

# 琉球大学学術リポジトリ

A content analysis of health information in  
guidebook for international students among  
national universities in Japan

メタデータ	言語: 出版者: Halieli, Maolidi 公開日: 2021-03-23 キーワード (Ja): キーワード (En): 作成者: Halieli, Maolidi メールアドレス: 所属:
URL	<a href="http://hdl.handle.net/20.500.12000/47945">http://hdl.handle.net/20.500.12000/47945</a>

**A content analysis of health information in guidebook for international  
students among national universities in Japan**

**2021**

**Thesis for Master of Health Sciences**

**Department of Global Health**

**Graduate School of Health Sciences**

**University of Ryukyus**

**MAOLIDI HALIELI**

**(Adviser: Prof. Dr. Jun KOBAYASHI and Assistant Prof. Dr. Rie**

**TAKEUCHI)**

**Table of contents**

**ABSTRACT.....2**

**INTRODUCTION.....4**

**METHODS.....9**

**RESULT.....13**

**DISCUSSION.....15**

**LIMITATION.....22**

**CONCLUSION.....23**

**REFERENCES.....24**

**TABLES.....33**

## Abstract

**Introduction:** More and more international students are enrolling in institutions of higher education. Guidebooks issued by universities to international students can provide information on living a healthy life in Japan. A previous content analysis study did not include a comprehensive analysis of health-related information of the international student guidebooks in Japan. The purpose of this content analysis was to analyze health-related information in the guidebooks provided to international students by national universities in Japan.

**Methods:** In April 2020, a review of the national universities in Japan's 46 prefecture and the university guidebooks, which can be downloaded from the university official websites and Google page versions in English, was performed. After the selection process, health-related information in the guidebooks for international students from 35 universities were analyzed. The "Health Management on Campus" document issued by the Japanese Association of University Health Organization was used as the reference to create categories of this research. The data were analyzed using the qualitative content analysis methodology proposed by Bowers (1970).<sup>1</sup>

**Results:** An analysis of health-related content from 35 international student guidebooks yielded 871 initial codes, including 41 categories. Categories and sub categories created from codes that were shown in less than 5 schools guide

book were a total of 153 categories, including 680 codes. After the re-classification, 27 categories and 91 sub categories were gathered. Of the 27 categories, 17 categories were related to on-campus services, 14 categories of off-campus services. And four categories in and out-school. In 14 categories from 5 or more universities, which had 191 codes. After the re-classification, of the 14 categories, six categories were related to on-campus services, 11 categories of off-campus services. And three categories in and out-school. The information in the guidebooks was unclear in terms of mental illness, lifestyle disorders, and women's health, including pregnancy notification procedures and abortion-related information.

**Conclusion:** The results of this study indicate that the least mentioned content is related to catering services, mental health support services, exercise and health, and women's health. Therefore, the results of this study showed the importance of understanding the risk factors and self-control approaches for mental illness and lifestyle diseases. For promoting health well-being and self-care awareness among overseas students, the registration system and public care for pregnant and the cultural context of the abortion-related matters in Japan should be filled in the guidebook for international students.

## Introduction

As the world demands globalization, the number of cross-border students around the world is also growing.<sup>2</sup> Recent estimates report that as of 2017, the number of international students around the world exceeded 5.3 million.<sup>3</sup> The pursuit of international students encourages economic competitiveness and contributes to the global economy.<sup>4</sup> In July 2008, the Government of Japan announced the 300,000 International Students Plan, which aimed to increase the number of international students in the country to 300,000 by 2020. As of May 1, 2019, the number of international students in Japan reached about 312,000.<sup>5</sup> With the trend of international students at state National University, there are approximately 228,000 people enrolled in higher education institutions.<sup>6</sup> International students face obstacles, such as different food, unfamiliar living circumstances, financial problems, work-life balance, study schedules, learning styles, or any difficulties related to language, culture, and personal hurdles. A series of transitional difficulties in daily life can be expected from cultural adaption.<sup>7-8</sup> Faced with a series of new environment international students' health problems are gradually attracting social attention in recent years.

Health problems of international students have also been reported by many scholars from the many countries, such as the research of Y. Guo et al.(2014) pointed out the loneliness in their new environment.<sup>9-10</sup> The research

of E. Sawir et al.(2008) & J. Berry. (1997) & A. Marbley. (2011) & G. Parr. Bradley. (1992) & Sue, DW et al. (2015) pointed out the students also experienced isolation in their host country, particularly in the beginning months of their stay. In addition, researchers have noted that acculturation, ethnic identity, language barriers, and help-seeking behaviors contribute to whether individuals seek counseling services.<sup>11-14</sup> The research of S. Mori. (2000) point out the as international students often deal with difficulties by seeking social support instead of counseling support. And adaptive stress causes international students to report physical discomfort, such as sleep and loss of appetite, fatigue, headache, increased blood pressure, and gastrointestinal problems.<sup>15</sup> Berry, J. W. (2012) mentioned the acculturative stress can also precede also to psychological symptoms such as isolation, helplessness, hopelessness, sadness, feelings of loss, anger, disappointment, and a sense of inferiority, and in severe cases may lead to clinical depression.<sup>16</sup> Several studies have cited language barriers and cultural practices as the underlying causes of sexual health problems.<sup>17,18</sup> Also Burchard, A, Stocks N & Laurence, C (2009) reported the International students often have limited sexual health knowledge due to inadequate sex education in their country of origin where discussing sex and/or sexual health topics are taboo.<sup>19</sup>

The “Guidebook for International Students” provided by the school for students is important material for learners to obtain health information including

medical health care and support for daily life. Currently, the major causes of death, disability, injury, illness, and important life-impacting events among young people (e.g., car accidents, violence, suicide, sexually transmitted diseases, unintended pregnancies) and among adults (i.e., heart disease, stroke, cancer, lung disease, and diabetes) result from a few patterns of behavior that become established during school age years, including alcohol and drug abuse, sexual behaviors, tobacco use, unhealthy diets, and physical inactivity.<sup>20-24</sup> These lifestyles tax our health system, economic system, and the country at large. However, these are preventable behaviors which may be addressed by a successful school health program. Because the detailed life guidance information in the guidebook not only facilitates learners' study and life, but also reduces the work intensity of the school's teaching staff, so that students clearly know how to seek the help of teachers and medical staff when they encounter difficulties. In addition, the use of consulting services by international students and the cultivation of students' health literacy plays an important role.

Previous research on international students in Japan mainly focused on investigation of cross-cultural adaptation,<sup>25</sup> comprising health actions and related factors,<sup>26</sup> satisfying needs of college life<sup>27</sup>, and information about the families and spouses of international students.<sup>28</sup> Many previous studies in the literature on Japanese students have involved examining health issues.<sup>9,10,26-29</sup>



Psychological research shows, on the adaptation of international students to different cultures, that most of the research on the mental health of loneliness, well-being, and other aspects of mental health.<sup>25</sup> Most of the social and acculturative aspects of Japanese international students are related to physical and mental health, such as studying and overall life. For the features of social acculturation, cultural adaptation, learning adaptation, physical and mental health, and interpersonal relationship-related mental health, are the most concerning. Examination of health action and related factors indicate that most international students in Japan live alone.<sup>30</sup> When international students encounter health problems, they are more likely to consult Japanese friends. In satisfying needs for college life research show, 86% of international students think the support system is sufficient. Other information provided regarding the desirability of student transfers, 16% thought they wanted to, and 57% did not, however, 76% of students were willing to recommend college to someone else.<sup>26,27</sup> Research on the families and spouses of international students investigated the attributes of international students and their spouses, determining whether support (such as Japanese class, activity exchange, and negotiation venue) for international students and their spouses is available and utilized.<sup>28</sup>

From the aforementioned research on the health problems of Japanese international students, it is concluded that international students hope that the

university will provide more information. For example, on the university's official home page, international students want information about local life and available medical facilities, as well as information about health care services.<sup>26,27</sup> Due to the limitations in cultural support and social support, international scholars are more dependent on their university. In addition, the utilization rate of consulting services for international students is still very low. When universities provide information to international students, it could help them to receive healthcare service from Japanese healthcare facilities, and help them understand the health insurance system in Japan.<sup>26</sup> Individuals mistakenly believe that counseling doctors in Japan are expensive, preventing them from consulting doctors even though they actually feel ill.<sup>30</sup>

Previous studies did not perform a comprehensive analysis of health-related information in the content analysis study of the guidebook for international students in Japan, but rather the content of the research was an analysis of the information related to eating habits of students. The research content is based on the 13 model universities for international students that were the most internationalized among the Japanese universities on their global websites. In the analysis, each university comprehensively mentions the following: National Health Insurance, medical resources inside and outside the campus; the price of food, Japanese food culture, diet education, and the prevention of summer food poisoning.<sup>31</sup> However, no information on the

nutritional balance of the research target was found in the survey results. Therefore, this study will conduct a content analysis of health-related information in the guidebook provided by universities in Japan to international students. This study aims to identify health-related information that is not adequately documented in university's guidebook for international students in Japan.

## **Methods**

This study is based on the guidebook for international students provided by 46 universities (“University” in Japanese means “Sougo daigku”). “Sougo daigaku” is a university that has at least one each of humanities and sciences faculty within it in Japan.

The selection criteria were that the English version of the guidebook (because English is the world's most common language used) and the international student guidebook could be downloaded from the university's official website and Google page search. Filtered list of universities:

1. Hokkaido University
2. Iwate University
3. Tohoku University

4. Akita University
5. Yamagata University
6. University of Tsukuba
7. Utsunomiya University
8. Chiba University
9. University of Tokyo
10. Yokohama National University
11. Toyama University
12. Kanazawa University
13. Shinshu University
14. Gifu University
15. Shizuoka University
16. Nagoya University
17. Mie University
18. Kyoto University
19. Osaka University
20. Kobe University
21. Okayama University
22. Tottori University
23. Shimane University
24. Hiroshima University

25. Yamaguchi University
26. Tokushima University
27. Kagawa University
28. Ehime University
29. Kochi University
30. Kyushu University
31. Saga University
32. Nagasaki University
33. Kumamoto University
34. Kagoshima University
35. University of the Ryukyus

The analysis content selected from the international student guidebook for this study is based on the health-related definitions declared by the WHO, health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.<sup>32</sup> And health-related information was confirmed under the supervision of two experts in the department.

The following information of the international student guidebook collected by each university is identified:

(1) University name, (2) Is it possible to download the international student guidebook?, (3) Name of international student guidebook, (4) The address

of the downloaded page, (5) The date of the downloaded page, (6) Whether to include special sections related to health, (7) The name of the special section related to health, (8) The title name of the content of the special section relating to health, (9) Language version of the international student guidebook, (10) Is there an English version in the international student guidebook and (11) Issue date of the international student guidebook.

The data were analyzed using qualitative content analysis methodology proposed by Bowers (1970).<sup>1</sup> The " Health Management on Campus " manual issued by the Japan University Health Association<sup>33</sup> was used as the reference frame of this research during the process of content analysis such as coding and categorizing. In order to make the data of the research results easier to understand, it was classified into the following contents (1) on-campus services (2) off-campus services (3) in and out-school services.

A frequency distribution was calculated for the number of universities in the guidebook where each code was written, using IBM SPSS Statistics 23. And the fourth quintile was set as the cutoff value. As a result, if the code was written in the handbook of 4 or less universities, it was considered to be few.

## Result

An analysis of health-related content from 35 international student guidebooks yielded 871 codes, including 41 categories.

Table 1 discusses the health-related code shown in less than five the guidebook in less than five university. There are 153 categories and 680 codes. After the re-classification, 91 sub categories and 27 categories and were gathered. Of the 27 categories, 17 were related to on-campus services, 14 were related to off-campus services, four categories were related to services of in and out-school.

The main contents of the services of on-campus records are as follows; international exchange activities services mainly describe the content of international exchange and cooperation projects. The counseling services for general students and international students mainly describe the content related to counseling and guidance services. Health and wellness mainly described the content of protective precautions related to infectious diseases, the introduction of the use of university hospitals, also introduction of regular health examinations, and so on.

The main contents of the services of off-campus records are as follows; health and wellness mainly described the content of Information about public health inspections, medicines, vaccines, also travel medical services, and so on.

The main contents of the services of in and out-school records are as follows; health and wellness, rules of matters, shopping guide, multilingual service.

Table 2 discusses the health-related categories of five or more universities in the guidebook for international students. There are 14 categories from five or more universities, which had 191 codes. Of the 14 categories, six were related to on-campus services. 11 categories are related to off-campus service, and three categories are related to services of in and out-school.

The main contents of the services of on-campus records are as follows; the disaster mainly described the content of e-mail information on campus in the event of a disaster. The University Health Center mainly described the content of regular health checkups, introduction to the use of the University Health Center, also information related to obtaining health certificates, and so on.

The main contents of the services of off-campus records are as follows; the disaster mainly describes the content of disaster-related countermeasures. the bicycle mainly describes the content of traffic precautions when riding a bicycle, also information about transferring bicycles, and so on.

The main contents of the services of in and out-school service records are as follows; disaster, emergency services, personal accident insurance.



## **Discussion**

From the research results, the least content is catering services, mental health support services, exercise and health and women's health. In the content related to catering services, most university's guidebook only introduced the use of university canteens. In the content related to mental health support services, most university's guidebook only introduced supportable consultation and guidance. In the content related to exercise and health, most university's guidebook only introduced exercise is good for alleviating mental stress. In the content related to women's health, most university's guidebook only introduced child allowances after childbirth. And the content that appears the most is international exchange activities, student counseling services, health and wellness. In the content related to international exchange activities, most of the university's guidebook are mentioned international exchanges and cooperation program, international education, and student field trips. In the content related to student counseling services most of the university's guidebook are mentioned consultation and guidance content for students. In the content related to student counseling services, most of the university's guidebook are mentioned student support and guidance services. In the content related to health and wellness, most of the university's guidebook are mentioned knowledge of the prevention of infectious diseases, introduction of the

university hospital system, physical examinations on campus, examinations by public health departments, medicines, vaccines and travel medical health.

In the context of mental illness-related matters, only 10 university is mentioned related to disease control in the guidebook. However, most university guidebooks mentioned the contents related to the mental health counseling and guidance services. 14 codes in terms of risk factors and 10 codes in terms of preventive behavior among the 35 universities' guidebooks. However, of all the universities guidebooks, only one code mentioned the dangers of drug abuse, and two universities mentioned that exercise is good for mood and health. In the context of lifestyle diseases-related matters, only three codes included the disease control. However, only one university mentioned a dietitian offering guidance. Seven codes in terms of risk factors, and one code in terms of preventive behavior. However, only three universities mentioned the service and use of physical testing devices. And only one university mentioned the use of alcohol as a cause of alcoholism. In the context of pregnancy-related matters, only five universities mentioned official procedures for getting pregnant. In the context of abortion, there was no indication in the insurance systems other than one code. Therefore, information on risk factors and interventions related to mental illness and lifestyle diseases, as well as information related to local system related to pregnancy procedures

and abortion information should be considered for inclusion in the guidebook for international students.

It is need to supplement education on mental health-related risk factors and interventions in universities' guidebooks for international students. In the mental health-related content of the guidebooks, most universities refer to the mental-service platform information. As Chiba University noted, "University Health Center (Safety and Health Organization) offers students an annual health checkup, primary medical care, and mental health consultations free of charge." As Akita University mentioned the abuse of drugs not only causes detrimental effects on your body and soul, but also jeopardizes the order and value of society, which is why laws exist to prohibit the possession and use of drugs." Other universities guidebook did not mention alcohol, smoking, or mood. As international students come from different countries with different backgrounds, customs, and education systems. International students are more likely to face emotional crisis, social adaptation, housing and economic problems in academic and interpersonal communication.<sup>34-36</sup> Depression is a mental illness that often coincides with drug use, meaning that people who abuse drugs are more likely to suffer from depression.<sup>37</sup> In terms of interventions, only the content related to exercise and stress was mentioned. Only the University of Tokyo stated "If you are worried about not getting research results, feel anxious about your future or have any concerns, exercise

can help you reduce stress.” The activities of the University Health Center and the Student Counseling Room play an important role in suicide prevention at universities. On the other hand, on the student counseling room side, psychiatric or psychological care by doctors and counselors in the health management center and student counseling room is not available for student support including suicide prevention. There is a nice desire to seek broader understanding and cooperation regarding the daily relationships and efforts of faculty and staff with students or what is important.<sup>38</sup> Because good intervention measures can promote the psychological adaptation and frustration tolerance of international students, it is particularly important to pay attention to the mental health status of international students in their lives and academic studies.

Additional information such as counseling information needs to supplement education on lifestyle disease-related risk factors and interventions in universities' guidebooks for international students. In addition to the contents related to lifestyle diseases in the university guidebook. Hiroshima University pointed out that providing nutritional guidance and advice and information such as “A nutritionist provides guidance for concerns about your diet.” Other universities rarely mention this information. This content is helpful to provide correct guidance and advice to international students who are troubled by diet. In terms of risk factors for lifestyle diseases, in addition to the Nagoya University and Hiroshima University declared the harm caused by adaptation, such as

“Most of these psychological reactions are, again, very natural in the process of cultural adaptation.” “Health Service Center may also provide measurements of blood pressure, visual acuity, body fat, etc., guidance to quit smoking, patch test for alcohol, etc.” This report is helpful for international students to understand of the risk factors in their lives and improve their sense of self to find ways to improve. In terms of interventions, only Kobe University and Akita University provided information on health, such as “In recent years, acute alcohol toxicity is increasing, so never force others or let yourself drink excessively.” “The abuse of drugs not only causes detrimental effects on your body and soul, but also jeopardizes the order and value of society, which is why laws prohibit the possession and use of drugs.” The World Health Organization proposed: “The risk of lifestyle diseases is three reversible directions of long-term exposure, smoking, unhealthy diet, and lack of exercise. This can lead to the development of chronic diseases, especially obesity, diabetes, metabolic syndrome, and cancers.<sup>39, 40</sup> Recently, the eating habits and living environment in Japan have become rich and so-called Western-style cultural life. It has been pointed out that this Western-style cultural life causes health problems centered on arterial hardening such as heart disease, and that its effects extend to the younger generation.<sup>41</sup> Therefore, providing students with organized information on lifestyle diseases is conducive to improving health literacy and self-care ability.

The supplement information related to Japan local system related to registration the pregnancy should be mentioned. Most of the pregnancy-related information in the university guidebooks is related to insurance policies and maternity benefits, whereas only a few instances of information related to pregnancy procedures mention the health care manual and its receipt. As the University of Tokyo stated, "When pregnancy is diagnosed, you need to submit a notice of pregnancy (Ninshin-Todoke) to your municipal office to receive a maternity and childcare handbook (Boshi Kenko Techo)." In Japan's fertility regulations, pregnancy should be notified to the local municipal council immediately after the initial identification of pregnancy status, and the confirmation of pregnancy should be based on their own confirmation. Maternal and child health manuals can then be collected from the local council for free maternal and child health check-ups, parental tutorials, and postnatal support services.<sup>42</sup> In accordance with the concept of reproductive health and rights, all women have the right to appropriate health services.<sup>43</sup> Knowing the local system of pregnancy is essential for women to provide social support and safe childbirth, if the student or their spouse may become pregnant. The guidebook for pregnancy procedures in Japan includes only one item. In line with the concept of reproductive health and rights, all women have the right to appropriate health services, and it is essential to provide women with social support and safe pregnancy/delivery. The "Basic Law for a Gender-Equal

Society" states that support should be provided so that pregnancy and childbirth can be safely and safely received.<sup>44</sup> Internationally, pregnancy is positioned as one of the factors for students to choose to drop out, and schools are highly expected as an institution that can detect and intervene in the support needs of students at an early stage.<sup>45</sup> Because the international students or their spouses may become pregnant, understanding the local pregnancy system is essential for women to provide social support and safe childbirth.

It is need to supplement information related to women's rights and related laws regarding abortion in Japan. There is no information on abortion in the universities' guidebooks, except that most universities mention insurance-related abortion information. Almost half of all pregnancies are accidental each year, so it is vital that full information on abortion is provided.<sup>46</sup> Because attitudes about abortion vary by country, religion, and ethnicity, it is necessary to describe the system and attitudes in Japan. Most abortions are unsafe in countries where abortion is prohibited or only permitted to save a woman's life or physical health because of the time limits imposed upon abortion services by pregnancy and legal restrictions. Therefore, this puts the health and well-being of women at risk.<sup>47,48</sup> The abortion system varies from country to country, and to avoid post-pregnancy and unsafe abortions, it is important that international students and their spouses obtain information about the local abortion system in Japan.

It is need to include in the local disaster map in universities' guidebooks for international students. The most frequent information indicated in the international student guidebook is the content of disaster-related countermeasures. Japan is one of the most disaster-prone countries in the world. Its location, on the boundaries of four tectonic plates.<sup>49</sup> In addition to large-scale personal destruction and loss of life, Japanese residents also face serious health risks.<sup>50</sup> There are studies confirming that the living conditions of a marginalized population may lead to increased disaster vulnerability.<sup>51</sup> Because each area's vulnerability to disasters depends on its geographic location and environment. Therefore, different area has different experiences on disasters. In order to avoid the vulnerability to disasters and to respond quickly and effectively in the face of disasters, it is particularly important to obtain information on the local disaster map of the school.

### **Limitation**

The subjects were selected to be able to URL into the international student guidebook and the English online version, unfortunately, information from the guidebook for international students at 11 universities was not analyzed. It is uncertain whether the international students had fully obtained the international student guidebook and read the health information in the



guidebook in this study, thus further research related to these issues should be conducted.

## **Conclusion**

The results of this study indicate that the least mentioned content is related to catering services, mental health support services, exercise and health, and women's health. The most content a relatively large number of university guidebooks mentioned related to the international exchange activities, student counseling services, health and wellness. Therefore, the results of this study showed the importance of understanding the risk factors and self-control approaches for mental illness and lifestyle diseases. For promoting health well-being and self-care awareness among overseas students, the registration system and public care for pregnant and the cultural context of the abortion-related matters in Japan should be filled in the guidebook for international students.

## Reference

1. M. Bowers. Cerebrospinal fluid 5-hydroxy-indoles and behavior after L-tryptophan and pyridoxine administration to psychiatric patients. *Neuropharmacology*, 1970; 9. 599-604.
2. P. Altbach, J. Knight. The internationalization of higher education: Motivations and realities. *Journal of Studies in International Education*. 2007; 11(3-4): 290-305.
3. OECD/UIS/Eurostat. Other non-OECD countries and years prior to 2013: UNESCO Institute for Statistics. See Source section for more information and Annex 3 for notes. [Internet], 2019 [cited 2021 January 17]. Available from: <https://www.oecdilibrary.org/docserver/17d19cd9en.pdf?expires=1610598272&id=id&accname=guest&checksum=586CB0C2F9EC42CAEAFBA938AF139B64>. (Statlink) <https://doi.org/10.1787/888933978493>.
4. J. Douglass, R. Edelstein. The global competition for talent: The rapidly changing market for international students and the need for a strategic approach in the US. Center for Studies in High Education Research and Occasional Papers Series. [Internet], 2009 [cited 2021 January 17]. Available from: <http://escholarship.org/uc/item/0qw462x1.pdf>.
5. Office of Student Exchange, Ministry of Education, Culture, Sports, Science & Technology (MEXT), Japan. Outline of the student exchange system. Study in Japan and Abroad 2010. [Internet], 2011 [cited 2021 January 17]. Available

from:

[https://www.mext.go.jp/component/english/\\_icsFiles/afieldfile/2011/12/14/1303740\\_1.pdf](https://www.mext.go.jp/component/english/_icsFiles/afieldfile/2011/12/14/1303740_1.pdf).

6. Information Services Division, Student Exchange Department, Japan Student Services Organization. Result of an Annual survey of International Students in Japan 2019. [Internet], 2011 [cited 2021 January 17]. Available from: [https://www.studyinjapan.go.jp/en/\\_mt/2020/08/date2019z\\_e.pdf](https://www.studyinjapan.go.jp/en/_mt/2020/08/date2019z_e.pdf).
7. M. Constantine, M. Kindaichi, S. Okazaki et al. A qualitative investigation of the cultural adjustment experiences of Asian international college women. *Cultural Diversity and Ethnic Minority Psychology*. 2005; 11(2): 162–175.
8. E. Yoon, T. Portman. Critical issues of literature on counseling international students. *Journal of Multicultural Counseling and Development*. 2004; 32(1): 33–44.
9. Y. Guo, Y. Li, N. Ito. Exploring the Predicted Effect of Social Networking Site Use on Perceived Social Capital and Psychological Well-Being of Chinese International Students in Japan. *Cyberpsychology, Behavior, and Social Networking*. 2014; 17(1): 52-58.
10. H. EMURA. The Adjustment of Foreign Students to Japanese Society. *Bulletin of the Faculty Liberal Arts, Hosei University. Gaikoku gogaku gaikoku bungaku-hen*. 1993; 85: 1-11. (in Japanese).

11. E. Sawir, S. Marginson, A. Deumert et al. Loneliness and International Students: An Australian Study. *Journal of Studies in International Education*. 2008; 12(2): 148-180.
12. J. Berry. Immigration, acculturation, and adaptation. *Applied Psychology*. 1997; 46(1): 5–34.
13. A. Marbley. Multicultural counseling, perspectives from counselors as clients of color. *Multicultural Counseling, Perspectives from Counselors as Clients of Color*. 2011; 1-218.
14. G. Parr. Bradley. Concerns and feelings of international students. *Journal of College Student Development*. 1992; 33(1): 20–25.
15. S. Mori. Addressing the mental health concerns of international students. *Journal of Counseling and Development*. 2000; 78(2): 137–144.
16. J. Berry. Stress perspectives on acculturation. *The Cambridge Handbook of Acculturation Psychology*. 2012; 43-57.
17. M. Dowson, S. Gifford. Social change, migration and sexual health: Chilean women in Chile and Australia. *Women and Health*. 2003; 38(4): 39-56.
18. C. Poljski. On Your Own: female international students in Australia. *Multicultural Centre for Women's Health (MCWH)*. [Internet], 2011 [cited 2021 January 17]; Available from: [https://www.mcwh.com.au/downloads/publications/On\\_Your\\_Own\\_Report\\_2011.pdf](https://www.mcwh.com.au/downloads/publications/On_Your_Own_Report_2011.pdf).

19. A. Burchard, N. Stocks, C. Laurence. Sexual health Knowledge Attitudes and Practices Amongst. International Students Studying at the University of Adelaide, Proceedings of 2009 General Practice and Primary Health Care Research Conference: Program and Abstract, viewed 28 June 2012. [Internet], 2009 [cited 2021 January 17]; Available from: <http://www.phcris.org.au/elib/lib/elib/viewabstract.php?elibid=6441>.
20. World Health Organization. The Global Burden of Disease 2004. [Internet], 2004 [cited 2021 January 17]; Available from: [https://www.who.int/healthinfo/global\\_burden\\_disease/GBD\\_report\\_2004update\\_full.pdf](https://www.who.int/healthinfo/global_burden_disease/GBD_report_2004update_full.pdf).
21. World Health Organization. Injuries and Violence. The Facts 2014. Geneva: World Health Organization. [cited 2021 January 17]; Available from: [http://www.who.int/violence\\_injury\\_prevention/media/news/2015/Injury\\_violence\\_facts\\_2014/en/](http://www.who.int/violence_injury_prevention/media/news/2015/Injury_violence_facts_2014/en/).
22. Jindal, A., & Mukherji, S. World report on road traffic injury prevention. Medical Journal Armed Forces India, 2015; 61(1), 91.
23. D. Hung, M. Stevenson, R. Ivers. Prevalence of helmet use among motorcycle riders in Vietnam. Injury Prevention. 2006; 12(6): 409–413.
24. J. Creaser, N. Ward, M. Rakauskas et al. Effects of alcohol impairment on motorcycle riding skills. Accident Analysis and Prevention. 2009; 41(5): 906–913.

25. T. Hongyan, W. Tsutomu, K. Hiroyuki. A review of psychological studies on the cross-cultural adaptation of international students in Japan. *Mejiro journal of psychology*. 2011; 7, 95–114. (in Japanese).
26. K. Sayaka, U. Mayumi, N. Aya et al. Health behaviors and related factors concerning international university students in Japan: A pilot study. *Journal of International Health*. 2018; 33-4. (in Japanese).
27. T. SONODA. A study on the mental health and social support of Gunma University foreign students: Result of a retest of Ohashi 2005. *Journal of Center for Education and Research, Gunma University*. 2015; 10.1-15. (in Japanese).
28. W. Rumi. Support for Families of International Students and Researchers at Japanese Universities: A Study Based on the Results of Questionnaires Administered to Accompanying Spouse. *Osaka University the Graduate School of Human Sciences*. 2009; 35.333-348. (in Japanese).
29. P. Shakya, T. Sawada, H. Zhang et al. Factors associated with access to HIV testing among international students in Japanese language schools in Tokyo. *PLoS ONE*. 2020; 15-7.
30. K. Fujii. What Difficulties are International Students Facing: Results from the 2003 First Semester Survey. *Journal of International Student Center Yokohama National University*. 2004; 11. 113-137. (in Japanese).
31. T. Tanaka. Ryugakusei no shokuseikatsu to kenko - ryugakusei shien to shite no shokuiku to iu kadai. *U ebumagajin ryugaku koryu. Japan Student Services*

- Organization. 2013; 28. [cited 2021 January 17]; Available from: [https://warp.da.ndl.go.jp/info:ndljp/pid/10322391/www.jasso.go.jp/ryugaku/related/kouryu/2013/\\_\\_\\_icsFiles/afieldfile/2015/11/19/201307takahamaai.pdf](https://warp.da.ndl.go.jp/info:ndljp/pid/10322391/www.jasso.go.jp/ryugaku/related/kouryu/2013/___icsFiles/afieldfile/2015/11/19/201307takahamaai.pdf). (in Japanese).
32. World Health Organization. Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York: 19-22 June, 1946. [cited 2021 January 17]; Available from: <http://www.who.int/suggestions/faq/en/>.
33. Japan University Health Association. Health Management on Campus. GIFU SHIMBUN. JUHA. 2017. [cited 2021 January 17]; Available from: [http://health-uv.umin.ac.jp/kanren/img/a4chirashi\\_20180905.pdf](http://health-uv.umin.ac.jp/kanren/img/a4chirashi_20180905.pdf). (in Japanese).
34. M. Constantine, M. Kindaichi, S. Okazaki et al. A qualitative investigation of the cultural adjustment experiences of Asian international college women. *Cultural Diversity and Ethnic Minority Psychology*. 2005; 11(2): 162–175.
35. E. Yoon, T. Portman. Critical issues of literature on counseling international students. *Journal of Multicultural Counseling and Development*. 2004; 32(1): 33–44.
36. J. Berry, U. Kim, T. Minde et al. Comparative Studies of acculturative stress (Canada). *International Migration Review*. 1987; 21(3): 491–51.
37. D. Regier, M. Farmer, D. Rae et al. Comorbidity of mental disorders with alcohol and other drug abuse: Results from the Epidemiologic Catchment Area

- (ECA) Study. JAMA: The Journal of the American Medical Association. 1990; 264 (19)2511-2518.
38. J. Sato. Requirements and points to keep in mind for university faculty and staff guidebooks for suicide prevention at universities. The Japanese Journal of Mental Health. 2007; 22(1): 65-70. (in Japanese).
39. R. Beaglehole, R. Bonita, R. Horton et al. Priority actions for the non-communicable disease crisis. The Lancet. 2011. [cited 2021 January 17]; Available from: [https://doi.org/10.1016/S0140-6736\(11\)60393-0](https://doi.org/10.1016/S0140-6736(11)60393-0).
40. K. Kearns, A. Dee, A. Fitzgerald et al. Chronic disease burden associated with overweight and obesity in Ireland: the effects of a small BMI reduction at population level. BMC Public Health. 2014; 14(1).
41. Y. Katayama, Y. Mizuno, H. Inada. The relationship between lifestyles and mental health in young adults. Health Evaluation and Promotion. 2014; 41(2): 283-293. (in Japanese).
42. Ministry of health, Labour and welfare, Japan. Ryo wa 2 nendo no ninshin todoke desu no jokyō ni tsuite. [cited 2021 January 17]; Available from: [https://www.mhlw.go.jp/stf/newpage\\_14095.html](https://www.mhlw.go.jp/stf/newpage_14095.html). (in Japanese).
43. UN Office of the High Commissioner for Human Rights (OHCHR). Sexual and Reproductive Health and Rights. [cited 2021 January 17]; Available from: <https://www.ohchr.org/en/issues/women/wrgs/pages/healthrights.aspx>.



44. Gender Equality Bureau, Cabinet Office, Government of Japan. White Paper on Gender Equality 2020 -Summary. 2020. [cited 2021 February 5]; Available from:  
[https://www.gender.go.jp/english\\_contents/about\\_danjo/whitepaper/pdf/ewp2020.pdf](https://www.gender.go.jp/english_contents/about_danjo/whitepaper/pdf/ewp2020.pdf).
45. J. Laird, G. Kienzi, M. DeBell. Dropout rates in the United States. 2005. Washington, D.C. U.S. Department of Education, National Center for Education Statistics. Retrieved October 7, 2008. [cited 2021 February 5]; Available from:  
<https://nces.ed.gov/pubsearch/pubsinfo.asp?pubid=2007059>.
46. World Health Organization. The Prevention and Management of unsafe abortion. 1992. [cited 2021 January 17]; Available from:  
[https://apps.who.int/iris/bitstream/handle/10665/59705/WHO\\_MSM\\_92.5.pdf?sequence=1&isAllowed=y](https://apps.who.int/iris/bitstream/handle/10665/59705/WHO_MSM_92.5.pdf?sequence=1&isAllowed=y).
47. K. Luker, L. Livezey. Abortion and the Politics of Motherhood. *Theology Today*. 1985; 41(4): 474-475.
48. Jaffe FS, Lindheim BL, Lee PR. *Abortion Politics: Private Morality and Public Policy*. McGraw-Hill. 1981. 0070321892. 978-0070321892.
49. Wikipedia, the free encyclopedia. Significant Earthquake: JAPAN. National Geophysical Data Center, part of the National Environmental Satellite, Data, and Information Service run by the National Oceanic and Atmospheric Administration. Archived from the original on January 26, 2016. Retrieved

February 28, 2010. [cited 2021 January 17]; Available from:  
[https://en.wikipedia.org/wiki/List\\_of\\_earthquakes\\_in\\_Japan](https://en.wikipedia.org/wiki/List_of_earthquakes_in_Japan).

50. Wikipedia, the free encyclopedia. High-resolution photos of Fukushima Daiichi (Press release). Air Photo Service Co. Ltd., Japan. 24 March 2011. Retrieved 14 January 2014. [cited 2021 January 17]; Available from:  
[https://en.wikipedia.org/wiki/Fukushima\\_Daiichi\\_nuclear\\_disaster](https://en.wikipedia.org/wiki/Fukushima_Daiichi_nuclear_disaster).

51. I. Redlener. Population vulnerabilities, preconditions, and the consequences of disasters. 2008; 75 (3): 785-792.

# Tables

**Table 1.** Categories and sub categories created from codes that were shown in less than 5 schools guide books (On-campus services)

Categories	Sub categories
International exchange activities	International cooperation support services Association for International Relations International Cooperation Organization International Foundation International Exchange Center Center for International Educational Exchange International Education Support Center Centre for International Affairs The global Commons Global Family Plan Field trips Activities of government and private international organizations Student Volunteer Group Student lounge
General student counseling services	Japan Student Office Peer support room Coordinate departments Administration Office Student Services Centre Student association Student Support Centre Student Counseling Center Office of the Faculty/Graduate School General student Counseling services
International student consultation service	International Student Office International Student Service Desk International Student Support Office International Student Support Association International Student Support Center Student Exchange Office Student Support Office Advisory and mentoring services Consulting office
Health and wellness	Infectious diseases University hospital

Japanese education	Physical examination Short course team Institute for the Development of Higher Education International Language Centre Japanese language and Culture Center Japanese communication manual Student lounge
Rules of matters	University rules Bulletin board
Shopping guide	The convenience store University cooperative store Cooperative office
The career development	Vocational service office Occupational support room Career center
Disability services	Student Support Office for The Disabled Disability services centre
Multilingual service	Student Support Service center
Education Support Services	Study Abroad Office Academic support room
Mental health support services	Mental health support room Mental health counseling services
Education welfare	enrolled allowance
Guarantee program	The guarantor
Curriculum change requirements	Disaster influence
Gender consultation services	Gender Advisory Office
Catering services	Introduction to University Canteen

## (Off-campus services)

Categories	Sub categories
Health and wellness	Public Health Examination Medicine Vaccine Travel medical services
Cultural adaptative	Return to adapt Attractions welfare Climate Adaptation consulting service A guide to life in Japan for foreigners Culture shock
Rules of matters	Illegal drugs Alcohol Smoke
Shopping guide	Department stores and supermarkets The convenience store Secondhand goods Cooperative office
Immigration procedures	Exit and Entry Administration Immigration and Immigration Office
Multilingual service	Third party telephone interpretation service
The water resources	Water resources bureau Drinking water
Consultation for foreigner services	Foreigner Consultation Office Off-campus Hotline
Child welfare	Child benefit
Safety matters	Personal Safety precautions
Legal advisory services for foreign residents	Professional legal advice
Identification card	Id card
Computer security	Information Ethics and guidelines for computer use
Exercise and health	Exercise relieves Stress

(In and out-school)

Categories	Code
Health and wellness	Infectious diseases University hospital Physical examination Public Health Examination Medicine Vaccine Travel medical services
Rules of matters	University rules Bulletin board Illegal drugs Alcohol Smoke
Shopping guide	The convenience store University cooperative store Cooperative office Department stores and supermarkets The convenience store Secondhand goods Cooperative office
Multilingual service	Student Support Service center Third party telephone interpretation service

**Table 2.** Categories created from codes that were shown in 5 or more schools  
guide books (On-campus services)

Categories	Code	Number of universities
Disaster	In the event of a large-scale disaster on campus, students will receive a safety confirmation email from the university. Please reply to this email to let the university know about your safety.	7
University Health Centre	Regular campus health checks will be conducted every April or May.	23
	Opening hours of university Health Centres.	20
	University health centres have doctors and nurses so that you can consult them if you encounter physical, mental and psychological problems.	18
	A doctor issues a health certificate based on a general medical examination and diagnosis.	12
	Website of university Health Centre.	12
	University Health Center contact number.	11
	The purpose of the University Health Centre is to provide professional health management for university students and staff.	10
	Address of university Health Centre.	10
	Fixed dates and times for campus health checks will be posted on bulletin boards and websites.	10
	Emergency treatment is provided free of charge by university health centre staff and appropriate medical facilities are recommended.	9
	Health certificates will be issued to those who apply for scholarships or other purposes.	9
	The University Health Centre offers free medical examinations.	9
	Those who do not receive a health examination on campus should pay for one at their own expense at an off-campus hospital.	8
	Health advice includes internal medicine, counseling, women's Health, ophthalmology and otolaryngology.	6
Students have access to health advice, emergency services and psychiatric counselling at university health centres.	6	



	In Japan, students must undergo a health examination in accordance with Japanese law.	6
	University health centres provide health-related services so that students can focus on their studies and participate in sports without having to worry about their health.	6
	Health checks must be done regularly.	6
	University health centres provide physical examination, health counselling and primary health care services for non-life threatening persons.	5
	If you have any questions about your health, please feel free to contact the university.	5
	You can ask about physical and mental health issues such as insomnia, anxiety and depression.	5
Emergency services	When an emergency occurs, you must contact the university to report the incident.	19
Personal accident insurance	Personal accident insurance covers participation in laboratory work, internships, other educational activities, classroom activities, school activities, commuting, school facilities and foreign accidents.	26
	Personal Accident Insurance, when combined with PAS, is a compensation system for students with third-party property in Shanghai in academic activities.	13
	All students are required to take out Personal accident insurance.	13
	For more information about insurance, see the school's brochure.	12
	For more information about insurance.	10
	Student accident insurance consultation information address.	9
	Address to purchase insurance.	9
	In the event of serious illness, accident or injury, it is highly recommended that you take out life insurance.	7
	Personal accident insurance is only applicable to students engaged in education and research.	5
	Consult the address for more information about optional insurance.	5
	Insurance consultation contact number.	5
Tutor	The services offered by Japanese students aim to help international students with academic studies, research related issues, Japanese courses and daily life guidance.	22

	Private tutors paid by international students are applicable to the first two years of undergraduate and postgraduate study in Japan.	16
	The university appoints a tutor for international students.	9
	For more information about tutors, please contact your Student affairs department.	7
	Students wishing to obtain a private tutor may consult their academic advisers and staff.	5
	Tutors are selected from students in the field of study on the advice of academic advisers.	5
Harassment	If you experience any harassment, consult a harassment consultant.	8
	Your privacy will be protected from consulting.	7
	URL for information about harassment.	6

## (Off-campus services)

Categories	Code	Number of universities
Disaster	Follow the tips from city departments, fire departments, and police departments to guess disaster management measures via TV and radio news.	16
	Make sure your furniture or items in your home are not in danger of falling in the event of an earthquake, please secure them in place.	15
	In the event of an earthquake or typhoon, please prepare enough food, water, portable radio, flashlight, candle, match, first aid box. In case of an emergency.	14
	If major disaster such as an earthquake, please keep calm and seek safety.	12
	In the event of an earthquake, please put out the open fire, quickly turn off all heat sources in use, such as gas, hot stove, and remove the power plug.	12
	When you choose to check in, please check the location of the evacuation zone near your home.	10
	Japan has had many quakes and may strike again in the future on a similar scale.	9
	In Japan, strong winds, heavy rain and typhoons are common from August to September, which may cause flooding in low-lying areas.	8
	In the event of a major disaster such as an earthquake, cover your head with a cushion to protect your head.	8
	In the event of a major disaster such as an earthquake, please move to the nearest desk.	7
	Please keep important items such as passports and other important items in one place so that they can be carried during the evacuation.	7
	If an earthquake occurs, please do not rush to solve, usually a strong earthquake will be over in about a minute, please find a shelter in your room, stay until the end.	6
	In the event of an earthquake, do not use elevators during evacuation.	6
	In the event of an earthquake, keep away from Windows and other glass objects to prevent glass from breaking.	6
	Even after the initial big quake has subsided, aftershocks may continue for some time, so do not re-enter or stay at	6

	home. Instead, go to the evacuation zone with your neighbors.	
	In the event of a major disaster such as an earthquake, please remain calm and seek safety.	5
	Please extinguish any fires that may start.	5
	In the event of a major earthquake or other earthquake, walk and leave with minimal personal belongings.	5
	More disaster information website.	5
	When there is a typhoon or a flood, do not go out unless it is necessary.	5
	Japan is a highly earthquake-prone country and must take other precautions and develop an earthquake preparedness plan to help you understand what to do in case of an earthquake.	5
The bicycle	Do not ride your bike with your mobile phone.	13
	If you ride your bike at night, be sure to turn on your headlights.	12
	If you ride a bike, please obey the traffic rules.	11
	The law requires you to register an anti-theft program when you buy a bicycle.	10
	Use headphones to listen to music while cycling is banned, as cyclists can in some cases cause fatal accidents.	10
	When cycling, unless the road sign says, you must stay on the left side of the road and use the same road as the car, not the pavement.	10
	Don't use abandoned bikes without permission, as in most cases they are stolen.	9
	Don't ride your bike under the influence of alcohol.	9
	Please lock the bike with two or more locks.	9
	Please avoid cycling in tandem or side-by-side.	9
	Please avoid riding a bike with an umbrella.	9
	Anyone who rides a bicycle in the city must have bicycle liability insurance.	8
	The cost of registering a bicycle anti-theft program.	7
	The address of the registered bicycle is in any bicycle shop.	7
	Use headphones to listen to music while cycling is banned, as cyclists can in some cases cause fatal accidents.	6
	Please obey the traffic lights.	6
	If you have acquired ownership of the bike from someone else and the bike is registered, you still need to re-register.	5
	A bicycle is classified as a vehicle.	5

	In recent years, with the increasing number of traffic accidents, please pay attention to the safety when riding bicycles.	5
Emergency services	When your property is lost or stolen, please dial 110 to report the lost or stolen ATM credit card to the bank to prevent unauthorized use, and to report to the police.	12
	When making an emergency call, you should indicate your name, address and any large identifiable landmarks nearby so that you can be found as soon as possible.	12
	In case of a traffic accident, you should call 110 to report the accident.	12
	The contact number for an ambulance is 119.	11
	In case of a traffic accident, the license plate number and the name of the car should be dropped urgently, and the address, driver's license information and driver's date of birth should be checked.	10
	The telephone number of the fire department or ambulance is 119. Please inform the operator if you need fire fighting or ambulance when calling.	10
	If there is an accident, whoever makes a mistake, even a minor one, must contact the police.	9
	In a traffic accident, even if you think you are not injured, you should see a doctor, as some symptoms may take some time to develop.	9
	In case of fire, please call 119	8
	In the event of serious injury, call 119.	8
	The number for the police is 110	7
	In case of emergency or accident, please call an ambulance and toll-free number 119.	7
	The fire station's contact number is 119.	6
	In case of traffic accident, please contact your insurance company as soon as possible.	6
Ambulances in Japan are free of charge.	5	
In case of fire, emergency medical services or rescue, contact the fire department.	5	
If there are witnesses in a traffic accident, please write down their names, addresses and telephone Numbers.	5	
National Health Insurance	With the NATIONAL Health Insurance, the government will pay 70% of the cost of medical treatment at the time of care. You only need to pay 30% of the cost.	29
	International students who stay for more than 3 months must participate in the National Health Insurance.	25

	National Health Insurance application registered address.	16
	Items not covered by the NATIONAL Health Insurance are: hospitalization, special dental materials, pregnancy, childbirth, health examination, vaccination, vaccination, cosmetic surgery, orthodontic surgery, hospitalization, accidental disability or illness, injury, chronic disease, traffic accident, diet, death and loss.	14
	When you return to your country of origin, you should go to the government to adjust your national health insurance and hand in your insurance card to the government.	14
	The documents required to join the National Health Insurance.	12
	When receiving medical care in a hospital or clinic, present your National Health Insurance card at the reception desk.	12
	An insurance card will be issued to you upon completion of your national Health Insurance application	9
	The premium is calculated on the basis of your income.	9
	If the premium in Japan last year was 20,000 yen for a single person with no income, the premium for a couple was 30,000 yen.	9
	If you have any information changes, please report to the government within 14 days.	8
	National Health insurance costs vary by government, city, year, and number of family members.	8
	Convenient ways to pay premiums are available from governments, financial institutions and convenience stores.	7
	After joining the NHS, you have to pay a monthly premium.	6
	Please note that under limited medical expenses, you can get a refund if your medical expenses exceed the set amount within a month.	6
	The NATIONAL Health insurance premium is payable in 10 instalments each year.	5
	For more information on face-to-face premium plans, consult your local insurance and retirement department.	5
Personal accident insurance	In the event of serious illness, accident or injury, it is highly recommended that you take out life insurance.	7
	Housing insurance covers incidents such as damage to or theft of household items in an apartment.	5
National Pension System	All Japanese residents over the age of 20 must join the national pension system.	18
	Monthly contributions to the National pension Scheme.	10

	For more information about national pensions, visit the address.	9
	Please note that you must reapply for the National Pension tax-free system from June to July of each year.	9
	URL for more information about the National Pension System.	9
	For students aged 20 or over who do not earn much and have difficulty paying membership dues, there is a special student salary system and a membership dues exemption system without payment.	8
	During their stay in Japan, foreign residents aged 20 or above must apply to the local government for the national pension system.	8
	Public servants who have reached the age of 60 and retired due to illness will be entitled to a pension if they retire as a result of injury.	6
	Government pension department contact number.	6
	Before processing your application, you will be billed for the pension premium. Please note that you will not pay the premium upon receipt of the result, unless you continue to pay the premium if your exemption application will be rejected.	5
	The application process for the National Pension System will vary depending on whether you are a degree student or a non-degree student. Please follow the instructions of government staff.	5
The automated	You must have mandatory auto liability insurance.	8
	Japan's international driver's license is only valid for one year after the lease.	7
	It is strongly recommended that you take out optional insurance covering personal injury or property damage.	7
	The number of the driver's license center.	6
	The website of the driving Licence Centre.	5
	Drivers should obey the traffic rules and take extra care when driving.	5
The law	In Japan the law prohibits anyone under the age of 20 from drinking alcohol.	8
	Banned substances include narcotics, heroin, opium, dama, ecstasy, stimulants and psychotropic substances.	8
	In Japan, smoking is banned for people under the age of 20.	7

	The possession or sale of illegal drugs is prohibited in Japan.	5
Medical institution	The opening hours of most medical institutions in Japan.	5
	There are two types of hospitals in Japan: general hospitals that diagnose or treat various medical diseases; A private practice run by a doctor in his or her field.	5
Childbirth	If you do not have a doctor's recommendation, some hospitals may want to charge you more than 5,000 yen.	5
	If your newborn will be in Japan for more than 60 days, you must apply for a residence permit with the local immigration office within 30 days of birth.	10
	Children born in Japan, regardless of their nationality, must submit a birth certificate to the government within 14 days of birth.	9
	Documents required for a new baby to apply for an official residence permit.	5
Multilingual medicine	You can find multilingual hospitals online.	6



## (In and out-school)

Categories	Code
Disaster	<p>In the event of a large-scale disaster on campus, students will receive a safety confirmation email from the university. Please reply to this email to let the university know about your safety.</p> <p>Follow the tips from city departments, fire departments, and police departments to guess disaster management measures via TV and radio news.</p> <p>Make sure your furniture or items in your home are not in danger of falling in the event of an earthquake, please secure them in place.</p> <p>In the event of an earthquake or typhoon, please prepare enough food, water, portable radio, flashlight, candle, match, first aid box. In case of an emergency. If major disaster such as an earthquake, please keep calm and seek safety.</p> <p>In the event of an earthquake, please put out the open fire, quickly turn off all heat sources in use, such as gas, hot stove, and remove the power plug.</p> <p>When you choose to check in, please check the location of the evacuation zone near your home.</p> <p>Japan has had many quakes and may strike again in the future on a similar scale.</p> <p>In Japan, strong winds, heavy rain and typhoons are common from August to September, which may cause flooding in low-lying areas.</p> <p>In the event of a major disaster such as an earthquake, cover your head with a cushion to protect your head.</p> <p>In the event of a major disaster such as an earthquake, please move to the nearest desk.</p> <p>Please keep important items such as passports and other important items in one place so that they can be carried during the evacuation.</p> <p>If an earthquake occurs, please do not rush to solve, usually a strong earthquake will be over in about a minute, please find a shelter in your room, stay until the end.</p> <p>In the event of an earthquake, do not use elevators during evacuation.</p> <p>In the event of an earthquake, keep away from Windows and other glass objects to prevent glass from breaking.</p> <p>Even after the initial big quake has subsided, aftershocks may continue for some time, so do not re-enter or stay at home. Instead, go to the evacuation zone with your neighbors.</p> <p>In the event of a major disaster such as an earthquake, please remain calm and seek safety.</p> <p>Please extinguish any fires that may start.</p> <p>In the event of a major earthquake or other earthquake, walk and leave with minimal personal belongings.</p>

	<p>More disaster information website.</p> <p>When there is a typhoon or a flood, do not go out unless it is necessary.</p> <p>Japan is a highly earthquake-prone country and must take other precautions and develop an earthquake preparedness plan to help you understand what to do in case of an earthquake.</p>
Emergency services	<p>When an emergency occurs, you must contact the university to report the incident.</p> <p>When your property is lost or stolen, please dial 110 to report the lost or stolen ATM credit card to the bank to prevent unauthorized use, and to report to the police.</p> <p>When making an emergency call, you should indicate your name, address and any large identifiable landmarks nearby so that you can be found as soon as possible.</p> <p>In case of a traffic accident, you should call 110 to report the accident.</p> <p>The contact number for an ambulance is 119.</p> <p>In case of a traffic accident, the license plate number and the name of the car should be dropped urgently, and the address, driver's license information and driver's date of birth should be checked.</p> <p>The telephone number of the fire department or ambulance is 119. Please inform the operator if you need fire fighting or ambulance when calling.</p> <p>If there is an accident, whoever makes a mistake, even a minor one, must contact the police.</p> <p>In a traffic accident, even if you think you are not injured, you should see a doctor, as some symptoms may take some time to develop.</p> <p>In case of fire, please call 119</p> <p>In the event of serious injury, call 119.</p> <p>The number for the police is 110</p> <p>In case of emergency or accident, please call an ambulance and toll-free number 119.</p> <p>The fire station's contact number is 119.</p> <p>In case of traffic accident, please contact your insurance company as soon as possible.</p> <p>Ambulances in Japan are free of charge.</p> <p>In case of fire, emergency medical services or rescue, contact the fire department.</p> <p>If there are witnesses in a traffic accident, please write down their names, addresses and telephone Numbers.</p>
Personal accident insurance	<p>Personal accident insurance covers participation in laboratory work, internships, other educational activities, classroom activities, school activities, commuting, school facilities and foreign accidents.</p>

Personal Accident Insurance, when combined with PAS, is a compensation system for students with third-party property in Shanghai in academic activities.

All students are required to take out Personal accident insurance.

For more information about insurance, see the school's brochure.

For more information about insurance.

Student accident insurance consultation information address.

Address to purchase insurance.

In the event of serious illness, accident or injury, it is highly recommended that you take out life insurance.

Personal accident insurance is only applicable to students engaged in education and research.

Consult the address for more information about optional insurance.

Insurance consultation contact number.

In the event of serious illness, accident or injury, it is highly recommended that you take out life insurance.

Housing insurance covers incidents such as damage to or theft of household items in an apartment.