



# **Welcome to IPLA, Tohoku University**



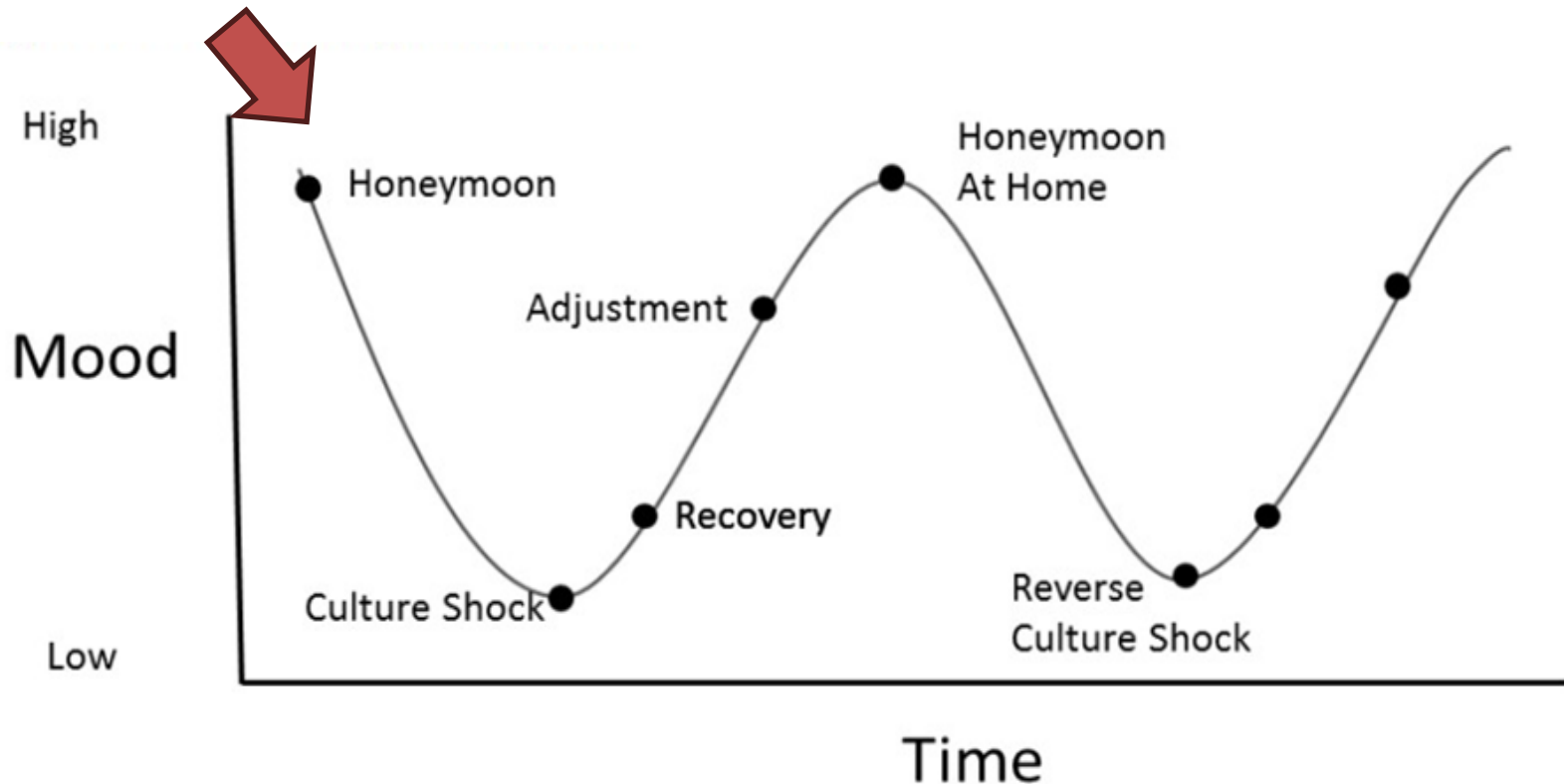
# Support and services

- **Living away from home**
- **Diversifying your experiences**
- **Getting started: insurances, activity fees, student housing**
- **Respect rules, regulations and cultural manners**
- **In case of emergency**
- **Peer-support**
- **Student clubs**
- **When you need help**

- Mixed feelings of excitement and anxiety
- Good times and bad times, happy times and sad times
- Differences and similarities
  - Climate, food, culture, language, communication methods, relationship building, education system, government system, traffic rules, cultural etiquette

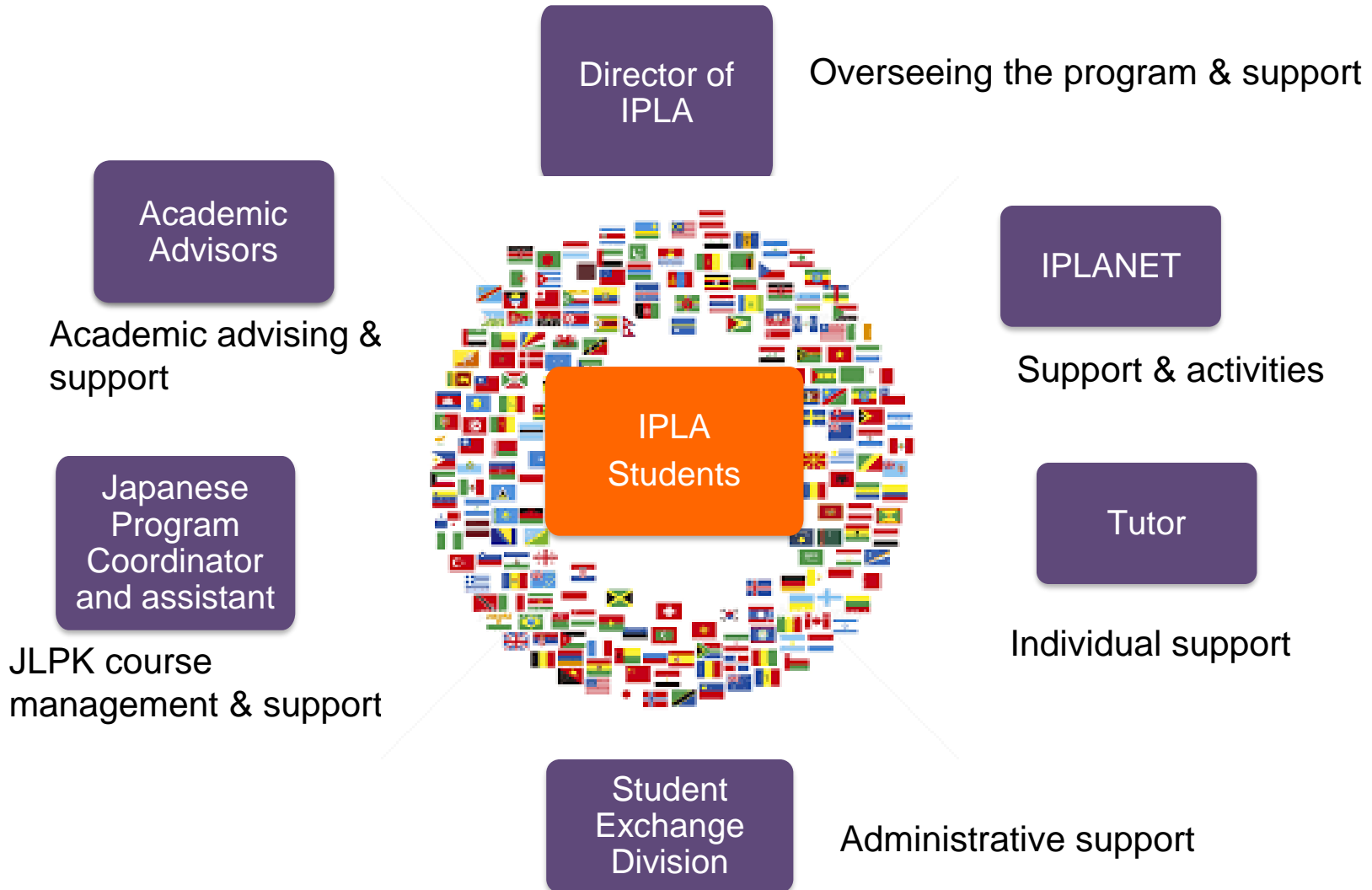
**It's quite natural how you feel!**

### W-Curve Model for Cultural Adaptation



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

# Who will support you?



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Mr. Shu ITO (Chief)	
IPLANET      Group of Tohoku University Students	
Your Buddy (tutor)      Tohoku University Student	



## Intercultural Collaborative Learning

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Intercultural Collaborative Learning aims to foster mutual understanding among students from different linguistic and cultural backgrounds. In this section, we will introduce the advantages of the international collaborative classes that Tohoku University offers, the international collaborative learning project “ICL-Channels,” which Tohoku University coordinates with partner universities in Japan, and the online APRU VSE course program offered by universities abroad.

## Intercultural Collaborative Learning (ICL) at Tohoku University

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Get out of your comfort zone and immerse yourself in Japan and the global community of Tohoku University

## Insurances

### **Have you already purchased/signed up?**

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

## Activity fees

### **To be collected today**

Field trips and activities coordinated by IPLANET will be covered.



## Student Housing

- Tohoku University is committed to providing housing to students from partner universities.
- Basically, you **will not be able to move** to another room unless you have a serious health problem or some other issues.
- Please respect the regulations and rules set by **each dormitory**.
- Residents must pay the rent and other fees by the due date.
- Those who are asked to leave the dormitory will not be able to continue with IPLA.

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. Work part-time outside the university without permission from us
5. Neglect notifications from public offices
6. Check emails and respond
7. Driving is not recommended

## 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(Miyagi 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](mailto:studyab@grp.tohoku.ac.jp)      022-795-3745
- ◎ Other hours: [kazuko.suematsu.a3@tohoku.ac.jp](mailto:kazuko.suematsu.a3@tohoku.ac.jp)



**Bear Alert**



**Boar Alert**

Email alert will be sent to you when someone spotted a bear on campus.



## IPLANET

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

8 Leaders



Over 100 TU students



## Global Café



- Volunteer opportunities
- Share your language & culture as a facilitator
- Great chance to meet new friends
- A certificate will be awarded if you meet certain requirements.

## Tutor

Every student is assigned to a buddy, who will help you adjust to campus life at Tohoku University and be **your friend.**

★You can:


- Practice your Japanese /review lessons together
- Ask for assistance when settling down
- Continue getting to know each other and hang out as a friend

## To maintain good friendship

- 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 because the tutor is also a student. Respect each other's schedule and priority.



**2024-2025**  
**CLUBS,  
CIRCLES &  
ASSOCIATIONS**  
**FOR  
INTERNATIONAL  
STUDENTS**



**TOHOKU UNIVERSITY  
INTERNATIONAL STUDENT HELP DESK**

Over 200 student clubs and circles at Tohoku University

Clubs: Some are very seriously training and may not be a good fit for exchange students.

Circles: More casual

Global Learning Center  
Tohoku University

### Tohoku University International Student Help Desk

留学生  
ヘルプ  
デスク

HELP DESK

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The Help Desk is staffed  
by Tohoku University students  
who will help answer all of your questions.

#### HELP DESK

OPEN EVERY WEEKDAY

\*Please check the schedule on our Facebook or  
Instagram



id:helpdesk\_tohoku  
#tu\_helpdesk

Location: 2F, Education and Student  
Support Center (A01).

E-mail: helpdesk@grp.tohoku.ac.jp

NO Appointment needed!  
Get Help from Fellow Students

We also provide online consultation!

- 1: Access Google Classroom
- 2: Login with your Tohoku University  
DC mail account
- 3: Join Our Online Classroom  
using the class code,  
"wfm3mxf"

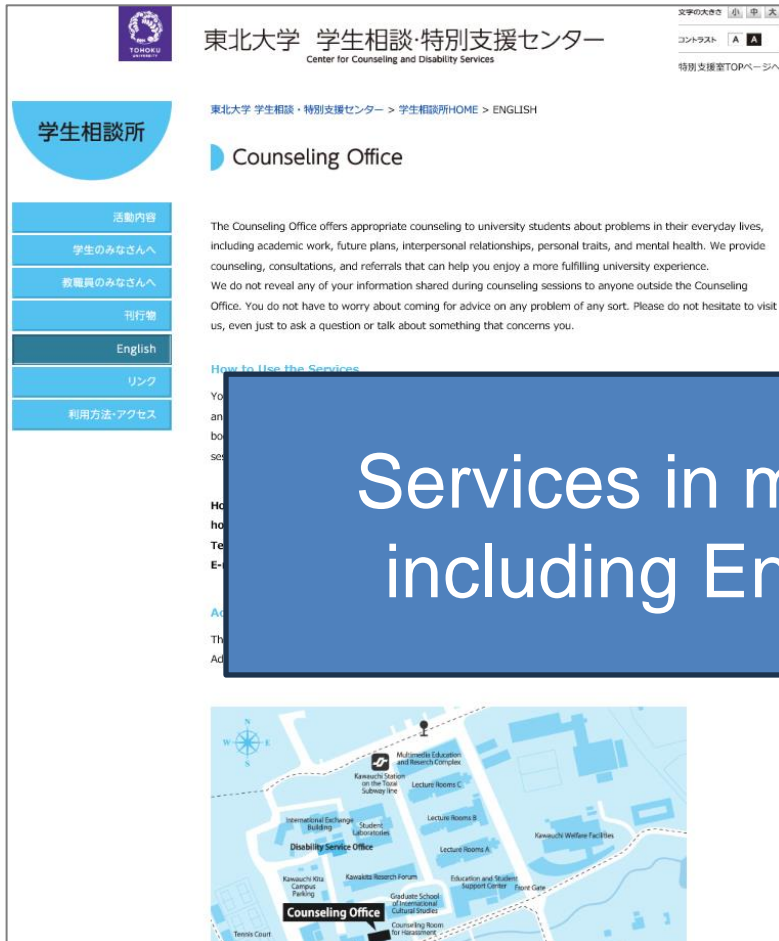


Student staff will answer  
your questions and provide  
support



2nd Floor next to the  
Student Exchange Division

## 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

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

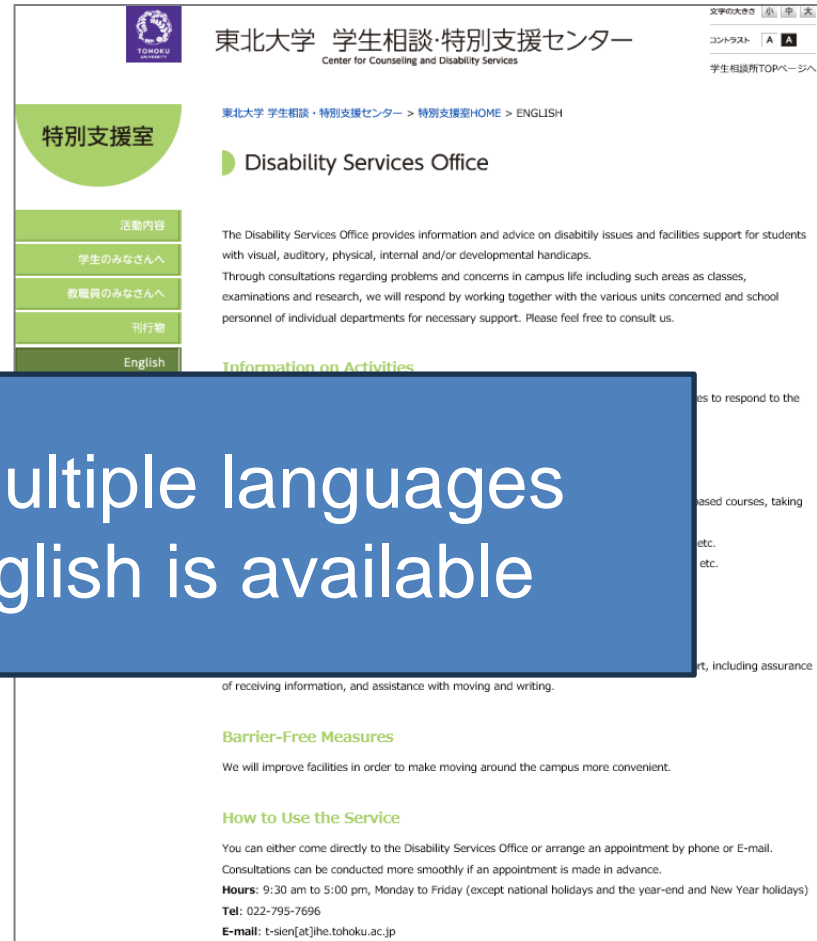
The Counseling Office offers appropriate counseling to university students about problems in their everyday lives, including academic work, future plans, interpersonal relationships, personal traits, and mental health. We provide counseling, consultations, and referrals that can help you enjoy a more 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 come directly to the Counseling 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]ihe.tohoku.ac.jp

Map showing the location of the Counseling Office and Disability Service Office on the Tohoku University campus.



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

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

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

You can 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  
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Map showing the location of the Counseling Office and Disability Service Office on the Tohoku University campus.

Services in multiple languages  
including English is available

\*Click the image for more information.

It's your turn to talk!

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**Number of  
IPLA students  
enrolled this  
Fall**

18

**Number of  
nationalities  
of IPLA  
students**

42

**Number of  
institutions  
IPLA students  
represent**

## **Introduce yourself to**

1. 5 people who you have never met
2. Introduce yourself – name, country, home institution, hobbies, etc
3. Memorize their nicknames