

Health care services provided and not provided at Okayama University

Okayama University would like to prepare well in advance to ensure exchange students have a good experience in Japan, and inform students of health care services provided and not provided at the university.

Students should be aware that the Japanese climate is different from their home country, its culture is different from their own, and very importantly they should not expect ordinary Japanese people to be able to speak/write English as well as their native language. Students should prepare well for emergencies in order for them to be ready to live in such a foreign country.

1. The Health Service Center of Okayama University can provide students with consultation and it does not cost anything. Also, the center provides basic First Aid. However, the center cannot supply treatment and/or medications in general and introduces a clinic or a hospital when necessary.

2. It should not be assumed that doctors at the medical center will be able to speak adequate English, and someone who speaks English will take a student to the center if necessary. As to going to a clinic or a hospital, the EPOK coordinator will take a student there whenever she is able to. If she is not available, students should not expect that someone else who speaks good English will always be available to take them instead.

3. Upon arrival to Okayama University, students will be welcomed by a student tutor. They will aid international students in adjusting to their new life in Japan, and may help those students visit a doctor if the EPOK coordinator is not available. However, please note that student tutors are all volunteers and have limited responsibilities. Students cannot expect their tutor to be a nurse on 24 hour call.

4. Students are required to enroll in National Health Insurance even though they have international medical insurance at home in order for them to receive prompt and sufficient treatment and medications in Japan. Students will pay approximately 2,000 yen a month, and the insurance will cover 70% of treatment fees.

5. Okayama University cannot provide translation of medical certificates and/or receipts from a clinic or a hospital in Japan if students need to claim for medical treatment and/or medications received in Japan to be paid out from an insurance company in their home country. Some hospitals may provide translations but it will usually involve some cost.

6. Students should bring medications they use regularly to Japan. In this case, students may need to take some procedures to enter the country with such medications, i.e. to import the medication. It will be the students' responsibility to get information on this matter and we cannot provide translations regarding medication and/or the procedures either. Such procedures may be needed when students send medication by mail, too. It is suggested that students should be given information on exporting medicine from their home country to Japan by their home doctors.

7. Students who make regular use of some medication should ask their home doctors to provide information on such medication in case they are asked about it by a doctor in Japan.

8. Okayama University cannot be responsible for any extra costs of unpleasant events caused by students' medical conditions that occur during their stay in Japan. We strongly suggest that students should purchase adequate international health insurance especially when students have particular health problems.

For further information of health care, please contact:

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