

Welcome to Tohoku University !



Established in 1907
as Japan's 3rd National University

I. Research First

Consistently prioritize research excellence

II. Open Doors

Diversity and inclusion have been our core values
Admitted the first female students in Japan in 1913

III. Creating Social Value

Committed to creating value through research



Albert Einstein visited (1922)



The first female students in Japan (1913)

Recent topics about TU

TU accredited for the "Univ. for Int'l Research Excellence" program

(to be supported by the Japanese government's
10 trillion-yen university endowment fund)

**Ranked Number 1 in
THE Japan University
Rankings**

(from 2020 to 2025)



Exciting Updates

“University for International Research Excellence” Program

- Japanese Government established University Endowment Fund of 10 trillion yen (approx. 67.7 billion USD)
- Annual return on investment generated from the fund will be used to support selected leading research universities in Japan
- Tohoku University will receive support from this fund for up to 25 years

MOVE AND SHAKE.

知の加速が、世を動かす。



Organizational Structure

15 Graduate Schools **3** Professional Graduate Schools

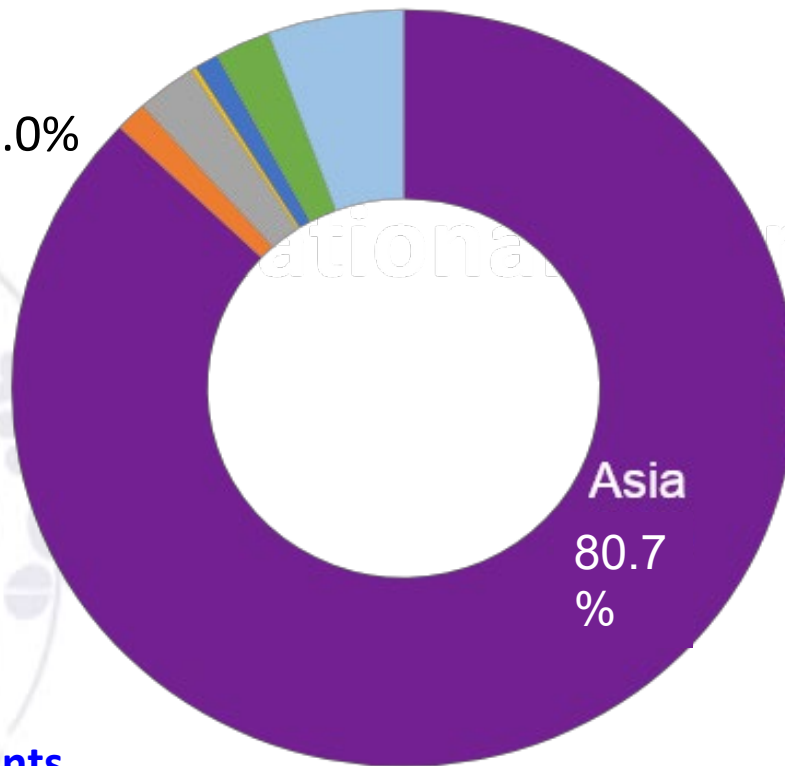
10 Undergraduate Schools **6** Research Institutes

Graduate Schools				
Arts & Letters	Economics & Management	Dentistry	Agricultural Science	Life Sciences
Education	Science	Pharmaceutical Sciences	International Cultural Studies	Environmental Studies
Law	Medicine	Engineering	Information Sciences	Biomedical Engineering

Professional Schools	Undergraduate Schools		Research Institutes	
Law School	Arts & Letters	Medicine	Materials Research	Electrical Communication
School of Public Policy	Education	Dentistry	Development, Aging and Cancer	Multidisciplinary Research for Advanced Materials
Accounting School	Law	Pharmaceutical Sciences	Fluid Science	Disaster Science
	Economics	Engineering		
	Science	Agriculture		

International Representation

Europe 10.1%
South and Central America 1.5%
North America 2.2%
Oceania 0.3%
Africa 2.4%
Middle East 1.0%



2,351

**International
Students**

from

103 countries/ areas

(As of FY2026)

Exchange Students

Asia 33.9% Europe 52.2%
North America 9.1% Oceania 2.6%
Middle East 1.8% South America 0.4%

Exchange Programs

COLABS

Cooperative Laboratory Study Program

- Graduate level
- STEM
- Research Intensive

JYPE

Junior Year Program in English

- Undergraduate level
- STEM
- Course Work + Research

IPLA

International Program in Liberal Arts

- Undergraduate level
- Humanities and Social Sciences
- Course Work
- Intercultural Collaborative Learning Curriculum

DEEP

Direct Enrollment Education Program

- Undergraduate and Graduate level
- All disciplines
- Immersion program



Life in Japan

Culture, housing, health, and daily routines



Support network

Who to contact for academic, administrative, and personal support



Academic essentials

Grades, transcripts, Tohokudai ID, DC Mail, LMS



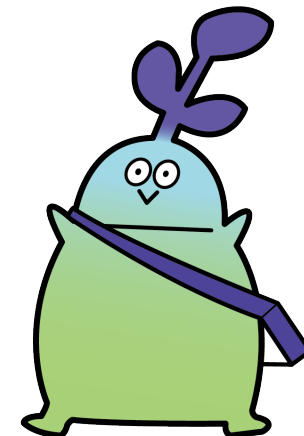
Rules & safety

Immigration, insurance, emergency, disaster, and campus safety



Community

Clubs, Help Desk, intercultural learning, and local connections





Four Distinct Seasons

Spring (Mar – May) 5°C – 18°C

Cherry blossoms bloom in mid-April. Pleasant days, but mornings and evenings remain chilly.

Wear light jackets & layers

Summer (Jun – Aug) 20°C – 32°C

Rainy season (Tsuyu) from mid-June to late July. High humidity; heatwaves in August.

Stay hydrated; carry an umbrella

Autumn (Sep – Nov) 8°C – 22°C

Clear skies and beautiful autumn foliage across campus. Temperatures drop quickly in November.

Prepare warm coats & sweaters.

Winter (Dec – Feb) -2°C – 7°C

Sub-zero nights with occasional snowfall. Road surfaces freeze, creating slippery black ice.

Down jackets & non-slip boots essential.



Winter Road Safety Alert

Bicycle accidents frequently occur on frozen slopes around Kawauchi and Aobayama. Walk cautiously on icy days!

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: Sendai Tourism, Convention and International Association

<https://int.sentia-sendai.jp/saigai/>

Other natural disasters

Typhoons, heavy rain, storms, etc.

Are You Prepared for a Disaster?



**April 21st(Mon.)
12:00 JST
University-wide
Safety Confirmation Drill**

Q. Why should we respond ?
The purpose is to quickly identify people who need to be searched and rescued from the responses, and to provide rescue and support.

Q. How do we respond ?
Please respond in one of the two ways below.
1. Respond via the app
2. Respond via the URL in the email
Both require advance preparation.
Please see the QR code on the right.

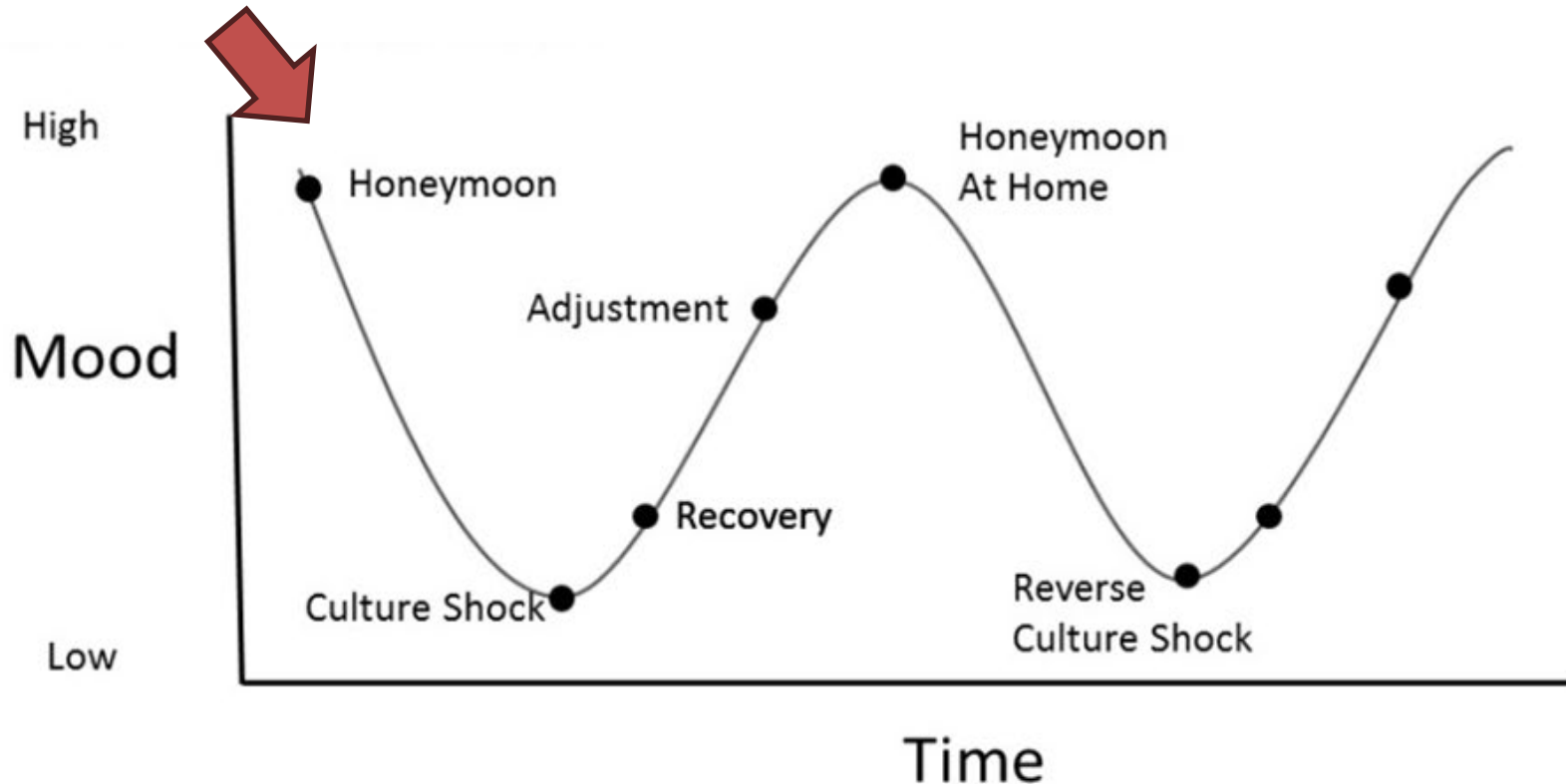


- ◎ 9:00-17:00 on weekdays:
studyab@grp.tohoku.ac.jp 022-795-3745
- ◎ Other hours:
kazuko.suematsu.a3@tohoku.ac.jp
yoshitaka.kasukabe.c3@tohoku.ac.jp

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

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)



Chair of Program	
Prof. Kazuko SUEMATSU (IPLA)	kazuko.suematsu.a3@tohoku.ac.jp
Prof. Yoshitaka KASUKABE (JYPE,COLABS,DEEP)	yoshitaka.kasukabe.c3@tohoku.ac.jp
Academic Advisors	
Prof. Kazuko SUEMATSU (IPLA)	kazuko.suematsu.a3@tohoku.ac.jp
Prof. Rumi WATANABE (IPLA)	rumi.watanabe.c5@tohoku.ac.jp
Prof. Yukiko SHIMMI (IPLA)	yukiko.shimmi.e8@tohoku.ac.jp
Advisors of the Department (JYPE,COLABS,DEEP)	
Japanese Program Coordinators	
Prof. Wataru NAKAMURA	wataru.nakamura.a8@tohoku.ac.jp
Prof. Natsue SUGAYA	natsue.sugaya.e1@tohoku.ac.jp
Ms. Huja BACKLAY (only IPLA)	huja.backley.d7@tohoku.ac.jp

Student Exchange Division Coordinators

Mr. Shu ITO (Chief)

Ms. Eri NARUSE (JASSO)

Ms. Hisae OKAMOTO (JYPE)

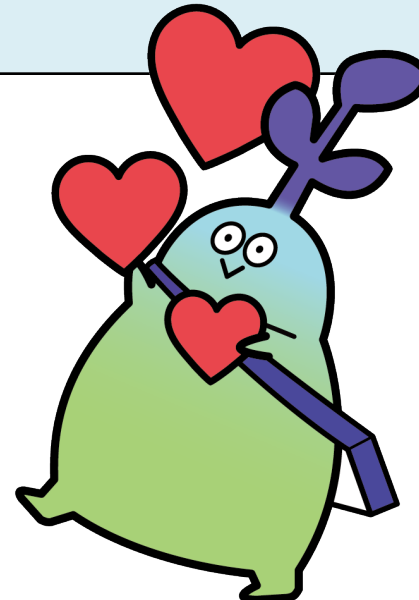
Ms. Nozomi ONUMA (IPLA)

Ms. Uiri MIURA (COLABS)

Ms. Yuka MOMONO (DEEP)

studyab@grp.tohoku.ac.jp

Just get in
touch!



Counseling & Disability Services

- Consultation is available when you feel overwhelmed, anxious, isolated, or uncertain about study/life issues.

https://www.ccds.ihe.tohoku.ac.jp/front-2-2/counseling_office/sso_english/

- Disability services can advise on reasonable accommodation and accessibility. For inquiries, ask your program coordinator.

- Services in multiple languages including English is available.
- Seeking support early is a strength, not a failure. Please ask for help when you need it!

International Student Help Desk



Student staff will answer
your questions and provide
support

Kawauchi

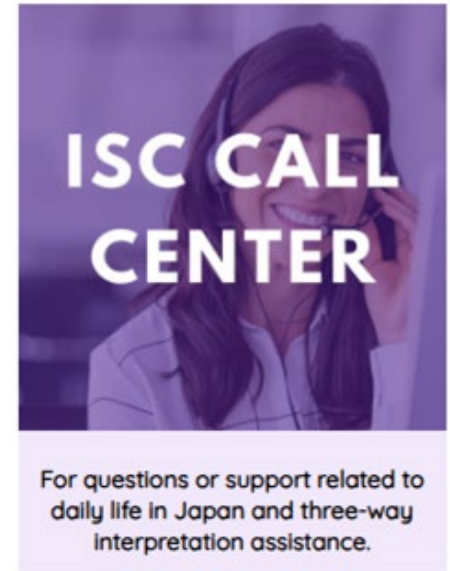
1st Floor next to the
Student Exchange Division



Aobayama

Entrance of Aobayama
Commons/
Center Square Center Hall

- Consultation on daily life in Japan
- Support for ward office procedures, medical institutions with English-speaking staff
- 3-way telephone interpretation (English/Japanese + other languages)



University matters such as course registration, scholarships, admissions, student life procedures, and program-specific issues. Please contact Tohoku University offices for those.



Get out of your comfort zone



Intercultural Collaborative Learning

HOME > Intercultural Collaborative Learning

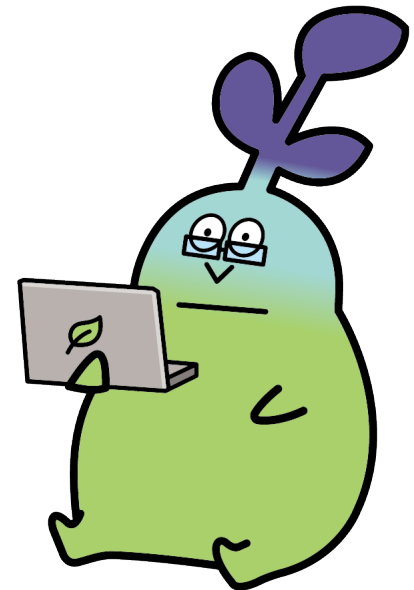
Intercultural Collaborative Learning aims to foster mutual understanding among students from different linguistic and cultural backgrounds. In this section, we will introduce the advantages of the international collaborative classes that Tohoku University offers, the international collaborative learning 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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- Grading scale used at TU: **AA, A, B, C, D** (failing) & **E** (withdrawal)
- Some courses place a strong emphasis on class attendance.
- You may need the instructor's permission to enroll in some courses.
- Your grades will be available online at the end of the last month of the semester:
 - by **end/August** for Spring semester
 - by **end/February** for Fall semester
- You need your Tohoku Univ. ID/Password to check your grade [online](#). Make sure to keep the ID.



- Official transcript* will be uploaded in each student's folder and a notification email will be sent by:

- **April** Fall-only students
- **October** Fall + Spring students:

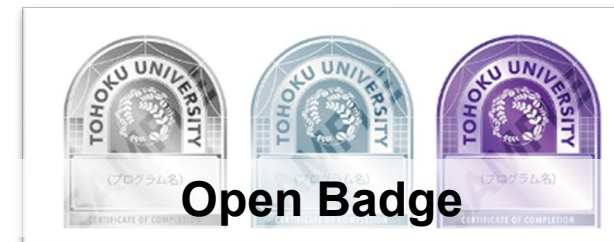
*Certificate Request is **NOT** Required

If you need it earlier than that, let us know as soon as possible.

- **"Open Badge" will be issued to certify the completion of each program.**

For more details, please refer to

“Leaving Procedures” on our [website](#)



- **Tohokudai* ID:** Required to log in to learning tools, Student Affairs Information System
- **Password:** Required to check registered courses, grades
- **DC Mail:** Tohoku University's university-wide email service (student email)
- **Certificate Request Form**
(i.e. Learning Agreement, Home university's form, Arrival certificate etc.)
- **Technical Assistant Info.**
- **FAQ** (Tohokudai ID, Online Class, VPN, Others)

Websites

Getting Started in Japan	Current Students
	
Things to do >	While in Tohoku >
To start the semester	While in Japan

Forms

	
Certificate Request Form	Contact Form

*Click the image for more information.

Insurances

1. National Health Insurance (NHI)

Public health insurance in Japan. With NHI, students usually pay 30% of covered medical and hospitalization costs.

2. Gakkensai

Student accident insurance for education, research, campus activities, school events, and commuting. **Cost covered by Tohoku University.**

3. Inbound Futai Gakuso

Self-paid comprehensive support insurance for unexpected injury/illness, liability, emergency repatriation, and baggage issues.

Keep your insurance information accessible in case you visit a hospital or need emergency support.



Housing

- Room changes are not allowed except in exceptional circumstances, such as serious health or safety issues.
- Follow all dormitory rules, including waste sorting, noise, shared-space use, and visitor rules.
- Pay rent and fees by the deadline. One-month delay may lead to a warning; longer delays may result in dismissal from the dormitory.
- Dismissal from the dormitory may affect your exchange program status.



Read notices

Dormitory offices and university emails may send important deadlines.



Ask early

Contact staff before a small problem becomes serious.



Respect others

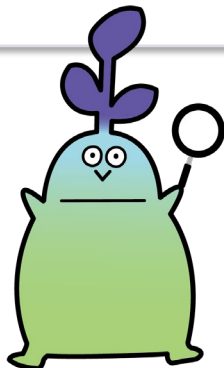
Quiet hours and shared spaces matter.



Do not

Absolutely ZERO tolerance:

- Possession and use of illegal drugs and prohibited substances.
- Drinking alcohol under age 20
- Harassment, discrimination, or any form of disrespectful behavior toward others.



Remember

Stay informed: Check and respond to notifications from public offices.

Stay connected: Review your email and Classroom notifications regularly.

Avoid driving: Traffic accidents involving international students are increasing.

Confirm before working: If you plan to work part-time outside the university, make sure you obtain the necessary permission in advance.

Responding through DC Mail & Visa Compliance

Check Your Email Daily

All official university announcements, course enrollment guides, safety confirmations, and emergency alerts are sent exclusively to your DC Mail.

LMS & Tohokudai ID:
Needed for Student Affairs Portal, grading, and online class access.

Visa Status of Residence

10+ Hours Study/ Week

Immigration inspection is increasingly strict.

Failure to meet the 10-hour weekly study threshold jeopardizes your student visa status!

Contact Protocol for your safety

- 1. Direct Outreach**
Three emails and 2 phone calls from us
- 2. Secondary Contact**
Reaching out through your tutor
- 3. Further Contact**
Contacting your home university or parents/guardians

Deceptive Recruitment & Campus Wildlife Alerts



Beware Misleading Recruitment

Some off-campus groups disguise cults or dubious sales as free meals, casual study groups, volunteer work, sports circles, or street surveys.

- Be careful of strangers on SNS or street approaches.
- If unsure, decline and do not join.
- Consult university staff or the TU Support portal.



Bear & Wild Boar Alerts

Due to Sendai's rich green nature, Asian black bears and wild boars are occasionally sighted near Aobayama and Kawauchi campuses.

- Urgent campus email alerts sent whenever spotted.
- Avoid walking alone on unlit forest paths at night.
- Report sightings immediately to campus security.

2025-2026

CLUBS, CIRCLES & ASSOCIATIONS

FOR INTERNATIONAL STUDENTS



Clubs and Circles Portal

1. Introduction

Difference between clubs and circles

Student activities at Japanese universities are mainly divided into two categories depending on the level of commitment. Please take note of the differences below.

CLUB (部活 <i>Bukatsu</i>)	CIRCLE (サークル)
• High Level of engagement and commitment • Processes to join or withdraw are quite complicated • Sometimes participate in national competitions as Tohoku University representatives • Intense practices • Regular mandatory meetings • Often have prerequisites	• Relatively low Level of engagement and commitment • Can join or withdraw anytime without complicated procedures • Flexible schedules and intensity • You may go practice only when you are free • Optional practices • You can join multiple circles • Usually open for beginners



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



Become a Campus Ambassador & Connect with Japanese Peers!

Want to make local Japanese friends right away?
We are matching incoming exchange students
with Japanese students planning to study abroad
in your home country/region!



Get Matched 1-on-1

Connect with a Japanese buddy heading to your home university or region.



Be a Global Ambassador

Share local tips about your home country & help them prepare for their journey.



Language & Cultural Exchange

Practice Japanese, get campus advice, and explore local culture together!

Share Your Contact Info!

Scan the QR code to fill out a 1-minute form (Name, SNS/Email, Home University).



Fall 2026 Orientation for Incoming International Students



Orientation Videos For Incoming International Students

Fall
2026

► CONTENTS:

1. Student Life at TU
2. Mental and Physical Health
3. Traffic Rules
4. Questionnaire

- We provide orientation videos for incoming international students online.
- To watch the videos, please follow the link below and submit the form.
- An email with the URL and password to access the orientation videos will be sent to the registered email address.

⚠ All incoming international students must watch all of the contents and be sure to fill out the questionnaire at the end.

► CONTACT

International Support Center
(International Student Support Section)
☎ 022-217-6422
✉ supportoffice@grp.tohoku.ac.jp



Orientation Videos Access Form
<https://forms.cloud.microsoft/r/PE9gE5Twiy>

Lunch, Campus Tour & Program Orientations

Next Steps

11:30 – 12:50



Lunch & Mini Campus Tour

Guided by Tohoku University students!

 Leave the room in this order:

1 COLABS, JYPE, DEEP

2 IPLA (whose Tutors are present)

3 IPLA (whose Tutors are absent)

Orientation for Each Program

 **2nd Floor, Multidisciplinary Research Building, Kawauchi Campus (C19)**

COLABS
13:00 –

IPLA
14:00 –

JYPE
14:30 –

DEEP
16:00 –

Please arrive at Building C19 before your session starts.

**Have fun at
lunch with your
new friends!**



Outline of Lunch + Kawauchi Campus Tour

- Tour participants are **divided into groups** according to their programs: COLABS, JYPE, and DEEP.
(Group 1 is a mix of JYPE and DEEP students.)
- Please proceed to the **lobby on the 1st floor** as soon as possible to **join your group** and meet your tour leaders (TUSTEM leaders, IPLANET leaders).
- Before starting the tour, each group will be shown the **venue of its afternoon program orientation**.
- Each group will have **lunch together** with the tour leaders.
- Each group will be **shown around** the main spots on campus in a **different order**.

We hope you all have a wonderful time!