



National University Corporation
Fukushima University

Introduction
for Exchange Students

An overview of Fukushima University, its programs, dormitory, and exchange students life.

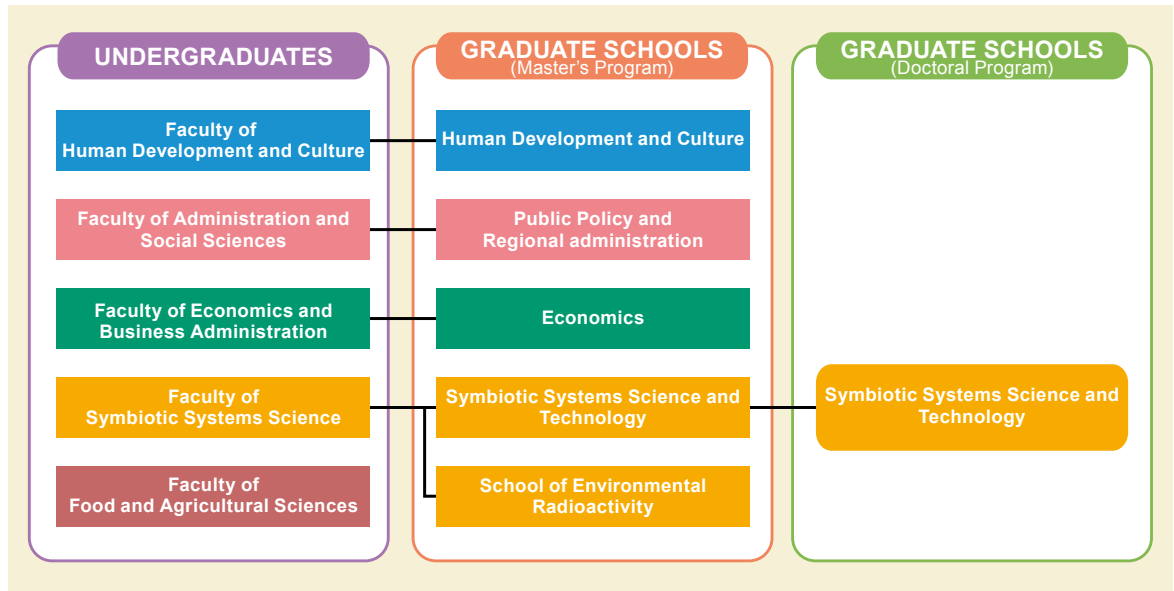




Introduction

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



Life in Fukushima



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 "fairylnd," 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

Course name	Credit
Elementary Japanese Class (A) - (C)	1
Intermediate Japanese Class 1-1, 1-2 (Grammar)	1
Intermediate Japanese Class 1-1, 1-2 (Conversation)	1
Intermediate Japanese Class 1-1, 1-2 (Reading)	1
Intermediate Japanese Class 2-1, 2-2 (Grammar)	1
Intermediate Japanese Class 2-1, 2-2 (Conversation)	1
Intermediate Japanese Class 2-1, 2-2 (Reading)	1
Advanced Japanese Class (A) - (H)	1



Subjects offered in English

Course name	Credit
Introduction to Japanese Culture & History I, II	2
Intercultural Communications I, II	2
Japanese Popular Culture I, II	2
Fukushima Ambassadors Program I, II	2
Japan Study Program I, II, III, IV	2



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



Campus life

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.



Multipurpose Hall



International House

Student Single Room

Number of Room	Floor Space
38	12 m ²

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
•Waraji 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



Students Life



Nastassia Starzhinskaya

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

Scholarship	¥120,000
Part-time job	¥20,000
Total:	¥140,000



Taking part in various projects: going to plant rice, cooking mochi.

My monthly spending

Dormitory (room)	¥6,000
Dormitory (utilities)	¥10,000
Traveling	¥30,000
Food	¥30,000
Books, educational supplies	¥7,000
Household	¥5,000
Clothes	¥10,000
Hobbies	¥10,000
Total:	¥108,000



Traveling with Japanese friends, our teacher

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



Spending weekends with our exchange students squad

Students Voice



Donovan Anderson

United States of America /
Colorado State University

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.

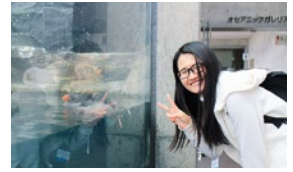
I did not study any of the Japanese language before arriving. However, the university staff, professors, and community are incredibly accommodating, friendly, and patient. Everyone helped me adapt to the new culture and I've been able to indulge myself with opportunities and make new friendships. Fukushima University will set up any student for success and provide all the necessities to fully enjoy the campus, lifestyle, and culture!



Liu Wenhua

China / Hebei University

I came to Fukushima as an exchange student during my junior year in university. As I had been majoring in Japanese, I had little trouble adapting to life in Japan. Before coming to Japan, I had not thought about my future path at all; however, after coming to Fukushima University, I began thinking over it seriously. I decided on my major and took related classes to develop my understanding of the university's environment. Upon graduating from a university in China, I enrolled in graduate school at Fukushima University, where I have been able to put the knowledge and experience from my time as an exchange student to good use and engage in deeper research and study. As I also wanted to experience as much traditional Japanese culture as possible, I am not only studying and working, but also proactively participating in volunteer work, activities that will let me experience Japanese culture, and in events that allow me to interact with other cultures. As a result, I have made friends from other countries and have created memories that I will treasure for the rest of my life. Fukushima is a place full of surprises and opportunities for exchange students, and studying here has been a significant event in my life. As I have only one life to live, I would like to take on similar challenges in the future.



I saw many types of fish for the first time at the aquarium in Iwaki and had a great time.



Pataki Anett

Hungary / Károli Gáspár University
of the Reformed Church

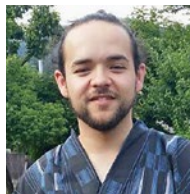
I have spent one year at Fukushima University as an exchange student. My main goal was to develop my language skills, but I could attend several interesting and unique classes, for example the ones about the recreation of the area. The university is taking care of the international students well, organising events and tours for them, so I could travel around the prefecture and see what I wouldn't have been able to see on my own. I could also make friends in the Buddy Program, and gain unforgettable memories, like climbing Mt. Azuma, or carrying around a portable shrine in Iizaka town.



I participated in a festival in Iizaka and have fond memories of wearing a happi coat and carrying a mikoshi.



I enjoyed climbing Azumayama with friends and found that there is rich nature in Fukushima.



Cavlar Hueseyin Rahmi

Germany / Ruhr-Universität Bochum

I have spent an unforgettable year as an exchange student at the Fukushima University. I came to Fukushima with the aim to learn more about the accident and to improve my cultural understanding. I had the opportunity to take part in ordinary classes like 'Understanding Foreign Culture' but also a special program called Fukushima Ambassadors Program.

In the Fukushima Ambassadors Program, we were taught detailed information about the accident in 2011. We learned about the accident itself, the primary rebuilding measures up to the ongoing recovery. The 'Understanding Foreign Culture' class is all about reading different case studies and talking about cultural differences during class. It was a very interesting and funny class for me, especially because the teacher always asked the two foreigners in class, whether what was written in the book is true or if that were just stereotypes. The classes are challenging but will help anyone who is willing to work hard, to grow not only academically, but also personally.



We also had the great opportunity to plant rice in Inawashiro. I felt honored because it is something we are not able to do in Germany.

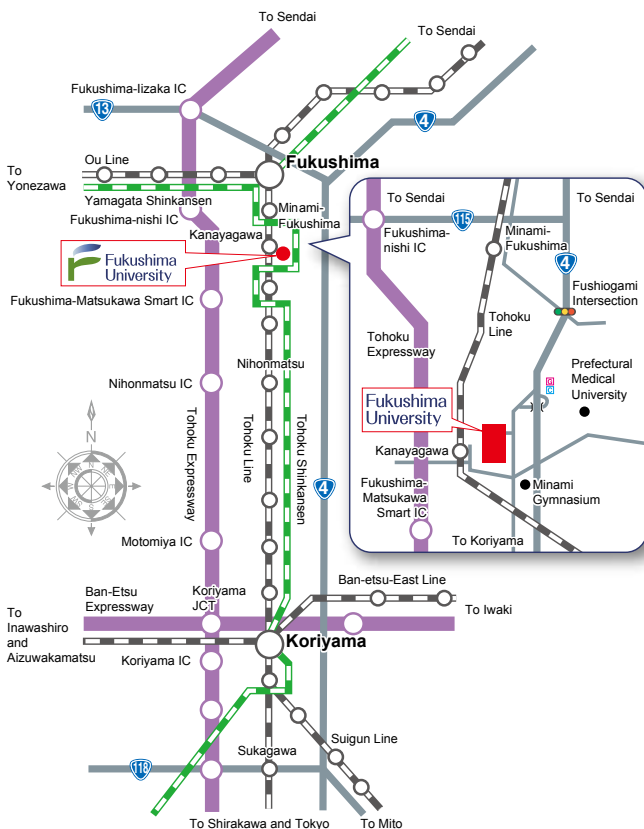
Campus Safety



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/higashinohon/radiation.html>

Access



● 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.

Fukushima University International Center

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