

Welcome to



Batbayar Altannavch (Altaa)

Master 1st year

Department of Life Science and Technology

About Me

Institute of SCIENCE TOKYO

- Mongolia
- Living in Japan since 2019
- Completed Japan's 55%
- Languages >■●





- Travelling
- Dance & Drum
- Cleaning
- Social Media

- A Transfer Student
- Life Science & Technology
- Kajiwara
 Orihara Lab
- Circadian Rhythm



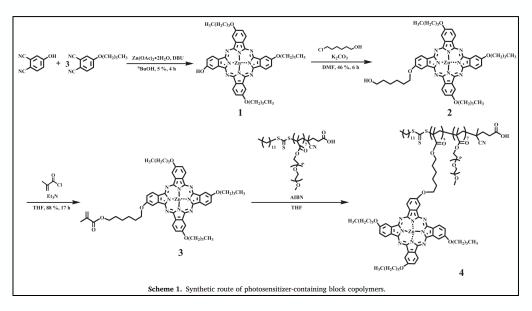
My Research

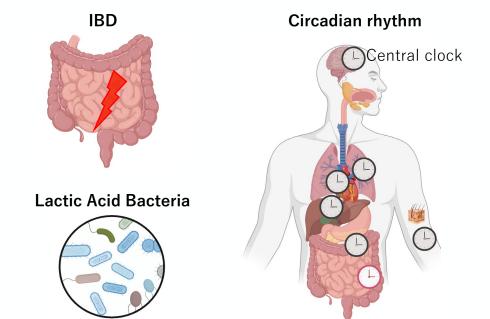


https://doi.org/10.1016/j.rechem.2024.101499

• 2024 ~ (in Science Tokyo)







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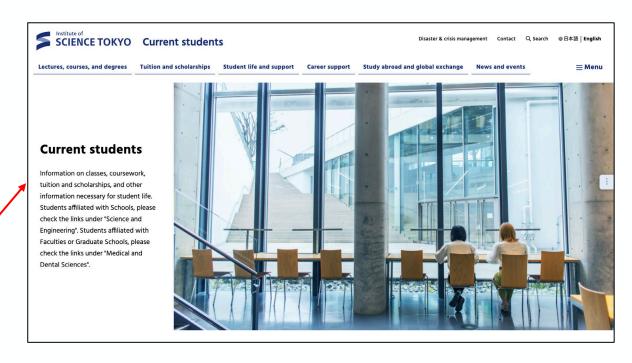
University Information





https://www.isct.ac.jp/en







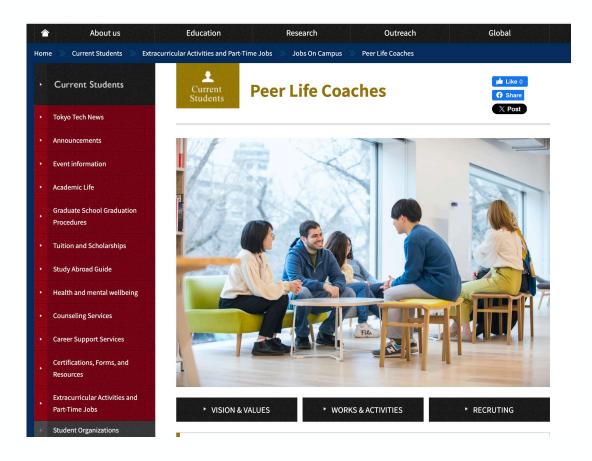
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Student Life Coach Community



Peer Life Coaches (International Exchange Team)

We organize events and activities to promote international experiences, cross-cultural understandings, and language learning at the Global Lounge, Taki Plaza B1 Floor, or other places inside and outside of Science Tokyo.







Student Life Coach Community



Campus Tour



Multilingual Chat







Student Life Coach Community



Tokyo Walking Tour







Other fun activities







Financial Support



Scholarship for International Students

- > Japanese Government (MEXT) Scholarship
- Scholarship Opportunities without a University Recommendation
- > Scholarship Opportunities Requiring a University Recommendation
- > JSPS, Tokyo Tech SPRING, Tokyo tech Tsubame Scholarship (For PhD students)

Part-time job

Work Permit: Within 28 hours a week (up to eight hours a day during the long school holidays)

- > TA, RA
- Town work, Gaijin Pot, Indeed...



Visa and Arrival



At the airport :

- > Receive your Residence Card (Zairyū Card)
- ➤ Apply for Work Permission
 - *If you plan to work part-time as a student, ask for the Permission to "Engage in Activity Other Than That Permitted under the Status of Residence" at immigration.
- > Get an IC card (e.g., Pasmo, Suica) for transportation
- > Get a SIM Card or Mobile Contract (Sakura Mobile, Mobal...)
 - *In store: Softbank, Docomo, au, Rakuten Mobile....

At City hall or Ward office:

- > Register your address. Take your Residence Card with you.
- Apply for National Health Insurance (Kokumin Kenko Hoken).

Open a Bank Account:

Japan Post Bank (Yuucho), MUFJ, SMBC, Rakuten Bank...



Japanese only!!!

Finding Accommodation



Dormitories

- Science Tokyo Dormitories for students
- Dormitories for newly enrolled international students
- Science Tokyo-Affiliated Dormitory
- Dormitories Recommended by Science Tokyo

More Info

Renting an Apartment

- > Online Platforms (Suumo, Homes, GaijinPot...), Fudosan (Real Estate Agents), Share Houses...
- ➤ Monthly Rent, Security Deposit(refundable), Key Money, Agency Fee,...
- Apartments are typically small in Tokyo, but you'll get used to it!
- > Prepare: Residence card, Guarantor Information, Income Proof,...
- > Tips: Foreign-friendly apartments, Avoiding Key Money, Train lines...

Settling In



Setting Up Utilities in Japan



- ➤ **Electricity**: Tokyo gas, TEPCO, ENEOS, Looop, Octopus Energy... Your landlord or real estate agent can also help with the setup.
- > Gas: City Gas or Propane Gas. Tokyo Gas for city gas.
- > Water: Contact the local water bureau (Suido Kyoku) to start your water service.
- ➤ Internet: Fiber optic (Hikari) or pocket Wi-Fi. Providers include NTT, SoftBank, AU, Rakuten,... (There are some scams, especially targeting foreigners, so be careful)

Pension(Nenkin) System in Japan

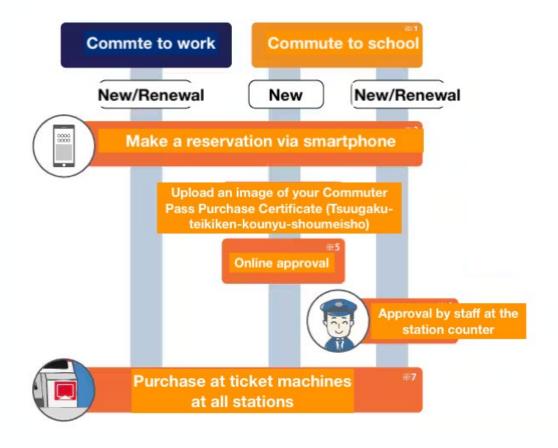
Monthly payment : Around ¥16,000

Exemptions for Students: Apply for the Special Payment System for Students at the ward office of your place of residence. You need to apply for the exemption **every year.** I recommend getting help from someone who has done it before.

Settling In



- Purchasing a commuter pass(teikiken)
 - > Commuter pass certificate (Tsūgaku Shōmeisho): provided by University
 - > Student ID





Master student's life at Science Tokyo



Research

- Experiments
- Lab Seminars
- Midterm & Final Presentation
- Thesis Writing

Lectures

- Mandatory classes
- Registering for classes
- Grades
- Finals, final reports

Career

- Job hunting
- Internships
- PhD program
- Other opportunities

50% 25% 25%

Social life



Learn Japanese

> Nihongo space, Multilingual Chat, Duolingo, Study for JLPT



Join Clubs and Student Associations

> TISA, Global Lounge, Circles & Clubs,...

Attend Campus Events

> Biannual Welcome Party, Walking Tour, Kodaisai festival,...

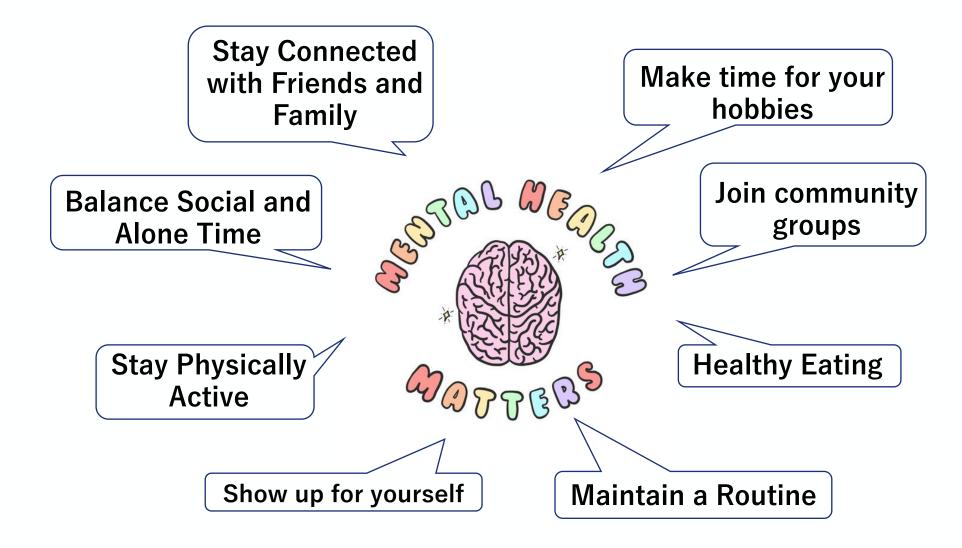
• Go to "meetup" events in Tokyo meetup



- > There are plenty of group-event apps you can use to make friends in Tokyo. It's a big city with a diverse population.
- > Go outside and experience things, even if you're by yourself. Don't be a homebody!

Mental health & well being





Final advice for adapting to life in Japan



What to bring from your country

Specific medicines, comfort snacks,...

Weather

Super hot in summer, cold indoors in winter, rainy season

Public rules

No loud talking, no eating, and no littering in public places (trains, elevators)

Public Holidays

Golden Week in May, Obon in August, Long Weekends (sanrenkyuu)

Where to shop on a budget

¥ 100 shops (Daiso), Don Quijote, Gu, Uniqlo, Gyomu supermarket, Costco, etc.

Thank you! Good luck!





We opened online International Student Help Desk!

Peer Life Coach, Student Success Support Room, Student Support Center E-mail: concierge.junior@ssc.isct.ac.jp

質問をSlack チャンネル#cl-international-student-helpdesk に送ってください。

SPECIAL HELP DESK for new students

> Taki Plaza B1F (Ookayama)

29th of September 12:40-13:20 30th of September 12:40-13:20

> Suzukake Hall 3F (Suzukakedai)

1st of October 12:40-13:20



Taki Plaza B1







Online helpdesk