Course students

Students in the Intensive Japanese Language Course study Japanese intensively as preparatory education to pursue specialized research and study at a graduate school. After completing the course, they may enroll as research students at the university of their choice or enter a graduate school if they pass its entrance examination.

2.2.2. Privately Financed Students

Students who study in Japan without a scholarship from the Japanese government. This category also includes the following students:

1) Students sent by a foreign government

Students whose study expenses are covered by their governments as part of their human resource development policies. Shizuoka University accepts such students from Malaysia and other countries.

2) Shizuoka Prefecture scholarship students

Students who study here for a short period (up to one year) on a scholarship from Shizuoka Prefecture.

2.3. Payment of the Admission Fee

The admission fee must be paid upon completing the enrollment procedures. Students experiencing financial difficulties may have their payments postponed; speak with the office in charge before proceeding with the enrollment procedures. ABP students*, MEXT scholarship students, and exchange students from partner universities are exempt from this fee.

*For more details on the ABP (Asia Bridge Program), please visit the website below.

<https://www.abp.icsu.shizuoka.ac.jp/>



Privately financed international students who find it very difficult to pay the admission fee due to a disaster or other exceptional circumstances may apply for an exemption. Please reach out to the office in charge before proceeding with the enrollment procedures.

3. General Administrative Procedures

3.1. Entry and Residence Procedures

3.1.1. Nagoya Regional Immigration Services Bureau: Shizuoka Branch / Hamamatsu Branch

Foreign nationals who stay in Japan for 90 days or more must obtain a residence card and carry it at all times. Students who renew their visas or change their residence status must complete the required procedures with the Immigration Services Agency as soon as possible. The same applies to inviting family members from home to visit. Students who wish to work part-time also need permission to engage in activities beyond those permitted by their residence status.

Residence procedures in Shizuoka Prefecture are handled by the Shizuoka Branch or the Hamamatsu Branch of the Nagoya Regional Immigration Services Bureau. Please ask in advance which documents are required.

Nagoya Regional Immigration Services Bureau	5-18 Shohocho, Minato-ku, Nagoya, Aichi 455-8601 Tel: 0570-052259 (ext. 420) Website: https://www.moj.go.jp/isa/about/region/nagoya/index.html	
Nagoya Regional Immigration Services Bureau Shizuoka Branch	6F Fukuichi Tenmachi Building, 9-4 Tenmachi, Aoi-ku, Shizuoka 420-0858 Tel: 054-653-5571 Google Maps: https://maps.app.goo.gl/uB5rY1AuwCTod6KD7	
Nagoya Regional Immigration Services Bureau Hamamatsu Branch	1F Hamamatsu Joint Government Building, 1-12-4 Chuo, Chuo-ku, Hamamatsu 430-0929 Tel: 053-458-6496 Google Maps: https://maps.app.goo.gl/2Pj1LwuManUxMdRp9	

3.1.2. Residence Card

- Students who have come to Shizuoka / Hamamatsu from abroad
Residence cards are issued at Narita, Haneda, Chubu, or Kansai Airports. Those entering Japan through another airport will receive passport stamps stating, "Residence card to be issued later." These students will receive their cards by mail after completing the moving-in procedure at the ward office in Shizuoka / Hamamatsu.
- Students who are already in Japan but do not yet have a residence card
The immigration office will issue residence cards to those extending their period of stay or changing their residence status. Students who have also moved house should go to the ward office in Shizuoka / Hamamatsu and report their change of address.
- For detailed residence procedures — including changing or extending residence status, applying for legal status for a child born in Japan, obtaining a Certificate of Eligibility, and more — visit the Immigration Services Agency website. Applications for extension may be submitted up to three months before the period of stay expires.

<https://www.moj.go.jp/isa/applications/procedures/index.html>
- Students must return their residence cards at the airport during departure procedures after completing their studies at this university and before leaving Japan. The same applies at seaports.

3.1.3. Permission to Engage in Activities Beyond Those Permitted

People in Japan with the "Student" residence status may study only; they may not work for pay. However, those who receive permission to engage in activities beyond those permitted may work part-time for up to 28 hours a week. Work in the adult entertainment business is prohibited — for example, serving customers at a bar, pub, or cabaret. Those who receive such permission also cannot work at game arcades, pachinko parlors, or mahjong parlors, even as a dishwasher or cleaner (unless they work for a cleaning company and are dispatched to such a worksite).

Our students do not need this permission for contract work at Shizuoka University (for example, as a TA or RA).

- Those who received their residence cards at Narita, Haneda, Chubu, or Kansai Airport
They can apply for such permission at the airport. Approved applications will receive permission the same day, with a sticker affixed to the passport and handed to the applicant on the spot.
- Those whose passports are stamped "Residence card to be issued later"
Those who apply for permission at an airport other than Narita, Haneda, Chubu, or Kansai will receive

their residence card with the permission stamp by mail after completing the moving-in procedure at the ward office.

- 3) Those without a residence card, those working part-time for the first time, or those who did not apply at the airport
Apply at the Immigration Services Agency with the application form (available there), your passport, and your residence card.

This permission allows holders to engage in permitted work across Japan, including in Shizuoka and Hamamatsu, until their period of stay expires.

For more details, please visit the Immigration Services Agency website.

<https://www.moj.go.jp/isa/applications/procedures/16-8.html>



Shizuoka University has its own "Guidelines on Activities Beyond Those Permitted for International Students." Please read the page below before you start a part-time job.

<https://www.suoic.shizuoka.ac.jp/international/part-time-job/>



❖ Important Points to Remember for Part-Time Work

When looking for a part-time job, be careful of "black baito" and "yami baito." "Black baito" refers to jobs that ignore labor laws and force students and young people to work illegally long hours or treat them unfairly — for example, forcing them to work shifts that interfere with their studies, imposing excessive overtime, failing to pay wages or overtime, or making workers buy supplies with their own money. "Yami baito" refers to criminal work advertised on social media or Internet message boards that offers unusually high pay without explaining the actual work, drawing people into crimes such as robbery or fraud. Please be careful when seeking and taking part-time jobs. Contact the university immediately if you believe you have become involved in either black or yami baito.

3.1.4. Re-entry into Japan

In most cases, people with a "Student" residence status do not need to obtain a re-entry permit.

Students with a residence card who meet the following criteria should simply show their card together with a valid passport when leaving Japan: (1) their period of stay is still valid, (2) they will be outside Japan for less than one year, and (3) they are still studying at this university. Just tick the box on the embarkation card for departure stating your intent to re-enter Japan under the special re-entry system.

For more details, please visit the Immigration Services Agency website.

<https://www.moj.go.jp/isa/immigration/procedures/16-5.html>



❖ Note on leaving Japan temporarily

First, **get permission from your academic advisor**, then **inform your faculty office in advance** and **apply through the Academic Affairs Information System (Gakujo)**.

Do not state at the airport that you intend to re-enter Japan under the special re-entry system when leaving Japan after finishing your studies here. You must return your residence card (the same applies at seaports).

3.2. Procedures at the City (Ward) Office

3.2.1. Moving In / Moving House (Resident Registration)

Students must complete the moving-in procedure at the ward office within 14 days of moving to Shizuoka / Hamamatsu. They must also report their new address at the ward office when moving within the same city.

- 1) Students who have come to Shizuoka / Hamamatsu from abroad
Take the residence card you received at the airport to the ward office for your area. If your passport was stamped "Residence card to be issued later," take it to the ward office to register your address; your card will arrive in about 10 days.
- 2) Students who have moved to Shizuoka / Hamamatsu from another city in Japan
First, obtain a moving-out certificate from the office of the city, town, or village where you lived before. Then take it and your residence card to the ward office in your new area to complete the moving-in procedure.
- 3) Students who are moving from Shizuoka / Hamamatsu to another city
Obtain a moving-out certificate from your ward office. Then take it and your residence card to the office of your new city, town, or village to complete the moving-in procedure.
- 4) Students who are returning to their home country
Complete the moving-out procedure at the ward office in Shizuoka / Hamamatsu. Hand your residence card to the inspector at the airport when leaving Japan; it will be punched to invalidate it and returned to you (the same applies at seaports).
- 5) Shizuoka City <https://www.city.shizuoka.lg.jp/s9328/s002700.html>

Where you live	Ward Office	Counter
Aoi Ward	Aoi Ward Office, Shizuoka City 5-1 Otemachi, Aoi-ku, Shizuoka 420-8602	Family Register and Residents Division Tel: 054-221-1061
Suruga Ward	Suruga Ward Office, Shizuoka City 10-40 Minamiyahata-cho, Suruga-ku, Shizuoka 422-8550	Family Register and Residents Division Tel: 054-287-8611
Shimizu Ward	Shimizu Ward Office, Shizuoka City 6-8 Asahi-cho, Shimizu-ku, Shizuoka 424-8701	Family Register and Residents Division Tel: 054-354-2126



- 6) Hamamatsu City <https://www.city.hamamatsu.shizuoka.jp/foreign/index.html>

Where you live	Ward Office	Counter
Chuo Ward	Chuo Ward Office 430-8652 103-2 Motohiro-cho, Chuo-ku, Hamamatsu	Residents' Affairs Division Tel: 053-457-2121
	East Administrative Center 20-3 Ryutsumotomachi, Chuo-ku, Hamamatsu 435-8686	Certificates and Notifications Tel: 053-424-0154
	West Administrative Center 431-0193 1-31-1 Yutocho, Chuo-ku, Hamamatsu	Certificates and Notifications Tel: 053-597-1115
	South Administrative Center 430-0897 600-1 Enoshima-cho, Chuo-ku, Hamamatsu	Certificates and Notifications Tel: 053-425-1346



Hamana Ward	Hamana Ward Office 3000 Kifusho, Hamana-ku, Hamamatsu 434-8550	Residents' Affairs Division Tel: 053-585-1111
	Hamana Ward North Administrative Center 305 Kiga, Hosoe-cho, Hamana-ku, Hamamatsu 431-1395	Certificates and Notifications Tel: 053-523-1116
Tenryu Ward	Tenryu Ward Office 481 Futamata, Futamata-cho, Tenryu-ku, Hamamatsu 431-3392	Residents' Affairs Division Tel: 053-922-0019

3.2.2. National Health Insurance

All foreign nationals registered as residents in Japan who plan to stay for three months or more must join the National Health Insurance. This system covers medical costs when you are sick or injured, so you pay only 30% of the cost yourself. If you do not join, you must pay the full cost of any medical treatment. To join, go to the National Health Insurance section of the ward office where you are registered. If your application to change your residence status is still being processed, please ask at that section.

Everyone must pay the insurance premium each year. The amount depends on your municipality and income and may change from year to year. Those with low income or those who did not live in Japan in the previous year can apply for a reduced premium. For more details, ask at your ward office's National Health Insurance section.

3.2.3. National Pension

Everyone living in Japan between the ages of 20 and 59 must join the National Pension system, regardless of nationality. It provides a "basic pension" in old age, if you become disabled due to injury or illness, or if the household's main earner dies. Those who struggle to pay premiums can apply for an exemption. Students can use the "Special Payment System for Students"; please ask at your ward office's National Pension section.

3.2.4. My Number Card

The My Number Card is a plastic card with your photo and your individual number (My Number). It contains an IC chip that stores your name, address, date of birth, gender, My Number, and photo. You can use it as official identification, for municipal services, and for online applications that require an electronic certificate, such as e-Tax. For more details, visit the website below or ask at your ward office.

<https://www.kojinbango-card.go.jp/en/>



3.3. Other Procedures

3.3.1. Banks

Students who live in a Shizuoka University international student residence need a Suruga Bank account to pay their fees. Those who receive a MEXT or JASSO scholarship need a Japan Post Bank (Yucho) account.

Having a bank account in your name lets you make and receive transfers, pay bills, and use a cash card, which is very convenient in daily life. Banks are widely available across Japan and handle deposits, transfers, and payments for utilities and other bills. US dollars can be exchanged in many places, but exchanging other currencies can be difficult. Banks are generally open from 9:00 to 15:00, Monday to Friday. Japanese ATMs usually operate only during specific hours and may charge a fee, so it is wise to check the hours and

fees of your preferred ATM. Convenience stores also offer 24-hour ATMs, which are very convenient, but fees may apply outside normal operating hours.

3.4. Insurance

The Shizuoka University "Medical Care and Insurance" page is below.

<https://www.suoic.shizuoka.ac.jp/international/medical-insurance/>



3.4.1. Personal Accident Insurance for Students Pursuing Education and Research (Gakkensai)

This insurance provides coverage for student injuries. It pays benefits based on the severity of an accident or injury sustained while on university premises for lectures, seminars, extracurricular activities, school events, or other educational activities (including breaks on campus), and while commuting (traveling between home and university, or between university facilities, for classes, school events, or extracurricular activities). All Shizuoka University students are required to enroll.

Degree-seeking students pay the premium upon completing enrollment procedures, and the university pays it on their behalf. Non-degree students (research students, special auditors, and credited auditors) enroll through the international student affairs section of their faculty or school (p. 2).

3.4.2. Liability Insurance Attached to Gakkensai (Gakkenbai)

This insurance provides coverage for student liability to others. It provides compensation when you injure someone or damage property during classes, school events, or extracurricular activities, or while traveling to and from them — for example, if you break university equipment during an experiment or research, or cause damage during an internship.

Degree-seeking students pay the premium upon completing enrollment procedures, and the university handles the application on their behalf. Non-degree students (research students, special auditors, and credited auditors) enroll through the international student affairs section of their faculty or school. On the Hamamatsu Campus, this insurance is optional. If you wish to enroll, please apply through your faculty's or school's international student affairs section (p. 2).

Students must have this insurance to participate in an internship.

3.4.3. Student Liability Insurance (Gakubai)

This insurance also provides compensation if you injure someone or damage property. It covers you 24 hours a day, not just during university activities. For accidents in Japan, the insurer will negotiate a settlement with the other party on your behalf. This service is valuable because settlement negotiations determine the amount of compensation and require expert knowledge. All international students at Shizuoka University are required to enroll.

The University Co-op (p. 16) handles applications and questions.

The following cases have occurred at Shizuoka University.

- Case 1

An international student scratched another person's car with a bicycle and was asked to pay 150,000 yen. The cost was covered by the student's insurance.

- Case 2

An international student injured another person in a bicycle accident and was asked to pay 220,000 yen. This incident was also covered by insurance.

● Case 3

An international student was in a bicycle accident and handled negotiations with the insurance company on their own, initially with a fault ratio of 8 (student) to 2 (other party). In the end, the ratio shifted to 10:0 in the other party's favor.

● Case 4

A student collided with another cyclist on the way home from a part-time job and was pressured to accept a fault ratio of 10:0. With help from faculty and staff, the ratio was eventually shifted to 7:3, but it took 9 months. In this case, the other party interpreted the scope of damages very broadly, and the claim could have exceeded one million yen.

In Cases 1 and 2, the students had insurance, so they did not have to pay anything. In Cases 3 and 4, they had no insurance, so they had to negotiate with the insurance company in Japanese themselves, resulting in an unfavorable outcome.

As these cases show, this insurance is highly valuable for international students. Students should enroll unless they have a specific reason not to.

3.4.4. Bicycle Insurance

Bicycle insurance covers financial losses if you are responsible for a traffic accident.

In Shizuoka Prefecture, bicycle insurance is mandatory. When you get a bicycle, be sure to buy insurance at a nearby bicycle shop or another provider.

<https://www.pref.shizuoka.jp/kurashikankyo/bosaikotsh/kotsuanzennet/1013649.html>



3.4.5. Car Insurance

Car insurance provides financial protection if you cause a traffic accident while driving. It includes three types: compulsory automobile liability insurance (jibaiseiki), optional private car insurance, and driver's insurance (for people who do not own a car but drive rental cars or similar vehicles).

Compulsory Automobile Liability Insurance

This insurance covers part of your liability if you injure or kill another person while operating a car or motorcycle.

Coverage

	Type	Payment
Death	Damages for death	up to 30,000,000 yen
	Damages for injury leading to death	up to 1,200,000 yen
Injury	Damages for injury	up to 1,200,000 yen
	Damages for lasting disability (classified into 14 grades by severity)	Grade 1 from 40,000,000 yen to Grade 14 750,000 yen

Compulsory insurance premiums vary by vehicle type. Premiums are as follows (as of April 1, 2026).

Type	Compulsory premium (24 months)
Private passenger car	17,650 yen
Small motorcycle (over 250 cc)	8,760 yen
Light motorcycle (125 cc–250 cc)	8,920 yen
Moped (125 cc or less)	8,560 yen

Private Car Insurance (Optional)

In a serious accident, compulsory insurance alone is often not enough. It also does not cover damage to vehicles or property. To prepare for this and for injuries from single-vehicle accidents, you should always purchase optional insurance (the policy period is one year).

In Japan, it is typical to buy a policy with unlimited coverage for injuries to others and property damage, and 10,000,000 yen for passenger injuries. Note that even with optional insurance, no benefits are paid if you were driving while drunk or without a license.

Premiums for optional insurance depend on the driver's age and the coverage amounts. Please consult an insurance company.

3.4.6. Overseas Travel Insurance

When traveling abroad for a conference, research meeting, or trip, you should always purchase overseas travel insurance that covers your entire trip. Insurance policies provide support and compensation for theft, lost property, illness, or injury. In the past, an international student at this university was hospitalized abroad and was billed 3,000,000 yen. Without insurance, they had to interrupt their studies to raise the money. You can buy this insurance at the Co-op or online, so please do so before traveling.

3.4.7. Other Insurance

National Health Insurance and Gakkensai may not fully cover severe illness or injury. We recommend the following optional insurance policies to prepare for such an event. You can ask how to apply at your faculty's or school's international student affairs section.

1) Comprehensive Student Life Insurance for International Students (attached to Gakkensai)

In Japanese: <http://www.jees.or.jp/gakkensai/index.htm>

In English: <https://www.jees.or.jp/en/gakkensai-en/opt-inbound-en>



2) Student Comprehensive Mutual Aid: Contact the University Co-op for more details.

In Japanese: <https://hoken.univcoop.or.jp/student/index.html>

In English: https://kyosai.univcoop.or.jp/info/pdf/pamph_inter_english2026.pdf



• B. Student Life at Shizuoka University

4. Tuition and Scholarships

4.1. Payment of Tuition

Tuition is due in April for the first semester and in October for the second semester. MEXT scholarship students and exchange students from partner universities are exempt from tuition. For more details on tuition, please visit the university website below.



<https://www.abp.icsu.shizuoka.ac.jp/>

4.2. Tuition Exemption

Privately financed international students (undergraduate and graduate) who, for unavoidable reasons, have difficulty paying tuition after enrollment may apply for an exemption. Applications are reviewed based on academic performance and financial need, and up to half or all of tuition may be waived. For more details, contact the Student Affairs Division, Academic Affairs Department (Shizuoka Campus) or the Hamamatsu Student Support Division (Hamamatsu Campus).

*Tuition depends on academic performance for ABP (Asia Bridge Program) students. For more details, please visit the websites below.



October entrants: <https://www.abp.icsu.shizuoka.ac.jp/>

April entrants (undergraduate): <https://www.suoic.shizuoka.ac.jp/wp-content/uploads/2023/09/ABP4月特別教育プログラムのお知らせ-2.pdf>

4.3. Scholarships

Some scholarships require a recommendation from the university, while others are applied for individually. For those that require a recommendation, candidates are selected through an internal screening process that focuses on academic performance and financial need. Receiving a university recommendation does not guarantee that you will receive the scholarship.

Some scholarships also have conditions such as year of study, nationality, student status, or field of research. You cannot apply for a scholarship if you do not meet its requirements. The months shown for applications are only a guide. Scholarship amounts and eligibility may change, and some years may have no application call.

Note that students cannot decline a university scholarship if they are selected for one. For more details, please visit the website below.



<https://www.suoic.shizuoka.ac.jp/international/scholarship>

4.3.1. Shizuoka University International Exchange Fund Scholarship

- Application periods: May / October
- Amount: 40,000 yen per month (for six months)

Eligibility (either A or B is required)

A. All of the following:

- 1) Enrolled in a degree program within one of the university's undergraduate faculties or graduate schools

- 2) Not receiving any other scholarship (including the MEXT Honors Scholarship)
- 3) Not living in an international house, a student dormitory, or Akebono Dormitory
- 4) Not having received support from this fund in the current year or the past two years
- 5) Having excellent academic performance
- 6) Being in financial need

B. A privately financed student from a partner university, enrolled as a research student or special auditor, with excellent academic performance

5. Certificates

5.1. Types of Certificates

The main certificates are listed below. Some take about two weeks to issue, so please apply early. Some can be obtained from a certificate vending machine (degree-seeking students only). The machines are located in General Education Building A on the Shizuoka Campus and in S-Port on the Hamamatsu Campus, among other places. For more details, please visit the university website below.



<https://www.shizuoka.ac.jp/public/student/certificate/>

5.1.1. Student ID Card

Degree-seeking students receive a student ID card from the international student affairs section of their faculty or school. Student IDs are required for end-of-semester examinations, library use, and certificate vending machines, so you should carry yours at all times. Non-degree students receive an identification card.

5.1.2. Certificates issued by the vending machines

Certificate of enrollment

Needed for residency procedures, scholarship applications, and similar purposes.

Student discount certificate

Degree-seeking students can get a discount when traveling by JR train or by ship. The number of certificates you can obtain is limited; please visit the website.

Certificate of expected graduation / completion

This certifies that you are expected to graduate or complete your program within one year of the stated date. It is often required for job hunting or for graduate school applications.

Health certificate

Needed for scholarship and admission applications, job hunting, and similar purposes. If you need a medical certificate, please consult the Health Care Center. Note that issuing this certificate requires the results of the annual health checkup, so please be sure to complete yours.

Transcript

Needed for residency procedures, scholarship applications, and similar purposes.

5.1.3. Certificates issued at the counter

Commuting certificate

If you are a degree-seeking student who needs a commuter pass to travel to the university by train or bus from your home or accommodations, please obtain a commuting certificate and use it to purchase the pass. Note that the certificate is issued the business day after you apply. Please present your student ID card when you pick it up.

6. Studying

6.1. Academic Advisor

Your academic advisor provides guidance on your studies, research, and student life.

6.2. Faculty Advisors for International Students

These faculty members (1) teach introductory and common courses for international students in specialized programs, (2) give guidance on study and research, such as how to choose courses and how to search for references (a tutor-like role), and (3) plan and lead practical training at factories, research institutes, and similar places.

6.3. Tutors

The tutor system helps newly arrived international students adjust to university life quickly and study more effectively. Under the academic advisor's supervision, tutors provide individual support and advice on the Japanese language, studying, and daily life.

Undergraduate students can have a tutor during their first two years in Japan, and graduate students during their first year. If you would like a tutor, please talk to your academic advisor first.

6.4. Classes

6.4.1. Japanese Language and Japanese Studies

The following courses are offered university-wide to improve international students' Japanese language skills and deepen their understanding of Japanese culture.

Courses for degree-seeking undergraduate students

These are Japanese language and Japanese studies courses for degree-seeking undergraduate students in their first and second years.

"Japanese I–VI" and "Japanese Studies" are offered.

In the second semester, "ABP Basic Japanese I–X" is also offered for ABP undergraduate students.

Japanese language and culture courses

Level-based Japanese classes for graduate students and non-degree students (exchange students, Japanese Studies students, teacher training students, research students, and others) are also available: "Japanese 1A–5B," "Elementary Japanese I–V," and "Intermediate Japanese I–X."

Courses besides those above are offered to help you understand Japanese culture and meet Japanese people.

6.4.2. Other courses

Courses in beginner-level foreign languages and courses taught in English are also available. Please check with your home university whether the credits will be transferred before registering in these courses.

6.5. Course Registration and Cancellation

Students must register for courses to earn credits. Review course syllabi on the Academic Affairs Information System or in the “Guide to Japanese Language Courses,” decide which courses to take, and register during the registration period. Information on how to register and the registration dates are available on the Student Academic Affairs Portal. The international student orientation also includes relevant information, but please consult your academic advisor or the academic affairs section if you need help. You cannot earn credits if you do not register within the designated period. Course cancellations must be made within the cancellation period; cancellation is not possible at any other time.

Student Academic Affairs Portal (https://wwp.shizuoka.ac.jp/acad-affairs-portal/student_e)



Academic Affairs Information System ("Gakujo") (<https://gakujo.shizuoka.ac.jp/lcu-web/>)



6.6. International Exchange Lounge

A place where Japanese and international students meet in many languages and learn about each other's cultures and languages. International exchange events focus on life in Japan and multiculturalism. Support is also available for daily life and language learning, including Japanese and English.

International Exchange Lounge (Shizuoka Campus)

<https://www.suoic.shizuoka.ac.jp/student/international-student-support-volunteer/>

International Exchange Lounge (Hamamatsu Campus)

<https://www.suoic.shizuoka.ac.jp/student/lounge-hamamatsu/>



6.7. Extracurricular Activities

Extracurricular activities are voluntary pursuits students engage in outside their classes, mainly through clubs and circles. Clubs and circles are very active at Shizuoka University. A booklet introducing them is available at the Student Affairs Division (Shizuoka Campus) and the Hamamatsu Student Support Division's Student Support Section (Hamamatsu Campus). Please take a look if you are interested. The information is also available on the university website.

<https://www.shizuoka.ac.jp/education/campuslife/club/>



6.8. Homestay

The homestay program lets you experience Japanese customs in a Japanese home and get accustomed to life in Japan. Bulletin boards display notices about when outside organizations offer homestay opportunities.

7. Facilities

7.1. Campus Network

Shizuoka University provides a campus wireless LAN (Wi-Fi) service. To connect to Wi-Fi, log in with the Shizuoka University ID (Shizudai ID) issued to you upon entering the university. **Your Shizudai ID is important: in addition to Wi-Fi, it is used for the Academic Affairs Information System and other university services.**

You can connect your laptop, smartphone, and other devices at many access points across the Shizuoka Campus, the Hamamatsu Campus, and affiliated facilities by logging in with your Shizudai ID. Once you have set it up, you can use it anywhere on campus, including the other campus.

◇ Rules for use

- 1) The campus network must not be used for any purpose other than education and research.
- 2) Computers with file-sharing software installed must not be connected to the campus network.
- 3) Shizuoka University students, faculty, and staff must comply with the "Declaration on Information Security."

*For information security and how to use the network, please visit the Center for Information Infrastructure website.

- External site: <https://www.cii.shizuoka.ac.jp/>
- Internal site: <https://www.cii.shizuoka.ac.jp/in/>



External site



Internal site

7.2. University Library

The library has a Main Library on the Shizuoka Campus and a Hamamatsu Branch Library on the Hamamatsu Campus.

7.2.1. Operating hours

During class periods	Mon–Fri	9:00–20:00
During spring, summer, and winter breaks	Mon–Fri	9:00–17:00
Saturday		10:00–17:00
Examination periods		9:00–21:00

7.2.2. Closed

Year-end and New Year period, Sundays and national holidays (except during examination periods), and other occasional temporary closures

7.2.3. Number of books and loan periods

You may take books freely from the open shelves in the reading rooms. Degree-seeking students can borrow books with their IC student ID card. Non-degree students should apply for a library card at the library.

	Non-degree students	Undergraduate	Graduate
Books	3	5	10
Loan period	2 weeks	2 weeks	1 month

7.3. Sports Facilities

7.3.1 Shizuoka Campus

○ Gymnasium

- 1F: gymnastics hall, kendo hall (also used for karate), table tennis room, judo hall
- 2F: basketball court (also used for volleyball and badminton), training room

Dance hall, tennis courts, volleyball court, soccer field (also used for rugby), swimming pool, athletics track, baseball field, kyudo (archery) hall, outdoor gymnastics area

7.3.2 Hamamatsu Campus

Gymnasium: volleyball court (also used for basketball, badminton, and table tennis)

Martial arts hall, soccer field, baseball field (West Dormitory ground), swimming pool, tennis courts, kyudo (archery) hall

7.4 Cafeterias, Shops, and Travel Center

7.4.1 Shizuoka Campus

Name	Hours	Location
Cafeteria No. 1	Mon–Fri 11:00–14:30 17:00–19:00 Saturday 11:30–13:30	1F, General Education Building B
Cafeteria No. 2	Mon–Fri 11:30–13:00	South of the library
Cafeteria No. 3	Mon–Fri 11:30–13:00	Agriculture Building
Stationery and books	Mon–Fri 10:00–17:00	Basement, General Education Building B
Food Shop Ichou	Mon–Fri 8:20–18:00	1F north side, Humanities and Social Sciences Building B
Education Shop	Mon–Fri 11:30–14:30	Education Building B
Agriculture Shop	Mon–Fri 11:30–13:00	2F, Agriculture Building
Travel Center	Mon–Fri 0:00–17:00	Basement, General Education Building B

7.4.2 Hamamatsu Campus

Name	Hours	Location
Cafeteria	Mon–Fri 11:00–14:30 17:00–19:00 Saturday 11:30–13:30	South Hall (* Suruga Bank ATM)
Shop	Mon–Fri 10:30–14:30	South Hall
Service Center	Mon–Fri 11:00–16:15	South Hall
Cafeteria	Mon–Fri 11:00–14:00	North Hall (* Japan Post Bank ATM)
Shop and books	Mon–Fri 10:00–17:00	North Hall

7.5 Bicycle Parking

As a rule, students may not bring vehicles onto campus. Students with physical conditions or other special circumstances that require a vehicle should consult their faculty's or school's international student affairs section.

The parking areas listed below are for students who commute by bicycle or motorcycle.

For campus traffic rules, please visit the university website below.

<https://www.shizuoka.ac.jp/education/campuslife/notice/regulation/>



7.5.1 Shizuoka Campus

○ Bicycles only

- Parking Area No. 1 (south of the Tomei Expressway viaduct)
- Temporary bicycle parking area, and others

○ Motorcycles only

- Parking Area No. 2 (below the "Inazuma Steps")
- Motorcycle parking area (temporary; south of the Administration Building Annex)

7.5.2 Hamamatsu Campus

○ Bicycles only

- Parking area at the south gate
- Parking area at the north gate

○ Motorcycles only

- Parking area beside the main gate

Students living near the university should come on foot or by bicycle. Those who live far away should use public transport.

7.6 International Student Bulletin Boards

Notices from the university, faculties, and departments are sent via Gakujo and posted on the bulletin boards. Please check the boards of your faculty or department regularly.

On the Shizuoka Campus, bulletin boards for international students are located on the east (outside) wall of General Education Building A and on the 4th floor of the same building. Notices from the International Affairs Division are posted there.

On the Hamamatsu Campus, notices are posted on the boards in front of the International Student Section on the 1st floor of S-Port and on the 1st floor of Engineering Building No. 7.

7.7 University Hall (Shizuoka Campus)

University Hall has a large hall (capacity 400, with a stage), the Health Care Center, seminar rooms, a Japanese-style room, a lounge, and ATMs for the following banks:

Japan Post Bank, Suruga Bank

Open Mon–Fri 9:00–18:00

Closed Saturdays, Sundays, national holidays, the year-end and New Year period, and university-wide closing days

8. Health

8.1. Health Care Center

The Health Care Center works to maintain and improve student health. Doctors, public health nurses, and nurses are available for consultation. Please use it not only when you are ill, have emotional concerns, or need first aid, but also as a place to learn more about health.

8.2. Annual Health Checkup

The Health Care Center provides a free annual health checkup. It includes a chest X-ray, a medical examination, and tests for urine, blood pressure, anemia, liver and kidney function, and blood lipids. If you do not complete this checkup, the health certificate required for graduate school or scholarship applications, or similar purposes, cannot be issued. You can also get a checkup and a certificate at an ordinary medical institution, but it is expensive. Please be sure to complete the checkup at the university. Students have their checkup in the month they enroll, whether April or October, on the announced days. The timing may vary depending on the year and the year of study.

8.3. Counseling for International Students

As an international student living in a different culture, language, and social system, you may face many challenges. Faculty members of the Organization for International Collaboration are available for consultation (p. 2).

A counselor for international students also offers consultations in Japanese and English. Please feel free to discuss anything, including minor problems in your studies or daily life.

You can find details and make a reservation on the Organization for International Collaboration website.
<https://www.suoic.shizuoka.ac.jp/international/international-student-consultation/>

*Consultation days and times may change, so check the schedule in advance.

- **Shizuoka Campus**

Day Thursday 13:30–17:30

Place Student Counseling Room (5F, General Education Building A)

Reservations: <https://reserva.be/shizuokakokusai>

- **Hamamatsu Campus**

Day Thursday 13:30–17:30

Place Counseling Room (2F, Engineering Building No. 7)

Reservations: <https://reserva.be/hamamatsukokusai>



Please don't keep your struggles in your studies or daily life to yourself. Don't hesitate to reach out to someone you feel comfortable talking with.

8.4. Harassment Consultation

Harassment undermines a person's dignity and harms the environment for study, research, and daily life. Shizuoka University works to prevent harassment and respond appropriately. Sexual harassment, academic harassment, and power harassment have all become serious issues in recent years.

8.4.1. Harassment consultation desks

You can use various consultation desks inside and outside the university if you are troubled by harassment, or even if you are unsure whether what happened constitutes harassment. Your consultation is kept confidential, so please do not keep your concerns to yourself.

*For more details, please visit the university website.

<https://www.shizuoka.ac.jp/outline/info/soudan/harassment/#a00>



8.5. Hospitals

Japan has general hospitals that cover all fields, as well as clinics that specialize in a single field, such as internal medicine, surgery, or ear, nose, and throat (ENT). Common departments include internal medicine, surgery, obstetrics and gynecology, pediatrics, dermatology, urology, ENT, ophthalmology, dentistry, orthopedics, and psychiatry.

General hospitals are closed on weekends and national holidays. Private clinics are usually closed on Sundays, national holidays, and one weekday, though many are open on Saturdays. If you become ill suddenly, you can find open hospitals and clinics on the Shizuoka Prefecture website "Medical Information Net (Navii)" or through the Shizuoka Prefecture Emergency Medical Information Center (0800-222-1199).

Shizuoka and Hamamatsu have emergency medical centers open on holidays. If you are unsure which department to visit or which hospital to go to, please consult the Health Care Center (p. 17).

Japan has both public and private hospitals, but treatment costs are basically the same. If you have National Health Insurance, you pay 30% of the cost; if not, you pay the full amount. You pay only your share at each visit.

If your symptoms are serious or it is an emergency, call 119 for an ambulance. Ambulance services are free.

"Medical Information Net (Navii)"

<https://www.iryuu.teikyouseido.mhlw.go.jp/znk-web/juminkanja/S2310/initialize?pref=22>



9. Housing

9.1. International Student Residences

Shizuoka University offers housing for international students, including the International Houses and Akebono Dormitory. University housing is typically permitted for up to one year, with extensions possible based on availability. Room availability is limited, so not all applicants are guaranteed a place.

Applications are accepted in June (for October move-in) and in January (for April move-in). Depending on the facility, a cleaning fee and a deposit are collected at move-in.

<https://www.suoic.shizuoka.ac.jp/international/dwelling/>



9.1.1. Shizuoka Campus

Shizuoka International House (3-4-6 Oshika, Suruga-ku, Shizuoka 422-8021)

It is about 3 km from the university: about 30 minutes on foot, 10 minutes by bicycle, or 15 minutes by bus.

Room type	Rooms	Size	Monthly rent	Common service fee *
Single room 1	95	80 m ² / 5 people	25,000 yen	2,400 yen
Single room 2	9	about 15 m ²	28,000 yen	2,800 yen
Couple room	1	about 35 m ²	38,000 yen	4,400 yen
Family room	2	about 48.5 m ²	46,000 yen	6,000 yen

*Includes Internet use and bedding rental.

*Single room 1 is a shared unit (five residents share one unit).

9.1.2. Hamamatsu Campus

The Hamamatsu Campus has Hamamatsu International House Nos. 1 and 2 and Akebono Dormitory.

3-22-1 Shijimizuka, Chuo-ku, Hamamatsu 432-8018

They are about 1.8 km from the university: about 20 minutes on foot or 10 minutes by bicycle.

Hamamatsu International House No. 1

Room type	Rooms	Size	Monthly rent	Common service fee *
Single room	35	12.42 m ²	15,000 yen	8,000 yen
Couple room	10	35.40 m ²	18,000 yen	4,000 yen
Family room	6	52.80 m ²	23,000 yen	4,000 yen

*Includes Internet use and bedding rental.

*Couple and family rooms require an additional 1,600 yen (for bedding rental) per additional resident.

Hamamatsu International House No. 2

*Shared units (five residents share one unit)

Room type	Rooms	Size	Monthly rent	Common service fee *
Single room	95	80 m ² / 5 people	20,000 yen	3,300yen

*Includes Internet use and bedding rental.

Akebono Dormitory

Resident type	Rooms	Size	Monthly rent
Japanese female students	46	15 m ²	15,000 yen
International male students	32		
International female students	13		

9.2. Accommodations and Apartments

The Shizuoka University Co-operative Association (the Co-op) offers room referrals to students seeking to rent a room or apartment. Please keep the following points in mind when choosing accommodations:

- Choose your room or apartment after comparing factors such as room size, rent, common service fee, deposit, and distance from the university.

- You should personally check and be satisfied with the condition of the room, the surrounding area, and all other conditions.
- When you decide to sign a contract, carefully review the details — rent, other costs, and the deposit return policy for moving out or ending the contract early — and always exchange a written rental agreement.
- Shizuoka Prefecture was designated an Area for Intensified Earthquake Countermeasures in 1979 under the Large-Scale Earthquake Countermeasures Act. The Building Standards Act was revised in 1981 to strengthen earthquake-resistant design, so buildings constructed after that date are considered safer. Be sure to check the building's earthquake resistance as well.
- If you notice something in the apartment needs repair after moving in, do not repair it yourself. Please contact the real estate agent or the owner.

9.3. Institutional Guarantee and Comprehensive Renters' Insurance for International Students

You need a joint guarantor to rent an apartment in Japan. For international students who cannot find one, Shizuoka University serves as the joint guarantor, provided the student enrolls in the "Comprehensive Renters' Insurance for International Students" offered by the Japan Educational Exchanges and Services (JEES).

9.3.1. Comprehensive Renters' Insurance for International Students

This insurance covers the debts of an international student or their joint guarantor when they must pay compensation for damage caused by fire, water leaks, storm or flood damage, or similar accidents in a private apartment, accommodation, or student dormitory. The premium is 4,000 yen for one year or 8,000 yen for two years. If you want to extend it for an additional period of up to six months, the cost is 2,000 yen. For more details, contact the International Affairs Division, the Hamamatsu Student Support Division, or your faculty's or school's international student affairs section (p. 2).

9.3.2. Coverage details

This insurance offers coverage that includes the following:

- Tenant's liability (liability to the owner for accidental fire)
- Personal liability (damage caused in daily life)
- Household goods (damage from fire, explosion, flood, and similar causes)
- Guarantor protection (loss incurred by the guarantor as a result of acting as a joint guarantor)

If you want to use the institutional guarantee (the joint guarantor system), first ask the owner or the real estate agent whether they accept it. Application forms are available at your faculty's or school's international student affairs section (p. 2). Please submit the required documents at least two weeks before the date you need the guarantee. This system is available only while you are a student at Shizuoka University.

9.4. Electricity, Gas, and Water

You need provider agreements for water, electricity, and gas while living in Japan. If you rent a private apartment, you typically have to arrange the start of service yourself.

9.4.1. Water

When you move into an apartment or other accommodation and want to use water, apply to the city's or ward's waterworks section. When you move out, notify the same office to stop service and settle your bill. Payment is usually made by direct debit from a bank account.

9.4.2. Electricity

When you move into an apartment or other accommodation and want electricity, apply to the electric power company. When you move out, notify the company to stop service and settle your bill. Payment is usually made by direct debit.

9.4.3. Gas

To start using gas, you must apply to a gas company. When you move out, notify the company to stop service and settle your bill. Payment is usually made by direct debit. Gas is supplied by private companies, and there are two types: city gas and LP gas.

10. Working in Japan

Shizuoka University offers education and support to help international students find employment. If you want to work in Japan, take advantage of the many on- and off-campus programs and prepare early and carefully.

10.1. ABP-JC (Asia Bridge Program, Japan Employment Course)

ABP-JC (Asia Bridge Program, Japan Employment Course) is a program for international students who want to work in Japan after graduation. It is run by the Organization for International Collaboration and aims to help you gain the knowledge and skills needed to work at a Japanese company through Japanese language classes, career education, and internships. It also offers company exchanges and various forms of support to help you plan your career in Japan.

*For more details such as eligibility, how to register, and application periods, please visit the Organization for International Collaboration website.

<https://www.suoic.shizuoka.ac.jp/international/employment/>



10.2. Job-Hunting Consultation

Shizuoka University offers individual job-hunting consultations for international students. You can ask about many aspects of working in Japan, including how to conduct your job search, research companies, write applications, prepare for interviews, and more. Consultations are held on Mondays and Wednesdays, and reservations are made online.

For more details on the consultations and how to make a reservation, please visit the Organization for International Collaboration website.

<https://www.suoic.shizuoka.ac.jp/international/employment/career-support/>



Career support for doctoral students and postdoctoral researchers, as well as support offered by each faculty, is also available.

<https://www.shizuoka.ac.jp/careersupport/doctors/>



Outside organizations and related institutions also offer career support programs for international students. For more details, please see the notices on Gakujo and the relevant websites.

10.3. Post-Graduation Job Hunting in Japan (Designated Activities)

The "Designated Activities" residence status allows international students to remain in Japan and continue seeking employment after graduating or completing their program. Procedures at the university are handled by your faculty's or school's international student affairs desk, or by the Hamamatsu Student Support Division's International Student Section (p. 2). This system is strictly for students who have graduated or completed their program. If you withdraw from the university, you cannot change your residence status to "Designated Activities."

The period of stay is normally six months, and if you meet the conditions, it can be renewed once, allowing you to continue job hunting for up to one year. For an overview of the system and its requirements, please visit the Immigration Services Agency website.

Immigration Services Agency: For international students who have graduated from Japanese universities or other institutions and are seeking employment

<https://www.moj.go.jp/isa/applications/status/designatedactivities14.html>



11. Living in Japan (Shizuoka Prefecture)

11.1. Climate of Shizuoka Prefecture

Shizuoka Prefecture is mild and comfortable all year-round. Typhoon season runs from August to September, and several typhoons reach or pass near Japan each year.

- Spring (March–May) is mild, so enjoy the cherry blossoms and fresh greenery.
- Summer (June–August) begins with the rainy season, and the second half is hot and humid, with temperatures sometimes exceeding 35° C.
- Autumn (September–November) is fairly mild, with many clear days.
- Winter (December–February) is quite cold. Snow is rare in Shizuoka or Hamamatsu, but temperatures can drop below freezing.

11.2. Earthquakes

The Japanese archipelago has active volcanoes and is among the world's most earthquake-prone regions. Shizuoka Prefecture in particular is designated an Area for Intensified Earthquake Countermeasures, and a major earthquake may well occur in the near future. Prepare for earthquakes as part of daily life, review your local evacuation sites (at home and at the university), and take steps to minimize damage.

Emergency items to take with you might include the following:

Drinking water, food (about three days' worth), medicine, health insurance card, residence card, passport, personal seal, bankbook and cards, cash, a towel, soap, tissues, toiletries, underwear, a sleeping bag, a blanket, gloves, a portable radio, a flashlight, matches, a mask, and a helmet

11.2.1. Ten Rules for Action During an Earthquake

- 1) First, take cover under a table or desk.
- 2) Turn off gas appliances and electrical equipment.

- 3) If a fire starts, put it out immediately.
- 4) Do not rush outside in a panic.
- 5) Make sure you have a way out.
- 6) Stay away from narrow alleys, walls, cliffs, and rivers.
- 7) Watch out for landslides, cliff collapses, tsunamis, and flooding.
- 8) Evacuate on foot and carry as little as possible.
- 9) Help others with first aid.
- 10) Get accurate information from television and radio broadcasts.

Shizuoka University conducts an annual evacuation drill in preparation for a major earthquake. You can find the campus evacuation sites on the website.

https://www.shizuoka.ac.jp/outline/bousai/document/eqtmanu_st.pdf



Disaster drills are held at Hamamatsu International House every October and at Shizuoka International House every November. Hamamatsu International House also conducts a fire drill every April. Be sure to participate so you can stay calm and respond appropriately to an earthquake, a fire, or another emergency.

11.2.2. Shizuoka University Safety Confirmation System

If an earthquake of intensity 5-lower or higher is recorded in Shizuoka Prefecture or a neighboring prefecture, or of intensity 7 anywhere in Japan, an email is automatically sent to your registered address asking you to report whether you are safe. You should always reply. Your reply lets the university confirm that you are safe and helps it share information with your parents and family.

11.3. Guidelines for Disposing of Garbage

In Japan, you must sort your garbage according to the sorting rules and put it out at the designated time and place. Garbage is generally sorted into "burnable," "non-burnable," and "recyclable" categories and must be taken to the designated place by 8:30 a.m. on your neighborhood's collection day. Sorting rules and collection days vary by area, so always check the rules where you live.

11.3.1. How to sort garbage

The Shizuoka and Hamamatsu municipal governments publish guidebooks and maintain websites where you can check sorting rules and collection days.

Shizuoka

Shizuoka Municipal Guidebook on Putting Out and Sorting Garbage

<https://www.city.shizuoka.lg.jp/gomi/s000668.html>

Shizuoka City: Garbage Disposal (English)

<https://www.city.shizuoka.lg.jp/s9328/p005705.html>



Japanese



English

Hamamatsu

Hamamatsu City: How to Put Out Household Garbage

<https://www.city.hamamatsu.shizuoka.jp/ippai/gomi/dashikata/index.html>



Hamamatsu City: Sorted collection calendar (available in other languages)

<https://www.city.hamamatsu.shizuoka.jp/ippai/gomi/dashikata/calendar/index.html>



• Contact

If you are unsure how to sort your garbage, please contact the appropriate office listed below.

Waste Reduction and Recycling Section, Shizuoka City Tel: 054-221-1361

Proper Disposal Section, Collection Operations Division, Shizuoka City Tel: 054-221-1365

General Waste Division, Environment Department, Hamamatsu City Tel: 053-453-0011

11.3.2. Large items and home appliances

You must apply in advance to dispose of large items or large amounts of garbage.

Non-burnable and Bulky Waste Center, Shizuoka City Tel: 0120-532-471

Bulky Waste Center, Hamamatsu City Tel: 053-453-2288

Note that the city does not collect six items — air conditioners, televisions, refrigerators, freezers, washing machines, and clothes dryers. Ask an electronics store to dispose of them, or pay the fee and take them to a designated site yourself. The city also does not collect computers; please contact the manufacturer to arrange pickup.

11.4. Transportation

Japan has a well-developed public transportation network of trains and buses, so you can travel to many places without a car. Public transportation usually runs on time and is widely used for commuting, travel, and daily life.

Student discounts are sometimes available for public transportation. Degree-seeking students at Shizuoka University can use commuter passes and student discount certificates.

Note also that in Japan, pedestrians walk on the right side of the road, while cars and bicycles travel on the left.

11.4.1. Bicycles

Bicycles are widely used in Japan, but in many areas there are no dedicated bicycle lanes. Under the Road Traffic Act, a bicycle is treated as a vehicle, so be sure to follow traffic rules and ride safely. Bicycle accidents are common. Never ignore traffic lights, fail to stop where required, or use a smartphone while riding.

National Police Agency: "Bicycle Traffic Safety — Traffic Rules for Bicycles" (in Japanese)

<https://www.npa.go.jp/bureau/traffic/bicycle/portal/rule.html>

Tokyo Metropolitan Police Department: "Japan's Traffic Rules"



https://www.keishicho.metro.tokyo.lg.jp/multilingual/english/traffic_safety/traffic_rules/index.files/japan_traffic_rules_english.pdf

From April 2026, the traffic ticket system (the "blue ticket" system) also applies to bicycle offenses. Riders aged 16 or over may be fined for certain violations. For more details, please see the National Police Agency website.

National Police Agency: "Bicycle Traffic Safety — Enforcement" (in Japanese)



<https://www.npa.go.jp/bureau/traffic/bicycle/portal/control.html>

In case of accidents, be sure to get bicycle insurance (p. 9) and student liability insurance (p. 8).

11.4.2. Bicycle Anti-Theft Registration

Always register your bicycle after purchase. Anti-theft registration helps prevent theft and confirms ownership. You can register at bicycle shops, home centers, and similar stores.

If you give your bicycle to someone else or receive one from someone else, the registration must be transferred (or renewed). The person giving the bicycle should complete a transfer certificate, and the person receiving it should complete the transfer at a registered shop. If the registration still lists the previous owner, the police may stop you to verify ownership.

11.4.3. Cars and Motorcycles

Motorcycles and mopeds are convenient for getting to the university or to a part-time job. However, traffic rules and driving etiquette vary from country to country. When you drive, make sure you understand Japanese traffic rules and drive safely.

To ride a motorcycle or moped or drive a car in Japan, you need a valid Japanese driver's license or an international driving permit for that vehicle type. What you may drive depends on your license type and the country that issued it. If you are unsure whether your license is valid here, check with a police station or a driver's license center.

If you own a motorcycle, moped, or car, you are required by law to carry compulsory automobile liability insurance (jibaiseiki). Be careful not to let it expire, and always take out optional insurance as well (p. 9).

There have been traffic accidents involving international students riding motorcycles and mopeds. Wear your helmet properly, and never speed, drink and drive, ride without a license, or use a smartphone while riding.

If you own a car, you must secure a parking space and obtain a parking space certificate (shako shomei). Please also park motorcycles and mopeds only in the designated areas to avoid disturbing your neighbors.

11.5. Traffic Accidents

The number of traffic accidents involving Shizuoka University students increases every year. When you ride a bicycle or motorcycle or drive a car, be especially careful to avoid causing or being involved in an accident. Be sure to have car insurance (compulsory and optional) when riding a motorcycle or driving a car.

11.5.1. Accidents on campus

If a traffic accident happens on campus, contact the nearest office or your faculty's or school's international student affairs section immediately and ask whether the police should be called.

11.5.2. Accidents off campus

Anyone involved in an accident, no matter how minor, must always contact the police, whether they caused the accident or were the victim. After that, contact your faculty's or school's international student affairs section. If you do not contact the police, your insurance, whether compulsory or optional, may not apply,

and you may not receive compensation. Even if you feel no pain right after the accident, problems can appear later, so please also go to a hospital.

Contact on weekends, national holidays, and at night:

Shizuoka Campus Security Office: 054-238-4444

Hamamatsu Campus Security Office: 053-478-1111

11.6. Using Social Media

The Internet and social media are useful tools that connect you with the entire world, but if you use them improperly, they can affect not only you but also many people around you. In some cases, you may even face criminal penalties. Please understand that using the Internet and social media carries risks.

11.6.1. Basic principles

- Do not break laws or rules, or act dishonestly.
- Do not infringe others' rights, including copyright, portrait rights, and privacy. Do not distribute or modify music, illustrations, or videos without the author's permission.
 - Do not buy or sell lecture materials, and do not copy and paste or plagiarize reports or papers.
- Remember that nothing on the Internet is truly anonymous.
- Do not let anyone else use your account.
- Use passwords and authentication to prevent data leaks.

11.6.2. Protection against viruses

- Use anti-virus software.
- Check for security updates for your OS and software, and always keep them up to date.
- Do not open emails from unknown senders or those with suspicious attachments.
- Do not use online content whose safety you cannot verify.

11.6.3. Social media

You are responsible for how you use social media.

- Once you post something, it never fully disappears from the Internet, even if you delete it.
- Even if you share information only with friends, assume that everything is visible to the entire world.
- Be especially careful with photos and videos. They can lead to unexpected trouble, such as identifying individuals, invading privacy, or violating confidentiality rules.
- Before posting, check whether the content is socially acceptable and whether it violates any rules of information ethics.

11.7. Postal Services

To send a letter or postcard, put a stamp on it and drop it in a post box. To send a Yu-Pack parcel or international mail, please go to a post office counter. Post offices also offer banking services: account opening (Japan Post Bank), savings, transfers, and bill payment.

If you move, submit a change-of-address notice to the post office. Mail sent to your old address will be forwarded to your new address for one year.



Japan Post



Postal rates

For postal rates and operating hours, please visit the Japan Post website. Hours vary by office, and some post offices are open on weekends and national holidays.

- Japan Post: <https://www.post.japanpost.jp/>
- Postal rates: <https://www.post.japanpost.jp/send/fee/>

11.8. Home Delivery Services

In addition to the post office's Yu-Pack, you can use private home delivery companies to send parcels within Japan and overseas.

These services deliver parcels, such as clothes and daily goods, to an address you specify. Some can be sent from convenience stores or company offices, and some let you choose the delivery date and time.

A delivery notice will be left in your mailbox if you are out when a parcel arrives. You can then request redelivery using the notice or the company's website.

11.9. Local Consultation Services for Residents

If you or your family need advice on medical care and welfare, housing, administrative procedures, children's education and childcare, Japanese language learning, and similar matters, please use the services of the city where you live. Shizuoka and Hamamatsu municipal governments offer consultation desks for foreign residents and provide information in several languages.

Shizuoka

Shizuoka City: Information for foreign residents (in Easy Japanese, English, Chinese, and other languages)

<https://www.city.shizuoka.lg.jp/p000211.html>

Shizuoka City Association for Multicultural Exchange (SAME)

<https://samenet.jp/>



Shizuoka City



SAME

Hamamatsu

Hamamatsu City: CANAL HAMAMATSU (multilingual information site for foreign residents)

<https://www.city.hamamatsu.shizuoka.jp/foreign/>

Hamamatsu Foundation for International Communication and Exchange (HICE): HAMAPO (daily life information site for foreign residents)

<https://www.hi-hice.jp/en/>



CANAL HAMAMATSU



HAMAPO

12. Important Points to Remember

12.1. At the University

- Keep in regular contact with your academic advisor and the international student affairs section.
- Check notices on Gakujo and the international student bulletin boards carefully.
- Meet deadlines for assignments and other submissions.

- Do not bring cars or motorcycles onto campus (motorcycle permits are required at the Hamamatsu Campus).

12.2. In Daily Life

- If you stay for three months or longer, you must enroll in the National Health Insurance.
- Put out your garbage only on the designated days.
- When cooking, never leave a flame unattended and ensure the room is well-ventilated.
- Always lock your door when you go out and when you go to bed.
- In case of fire, know how to call for help and where the fire extinguisher and emergency exits are.
- In case of sudden illness, know how to call an ambulance and where the nearest hospital and pharmacy are.
- If you own a car or motorcycle, be sure to have compulsory and optional car insurance.
- Never drive a car or motorcycle without a license.
- Be careful not to cause a traffic accident or become a victim of one.

• C. When Your Time at Shizuoka University Comes to an End

13. Procedures Before Returning Home

13.1. Checklist for Returning Home

13.1.1. Procedures at Shizuoka University

- Tell your academic advisor and your faculty's or school's international student affairs section your departure date and your contact details after you leave.
Check with that section which procedures you need to complete.
- If you need a transcript or other certificates, request them at least two weeks before you leave the university.
- If you are a Co-op member, return your membership card to receive your refund.
- Cancel your student liability insurance at the Co-op.
- Please also visit the Shizuoka University International Affairs Division website.

<https://www.suoic.shizuoka.ac.jp/international/returningprocess/>



13.1.2. Moving Out of Your Housing

When you leave your apartment to return home, the account must be settled. The apartment's condition is assessed to determine the amount you owe. Always be present for this check to confirm what will be charged and the amount. If you think something in the apartment needs repair, do not attempt to do it yourself; talk to the real estate agent or the owner.

- Notify the management company, the real estate agent, or the manager of the international house that you are moving out, typically at least one month in advance. If you give late notice, you may be charged a penalty.
- Pay your final rent and your electricity, gas, and water bills
If you plan to close the bank account used for these payments, contact each company to arrange cash payments.
- Dispose of garbage and unwanted items
Put burnable garbage and recyclables (bottles, cans, and so on) out at the designated place on the designated day. To dispose of bulky garbage, apply early and always follow the rules.

13.1.3. Other

- Cancel your mobile phone and Internet contracts
Review the terms of your contracts. As a rule, close your bank accounts. However, if bills are paid by direct debit from your account, contact each company to arrange cash payments. If you are expecting a deposit, such as a scholarship, confirm the payment date before deciding when to leave.
- Complete the moving-out procedure at the city (ward) office
Return your National Health Insurance card and settle your premiums. If you are enrolled in the National Pension, take your pension book to the city (ward) office to complete the withdrawal procedure.

14. Short-Term Research Program for Former International Students

This program offers an opportunity to conduct short-term research at a Japanese university, alongside researchers there. It is for people from developing countries in Asia, Latin America, the Middle East, Africa, and other regions who once studied in Japan as international students, who returned home at least three years ago, who are 45 or younger, and who now work in education, academic research, or public administration in their own country. For more details, please contact your faculty's or school's general affairs section.

• D. Enjoying Life and Culture in Japan

15. Life and Culture in Japan

15.1. Characteristics of Japanese Society

Understanding the values that shape Japanese society makes it easier to live comfortably in Japan. This section introduces some basic ideas and regional differences.

15.1.1. Basic values in Japanese society

Japanese people tend to value consideration for those around them and harmony (wa) within a group. People respect others' opinions, but they also appreciate care for the situation and others when opinions are expressed. "Valuing harmony": you are expected to act with others' feelings and perspectives in mind, not just your own.

"Keeping time and promises": adhering to schedules, deadlines, and rules builds trust. "Not causing trouble for others": the idea of not burdening others appears in many aspects of daily life.

15.1.2. Diversity and regional differences

The idea that "all Japanese people are the same" is inaccurate. Ways of thinking vary by generation, hometown, and occupation, and customs differ greatly from region to region. For example, garbage-sorting rules, dialects, food culture, and local events all vary by area. When you move, check how things are done in your new area.

The number of residents with roots in other countries is also growing, and some areas, such as Hamamatsu City, are highly multicultural. Please feel free to ask the people around you about anything you do not understand.

15.2. Communication

Relationships in Japan begin with greetings and the words you use. Your Japanese does not have to be perfect; a polite effort makes a good impression.

15.2.1. The importance of greetings

Greetings are the first step toward building a good relationship. Proactively greet your neighbors, teachers, and coworkers with a smile.

The basic greetings are "Ohayo gozaimasu," "Konnichiwa," "Konbanwa," "Arigato gozaimasu," and "Sumimasen." A slight bow (eshaku) is also an important greeting. Even a brief nod when your eyes meet makes a good impression.

15.2.2. Honorifics and polite expressions

Japanese has "keigo," a set of grammatical forms that express respect. When addressing teachers, shop staff, older people, and people you meet for the first time, use the polite "desu / masu" style.

At first, the polite "desu / masu" style is enough. You will gradually learn the respectful and humble forms. With friends, people use a casual style called "tameguchi," but it is important to choose your style based on the person and the situation.

15.2.3. Direct and indirect expressions

Japanese people tend to speak indirectly out of consideration for others. "Yes" does not always mean agreement, and people may express their feelings without refusing outright.

When declining an invitation, expressions such as "Chotto...", "Kangaete okimasu," or "Mata kondo" often mean "no."

Facial expression, tone of voice, and atmosphere are also part of the message. If you are unsure, it is fine to ask, "What do you mean?"

15.3. Etiquette in Daily Life

Small, everyday courtesies are key to good relations with your neighbors and those around you. Be especially careful with garbage, noise, and waiting your turn.

15.3.1. Sorting garbage

In Japan, garbage is sorted by type and put out on the designated day, at the designated time and place (p. 24).

Sort it into "burnable," "non-burnable," and "recyclable" (cans, bottles, and so on), and take it to the designated place by the designated time on the day set for your area.

Use transparent or semi-transparent bags. You must buy the bags designated by your municipality; bags from convenience stores or supermarkets are not permitted. Bulky garbage requires an advance application (check your city hall's sorting rules).

15.3.2. Being careful about noise

In apartment buildings, everyday sounds travel easily to the rooms next door, above, and below, so please be mindful. Late at night and early in the morning, keep loud talking, music, and the use of vacuum cleaners and washing machines to a minimum, and stay quiet.

Be careful, too, with house parties and conversations on balconies or in corridors. Noise is the cause of most neighborly disputes.

15.3.3. Waiting in line

In Japan, waiting in line is expected in many situations: at stations, shops, bus stops, and restrooms. Cutting in line is strongly frowned upon. On trains and buses, people getting off go first. People getting on join the end of the line and board after everyone has gotten off. On escalators, many areas leave one side open for walking, but more places now ask people to stand on both sides and not walk. Please follow the signs.

15.4. Housing and Neighbors

Living in an apartment or condominium in Japan involves its own rules and etiquette. Be considerate of your neighbors to live comfortably in your home.

15.4.1. Points to note in apartment life

When you move in, you must arrange to start your water, electricity, and gas service. Bills are usually paid by direct debit (pp.20-21).

When cooking, never leave a flame unattended and ensure the room is well-ventilated.

Always lock your door when you go out and when you go to bed.

If something in your room needs repair, do not attempt to do it yourself; talk to the real estate agent or the owner.

When moving out, notify the management company, the real estate agent, or the owner at least one month in advance. If you give late notice, you may be charged a penalty (p. 29).

15.4.2. Using shared spaces

Corridors, stairs, entrances, garbage areas, and bicycle parking are shared spaces. Park bicycles and motorcycles only in the designated parking areas.

Do not leave luggage, personal belongings, bicycles, or garbage in front of your door or in the corridor. They also block the exit in an emergency.

15.4.3. Getting along with your neighbors

When you move in, a simple greeting to your neighbors and the owner makes future interactions easier. Greet people with a smile when you meet them. This helps build relationships so you can help each other when problems arise.

If you join the local residents' association (jichikai / chonaikai), it is easier to get information on garbage, disaster preparedness, and local events.

15.5. Part-Time Work and Workplace Culture

To work part-time, international students need "permission to engage in activities other than those permitted" from the Immigration Services Agency (p. 3). Always obtain this permission before starting working. Japanese workplaces also have their own culture.

15.5.1. Being on time

In Japanese workplaces, being on time is the most basic courtesy. Being late seriously damages trust.

Arrive a little before your shift starts (5–10 minutes early) so that you can get ready and begin work on time. If you will be late, absent, or need to leave early, contact your workplace yourself, as soon as possible.

15.5.2. Ho-Ren-So (report, inform, consult)

"Ho-Ren-So" is a mnemonic formed from the initial sounds of hokoku (report), renraku (inform), and sodan (consult). It represents the core communication values in Japanese workplaces.

Report: tell your supervisor how your work is going and what the results are.

Inform: pass on necessary information to the people involved.

Consult: when you have a problem or are unsure what to do, do not make decisions alone — ask your supervisor or a senior colleague as soon as possible.

15.5.3. Customer service manners

In customer service jobs, polite language and a courteous attitude toward customers are expected. Learning customer service lingo takes time, so start with basic phrases.

Basic phrases: "Irasshaimase" (welcome), "Shosho omachi kudasai" (one moment please), "Arigato gozaimashita" (thank you), "Moshiwake gozaimasen" (I am sorry). A neat appearance (clean clothes and hair), a smile, and a polite bow are also part of customer service.

15.5.4. Communication at work

It is important to ask questions rather than pretend to understand. Asking questions shows that you want to do the job properly. If you do not understand an instruction, ask again on the spot: "Kakunin sasete kudasai" (let me check). Do not forget to use greetings when you arrive and leave: "Ohayo gozaimasu," "Osaki ni shitsurei shimasu," and "Otsukaresama deshita."

15.6. Annual Events in Japan

Japan has annual events for each season. The way they are celebrated varies by region and family, but knowing the main ones will make your life here more enjoyable.

15.6.1. New Year (January)

The most important event of the year. People make their first shrine or temple visit of the year (hatsumode) and pray for happiness. They eat osechi dishes and ozoni soup and send New Year's cards to each other. Many shops, government offices, and banks are closed around New Year's Day.

15.6.2. Setsubun (around February 3)

An event marking the change of seasons to drive out bad things and invite good fortune. People throw beans while saying "Oni wa soto, fuku wa uchi" (demons out, good fortune in). Some people also eat a sushi roll called "ehomaki" while facing the lucky direction for that year.

15.6.3. Hanami (late March to April)

An event to celebrate the arrival of spring while viewing cherry blossoms. Many people gather in parks and other places to eat or take a walk under the cherry trees. Please follow the etiquette for reserving space and for taking your garbage home.

15.6.4. Obon (around August 13–15)

An event to welcome and honor ancestral spirits. Many people return to their hometowns, so transportation is crowded. Some areas hold it in July. Bon dances and festivals are held in many places, and most workplaces and schools are closed (including Shizuoka University, which goes on summer break).

15.6.5. Year-end and New Year

From late December to early January is the year's biggest turning point. At the end of the year, people thoroughly clean to remove a year's worth of grime, and on New Year's Eve they eat "toshikoshi soba." Most workplaces and schools are closed (including Shizuoka University, which goes on winter break).

15.7. Disasters and Helping Others

Japan has many natural disasters, such as earthquakes and typhoons. Shizuoka Prefecture in particular is designated an "Area for Intensified Earthquake Countermeasures," so everyday preparation is essential.

15.7.1. Preparing for earthquakes

No one knows when an earthquake will happen. Check your evacuation site in advance (both at home and at the university), and prepare emergency supplies (p. 23). Examples of emergency items: drinking water, food (about three days' worth), residence card, passport, cash, health insurance card, medicine, a flashlight, a portable radio, and masks. If an earthquake occurs: (1) take cover under a desk or table, (2) turn off any flames, (3) do not rush outside, (4) make sure you have a way out, (5) get accurate information from television or radio broadcasts.

After a major earthquake, you will receive a safety confirmation email from the Shizuoka University Safety Confirmation System (p. 24). Always reply promptly. You can find the campus evacuation sites on the university website.

15.7.2. Preparing for typhoons

Typhoon season runs from June to October, and several typhoons approach or reach Japan each year. Be prepared for strong winds, heavy rain, and power outages. When a typhoon approaches, check the weather forecast and local information from your city's government frequently, and avoid going out unless you need to. Prepare early: bring items from your balcony inside, and have drinking water and a flashlight ready. Classes may be canceled.

15.7.3. Working with the local community

In a disaster, neighbors helping each other makes a great difference. Build connections with your community in normal times, and check the evacuation sites and routes for your area. Disaster information in several languages is available at the city office and the international exchange association. Taking part in local disaster drills helps you learn what to do in an emergency and get to know your neighbors.

15.8. Living in Shizuoka Prefecture

Shizuoka Prefecture borders the Pacific Ocean and enjoys a mild, comfortable climate year-round. Shizuoka University has campuses in Shizuoka and Hamamatsu. This section introduces local life and what to enjoy.

15.8.1. Climate and daily life in Shizuoka

Shizuoka Prefecture is mild year-round, and snow is rare. Summers, however, are hot and humid, with temperatures on some days rising above 35° C. In spring (March–May), enjoy the cherry blossoms and fresh greenery, while autumn (September–November) offers many fair, comfortable days. Summer (June–August) begins with the rainy season and ends with intense heat. Take care to avoid heatstroke and strong sunlight. Winter (December–February) is a little cold, and temperatures occasionally fall below freezing.

Shizuoka Prefecture stretches far from east to west, and each area has its own character. There is much to see: nature, history, and food. On your days off, travel a little farther and enjoy what the region has to offer. The two largest cities are Shizuoka, the prefectural capital, and Hamamatsu, the main city in the western part of the prefecture. Shizuoka: surrounded by Suruga Bay and the Southern Alps, it is famous for tea and sakura shrimp. It has Shimizu Port and the Miho no Matsubara pine grove. Hamamatsu: a lively city known for Lake Hamana and its manufacturing industry. Nearby are the cities of Kakegawa, Iwata, and Fukuroi. By Shinkansen, you can make a day trip to Tokyo or Nagoya.

15.8.2. Foreign communities

Communities of people from the same country or region can be a valuable source of support. At the same time, maintaining connections with Japanese society will enrich your life here.

There are Brazilian food shops, ethnic restaurants, and churches and mosques that offer services in other languages, so you can enjoy your own culture. If you take part in events or volunteer activities organized by the international exchange associations, you can meet both Japanese and other foreign residents in your community.

15.8.3. Local events

Shizuoka and Hamamatsu host traditional events and festivals rooted in the local community. International students are welcome to watch or participate. Shizuoka Festival: held each year in early April, it centers on Sunpu Castle Park. The "Ogosho Hanami Gyoretsu" parade reenacts Tokugawa Ieyasu's cherry-blossom

viewing with his retainers as it moves through the city. The evening brings dancing, including the "Yozakura Ranbu." Hamamatsu Festival: held annually from May 3 to 5. By day, a spirited kite-flying contest takes place on the Nakatajima Sand Dunes, and by night, ornate "goten yatai" floats parade through the city. More than a million people attend each year.

15.8.4. Good Food in Shizuoka Prefecture

Shizuoka Prefecture is rich in food from both the sea and the mountains. Please try the local flavors.

Tea: Shizuoka is one of Japan's leading tea-producing regions and has long ranked among the top in production.

Eel (unagi): The area around Lake Hamana is famous as the birthplace of eel farming. Sakura shrimp and whitebait: Sakura shrimp from Suruga Bay are found nowhere else in Japan. Raw whitebait (shirasu) is also popular. Hamamatsu gyoza and Shizuoka oden: The cabbage-filled Hamamatsu gyoza and Shizuoka oden, with its rich broth and skewers, are the best-known local dishes.

15.8.5. Leisure in Shizuoka Prefecture

There are also many places for sightseeing and leisure to visit on a day trip. Mt. Fuji and Miho no Matsubara: a World Heritage Site. Views of Mt. Fuji are a hallmark of Shizuoka.

Nihondaira and Kunozan Toshogu Shrine: scenic spots in Shizuoka, linked by a ropeway. Lake Hamana and Hamamatsu Castle: popular spots in Hamamatsu for lake activities and historical walks. Others: the Oigawa Railway steam train, the Dream Suspension Bridge in Sumatakyo, and the hot springs in Izu and Atami are also popular.