Help students identify ways they can become an agent for the recovery of Fukushima. Further each student's understanding of the impacts of the earthquake, tsunami, and the Fukushima Daiichi Nuclear Power Plant accident that occurred in March 2011.

To provide students with hands-on learning experiences, the Fukushima University offers the Fukushima Ambassadors Program. This program introduces you to the true Fukushima experience and life in Fukushima. Your buddy will help you navigate your courses and support you as a friend or guide.

The university provides the following classes for exchange students:

- Intermediate Japanese Class 1-1, 1-2
- Intermediate Japanese Class 2-1, 2-2
- Elementary Japanese Class (A) - (C)
- Japanese lesson curriculum

In addition to these classes, the university offers programs such as 'to Japanese Culture & History I, II' and 'Symbiotic Systems Science and Technology (Master’s Program)' and 'Symbiotic Systems Science and Technology (Doctoral Program)'.

Fukushima University has undergone campus decontamination and continually measures radiation levels to ensure a safe environment for students. Check the website https://www.fukushima-u.ac.jp/university/ for more information on the initiatives regarding radiation and to study in. Check here for more information on the monthly campus radiation levels.

An overview of Fukushima University, its programs, dormitory, and exchange students' life includes:

- Japan's top three cherry blossom trees.
- Japan's cherry blossom culture.
- Fukushima Prefecture, surrounded by the Ou and Abukuma mountains. The region is commonly divided into three parts: the central highland, the west coast, and the east coast. Fukushima is the third largest prefecture in Japan, and is commonly divided into three parts: the central highland, the west coast, and the east coast.

Access to the university includes:

- By Car [From Sendai]: The campus is about 10 mins from the Fukushima-Matsukawa PA Smart IC and about 20 mins from the Fukushima-Matsukawa intersection. The university is about 10 mins from the Fukushima-Matsukawa PA Smart IC and about 20 mins from the Fukushima-Matsukawa intersection. The campus is a 10-minute walk from the station.
- By Train [From Sendai]: Board the Tohoku Shinkansen (Bullet Train) at Tokyo Station to Sendai. The campus is a 10-minute walk from the station.
- By Car [From Tokyo]: From the Kawaguchi JCT, travel on the Tohoku Expressway. The campus is 30 mins from the Nihonmatsu IC, and 10 mins from the Fukushima IC. From the Fukushima IC, travel on the Tohoku Shinkansen. The campus is a 10-minute walk from the station.
- By Train [From Tokyo]: Board the Tohoku Shinkansen (Bullet Train) at Tokyo Station to Sendai. The campus is a 10-minute walk from the station.
Fukushima University is a national university that was established in 1949, and has a long tradition. It has five faculties and four graduate schools, with approximately 230 teachers and 4500 students. Following the Great East Japan Earthquake and Fukushima Daiichi Nuclear Power Plant accident that occurred in March 2011, the university has also provided a wide range of assistance to help revitalize local and disaster affected communities, while acting as a global hub for post-disaster studies.

Faculty and graduate schools

**UNDERGRADUATES**
- Faculty of Human Development and Culture
- Faculty of Administration and Social Sciences
- Faculty of Economics and Business Administration
- Faculty of Symbiotic Systems Science
- Faculty of Food and Agricultural Sciences

**GRADUATE SCHOOLS**

**(Master’s Program)**
- Human Development and Culture
- Public Policy and Regional administration
- Economics
- Symbiotic Systems Science and Technology
- School of Environmental Radioactivity

**(Doctoral Program)**
- Symbiotic Systems Science and Technology

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Fukushima is the third largest prefecture in Japan, and is commonly divided into three regions: Naka-Dori, Aizu, and Hama-Dori. Naka-Dori, where Fukushima University is located, is situated in the central area of Fukushima Prefecture, and is surrounded by the Ou and Abukuma mountains. The region is renowned for growing fruit, as well as its many tourist locations involving flowers, such as the Hanami Mountains, described as Fukushima’s “fairyland,” and the Miharu Takizakura, widely considered to be one of Japan’s top three cherry blossom trees.
Classes

Fukushima University provides the following classes for exchange students. Those who already have a good command of written and spoken Japanese can take classes for regular students (with the classes held in Japanese).

**Japanese lesson curriculum**

<table>
<thead>
<tr>
<th>Course name</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elementary Japanese Class (A) - (C)</td>
<td>1</td>
</tr>
<tr>
<td>Intermediate Japanese Class 1-1, 1-2 (Grammar)</td>
<td>1</td>
</tr>
<tr>
<td>Intermediate Japanese Class 1-1, 1-2 (Conversation)</td>
<td>1</td>
</tr>
<tr>
<td>Intermediate Japanese Class 1-1, 1-2 (Reading)</td>
<td>1</td>
</tr>
<tr>
<td>Intermediate Japanese Class 2-1, 2-2 (Grammar)</td>
<td>1</td>
</tr>
<tr>
<td>Intermediate Japanese Class 2-1, 2-2 (Conversation)</td>
<td>1</td>
</tr>
<tr>
<td>Intermediate Japanese Class 2-1, 2-2 (Reading)</td>
<td>1</td>
</tr>
<tr>
<td>Advanced Japanese Class (A) - (H)</td>
<td>1</td>
</tr>
</tbody>
</table>

Subjects offered in English

<table>
<thead>
<tr>
<th>Course name</th>
<th>Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to Japanese Culture &amp; History I, II</td>
<td>2</td>
</tr>
<tr>
<td>Intercultural Communications I, II</td>
<td>2</td>
</tr>
<tr>
<td>Japanese Popular Culture I, II</td>
<td>2</td>
</tr>
<tr>
<td>Fukushima Ambassadors Program I, II</td>
<td>2</td>
</tr>
<tr>
<td>Japan Study Program I, II, III, IV</td>
<td>2</td>
</tr>
</tbody>
</table>

Student (domestic & international) Buddy Program

In this program, you will be paired with a Japanese or international student from around the world. Your buddy will help you navigate your courses and support you as a friend or guide introducing you to the true Fukudai (Fukushima University) experience and life in Fukushima.

Fukushima Ambassadors Program

The Fukushima Ambassadors Program is an opportunity for students from around the world to see, hear, and reflect objectively upon the challenges faced in Fukushima today.

By implementing a community-service based, hands-on approach to learning, the program helped students evaluate any preconceptions they may have had about post-March 11th Fukushima, and become, if they wished, an agent for its recovery.

**Program Focus**

To provide students with hands-on learning opportunities that focused on the physical, financial, and social consequences of the earthquake, tsunami and nuclear accident disasters.

**Overall Aims of the Program**

- Further each students’ understanding of the impacts that the disaster has had on the lives of people living in Fukushima
- Dispel any misconceptions students may have had of Fukushima
- Help students identify ways they can become an agent for change in the recovery efforts for Fukushima
Library
The library holds about 900,000 volumes of books, academic journals, DVDs and CD-ROMs. Additionally, approximately 8,000 electric journals and a variety of other databases can be accessed online using information resources available on campus. The renovated building features a new study infrastructure including the Learning Commons, where students can study individually or in a group as well as seminar rooms, study rooms, and computer labs. Students can organize sessions and seminars utilizing the abundant academic materials.

University Cafeteria
Students can choose from a wide variety of food the university cafeteria. The store next door sells books and stationery as well as boxed meals, candy, and drinks, and it also has a travel desk.

Club Activities
At Fukushima University, there are 34 University-supported cultural circles, 34 University-supported athletic circles, 25 unofficial circles, and other self-governing student bodies. In mid-April, a circle Orientation is hosted by the council for Welcoming Incoming Students, and each circle explains their activities on campus and solicits new members. Please find a circle that suits you!

書道  Gitta Jakab
Hungary / Károli Gáspár University of the Reformed Church
We practice the art of writing Japanese and Chinese characters once a week. Doing shodō (literally meaning “the way of writing”) helps you clear your mind and concentrate. For Japanese language learners, it makes “kanji” easier to remember, so it is definitely beneficial. It is an excellent opportunity to make friends while sharing ideas and enjoy what everyone likes to do in the club. We also make exhibitions and do performances for such events like the cultural festival. You just started practicing calligraphy? No problem! We welcome everyone, who is interested in this artform. Don’t hesitate to visit us!

弓道  Lidia Huruban
Hungary / Károli Gáspár University of the Reformed Church
Our club has 13 members. We are practicing 5 times a week in the Dojo which takes place between the tennis court and football field. In the Dojo, we are drawing the bow aiming for targets (36 cm) from 28 meters’ distance.
Japanese archery, called Kyudo is a traditional discipline that uses the Japanese bow for both recreation and sport as well as the training of body and mind. The more you practice the more charm of Japanese archery you can feel. Also, there are competitions for both individuals and teams. To win a game you have to fight against yourself, but in order to improve techniques, the power of our comrades is essential.
Would you like to enjoy Japanese archery with us?

柔道  Caroline Viktoria Marx
Germany / Ludwigshafen University of Applied Sciences
The Judo Club practices 3 times a week. Right now we are 14 members, with beginners as well as advanced Judo players. Practice is sometimes hard, but we always have a lot of fun with a good training atmosphere. And you can experience a part of Japanese culture, you would not normally get to. So if you like sports or just want to try something new, why don’t you join us?
International House

The Fukushima University International House is a residential facility located in Funaba, Fukushima City dedicated to foreign exchange students and researchers. Each room comes equipped with a kitchen, toilet and shower. After only a few shopping trips for daily necessities you’ll be right at home. The residence period is generally up to 1 year.

Student Single Room

<table>
<thead>
<tr>
<th>Number of Room</th>
<th>Floor Space</th>
</tr>
</thead>
<tbody>
<tr>
<td>38</td>
<td>12 m²</td>
</tr>
</tbody>
</table>

For more information, please visit the following URL.
http://kokusai.adb.fukushima-u.ac.jp/newstudents/house.html

Exchange Student Calendar

First Semester

4  Spring entrance
   • New Student Orientation
   • Health Check-up
   • Sports Festival
   • International Student Welcome Party

5  Fukushima University Anniversary
   (May 31st, No Classes)

7  Regular Exams

8  Summer Holidays
   • Warai Festival

9

Second Semester

10 Autumn entrance
   • New Student Orientation
   • International Student Welcome Party
   • Health Check-up
   • Iizaka Kenka Festival
   • School Festival / Sports Festival

11  • International Student’s Study Trip
    • Japanese Cultural Experience Tour

12  • Winter Holidays

1  • Regular Exams

2  • Wakuwaku World Festa
    • Spring Holidays

3
Nastassia Starzhynskaya
Belarus / Belarusian State University
Exchange student at The Faculty of Economics and Business Administration
(October 2017 – September 2018)

Studying at the Fukushima University gives a unique opportunity to make friends not only with Japanese students, but with foreign exchange students. Every day we live together, studying the language, traveling and attending seminar activities and various projects. Our Japanese friends and teachers always help and support us in difficult situations, so we know that we can rely on them.

My monthly income

<table>
<thead>
<tr>
<th>Income</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scholarship</td>
<td>¥120,000</td>
</tr>
<tr>
<td>Part-time job</td>
<td>¥20,000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>¥140,000</strong></td>
</tr>
</tbody>
</table>

My monthly spending

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dormitory (room)</td>
<td>¥6,000</td>
</tr>
<tr>
<td>Dormitory (utilities)</td>
<td>¥10,000</td>
</tr>
<tr>
<td>Traveling</td>
<td>¥30,000</td>
</tr>
<tr>
<td>Food</td>
<td>¥30,000</td>
</tr>
<tr>
<td>Books, educational supplies</td>
<td>¥7,000</td>
</tr>
<tr>
<td>Household</td>
<td>¥5,000</td>
</tr>
<tr>
<td>Clothes</td>
<td>¥10,000</td>
</tr>
<tr>
<td>Hobbies</td>
<td>¥10,000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>¥108,000</strong></td>
</tr>
</tbody>
</table>

My approximate everyday schedule

- 6:00 Wake Up
- 8:40 Classes at the University
- 12:00 Lunch break
- 13:00 Classes, studying at the library
- 15:30 Free time (shopping, hobbies)
- 18:00 Part-time job
- 23:00 Free time, meeting friends
- 25:00 Go to sleep
In the summer of 2016, I decided to undergo a three-month research program at Fukushima University for my master’s thesis at Colorado State University. The enriched experience of culture and education convinced me to pursue my doctorate degree at Fukushima University. Currently, I am a first year PhD student studying genetics and radiation biology. The research is demanding, but the rewards and professional development are well worth it.

I did not study any of the Japanese language before arriving. However, the university staff, professors, and community are incredibly accommodating, friendly, and patient. Everyone helped me adapt to the new culture and I’ve been able to indulge myself with opportunities and make new friendships. Fukushima University will set up any student for success and provide all the necesseties to fully enjoy the campus, lifestyle, and culture!
Following the accidents at the Fukushima Daiichi Nuclear Power Plant in March 2011, Fukushima University has undergone campus decontamination and continually measures radiation levels to ensure a safe environment for students to study in. Check here for more information on the initiatives regarding radiation and for data on the monthly campus radiation levels.

https://www.fukushima-u.ac.jp/university/efforts/higashihon/radiation.html

By Train [From Tokyo]
Board the Tohoku Shinkansen (Bullet Train) at Tokyo Station and arrive at Fukushima Station. (Travel time: 1 hr 40 mins) From Fukushima Station, board the JR Tohoku line to Kanayagawa Station. The campus is a 10-minute walk from the station.
<<Kanayagawa is the 2nd stop from Fukushima Station (Travel time: 10 mins), and the 8th stop from Koriyama Station. (Travel time: 40 mins)>>

By Train [From Sendai]
Board the Tohoku Shinkansen (Bullet Train) and disembark at Fukushima Station. (Travel time: 30 mins) Board the JR Tohoku line, and arrive at Kanayagawa Station. The campus is a 10-minute walk from the station.
<<Kanayagawa is the 2nd stop from Fukushima Station. (Travel time: 10 mins)>>

By Car [From Tokyo]
From the Kawaguchi JCT, travel on the Tohoku Expressway. The university is 30 mins from the Nihonmatsu IC, about 10 mins from the Fukushima-Matsukawa PA Smart IC and about 20 mins from the Fukushima-nishi IC.

By Car [From Sendai]
From the Sendai-Miyagi IC, travel on the Tohoku Expressway. The university is about 10 mins from the Fukushima-Matsukawa PA Smart IC and about 20 mins from the Fukushima-nishi IC.