

Welcome to



Batbayar Altannavch (Altaa)

Master 1st year

Department of Life Science and Technology

About Me

- Mongolia 🇲🇶
- Living in Japan since 2019
- Completed Japan's 55%
- Languages > 🇲🇶 🇯🇵 🇬🇧

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



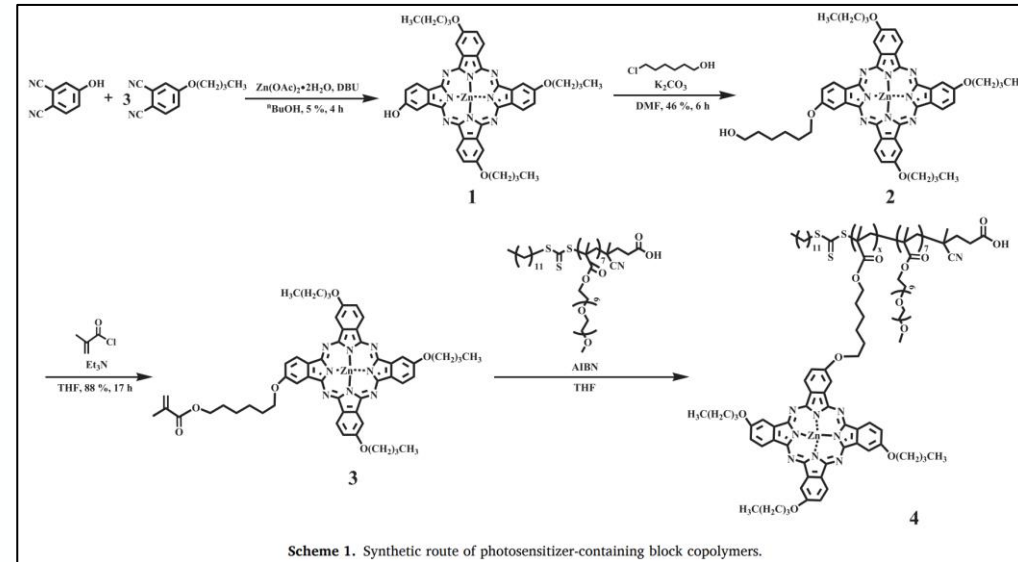
- Travelling
- Dance & Drum
- Cleaning
- Western TV Shows



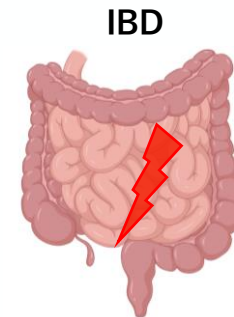
My Research

- 2023 (before Science Tokyo)

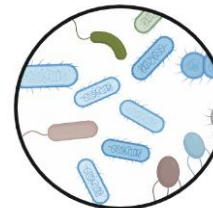
<https://doi.org/10.1016/j.rechem.2024.101499>



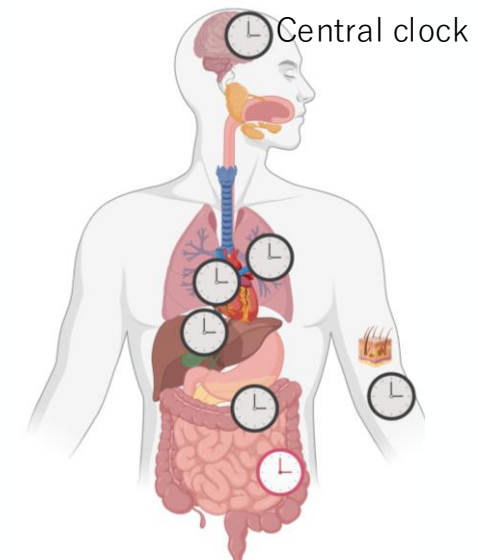
- 2024 ~ (in Science Tokyo)



Lactic Acid Bacteria



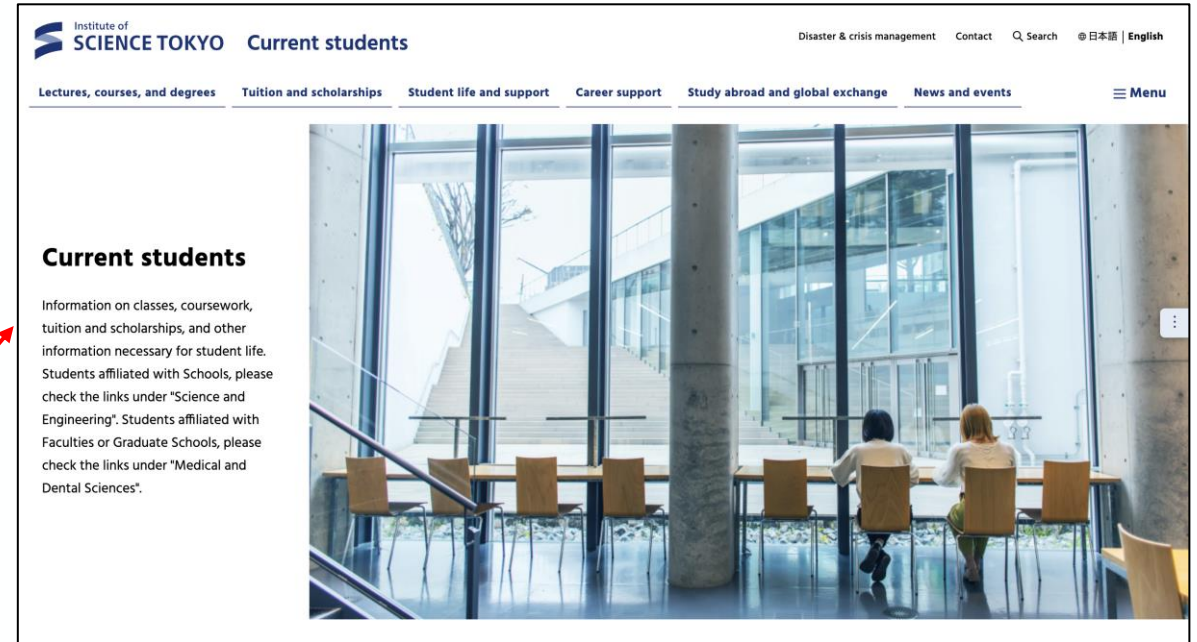
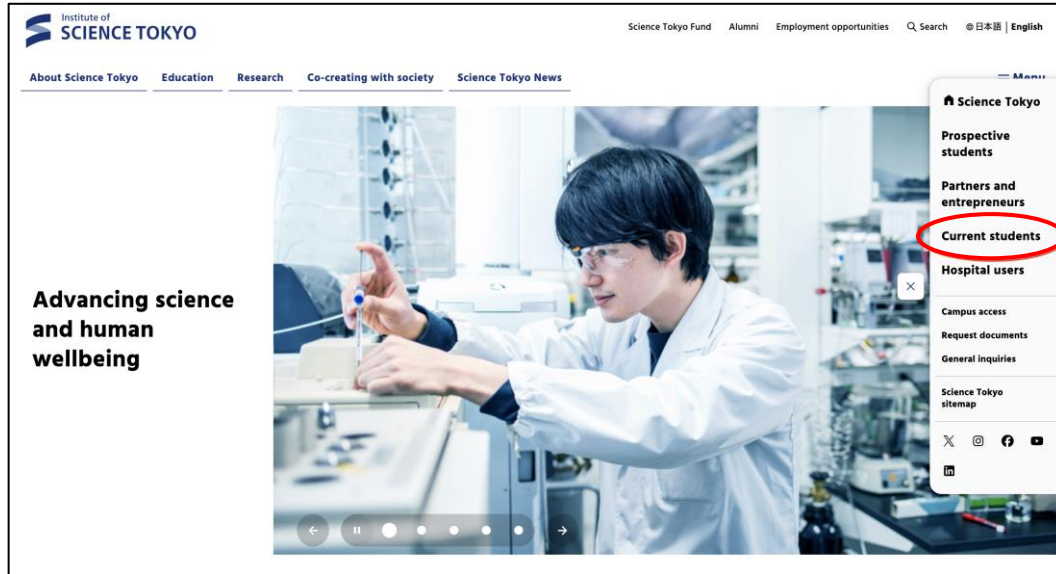
Circadian rhythm



University Information



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



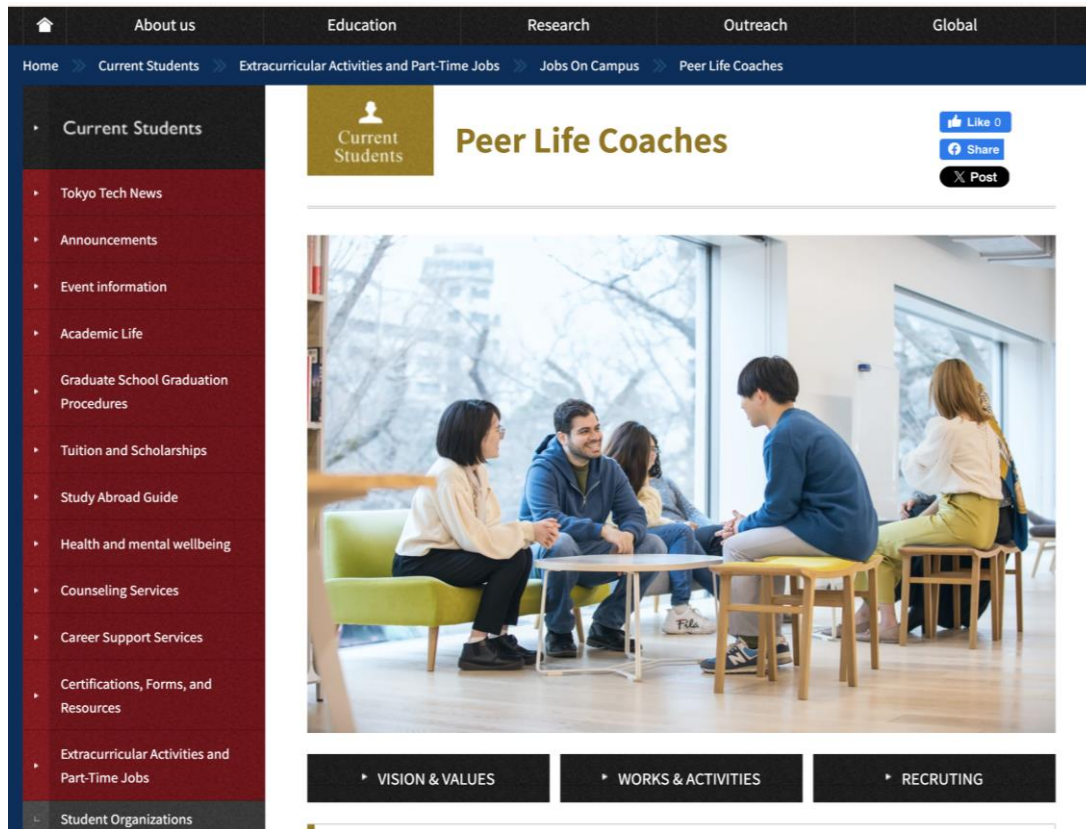
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Student Life Coach Community

- 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

English
CAMPUS TOUR

Ookayama Campus
9/29 11:30- 14:45-
Suzukakedai Campus
9/30 11:30- 14:30-

Let's take a walk around the Ookayama campus and learn about the places!!

guided by Peer Life Coach Students!

WHERE TO MEET
Ookayama : Taki Plaza Entrance
Suzukakedai : Suzukake Hall Entrance

Reservation form



Ookayama Suzukakedai
Taki Plaza, Main Bldg., Library, J2 Bldg., G-Area, West Bldg. 1, Library, ... Suzukake Hall, ...

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



• Multilingual Chat

MULTILINGUAL CHAT
多言語チャット

Talk with Japanese and international students and make friends!
Learn other languages!
No pre-registration required.
Just come and join!

Where
Taki Plaza
B1F
Global Lounge

Languages
English
Korean
Chinese
Japanese

When
Every Friday
12:50 - 13:20

Let's talk about our daily life!!

Contact
Student Support Center, Student Success Support Section, Peer Life Coach
e-mail : internationalstudentsupport@jim.titech.ac.jp



Student Life Coach Community

• Tokyo Walking Tour

Enjoy a walking tour with picnic and games!

Picnic tour

Available in both English and Japanese!

Date: June 8th-10 a.m.

Meet @Daimon Station Exit A6

Up to 20 ppl! Scan to join!

Let's take a walk around Tokyo Tower and enjoy a picnic!
 *Admission and transportation fees will not be reimbursed.
 *In case of rain, the tour will proceed without the picnic.
 *Food and beverages will not be catered, please bring your own snacks and drinks for the picnic.
 *Make sure to enroll in Gakkensai (Disaster and Accident Insurance for Students).
 *If there are too many applicants, a lottery will be conducted to select the participants.

Contact information:
 Email: conct@org.junior@ssc.titech.ac.jp
 Peer Life Coach International Exchange Team, Student Success Support Room, Student Support Center

Peer Life Coach International Exchange Team

謎解きお散歩 × 池上
Puzzle Walking Tour Ikegami

Find seven lucky gods
 Enjoy Showa Retro vibe

2025.01.11 SAT
 10:00 at Ikegami Stn.

Let's walk around Ikegami while solving puzzles.
 Join alone or bring your friends. Materials will be prepared in English and Japanese.
 *Admission & transportation fees are not reimbursed.
 *You are allowed to bring food or drinks if necessary.
 *Please make sure to join Gakkensa (Disaster and Accident Insurance for Students).

Reservation
 Until Jan 8

Contact
 Peer Life Coach International Exchange Team, Student Success Support Room, Student Support Center
 E-mail: internationalstudentsupport@jim.titech.ac.jp



• Other fun activities

Language Learning Workshop

外国語学習ワークショップ

外国語は学びたいけど、どう勉強すればいいのか
 わからなくて諦めたことありませんか？
 プロの外国語先生が授業では話せなかった
 言語の勉強法、その言語を学んだ理由など
 留学勉強について語ります！
 講演後にはパネルディスカッションも！

Have you faced any difficulty to study foreign languages?
 Language Experts will talk about how to study languages, why they choose studying the languages, and so on!
 There will be also a panel discussion!

Program
 17:00 Opening
 17:05 Presentations
 -Kumiko Kuchi associate prof.
 木内久美子准教授
 -Hilofumi Yamamoto prof.
 山元智史教授
 -Koichiro Mitsubori prof.
 三ツ嶋広一郎教授
 17:50 Group Discussion
 18:00 Panel Discussion
 18:30 Group Discussion
 19:00 Closing

プロの先生と外国語学習の秘訣を一緒に探そう！
 Discover secrets for mastering foreign languages with experts!

7.15 TUE
 17:00-19:00

@Taki Plaza B2F workshop space

Contact
 Peer Life Coach, Student Support Center
 e-mail: conct@org.junior@ssc.titech.ac.jp

事前申込 reservation
 ※You are also welcome to jump in and join us!

Yukata dressing and tea ceremony experience

Summer in Japan 夏

July 23, 2024 TUE
 17:30 ~ 20:00
 *Reception starts at 17:20

Where : Workshop Space
 Taki Plaza B2F
 Admission Fee : 200yen for tea sweets

Enjoy Japanese Summer: tea ceremony in yukata, summer kimono
 Why don't you experience traditional Japanese culture?
 *We hope you will have a relaxing time and enjoy an international exchange opportunity.
 *Yukata can be rented at the event for free.
 *You can bring your own yukata if you have.

和装と茶会での日本の夏を満喫！
 浴衣や夏着物、お茶会など、日本の伝統文化を体験しよう！
 *浴衣は無料で借りられます。
 *ご自身の浴衣をお持ちの場合は、ご持参ください。
 *お茶会は200円です。
 *お申し込みは7月15日（火）までです。
 *参加費は200円です。

Please scan the QR code to sign up by July 15.
 QRコードをスキャンして7月15日までに申し込みください。
 *Number of participants: 20 (先着順)

主催 国際交流センター 国際交換留学委員会 (IMEA)

Co-organizer Peer Life Coach International Exchange Team
 Student Success Support System, Student Support Center
 E-mail: internationalstudentsupport@jim.titech.ac.jp



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)

More Info



- **Part-time job**

- Work Permit : Within 28 hours a week (up to eight hours a day during the long school holidays)
- TA, RA, LA
- Town work, Gaijin Pot, Indeed...

住居地記載欄		
届出年月日	住居地	記載者印

資格変更申請記録欄

在留期間更新等許可申請記録欄

許可 (原則週28時間以内)
(風俗営業等の従事を除く)

Visa and Arrival

You can get help
from your TUTOR!!

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, Loop, 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**

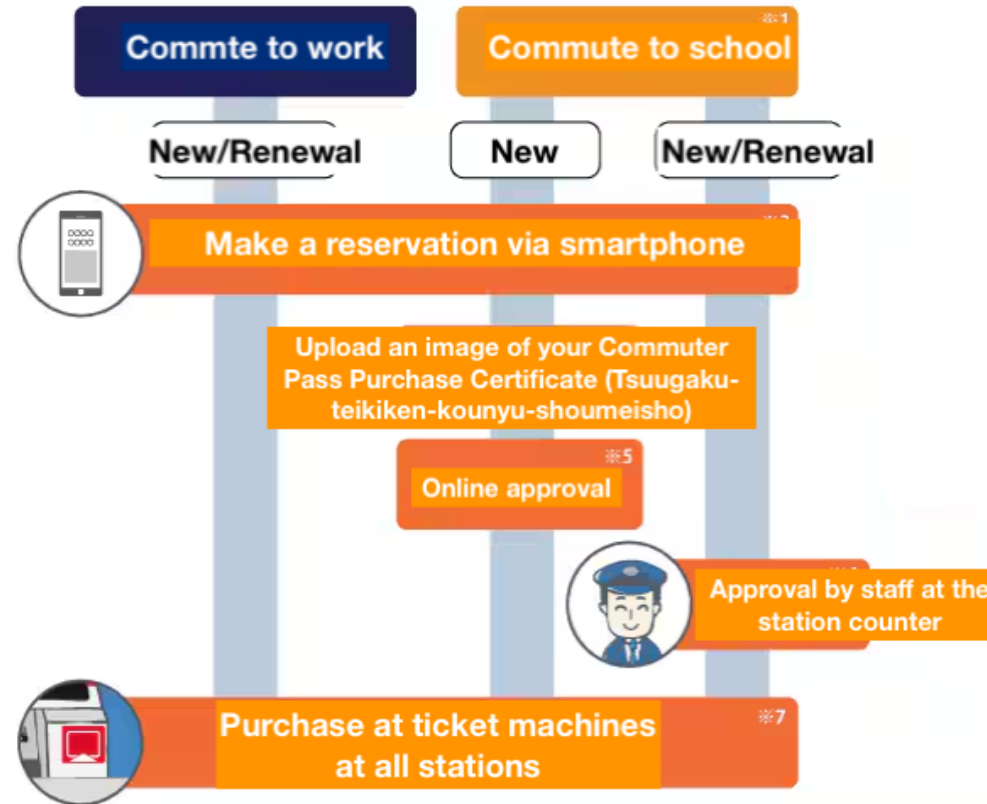
Monthly payment : Around ¥16,000

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

50%

Lectures

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

25%

Career

- Job hunting
- Internships
- PhD program
- Other opportunities

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**

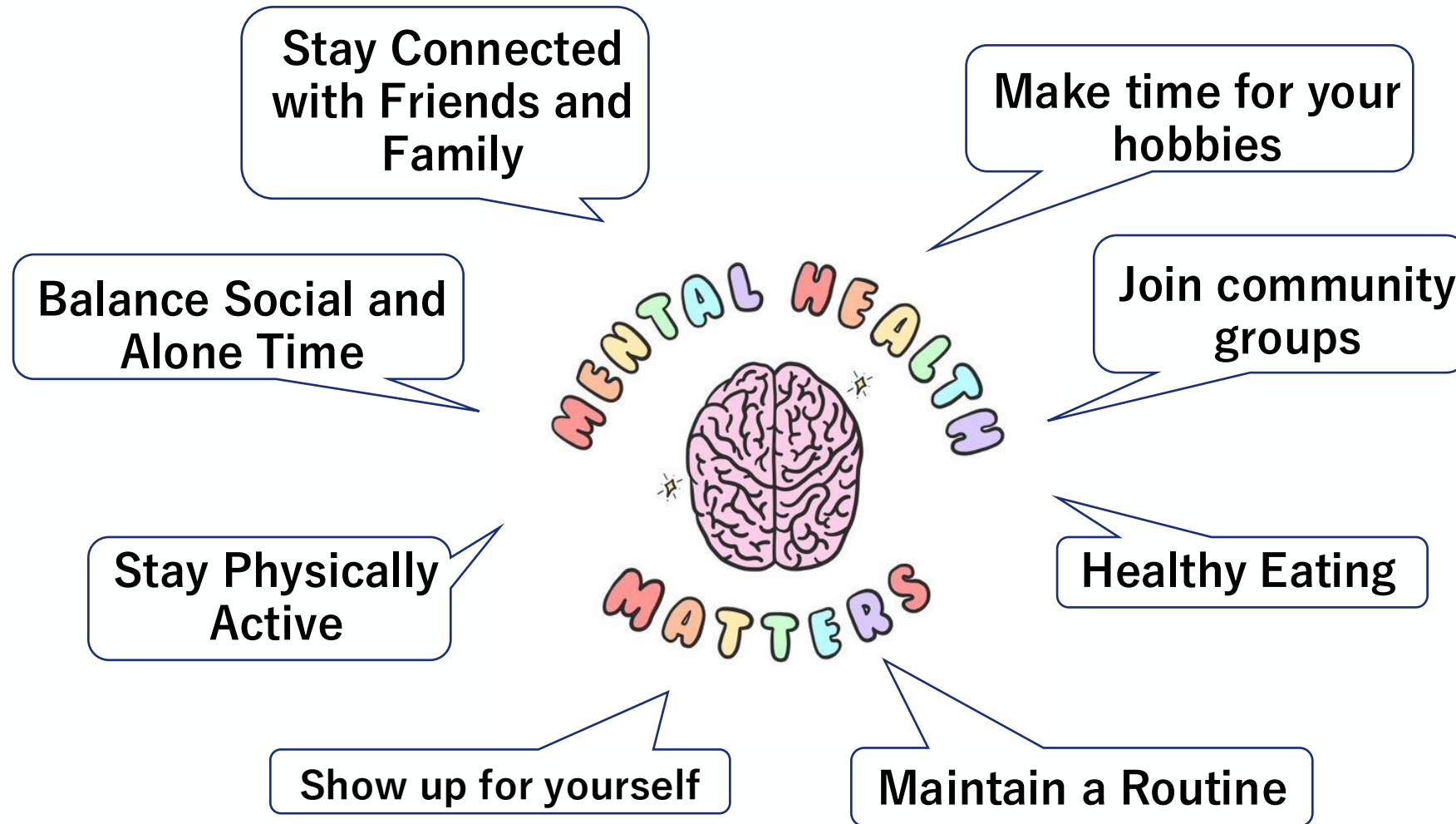
- Biannual Welcome Party, Walking Tour, Kodaisai festival,...

- **Go to “meetup” events in Tokyo**



- 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!

Peer Life Coach

留学生ヘルプデスク International Student Help Desk

**お悩みを一緒に話しながら解決しましょう！
Let's work together to solve your problem !**

学業以外にもキャンパスライフや大学施設など
お悩みを学生と一緒に話しながら解決しましょう！
立ち寄っておしゃべりしたい人も歓迎です！
日本人学生の相談も大歓迎！
学修コンシェルジュJr.メンバーが対応します！
The International Student Help Desk provides
information to foreign students who have questions.
Japanese Students are also welcomed!
You can just drop by and chat too!
Please feel free to talk to us!

Schedule Monday to Thursday, 12:40-13:20
Afternoon slots are also open on some days.
Please check the schedule through QR code.
毎週月一木の昼休み, 12:40-13:20
午後の開催がある日もあります。詳しい日程は右のQRコードから
ご確認ください。

Where Taki Plaza B1F Global Lounge Taki Plaza地下1階グローバルラウンジ

Language English • Japanese • Korean • Chinese
Please ask the language proficiency to the staff.
対応言語はスタッフにお尋ねください。

New! **Online International Helpdesk**
We opened online International Student Help Desk!
Please ask any questions at [#cl-international-student-helpdesk](https://science-tokyo.enterprise.slack.com/docs/T03H56NS02Z/F08M1E39VQR)
オンラインでの対応もしています！
質問をSlack チャンネル#cl-international-student-helpdesk に送ってください。
(Anonymous service available/匿名可)

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

Google Calendar



Slack



HELP DESK for students

- Taki Plaza B1F (Ookayama)
- Suzukake Hall 3F (Suzukakedai)



Taki Plaza B1



Online helpdesk →