



Orientation International Program in Liberal Arts (IPLA)



Tohoku University

Welcome

● What is IPLA and why it is so special?

- Characteristics of IPLA
- Who will support you ?

● What needs to be done to successfully complete IPLA?

- Requirement for completion
- Dos and Don'ts
- Mandatory insurances & activity fees

● Important dates & information

- Academic calendar
- Learning management system
- Grades and transcripts

● Campus facilities & services

- Student housing
- Counseling & disabilities

● Living in Japan

- Emergency information in Japan
- Earthquakes and other natural disasters
- Cultural orientation and practices

● Japanese programs

● Q & A

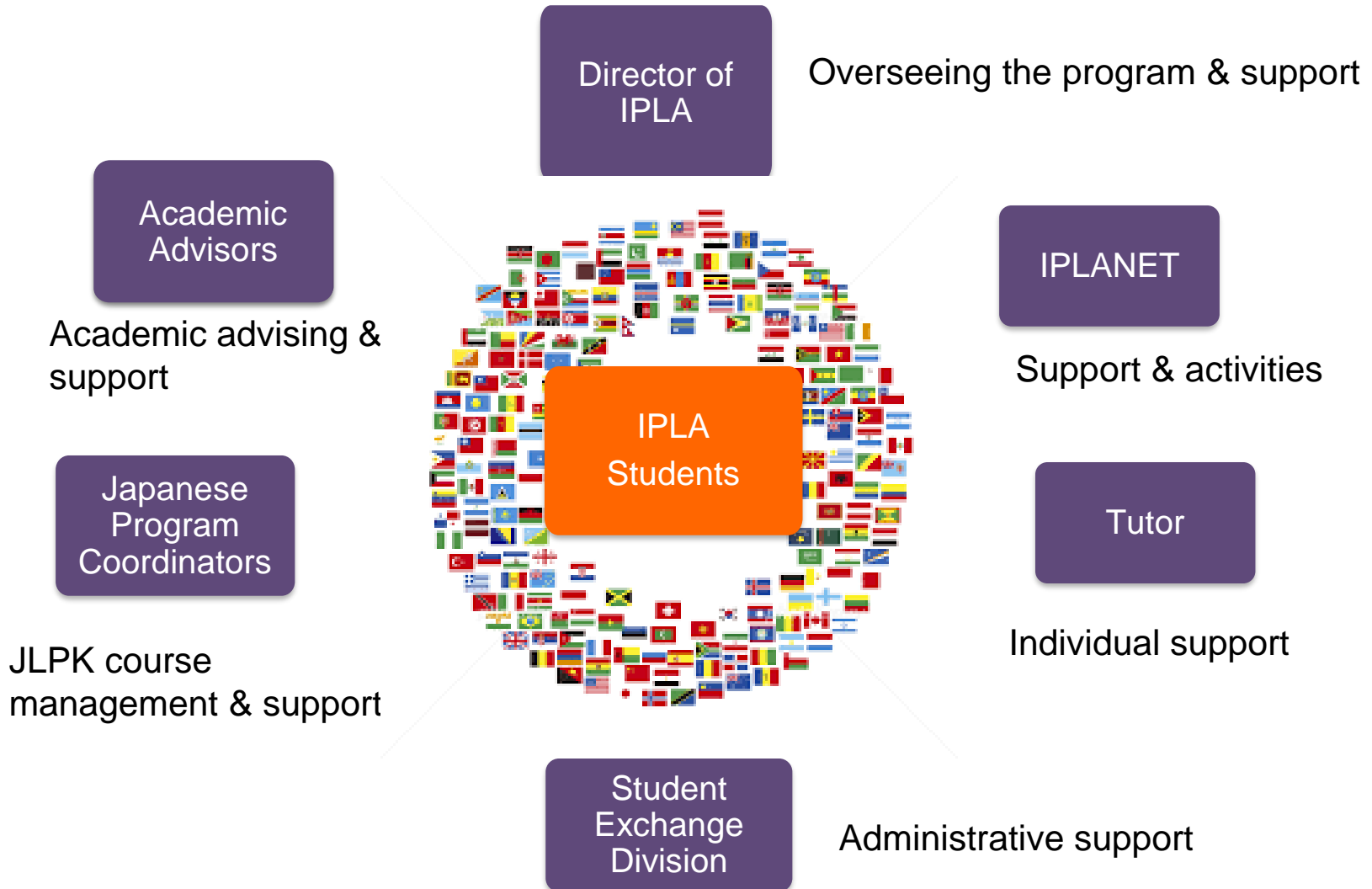
● Introduction of IPLA Students

IPLA can offer:

- a variety of liberal arts classes taught in English
- comprehensive and practical Japanese language/culture classes
- intercultural collaborative learning classes
- extra-curricular activities/field trips designed to enhance your studies in Japan
- extensive support

Improve your Global Competency

Who will support you?





Director of IPLA	
Prof. Kazuko SUEMATSU	kazuko.suematsu.a3@tohoku.ac.jp
Academic Advisors	
Prof. Kazuko SUEMATSU	kazuko.suematsu.a3@tohoku.ac.jp
Prof. Rumi WATANABE	rumi.watanabe.c5@tohoku.ac.jp
Prof. Yukiko SHIMMI	yukiko.shimmi.e8@tohoku.ac.jp
Japanese Program Coordinators	
Prof. Yukiko SHUKURI	yukiko.shukuri.a5@tohoku.ac.jp
Ms. Huja BACKLAY	huja.backley.d7@tohoku.ac.jp
Prof. Yuko SAWABE	yuko.sawabe.b8@tohoku.ac.jp
Student Exchange Division	
Ms. Nozomi ONUMA (IPLA coordinator)	studyab@grp.tohoku.ac.jp
Mr. Shu ITO (Chief)	
IPLANET Group of Tohoku University Students	
Your Buddy (tutor) Tohoku University Student	

When to contact your Academic Advisor

- At the time of Academic Counseling
- If you are unable to attend classes for any reason for two weeks
- If you are thinking about doing part-time job in Japan
- If you are considering postgraduate study in Japan
- Anytime you have a question or concern

Academic Advisors

Prof. Kazuko SUEMATSU	kazuko.suematsu.a3@tohoku.ac.jp
Prof. Rumi WATANABE	rumi.watanabe.c5@tohoku.ac.jp
Prof. Yukiko SHIMMI	yukiko.shimmi.e8@tohoku.ac.jp

When to contact the Japanese Program Coordinators

- you are not sure if you are in the right level class
- you have questions or concerns about your Japanese studies
- for private tutoring, catch up the classes
- level change application by **April 12**

Japanese Program Coordinators

Prof. Yukiko SHUKURI

yukiko.shukuri.a5@tohoku.ac.jp

Prof. Yuko SAWABE

yuko.sawabe.b8@tohoku.ac.jp

Ms. Huja BACKLAY

huja.backley.d7@tohoku.ac.jp

When to contact the Student Exchange Division

- When you have questions about administrative issues or general inquiries:
 - Course Registration
 - [Certificate request](#) etc.
- When you need some information about university facilities or services.

Ms. Nozumi Onuma: studyab@grp.tohoku.ac.jp

If you have any trouble or inquiry about technical things, please ask the **Technical Assistant at the Data-driven Science and Artificial Intelligence.**

[Technical Assistant information](#)



[FAQ \(Tohokudai ID · Online Class · VPN · Others\)](#)



[Access to Center for Data-driven Science and Artificial Intelligence, Tohoku University](#)

Location / Postal Address

Multimedia Education and Research Complex, Tohoku University

Kawauchi 41, Aoba-ku, Sendai, Japan, 980-8576



Tutor (buddy)

You have been matched with a tutor who will guide you to successful adjustment to campus life at Tohoku University.

★ Things you can do with your tutor

- Practice your Japanese / review lessons together
- Ask for help when settling down
- Hanging out as a friend

Advice for Tutor & Tutee

- Meet your partner regularly. In order to do so, you both need to make the meeting as part of your routine. Ex) Set up a “fixed time” to meet.
- Be on time when you meet. If you will be late for an appointment, notify your partner right away. Avoid a last minute cancelation.
- Be reminded that you two do not share a mother tongue. In order to avoid misunderstanding, ask for clarification and be patient.
- Use writing to confirm your next meeting day and time to avoid miscommunication.
- Your tutor may not be able to help you every time you need help. Find an alternative way to solve your problem such as asking your friends or IPLANET members.

IPLANET

- Help IPLA students adjust to the Tohoku University community
- Organize events/activities for IPLA and TU students

8 Leaders



Over 100 TU students

Requirements for Completion

Spring 2024

- **15 credits** including **4 mandatory credits from the ICL Courses**
(=Intercultural Collaborative Learning Courses)
 - Submission of slides and attendance at the final presentation
-
- ✓ **15 credits must be taken from the IPLA curriculum (including Japanese classes)**
 - Except for the students assigned to the Japanese level at 5, 6 (refer to Slide No. 17)
 - Credits earned from ICL courses offered by other national universities can be included for the requirements.
 - Make sure you attend your first class, as enrolments may be drawn by lottery.
 - ✓ **15 credits must be completed before taking classes other than the IPLA curriculum.**
 - Permission from the class instructor is required if you take courses other than the IPLA curriculum.
 - Credit cannot be earned for the classes as you will be participating as an auditing student.
 - ✓ **Graduate School Classes**
 - Permission from the class instructor is required.
 - There is no guarantee that students will be able to take graduate level courses, as the class instructor chooses who takes the courses.
 - Credit cannot be earned for the classes as you will be participating as an auditing student.

Our recommendation

- ✓ Register for at least 17 credits to be safe

Course offering:

https://www.insc.tohoku.ac.jp/english/exchange/ipla/ipla_curriculum_1/

All Level

- ICL courses (=Intercultural Collaborative Learning Course) offered by English and Japanese*
- JLPK (Japanese Language Program at Kawauchi) Courses* that are shown on the JLPK guide
- Specialized subjects offered in English
- ICL courses offered by other National Universities**

*For the ICL courses offered by Japanese and the JLPK courses, available subjects vary depending on your Japanese level.

**Make sure the time conflicts with the courses offered by Tohoku University

JPN level 6

- Subjects that are not ICL courses offered in Japanese
- Specialized subjects offered by Japanese

JPN level 5*

- Subjects that are not ICL courses offered in Japanese
- Specialized subjects offered in Japanese

*[A separate Registration Form](#) for Specialized/General Education Subjects and [Approval Email\(s\) from the class instructor\(s\)](#) must be submitted to the Student Exchange Division via email.



Calendar for the Spring Semester

- Class starts: **Apr. 8**
- Academic Counseling: **See the slide (page 33)**
- **Course registration deadline: Apr. 19**
- GW (Long Holiday): **Apr. 27-29, May 3-6**
- Deadline for Withdrawal: **May. 7**
- Field Trip: **Jun. 8**
- Graduate School Guidance: **July**
- Final Presentation: **Aug. 5**
- Class ends: **Aug. 5**
- *You can leave on **Aug. 6**
- Dormitory Move-out: **Aug. 31**

Check the [Class Schedule of AY2024](#)

Important!!

By immigration law & regulations, international students must commit themselves to **10 hours per week of academic activities** in Japan.

Academic Counselling

You are invited to have an Academic counselling before the registration deadline. This is a mandatory meeting for you to consult academic matters as you will get advice regarding your courses and credits.



Room 320 at Education and Student Support Center

- 1) April 9 (Tue.) 10:00-13:00, 16:00-17:00
- 2) April 11 (Thu.) 10:00-17:00
- 3) April 12 (Fri.) 10:00-17:00

Reservation to be made here↓

https://docs.google.com/spreadsheets/d/19rmhgDKABM1MdF5OBh1eapNMIWg_aPdAEpW73gyRcPs/edit#gid=0

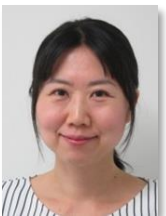


Room 305 at Education and Student Support Center

- 1) April 12 (Fri.) 12:00 - 17:00
- 2) April 15 (Mon.) 14:00 - 17:00
- 3) April 17 (Wed.) 13:00 - 17:00

Reservation to be made here↓

https://docs.google.com/spreadsheets/d/1omgGiLNTHIZUp_lpx3n5MmBp1l-mkF2SmhzaeZWh_g/edit#gid=0



Room 303 at Education and Student Support Center

- 1) April 15 (Mon.) 12:00 - 15:00
- 2) April 16 (Tue.) 12:00 - 15:00
- 3) April 18 (Thu.) 13:00 - 15:00

Reservation to be made here↓

<https://docs.google.com/spreadsheets/d/1J5eNb3ALOIB4EqLhBE1NFrbZJCH5FK3BiFUh9rqoag/edit#gid=0>

Academic Counselling

Academic advisor will advise you if you have any concerns regarding the courses you take or other academic matters.



Online Registration by Apr. 19

Register classes by yourself

Course Registration Form (Google Form) will be available by early Apr.

Make sure
to submit



Withdrawal by May. 7

Obtain approval from the class instructor and your academic adviser then submit the Cancellation Form to the Student Exchange Division.
Make sure to keep at least **15** credits

IPLA Final Presentation

Spring 2024 : Aug. 5

[Important Note]

- Attendance at the final presentation is **mandatory** for all IPLA students, even if you are not presenting.
- If you are unable to attend for academic reasons, please consult with the coordinator at your home university and ask him/her to write an official letter (email) and send it to the Student Exchange Office via email by **July 5** for the spring semester.

Grades & Transcripts

- Grading Scale used at TU: AA, A, B, C, D & E
- Your grades in the spring semester will be available online by the end of September.
- You need your Tohoku Univ. ID/Password to check your grade [online](#). Make sure to keep the ID.

Official Certificates/Official Transcripts will be sent to you and your university by email in **End/Oct.**

How to succeed in IPLA

Dos

- 1. Ask questions and come to see us.**
- 2. Read IPLA-related email and respond.**
- 3. Make a study plan ahead of time.**
- 4. Interact with other students, especially Japanese students (IPLANET, Buddy, etc.)**
- 5. Participate in on/off-campus activities.**
- 6. Respect rules & regulations.**
- 7. Come out from your comfort zone as much as possible.**

How to succeed in IPLA

Don'ts

- 1. Violate customs law (possession of weapons, illegal drugs and substances, etc.)
→ Absolutely 0 tolerance!**
- 2. Drink under the age of 20.**
- 3. Smoke on campus**
- 4. Cut classes unless you have an unavoidable incident such as sickness.**
- 5. Work part-time outside the university without permission from us.**
- 6. Neglect notifications from public offices.**
- 7. Stick to your cultural group all the time.**

How to succeed in IPLA

We don't recommend...

Driving in Japan

- Differences in traffic rules & hospitalization.
- Japanese police normally can't speak English, so you get into trouble when accidents happen.

Stay away from...

Cult groups

- Do not give your name/address to strangers.

Insurances

Have you already purchased/signed up?

1. National Health Insurance (at Ward Office)
2. GAKKENSAI (pay by ATM)
3. Inbound futai-gakuso (pay by ATM)

Activity fees

Cover field trips and activities coordinated by IPLANET

Learning Management System at TU

Google



Learning Communication Tools



Google Meet



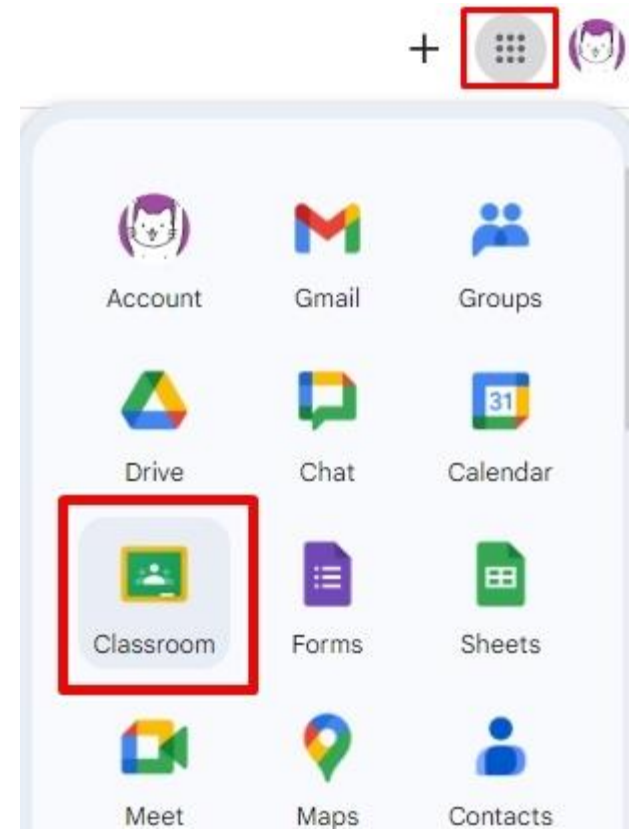
Please set up the campus Wi-Fi "Eduroam" and your DC email and enter the IPLA Classroom during this week, **April 5th (Fri)**.

- [Basic information and instruction of the campus Wi-Fi "Eduroam"](#)
- [Start using the DC mail \(university-wide student email\)](#)

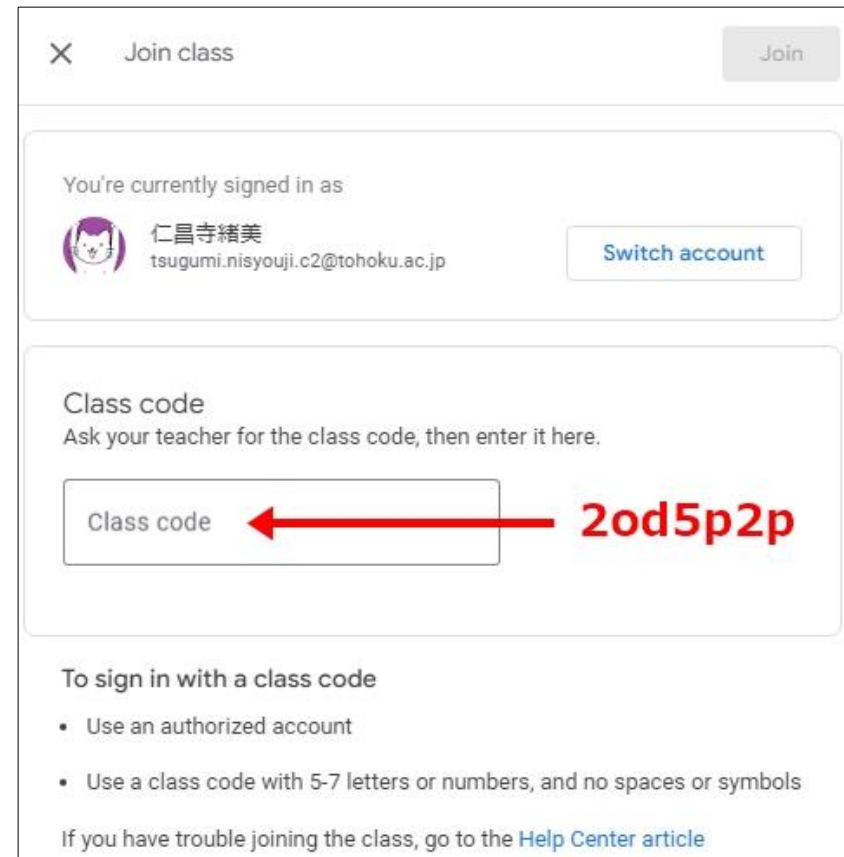
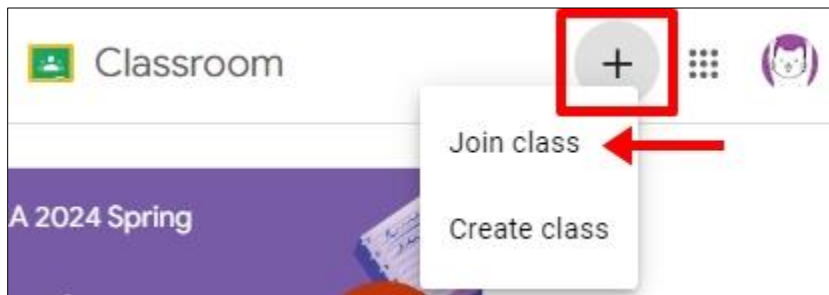
How to enter the IPLA Classroom

1. Log into Google with your Tohoku University DC mail address.

2. You can find the “Classroom” icon in the Google menu.



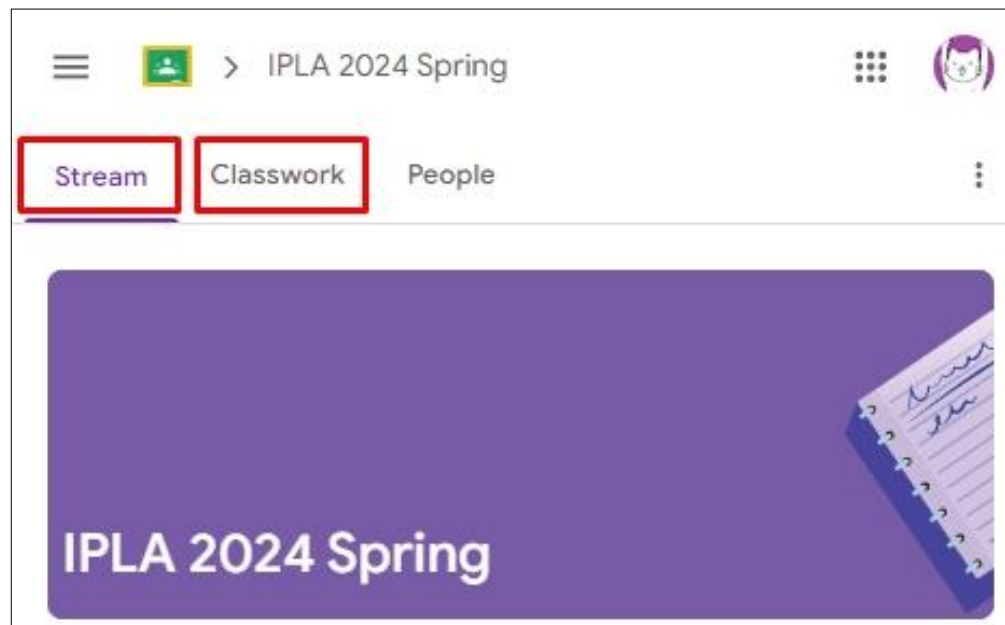
3. Select a Classroom from “+” and enter the class code “**2od5p2p**”.



4. Alternatively, you can join the IPLA Classroom through the email invitation you received in your DC email.



5. In the Classroom, please check the “Stream (ストリーム)” and “Classwork (授業)” in the images below carefully.



Tohokudai* ID & Password

✓Forgot ID/Password?

*Tohokudai=Tohoku University
Please check the below:

- [Technical Assistant information](#)
- [FAQ \(Tohokudai ID · Online Class · VPN · Others\)](#)

DCMail

Start using university-wide email (student email, DCmail)

*Click an image for more information.

[Access to Center for Data-driven Science and Artificial Intelligence, Tohoku University](#)

Location / Postal Address

Multimedia Education and Research Complex, Tohoku University
Kawauchi 41, Aoba-ku, Sendai, Japan, 980-8576



If the above does not resolve the issue, please contact your Program Coordinator: studyab@grp.tohoku.ac.jp

- ✓ Instructions/guidelines provided by Tohoku University and academic advisors.
- ✓ Checking DCMail and Websites

Getting Started in Japan



Things to do



To start the semester

Current Students



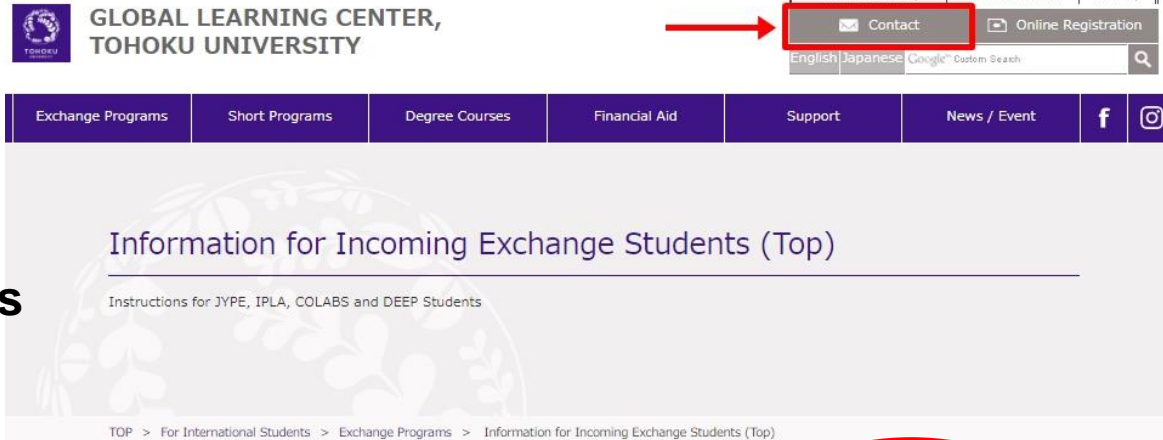
While in Tohoku



While in Japan

*Click the image for more information.

- Contact Form
- Certificate Request



GLOBAL LEARNING CENTER,
TOHOKU UNIVERSITY

Exchange Programs | Short Programs | Degree Courses | Financial Aid | Support | News / Event

Information for Incoming Exchange Students (Top)

Instructions for JYPE, IPLA, COLABS and DEEP Students

TOP > For International Students > Exchange Programs > Information for Incoming Exchange Students (Top)

Preparing to Arrive | Getting Started in Japan | **Current Students**

When you send the Certificate Request...


*Please **allow at most two weeks** for the certificate to be issued.

*In case you are urgent in obtaining the certificate, please state **the reason and the date** on which you wish them to be issued in the "Special Request" field on the form.

Facilities on Campus

- Lecture halls & classrooms
- Library
- Health Center
- Counseling Center
- Disability Support Center
- Cafeterias / ATM / University shop
- Student clubs and gym
- Director's office and academic advisers' office
- Student Exchange Division
- International Student Help Desk

Counseling & Disability Services



東北大学 学生相談・特別支援センター
Center for Counseling and Disability Services

文字の大きさ 色 音 拡大
コントラスト A A
特別支援室TOPページへ

東北大学 学生相談・特別支援センター > 学生相談所HOME > ENGLISH

学生相談所

Counseling Office

活動内容

学生のみなさんへ

教職員のみなさんへ

刊行物

English

リンク

利用方法・アクセス

The Counseling Office offers appropriate counseling to university students about problems in their everyday lives, including academic work, future plans, interpersonal relationships, personal traits, and mental health. We provide counseling, consultations, and referrals that can help you enjoy a more fulfilling university experience. We do not reveal any of your information shared during counseling sessions to anyone outside the Counseling Office. You do not have to worry about coming for advice on any problem of any sort. Please do not hesitate to visit us, even just to ask a question or talk about something that concerns you.


How to Use the Services


You can either come directly to the Counseling Office or arrange an appointment by phone or E-mail. If you make an appointment by E-mail, please write your name, affiliation, and contact: phone number/E-mail address, in the body of E-mail. Consultations can be conducted more smoothly if an appointment is made in advance. Counseling sessions are free of charge.

Hours: 9:30 am to 5:00 pm, Monday to Friday (except national holidays and the year-end and New Year holidays)
Tel: 022-795-7833 (direct line, only available in Japanese)
E-mail: gakuso[at]jhe.tohoku.ac.jp

Access

The Counseling Offices is located on the Kawauchi North Campus.
 Address: Kawauchi 41, Aoba-ku, Sendai-shi 980-8576





東北大学 学生相談・特別支援センター
Center for Counseling and Disability Services

文字の大きさ 色 音 拡大
コントラスト A A
学生相談所TOPページへ

東北大学 学生相談・特別支援センター > 特別支援室HOME > ENGLISH

特別支援室

Disability Services Office

活動内容

学生のみなさんへ

教職員のみなさんへ

刊行物

English

リンク

利用方法・アクセス

The Disability Services Office provides information and advice on disability issues and facilities support for students with visual, auditory, physical, internal and/or developmental handicaps. Through consultations regarding problems and concerns in campus life including such areas as classes, examinations and research, we will respond by working together with the various units concerned and school personnel of individual departments for necessary support. Please feel free to consult us.

Information on Activities

We will discuss problems on an individual basis and provide the following supports and services to respond to the diverse needs of people with disability.

Support for Study and Campus Life

- **Classes and examinations:** Coordination for alternative measures for practical skills-based courses, taking examinations in a quiet or private location, etc.
- **Assurance of receiving information:** Providing note-takers, assistance with reading, etc.
- **Support equipment:** Providing FM hearing aid systems and portable Braille terminals, etc.
- **Offering a break room**

On-campus Supporters

We will dispatch on-campus supporters so that individuals can receive various types of support, including assurance of receiving information, and assistance with moving and writing.

Barrier-Free Measures

We will improve facilities in order to make moving around the campus more convenient.

How to Use the Service

You can either come directly to the Disability Services Office or arrange an appointment by phone or E-mail. Consultations can be conducted more smoothly if an appointment is made in advance.
Hours: 9:30 am to 5:00 pm, Monday to Friday (except national holidays and the year-end and New Year holidays)
Tel: 022-795-7696
E-mail: t-sien[at]jhe.tohoku.ac.jp

*Click the image for more information.

Counseling & Disability Services

Academic Accommodation Request Form:

<https://forms.gle/SgTH5MNknm4bXxyu6>

Submission Deadline: Apr. 8

- Any physical/psychological concerns?
- Already receiving extended academic support from your home institution?
- Any worries with your well-being while in Japan?



Reach out to us as soon as possible

***Requests made just before the exam will not be accepted.**

Student Housing

- Tohoku University is committed to providing housing to students from partner universities.
- Yet, the capacity is very limited.
- You cannot change rooms during your stay.
- Residents must pay the rent and other fees by the due date.
- Please respect the regulations and rules.
- Those who are asked to leave the dormitory will not be able to continue with IPLA.

Emergency Info

110 Police

119 Ambulance & Fire Department

Earthquakes

Most of the earthquakes you will experience will be minor. However, caution is always needed.

- MIA(Miyakonojo International Association) : <https://mia-miyagi.jp/english/>
- SenTIA: <https://int.sentia-sendai.jp/saigai/>

Other natural disasters

Typhoons, heavy rain, storms, etc.

© 9:00-17:00 on weekdays:

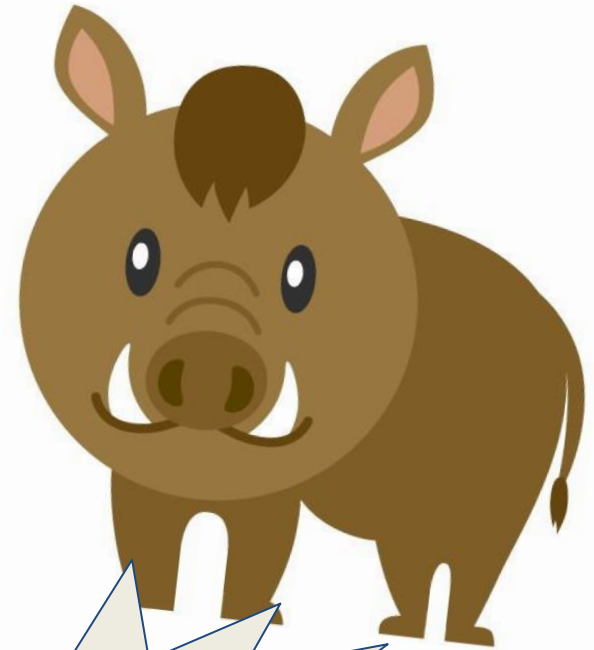
studyab@grp.tohoku.ac.jp 022-795-3745

© Other hours: kazuko.suematsu.a3@tohoku.ac.jp

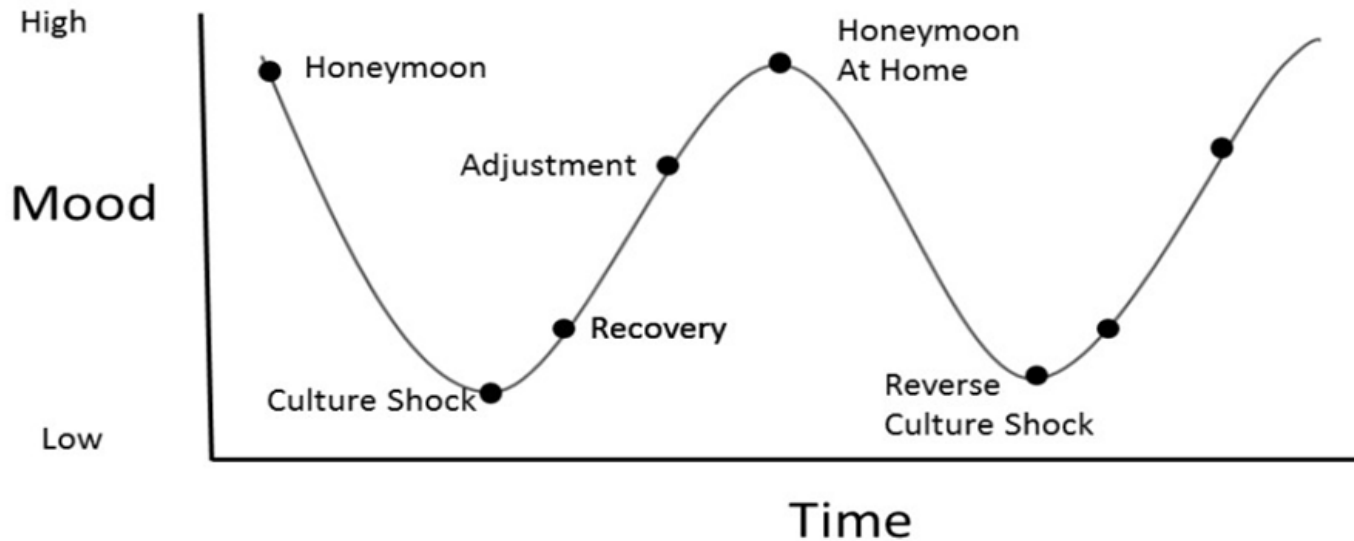
Bear Alert



Boar Alert



W-Curve Model for Cultural Adaptation



Source: Based on the U-curve (Oberg 1960) and extended by (Gullahorn & Gullahorn, 1963)

It is quite normal to feel anxious, lonely, and isolated. If you are experiencing insomnia, loss of appetite, lethargy, or emotional ups and downs, please contact your advisor.

Introduce yourself to other IPLA students!!

1. Your full name
2. The name that you want to be called (Nickname)
3. Country/regions of origin
4. Your home institution

Any Questions?

74

**Number of
IPLA students
enrolled this
Spring**

21

**Number of
nationalities
of IPLA
students**

51

**Number of
institutions
IPLA students
represent**