



Items to Bring from Home

1. Valid Passport with Visa	See “Status of residence / Visa” for details.
2. International Driver's License	Your own country's driving license (unless it was issued in Germany, Switzerland, France, Belgium, Monaco and Taiwan) is not valid in Japan. You must have an international driver's license issued by one of the signatory countries of the Geneva Convention on Road Traffic.
3. Cash	It is recommended to carry cash in Japan, as some of the stores and public transportation services may not accept credit card. We encourage you to prepare Japanese currency upon your arrival at an airport.
4. Credit Cards	Credit cards (Visa, MasterCard, etc.) are accepted at department stores, restaurants, and supermarkets. You can identify them by the sign. --Note-- It is recommended that you obtain a credit card in your country before leaving for Japan, as you may not be able to get one depending on a result of the screening of your application in Japan.
5. Medicines and Drugs	Some of the medications are prohibited in Japan. If you are on medications and need to bring them with you, please make sure that they are not prohibited items. To check the prohibited medication lists, please visit the website: https://www.customs.go.jp/english/index.htm
6. Electrical Appliances	The electricity supply in Tsukuba is 100V/50 Hz (125V, 10A or 15A). All plugs are the flat-pin, two-prong type.  
7. Insurance	Those who are employed by NIMS join social insurance (including pension, health insurance, etc.) on their employment start date. However, they cannot be enrolled in the social insurance (health insurance etc.) before their employment start date. If they come to Japan before the start date, travel insurance including health care coverage must be purchased for them and their dependent family members. After enrolling in the social insurance, the health insurance covers 70% of all medical expenses.
8. Plane Ticket	Please purchase your own one-way plane ticket. After your arrival, you may be reimbursed for the expense based on the actual cost in addition to the moving cost. In the case of fixed term employee, who will work full time for more than a year, the host researcher may cover the cost with his/her own research budget. Please ask your host researcher or administrative assistant for details. Also, please note that reimbursement may take time, since the process will start after your arrival.
9. Bank Account	In Tsukuba, Jyo Bank, Tsukuba Bank, and Japan Post Bank (Yucho) are convenient. Internet banking services are available. *Please bring a name seal if you have one, as it is generally required to open a bank account. Please note that a Shachihata stamp (self-inking stamp) is NOT accepted as a bank seal. If you don't have a name seal, please consult with your host researcher or administrative assistant.