

for
International
Students

GUIDE BOOK

2023

(together we learn,
together we grow.)



Student Learning Adviser
SUPPORT

English



This booklet was created with students from Tohoku University to introduce SLA Support, which helps international students with their studies.

We understand that you will face many challenges not only in your daily life but also in learning Japanese.

But don't worry! At Tohoku University, SLA (Student Learning Advisor) will support you in your academic pursuit.

Please use this booklet and SLA support to make the most of your study abroad experience.



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About SLA Support



What is SLA Support?

We support undergraduate and international students in their studies

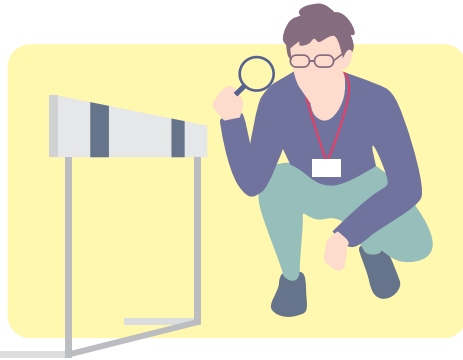
SLA Support is a system operated by the Center for Learning Support, Tohoku University to help undergraduate and international students in their studies.

SLA stands for 'Student Learning Adviser' and is a learning support staff that assists students in their studies. SLAs come from a wide range of year groups, from third year

undergraduates to postgraduates, and from a variety of faculties and graduate schools. The key phrase of the SLA is "Together we learn, together we grow". While self-learning is important in university, it is also essential that we learn from each other. Therefore, SLA Support aims to enrich students' learning at Tohoku University through "learning together"



SLA Support Features

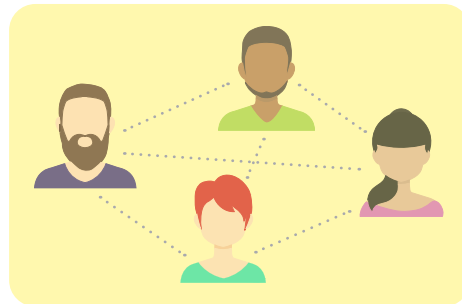


1 We know where you are likely to make mistakes and fall short

SLAs are students at Tohoku University just like you. They have studied at Tohoku University for a little longer than you and know what to do when you feel like you are about to make a mistake or fall behind. Please feel free to ask them for advice, when you don't feel comfortable asking your teachers!

2 You can meet and interact with many different students

You may have come all this way to study abroad, but you may not have many opportunities to meet Japanese people. SLA support gives you the opportunity to talk to Japanese students outside your own laboratory and to learn about Japanese expressions, customs and culture.



3 Because we are students, we can think and learn together

The SLA is a student and cannot always be perfectly supportive, but we are here to think, to worry and to learn with you. That is why we can grow together with you.



Introduction of Supports

SUPPORT MENU

Japanese language learning P.6

We offer one-on-one support for those who want to learn Japanese. If you have questions like "How do I say this?" or "How do Japanese people express themselves?", please feel free to let us know. In addition to speaking practice, we can also help you with your Japanese writing for email and social networking sites.

Recommended for...

- I want to talk to Japanese people because I have no chance to talk to them.
- I want to use the Japanese I have learnt in class.
- I want to use Japanese in a more natural way of expression.
- I have to write an email to my teacher in Japanese, but I don't feel confident.

※ If you need help with writing your class reports, thesis or research proposal in Japanese, please see Academic Writing Support.

Academic writing P.10

We offer one-to-one support for writing assignment reports, essays, class resumes, research proposals and applications. As well as post-writing checks, we can also help you at the conceptual stage before you start writing. We can also provide a native check of your text.

Recommended for...

- I don't know how to formulate questions for my report.
- I want you to check the structure of my sentences.
- I don't know how to write a reference list.
- I'm not sure if I'm writing in the correct Japanese.

English conversation practice P.8

Through conversations and games, you can practice your English conversation in a fun way. We can help you with everyday conversation, presentations, interviews and exam preparation.

Recommended for...

- I want to communicate in English.
- I want to know how to learn English.
- I want to check my English for presentations and interviews

Science subject P.11

We offer support in science subjects such as physics, mathematics and chemistry. We don't try to give you the answers, instead we try to help you understand by thinking with you.

Recommended for...

- I don't understand something in class.
- I would like to know what reference books you recommend.
- I would like to discuss a subject or area of interest with other students.

Learning events P.14

We organise a variety of learning events and workshops on a regular and irregular basis. These will be announced on our website and via posters

Recommended for...

- I want to learn more than just the classroom.
- I want to broaden my horizons outside my field of study.

If you want to improve your Japanese,
this is the way to go!

Japanese language learning

Support time: 30minutes

Let's learn Japanese for everyday life!



Japanese for everyday use! I can read, but I'm not good at speaking..." Do you have such problems?

In the "1-on-1 Japanese Conversation" session of "Japanese Learning Support", you can practice Japanese conversation with an SLA for about 30 minutes. Your SLA will be able to answer any questions you may have about Japanese culture or student life, or even questions you may have about Japanese language

If you are studying in Japan but you don't have any chance to use Japanese, or if you want to learn not only "normal" Japanese like in textbooks, but also "casual" Japanese that you can use in your daily life, we can help you! "I want to learn casual

that you did not understand in your university classes. Come and talk to us like a friend!

In addition to conversations, we also offer a Native Check service for everyday texts such as emails and social networking sites.

※ If you need help with writing your class reports, thesis or research proposal in Japanese, please see Academic Writing Support.

ADVICE on how to use the Japanese Language Learning Support

'Try to speak a lot of Japanese'

Don't be afraid to make mistakes and speak lots of Japanese. SLA Japanese Conversation is a place to practice speaking Japanese, without fear of making mistakes. Don't be afraid to make mistakes and feel free to use it.

'If you don't understand something, tell the SLA'

If you don't understand something the SLA is saying, please don't hesitate to tell them.

Let's think together!



SLA Suzuki

Introduction to the support content

1. Hearing about the purpose of use

The SLA will start by asking you what skills you would like to develop and what you would like help with. Please tell us what you would like to do, whether it is to practice daily conversation, learn Keigo (honorific expressions), or learn "normal" Japanese for job hunting or part-time work. We will also ask you if you would like us to correct any grammar or pronunciation mistakes as they occur.

Example of Dialogue

こんにちは! SLAのマキです!
今日はお願いします!



留学生のジェイです



ジェイさんって
学部はどこなんですか?



Engineeringの、
Master's courseです。



工学研究科の大学院生なんです!
ジェイさんは、なにを研究していますか?



...

今日は何か練習したいことは
ありますか?



楽しく日本語で話したいです。



わかりました! それでは、
今日は夏休みについて
話してみましょう!



途中でわからないことがあれば、
いつでも聞いてください!



2. Conversation practice

If you have no specific needs, the SLA will help you find a suitable course. If you are just starting to learn Japanese, we often practice simple self-introductions and explaining pictures and illustrations in Japanese.

Example of Dialogue

次の夏休みってどんなことを
する予定なんですか?



海にサーフィンをします。



いいですね! ちなみに、
「海でサーフィンをします」
といえますよ。



そうなんですか!
じゃあ、「に」と「で」は
どう違うんですか?



それはね...



...

ジェイさん、とても日本語が
上手になってきましたね!
「です・ます」をつけ忘れることが
あるので、気をつけるともっとよ
くなりますよ。



わかりました。
ありがとうございます!



From Exam English to Practical English! English conversation practice

Support time: 30minutes

Doesn't matter if you're not good at English or want to improve your English, everyone is WELCOME!

We're here to help you learn to speak English. Continuity is the most important factor in improving your English. That's why we make it easy and fun for you to learn. We hope you will make regular use of this service in your spare time!

We offer two types of support for learning English: "1 on 1 English Conversation" and "English Conversation Cafés (Eikaiwa cafe)". In 1 on 1 English Conversation, SLAs work one-on-one with you for approximately 30 minutes. In addition to English conversation practice at

your level, your SLA will be able to meet your individual needs, such as presentation practice and preparation for TOEFL and other exams, to the best of their ability.

In an 'English Conversation Café', an SLA and a group of students practice English conversation together in a fun environment of conversation and games. The topics for conversation are prepared by the SLA, so feel free to drop in and join in. If you don't speak English well, don't worry, the SLA will help you to find the right level!



Introduction to the support content

One-to-One with an SLA for English conversation practice, exam preparation and more!

1 on 1 Eikaiwa

1. Understanding your purpose of use

The SLA will start by asking you what you would like to improve and what you would like help with. Tell us what you want to do, whether it's to practise everyday conversation, prepare for a class presentation, or prepare for the TOEFL or EIKEN. We will also ask you if you would like us to correct any grammar or pronunciation mistakes.

2. Conversation practice

After the discussion, you will be given the opportunity to practise your English conversation skills according to your needs. If you don't have a specific need, your SLA will be able to help you find something that suits your level. If you are just starting to learn English, you may want to practice simple self-introductions or explaining photographs or illustrations in English.



Introduce yourself

At EikaiwaCafe we often meet people for the first time, so we start by briefly introducing each other's departments and hobbies. It's a great way to make friends with people from different departments!



Learn to speak English with a group of friends!

Eikaiwa Cafe

3 truths, 1 lie

This is a game where you can introduce yourself. Each person gives a presentation including 3 truths and 1 lie. The game is to find out which lie each person has told. You will also have to use your acting skills to deceive people!



Topic Cards

Where would you like to go on holiday? and "Why did you choose Tohoku University?" and so on. SLA will help you if you have any difficulties in expressing yourself or listening.

English through videos

We watch English videos together on YouTube and other news websites and use the phrases to practice English conversation in a fun way. We also show you effective ways to learn English at home by yourself.

ADVICE on how to use the English Learning Support

'Let's just talk about it'

When you are new to English conversation, you may feel nervous about making mistakes. Don't worry too much about grammar, just try speaking a few words.

'If you can't understand something, tell the SLA.'

Don't be afraid to tell your SLA if you can't understand something. If you don't, you may find it difficult to follow the conversation.

Feel free to come to SLA English cafe!



SLA Chikamori

A wide range of support for writing reports, papers and other documents!
Academic writing

Support time: 40-60minutes

Improve your writing skills with a proper understanding of report types and rules!

At university you will often be graded on the basis of 'reports' in addition to tests. In



many departments, you will also be required to write a dissertation to summarise the results of your four or six years of study. The reports and papers that you write at university are called "academic writing" and require a variety of skills to write logically and according to a set of "patterns and rules". In addition to reports and papers, you will also have more opportunities to write class presentations and official documents such as research proposals and applications.

Examples of frequently asked questions

- I'm new to this and I'm worried.
- Does it meet the assignment requirements?
- Is there anything wrong with the Japanese expression?
- Is it written in the correct language?
- I would like to know the rules for writing and citing references.
- How do I find references and materials?
- I would like you to check my resume and slides for my class presentation.

Advice on how to use the Academic Writing Support

"Explain the assignment to the SLA"

What you should write in your report will depend on how the assignment is given. Please bring a copy of the assignment with you.

"Let's put our thoughts into words"

The more you talk, the better you will be able to organise the points you want to make and the things you want to write about. Don't be afraid to say what you think!

"Remember the rules of writing"

It is important to remember the rules of academic writing! The following PDF summarises the rules of Academic Writing, which you can read if you need help.



Not just for questions about your course subjects. We are also happy to discuss your studies!
Science subjects

Support time: 40-60minutes

We accept questions about physics, mathematics, chemistry and other subjects

We have separate contact points for physics, mathematics and chemistry, where you can ask questions about the subject you are studying. In addition to specific questions about the subject, you can also ask for advice on how to study, take classes or

choose a laboratory, or just want to have a discussion or listen to what senior students have to say. Of course, humanities students are also welcome! Please note that it is often crowded before exams. Please come with plenty of time to spare.

Eligible Subjects

- PHYSICS** ▶ Physics A,B,C,D, Mechanics, Fluid mechanics, Electromagnetism, Quantum mechanics, Thermodynamics, Analytical mechanics, Mechanics of materials etc.
- MATH** ▶ Linear Algebra A,B, Outline Analysis A,B,C, Outline Mathematics, Mathematical Statistics, Applied Mathematics, Introduction to Mathematics, Introduction to Algebra, Introduction to Geometry etc.
- CHEMISTRY** ▶ Chemistry A,B,C, Physical Chemistry, Analytical Chemistry, etc.
- OTHERS** ▶
 - General Laboratory: SLA for Chemistry and Physics is available
 - Mathematics and Physics: SLA of Physics and Mathematics is available
 - Special Subjects: Available for different SLAs

Examples of frequently asked questions

- I have read this part of the textbook many times. I don't understand this part of the textbook.
- I don't understand the meaning of the question.
- I'm having trouble with the calculations.
- I have solved the problem but I am not sure about it.
- Is this report ok?
- What is the best way to study?
- Is there a recommended reference book for this field?
- How did you choose your laboratory and course?

Advice on how to use the "Learning Support for Science Subjects"

"Let's get our textbooks and notes ready."

If you bring your own textbooks and notes, we will be able to help you with your learning and your lessons.

"Put your thoughts into words."

If the SLA's explanation is difficult to understand, please feel free to tell us.

"Let's think and move our hands together."

The SLA is there to support you and help you to think and work together to find a solution. Let's work together!

How to use SLA Support

Available both online and in person

Since 2020, SLA Support has been available both online and in person. Support Menu which are used most frequently by international students, are mainly online. When the BCP level of TU is high, only online support is provided. SLA Support is available on weekday afternoons during the school year. The days and times available depend on the Support Menu. For more information on how to use the support and to check the schedule, please see the introduction page for each support.

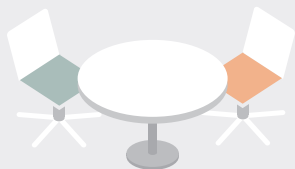
More info on how to use it here!



<http://sla.cls.ihe.tohoku.ac.jp/>

If you would like face-to-face support

The SLA Lounge is located on the ground floor of the Multimedia Education and Research Building on Kawauchi-Kita Campus. The SLA Lounge is available for use during free periods and after classes.



1 Check the sign in front of M Building!

You can check which courses are open for face-to-face consultations on the day by looking at the sign in front of the entrance to M Building. You can also find a list of SLAs who will be available on the day.



2 Visit the SLA Support Desk

No appointment is necessary for face-to-face support*. You can come to the SLA Support Desk whenever you like during the activity hours. Please wear a mask, disinfect yourself, and measure your temperature when using the support service.

Please wear a mask!



* Depending on the level of Tohoku University's BCP, advance reservations may be required.

3 If you are a first time user, please register as a user.

After a brief introduction, first-time users will be asked to fill out a registration form.



4 Support begins!

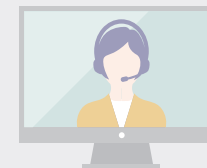
We will guide you as soon as the SLA in charge is available, and in order when it is crowded*. At first, please tell the SLA what you would like to discuss or ask.



*When it is crowded, we will give you a "waiting ticket".

If you would like online support

We will be using online meeting systems such as Google Meet and ZOOM. You will need to have a Tohoku University DC email to make a reservation.



予約サイトTOP



予約ページ

1 Prior booking via the website

Online support is only available by prior appointment. There are different booking sites for Language and Writing Support and Science Subject Support*. Please select the subject, date and time you wish to use and enter the required information to make a booking. Please note that you can only make one booking at a time on both sites. Booking in advance through the website

* Please note that face-to-face support may only be available for some science subjects.

Language and writing support reservation page

- English conversation
- Writing
- Japanese conversation



<https://sla-support.edisone.jp/>

Science subject support reservation page

- Physics · Mathematics
- Chemistry



<https://sla-science.edisone.jp/>

2 Information email

On the afternoon of the day of your visit, you will receive an email with the URL of the meeting room you will use for support. Please note that this may be a last minute notice, so please do not worry. If necessary, you can use the form provided in the email to send us materials and reports related to your consultation so that we can respond more smoothly.

3 Support begins!

When it is time, please enter the meeting room via the URL in the usage information email. Please tell the SLA what you want to discuss, what questions you have and the purpose of your visit. We recommend that you turn on your camera so that we can better assist you.



Request to those who have made reservations

If you are unable to attend after making a reservation, please cancel your reservation as soon as possible. If you do not know how to cancel, please e-mail or call us. Repeated no-shows may result in your being unable to use the SLA support going forward.

Please help us make this more accessible to more people!

SLA Fukushi



Introduction to the different types of support Learning events

SLA Support is not only here to support you in your daily studies, but also to organise a variety of learning events. On this page you will find some of the events we have organised in the past. We encourage you to take part in a variety of events, not just related to your major, to broaden and deepen your own learning.

* Depending on the level of the BCP on campus, the meeting may be held online or may not be held at all.

EVENT 1 Japanese Mini Workshop



Topic examples

- Onomatopoeia to describe pain (throbbing, painful, etc.)
- How to count things (what is the difference between one animal and one head? etc.)



This is a workshop-style event to learn Japanese expressions commonly used in everyday conversation. These will include expressions that are difficult to learn in class alone. The workshop will be held in a small group, so you can feel free to ask questions and practice your conversation at any time. There are many difficult but interesting expressions in Japanese. Let's try to feel the exciting aspects of Japanese with SLA.

You'll learn Japanese you can use in everyday conversation while having fun!

SLA Hiyma



EVENT 2 Art Museum Tour with the Curator

If you have been wanting to visit the Miyagi Prefectural Museum of Art but have not had a chance to do so, or if you want to know how to enjoy art more, please come and join us!

SLA Ueda



This workshop is to visit the Miyagi Prefectural Museum of Art near the Kawauchi Campus. We will listen to the curator's talk and engage in dialogue as we take a closer look at the artwork.

POINT

Even first-time art viewers can enjoy it!

The curators will explain how to enjoy the museum and art, and how the artworks were created.

You can discover different ways of enjoying art!

You will change your impression of a painting by learning how other participants and curators see it.

EVENT 3 Seasonal Social Events



We hold seasonal events such as X'mas & New Year Party, Halloween Game Event, etc. You can communicate in English or Japanese with a wide variety of students, including domestic students who are interested in international exchange and English study, and other international students with diverse cultural backgrounds. We look forward to your participation!

EVENT

4 Kangaeru (Thinking) Sofa - Café Philosophique

We usually say or listen to abstract words (concepts) with the idea that we "sort of" understand them, but what about when we are asked, "What does it mean? The "Kangaeru Sofa" is an event where everyone can think about abstract and simple

questions that we usually pass by "somehow". Each session has its own theme, and the members gather for an hour and a half to discuss and explore the theme.



Examples of themes for each session

- What is communicability?
- Thinking about loneliness
- What does it mean to love?
- What is selfishness?

The key to "dialogue" in the Kangaeru Sofa!

Speak up and be confident!

Don't think "I don't have much to say" or "I'm not a good speaker". There will be people who will share your way of thinking and find it interesting. Often a simple comment can turn a dialogue in an unexpected and interesting direction. The SLA is here to help, so if something comes to mind, be confident and say it.

Let it rain questions!

A "critical" point of view, or "questioning", is the first step in deepening our thinking. "Why do I think that? "Is there any other way to look at it?" "Are there any examples of the opposite?" "Is it true?" "What does it mean?" Let the questions rain down on you. Looking at something from a different angle can help you understand it better and give you new ideas.

Enjoy the changes in your thinking!

The basic idea of Kangaeru Sofa is "dialogue", not "debate". Although we discuss the same topics, our aim is to "broaden our horizons" by exchanging opinions and not to come to conclusions or compete to see who is right. It's a great way to meet different students and experience the fun of changing your own mind through new ideas!

Example of a dialogue : What is "normal" ?

SLA 皆さんにとって、『普通』とはどのようなイメージですか？

A 「当たり前」、「当然」とかですね。

B 私は、「存在感がない」、「目立たないこと」、だと思います。

C Aさんにとって「当たり前」とは、例えばどのようなことですか？

A 自分が言いたかったのは、「周りの人もそう考えてるんだろうな」という空気感みたいなもの」です。例えば、「全員大学に行くのが当たり前」という空気感を感じ取ると、「それが『普通』だよ」と認識するのかなって。

SLA なるほど。Bさんの存在感についての意見と合わせると、多くの人がそうだと思う空気が『普通』で、それを受け入れると、自分の存在感がなくなっていく、ということでしょうか？

B そうですね。逆に、自分の考えをもって行動する人が「『普通』じゃない人」と言えるかもしれません。

C 確かに、今の社会だと、そう言えると思います。ただ、大多数の人たちが自分の考えをもって動くようになったら、逆に、そのことが『普通』になっていくのではないのでしょうか？

A 今の聞いて思ったんですけど、もし皆が自分の考えでバラバラに動いている状態が『普通』になったら、集団が成り立たなくなるんじゃないですか？

SLA 新しい視点が出てきましたね！『普通』を考える上で、「集団」の存在は切り離せない要素なのではないでしょうか？

A 切り離せないと思います。ただ、集団といっても、日本とか、東北大学とか、集団の大きさは色々あって、何が『普通』かって、規模によってズレが生じやすいと思うんですよ。あー、上手く言えないな…。すみません上手くまとまらなくて…。

SLA いえいえ、言葉にしてくれてありがとうございます！確かに、集団のサイズと、『普通』に対する共通認識は関係してくるかもしれませんね。

C 私は、切り離せると思います。例えば、毎日やっていることをある日だけしなかったら、それは『普通』じゃない。これは集団に関係なく、その人自身の常識とか習慣だけで、『普通』という概念が出てくる例だと思います。

SLA つまり、「その人にとって」とか「法則からみて」のように、何にとつての『普通』なのかを考えることが大事なのかもしれませんね。

...

SLA 最後に、皆さんで感想を共有しましょう！

A 『普通』というのは、『普通』を考える母集団を変えると変わってしまうんだと思いました。つまり『普通』には、その母集団限定の『普通』しか存在しないのではないかと思います。

B 集団の規模によって、『普通』の細かさが変わるというのが面白いと思いました。これについてもっと自分で考えてみたいと思います。

C 今日参加して、個人の中に持っている『普通』と、自然法則のように成り立つ『普通』という違う『普通』があって、捉え方によって、何が『普通』かが変わるんだと気づきました。

This dialogue is based on the actual Kangaeru Sofa, but has been edited to give a concise overview. The actual dialogue proceeds slowly according to the participants' level of understanding.

Participant's impressions

I was able to broaden my horizons by being exposed to the opinions of students from different grades and fields of expertise about "being normal". I really enjoyed this workshop because it allowed us to talk about in-depth topics!

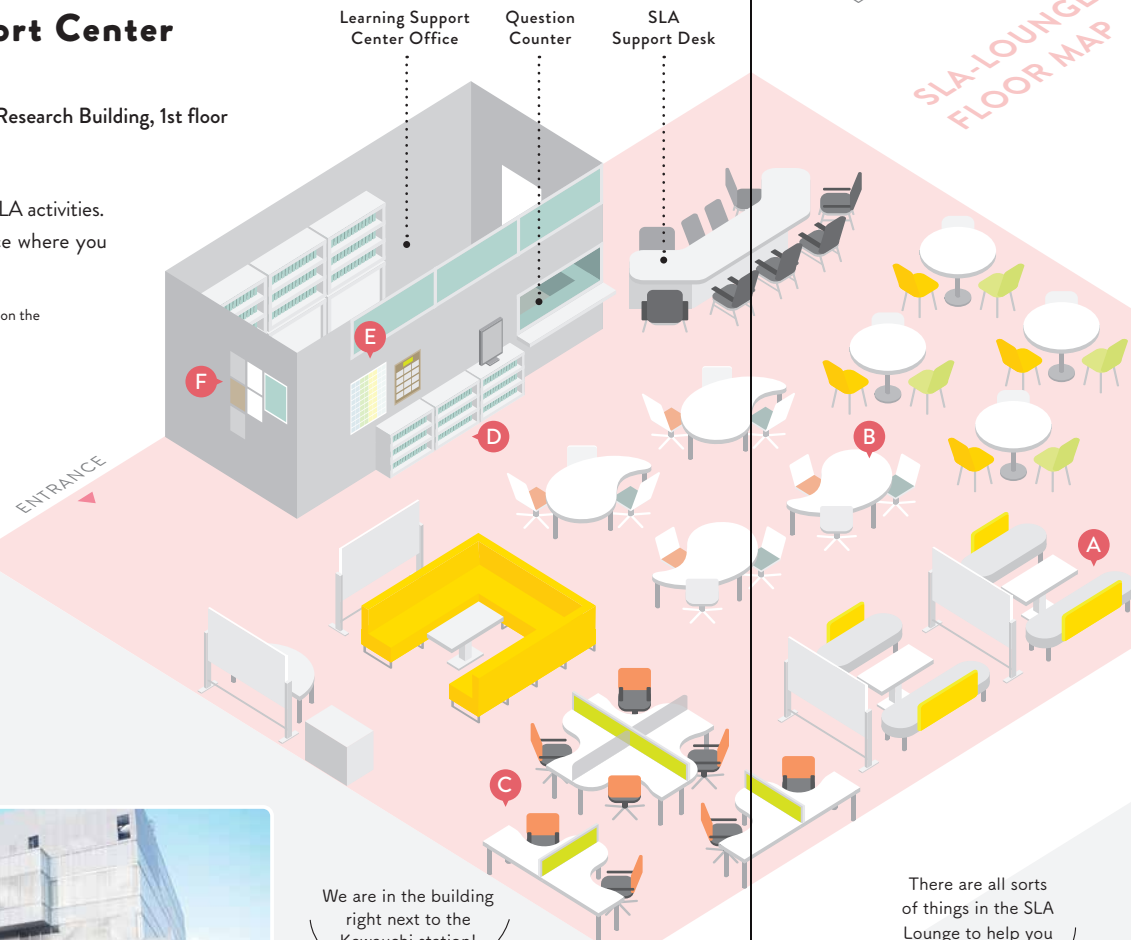
About SLA lounge

Learning Support Center SLA Lounge

📍 Multimedia Education and Research Building, 1st floor
🕒 8:30~18:00

The SLA Lounge is the hub of SLA activities. The SLA Lounge is a free space where you can study, chat, eat and drink.

* The lounge may be restricted depending on the spread of the new coronavirus.



Multimedia Education and Research Building (commonly known as M Building)

We are in the building right next to the Kawauchi station!



SLA Kikuchi

ENTRANCE

SLA-LOUNGE
FLOOR MAP

There are all sorts of things in the SLA Lounge to help you learn!



SLA Hara



A Sofa Seating

For studying in large groups. Pens for the whiteboard are available for rent.



B Table seating

The tables can be combined. They can also be connected to form a large group.



C Individual seating

There are eight seats. They are always reasonably full. If you want to concentrate alone, this is the seat for you.



D SLA library

There is a study section, a culture section, an illustrated book section and a Tohoku University teachers' section.



E SLA Profile

SLA profiles include information about SLA affiliations, specialties, hometowns, hobbies, and favorite things.



F Notice Corner

Information about study events, advice and problems from SLA.



Sendai/Miyagi Guide

New life in an unfamiliar place. Many of you would like to have useful information such as It would be more convenient if I did this or It would be safer if I knew that. On this page, we will introduce some information for your life in Sendai.

Art & Culture

Miyagi and Sendai are the birthplace and base of activities of famous writers and musicians, and have been the setting for a variety of works. On this page, SLA introduces some recommended works and authors related to Miyagi and Sendai, selected at our sole discretion!

Sendai and Miyagi's

Art Museum

Sendai Mediatheque



The building is characterized by its glass-walled architecture. Visitors can experience Miyagi's arts and culture through a large selection of media. The library is also very convenient!

Miyagi Prefectural Art Museum



The Miyagi Museum of Art offers a wide range of artworks, mainly by artists from the Tohoku region. The museum is also home to Sendai's famous Café Mozart. It is only a few minutes walk from the Kawauchi campus, so please visit it in between your classes!

Sendai and Miyagi's

Novelist

1 Kotaro Isaka

A Tohoku University Faculty of Law graduate, Kotaro Isaka is one of Japan's most popular writers. He is known for his fantastical style with mystery elements. Often referred to as 'Isaka World' due to the many links that his characters and settings share across his body of work, he lives in Sendai and several of his works are also set there. Most of his films have also been shot on location in Sendai.

Selected works: *Juryoku Piero (A Pierrot)* (2003, Shinchosha), *Ahiru to Kamo no Kain Rokkō (The Foreign Duck, the Native Duck and God in a Coin Locker)* (2003, Tokyo Sogensha)



Golden Slumber

Aoyagi is suddenly blamed for the assassination of the Prime Minister in Sendai. With the help of his friends and acquaintances from the past, he goes on the run and realises the importance of human bonds and trust. The film adaptation, shot in Sendai, is also a must-see.

PICK UP!

2 Hisashi Inoue

An alumnus of the Sendai Ichiko High School, he grew up in a children's home in Sendai. After gaining national popularity for his work as a broadcaster on 'Hyokkori Hyotanjima' (a 1964 puppet drama on NHK), he went on to become a playwright, novelist and essayist. He has been active in a wide range of fields and his works are often clear and accessible to the public.

Selected works: *Tegusarishinju* (1972, Bungeishunju), *Kirikirijin* (1981, Shinchosha)



Aobashigereru

1973, Bungeishunju, Included in Aobashigereru (2008, Bunshunbunko)

The story is based on Hisashi Inoue's high school days in Sendai. The main character is a young man who transfers from a prestigious school in Tokyo to a prestigious school in Sendai, where he and his friends are involved in a variety of dramas. It is a fun film that captures the atmosphere of Sendai in the Showa era.

PICK UP!

3 Lu Xun

Born in Zhejiang Province, China, he came to Japan as a government-sponsored student in 1902 and entered the Sendai Medical School (now Tohoku University School of Medicine) in 1904. His experiences there inspired him to become a writer. After returning to China, he began his career as a writer with 'A Madman's Diary' and published many works.

Selected works: *A Madman's Diary* (1918), *The True Story of Ah Q* (1921)



FujinoSensei

Included in The True Story of Ah Q/Fujino Sensei (1998, Kodansha Bungeibun)

This book is about Lu Xun's memories of Prof. Fujino, a medical school teacher who was his mentor when he was studying in Sendai. All students of Tohoku University are suggested to read this book at least once.

PICK UP!

Sendai and Miyagi's

CINEMA

1 A Cappella 2015, Dir: Hitoshi Yazaki

The film is based on the autobiographical novel of the same title by Mariko Koike, a writer who spent her high school years in Sendai. The film is set in Sendai in 1969-71 and tells a mature love story set in a turbulent time of student activism. It features passionate performances from talented actors such as Riko Narumi, Sousuke Ikematsu and Takumi Saito.

2 Chips 2012, Dir: Yoshihiro Nakamura

The film is based on Kotaro Isaka's novel of the same title, which is featured in the Recommended Authors section. Imamura makes a living as a thief, and when he breaks into the house of a professional baseball player, the lives of the characters become intertwined. The highlight of the film is that it was shot in Sendai. You may see some familiar places.

Sendai and Miyagi's

COMIC BOOK



©荒木飛呂彦/集英社

2 Haikyu!!

Written by: Haruichi Furudate
Publisher: Shueisha



©古館春一/集英社

A very popular boys' manga about high school volleyball. The story is set in Miyagi Prefecture and features real places and buildings in Sendai, such as Sendai Station and the Sendai City Gymnasium.

Sendai and Miyagi's

Musician

MONKEY MAJIK



A unique rock band made up of two Canadian brothers and two Japanese. They live in Sendai. Their music is groovy, with elements of both Western and Japanese pop. They have been active in Tohoku and Sendai, and have collaborated with a popular comedy duo from Sendai called 'Sandwichman'.

Popular Songs: Around the world, Sora Wa Maru De

1 JoJo's Bizarre Adventure

Written by: Hirohiko Araki / Publisher: Shueisha

One of Japan's most popular manga series, it has been serialised for more than 30 years. Events related to this manga have been held in the city of Sendai, the hometown of the author Hirohiko Araki.

3 BLUE GIANT

Written by: Shinichi Ishizuka
Publisher: Shogakukan



©石塚真一/小学館

A very popular boys' manga about high school volleyball. The story is set in Miyagi Prefecture and features real places and buildings in Sendai, such as Sendai Station and the Sendai City Gymnasium.

Leisure Facility

As a student, it is important to study hard, but why not stretch your wings once in a while and spend your leisure time in an active or relaxing way? This page introduces you to two of Sendai's favorite leisure spots: ski resorts and hot springs!

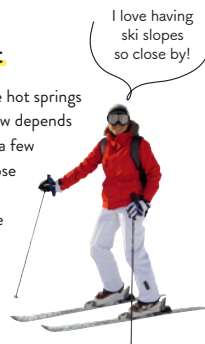
In the Yamagata Zao area, you can see "Juhyo" (tree ice)!



Miyagi Zao St. Mary Ski Resort

Located in the town of Kawasaki, it is close to the Aone hot springs and two motorway interchanges. The quality of the snow depends on the day, but it is soft after a snowfall and hard after a few days. Recommended for those with access to a car, those who want to bring their own equipment and ski for a short time in the evening, and those who don't have the equipment (or the budget) but want to save money!

📍 40 minutes by car, near Sasaya IC
* Beginners to advanced, both short and long runs.



Spending your time with ease at "Onsen"

Tohgatta Onsen

The closest natural hot spring to the city of Sendai, it is also close to Akiu Waterfall, the Tenshukaku Nature Park and a camping ground, all of which offer a wealth of scenic beauty. The public baths are small and simple but the day-trip onsen for tourists is more relaxing in a large open-air bath. The water is clear and colourless, and there is very little odour. This is a good option for those who want to travel quickly, have difficulty driving, or are not particular about the quality of the water.

📍 30 minutes by car or 1 hr by bus from Sendai Station.
💰 ¥300, Day-trip Onsen: ¥500-¥1,300 (as of 8 February, 2021)



What a great deal you can enjoy the footbath for free!

Akiu Onsen

This is a genuine natural hot spring, relatively easy to reach from downtown Sendai. There are many unusual restaurants and souvenir shops along the route, including an egg shop and a local hamburger shop. Thus, there are plenty of options for a delicious lunch or shopping after your bath. The public baths are spacious and relaxing. The water is slightly red and has a natural sulphur smell. Recommended for those with plenty of time to spare, those who can travel by car, and those who are serious about the quality of the springs.

📍 1 hr by car from Sendai station. 1 hour to 1.5 hours by express bus
💰 Public bath: ¥300 (as of 8 February 2021)



The hot springs surrounded by nature are the best!

Spending your leisure time actively at "Ski Resort"

Spring Valley Ski Resort [Miyagi]

Located in the "Izumigatake" area, it is easily accessible from Sendai station. As a result, there are many visitors and the snow is always hard. Harder snow means more pain when you fall. There are also a lot of families, many of whom rest and fall in the middle of the course. It can be dangerous for those who want to speed up and do tricks, but for those who want to take it easy, it is a very safe place to ski.

📍 40 minutes by car, 1 hour by subway and bus.
* Difficulty: Mostly easy runs for beginner to intermediate skiers.

Many international students also live in University House Aobayama, a brand-new dormitory completed in 2018. Depending on the time of day, you can enjoy different views. There are fewer lights than in the centre of Sendai, so you can see the stars better at night. The view from your dorm room also varies greatly from day to day. My favourite is the sunset.



The morning glow from Aobayama is also very special. Seeing the sun rise over the sea gives you the energy to get on with your day.



It is also attractive because it shows a different appearance in each season. Cherry blossoms and other colourful flowers in the spring, fireworks in the summer, bright autumn leaves in the autumn and snowy landscapes in the winter.



Landscape

Many science students attend the Aobayama Campus. It is actually a place with very beautiful scenery. Even if you are tired from studying, the scenery of this area will make you say "Let's do our best! and it is a relaxing place to be."

photo: Shunsuke Nozaki



Festival & Event

The weather in Sendai is mild and there are many pleasant days when you can go for a walk. So I would like to introduce you to some outdoor events that take place on the main streets and in the parks.

Aug.

Photo credit: Sendai Tanabata Festival Support Association



Sendai Tanabata Festival

♥ Central Sendai
📅 6th - 8th August

This is one of the three major festivals in the Tohoku region, and during the festival, the city is decorated with bamboo branches. In Kotodai Park, you can enjoy a show, a corner where you can make your own Tanabata decoration, and shops. On the night before the festival, a fireworks festival is held and you can watch the fireworks from Kawauchi campus.

Dec.

Photo credit: SENDAI Pageant of Starlight Executive Committee



SENDAI Pageant of Light

♥ Jozenji-dori
📅 mid-December to end of December

The zelkova trees along Jozenji Street are illuminated and a tunnel of light is created. The illumination is very beautiful on snowy days. We hear that there are some pink bulbs mixed somewhere along the boulevard! Please try to look for them!

May.

Photo credit: Sendai Aoba Festival Support Association



Aoba Festival

♥ Kotodai Park
📅 3rd Sunday in May

This is a two-day festival consisting of an evening festival and a main festival. The evening festival is held on the Saturday before. On this day, you can see the sparrow dance. The main festival is even more spectacular, with a procession of portable shrines and small children.

Sep.

Photo credit: Sendai Oktoberfest Project instruments!



Sendai Oktoberfest

♥ Nishikicho Park
📅 September

You can enjoy real German beer and beer from Tohoku. There is a big tent at the venue where you can sit and drink the beer you have bought. There is also a stage in the middle of the tent, which is very lively with musical instruments!

Photo credit: Sendai Coffee Festival & Bread Festival



Sendai Coffee Festival & Bread Festival

♥ Jozenji-dori
📅 Irregular (twice a year)

This is a gathering of coffee shops in Sendai and Tohoku, where you can buy coffee and bread from many shops. The festival is held twice a year in Jozenji-dori. It's a great way to spend some time surrounded by the fragrance of coffee and bread under the beautiful green leaves of Jozenji-dori!

Tips on Daily Life
1



Bicycles are a great way to get around!

A bicycle is one of the most convenient ways to live in Sendai. If you want to go somewhere in Sendai, you can usually get there by bicycle. There is often bicycle parking in front of shops and other facilities. However, in front of Sendai Station and around the arcade, you should not park your bicycle in the street! Since there are plenty of underground bicycle parking areas, let's use them!

Tips on Daily Life
2

Find your **favorite place to study!**

Finding a place to study where you can concentrate is important for a fulfilling student life. We especially recommend the Tagajo City Library. It is quiet, and the power and wifi are great!



Tagajo City Library

Photo credit: Tagajo City Library

Tips on Daily Life

New life in an unfamiliar place. Many of you would like to have useful information such as "It would be more convenient if I did this" or "It would be safer if I knew that". On this page, we will introduce some information for your life in Sendai.

Tips on Daily Life
3

Watch out for **earthquakes!**



Japan, not just Sendai, is a very earthquake-prone country. Small earthquakes happen all the time. It is important not to be too scared by small earthquakes, but it is also important to be prepared for big ones. The website of the Sendai City Disaster Multilingual Support Center provides information on disasters in Chinese and English.

Tips on Daily Life
4

Use the **subway** or **bus** on rainy days!

Sendai is served by two subways, the Namboku and Tozai lines, and many buses. Buses are not frequent in some places, so it is a good idea to check the timetable. You can also check the timetables and routes at the Sendai City Bus & Subway Navi or at the Sendai Bus Location System called "Doko Bus Sendai". By the way, be aware that even if the underground and buses are usually empty, they may be crowded on rainy or snowy days!

<https://www.navi.kotsu.city.sendai.jp/>

Sendai City Bus & Subway Navi



Sendai Bus Location System (Doko Bus Sendai)



<https://www.dokobasu.kotsu.city.sendai.jp/wgsys/wgp/search.htm>

Food Culture

宮城・仙台のグルメといえば「牛タン」や「ずんだ餅」などが有名ですが、SLAがみなさんに紹介したいのは、「芋煮」です。宮城・仙台には、河川敷で「芋煮会」を行う文化があります。「みんなでワイワイ楽しめる」芋煮会の魅力をご紹介します！

Let's "IMONI-Party"

Things to do on the day of Imoni

1. 'Selecting a place'

A lot of people will be having an Imoni party by the Hirose River. It is not advisable to arrive at the river around noon without having taken a place. So please decide in advance who will take your place and get there early to secure your own spot. A large blue sheet is a good idea.

3. Let's make Imoni!

When you have finished building the fire, put the pot on the stove and start cooking the potatoes. It is a good idea to use a detergent called cleanser on the outside of the pot. The pot will be black with soot. If you apply the cleanser to the outside of the pot beforehand, the soot will be easier to remove. If you borrow a pot, you will have to wash it before returning it, so try to make it as easy as possible to wash. It's easy to make. Fill the pot with water and when the water comes to a boil, add the ingredients in order, starting with those that are difficult to cook. Once the ingredients



have been added, cover the pot with a lid and continue to cook the vegetables, checking the inside frequently. Finally, add the seasoning and adjust the taste.

Let's "IMONI-Party"

Things to do on the day before Imoni

1. 'Buying ingredients' and 'Preparation'

In most cases, you will need to prepare two kinds of Imoni (Potato stew), one Sendai-style and one Yamagata-style. You will need to find out the ingredients for each type of potato stew in advance and prepare enough for your group. You can buy them at Miyagi Co-op, SEIYU or a supermarket, peel them, cut them into bite-sized pieces and put them in the pot ready to eat. Later on you can put them in a zip lock or other storage container.



2. 'Reserve a pot' and 'Buy firewood'

Pots and pans for cooking sweet potatoes can be rented from Miyagi Co-op or SEIYU in Hachiman. You can also buy firewood and igniters there. However, the number of pots and pans available is limited, so if your timing is bad you may not be able to borrow one. If you know the date of your event, please make a reservation as soon as possible.



2. 'Making a fireplace and 'Starting a fire'

After we have taken our places, we will make a fireplace for the potato stew. There are some stones on the banks of the Hirose River, so we will pile them up to make a fireplace. It will take some time getting used to at first, so it might be a good idea to get some help from students of



Tohoku University. When you have finished making the fireplace, put the wood in it and light the igniter. Use a fan to blow air around the fire to make it bigger.



SENDAI ver.

It contains taro, daikon, carrot, konnyaku, tofu, shimeji and pork. It is seasoned with miso. There is a similar dish called "pork miso soup", but don't make the mistake of calling it "pork soup" in front of the people of Sendai! Please just call it "Imoni".

It contains taro, konnyaku, spring onions, burdock root, shimeji mushrooms and beef. It is seasoned with soy sauce. When you have finished eating the Yamagata version, you can make curry udon or curry roux.



YAMAGATA ver.

Dialect 【いずい】 [idzu^{pi}] / adjective

Meaning Somewhat uncomfortable.

Example

どうしたの、そんな難しい顔して。

昨日新しい靴を買ったんだけど、微妙にサイズが合わなくていずいだよな〜。



Dialect 【たごまる】 [tagomaru^u] / verb

Meaning to put one's clothes in one place.

Example

The word "tagomaru" is used to describe the rolling up of long sleeves. It can also be used for socks.



コートを着たら、セーターが中でたごまった!

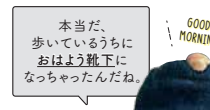
Dialect 【おはよう靴下】 [ohajo: ku^utsu^upe^ucita^u] / noun

Meaning a hole in a sock.

Example

靴下がおはようしているよ!

A sock with a hole in it, as if the sun had risen and your thumb was sticking out. When we say, "There's a hole in your sock!", you can also say: "Good morning, sock!"



Example

どこの大学を受験するの?

もちろんとんぺーだよ! 勉強がんばる!

Dialect 【〜べ・〜ぺ】 [be·pe] / particle

Meaning ~Let's be. ~Let's do it.

Example

そろそろ授業が始まる時間じゃない?

When added after a verb, it can be used to infer or suggest. Usually it is "bē", but after a small "tsu" or "su", "pe" is used. After the 2011 earthquake, the phrase "Ganbappe Tohoku" became popular, meaning "Let's do our best (together)".

あっ本当だ、急いで教室行くと!



Dialect & Slang

このページでは、宮城・仙台の方言や「とんぺー」の学生が使っている用語をご紹介します! 聞いたことのない言葉ばかりで「いずい」と思うかもしれませんが、知っているキャンパスライフがもっと楽しくなりますよ! 一緒に「がんばっぺ!!」

Slang 【とんぺー】 [tonpei:] / noun

Meaning Tohoku University

The name is based on the Chinese reading of "Tohoku". In Japan, the first two letters of the name of the university are often abbreviated as "〇〇dai". However, "To-Dai" would be the same as "University of Tokyo", so we started calling it "Tonpei".

Example

どこの大学を受験するの?

もちろんとんぺーだよ! 勉強がんばる!

Slang 【萩ホ】 [hagiho:] / noun

Meaning Kawachi Hagi Hall

This is the name of the hall on the Kawachi campus. It is used for a variety of concerts and large gatherings.



Example

今日の講演会どこでやるんだっけ?

萩ホでやるらしいよ。

When I was a freshman or sophomore, I thought, "General education courses are interesting, but specialized studies are more important as they directly lead to the future. On the other hand, I also felt like I was missing a more fundamental and important thing by focusing on specialized studies alone. I wasn't sure what it was for a long time, but I started to get it after I joined the SLAs and became involved in a project called "Kangaeru Sofa" (see p.16). In the "Kangaeru Sofa" project, we focus on a seemingly obvious issue and ask ourselves, "Why does the idea exist? What is the meaning of the idea?" and question the premise of the problem. In this way, we become aware of the fixed ideas that have unconsciously bound our thinking, and we are able to take a step back and think freely. This is the kind of "thinking in my own way" that I had not been able to cultivate in my studies, which emphasized practical learning, and I think this is something that can be cultivated as we learn by following our curiosity (to return to my original point, this is the part that general education courses play). Therefore, I would like you to value the process of cultivating your own way of thinking based on your curiosity, rather than whether it is practical or not.



Hana SUDA
(Graduate School of Engineering)
in charge of events and workshops

Welcome to Tohoku University!! I will be so happy if you are enjoying your life in Sendai. You may still be feeling uneasy if you don't know Japanese culture well. If you are already accustomed to life in Sendai, wouldn't you like to speak more Japanese with your friends and teachers? It is said that Japanese is one of the most difficult languages to learn, and each region of Japan has its own unique culture.

But there is no need to worry. If you have any problems with Japanese language or culture, we are here to help you. As I have experience abroad, I understand how anxious you may feel. I have met many international students and know how difficult it is for them to learn Japanese. If you want to speak more Japanese, why don't you practice with us and become more confident in your Japanese conversation? I am looking forward to talking with you all!



Rei EMURA
(Graduate School of Arts and Letters)
in charge of Japanese language



MESSAGEs from SLA

To all of you who are beginning your studies and life at Tohoku University. Here is some messages from the SLA!

Tomoya MASUDA
(Graduate School of Arts and Letters)
in charge of academic writing



Thank you for coming to Tohoku University in spite of the hardship caused by the COVID-19 pandemic! Sendai City, where Tohoku University is located, is a city with a rich natural environment including beautiful forests and rivers, and also has many historical buildings. It is a very good environment for you to deepen your study and experience Japanese culture. While there are many fun things to do and new encounters to have in your life as an international student, there are also many difficulties that you may face. Among them are Japanese culture and speaking and writing in Japanese. If you have any such concerns, please visit our SLA office, which can provide writing support for you. When writing a class essay or other homework in Japanese, there are many complex rules and useful tips on how to improve your writing. We would like to share these rules and tips with you in an easy-to-understand way. If you are not confident in writing Japanese sentences, or if you want to be able to write better documents, please contact our SLAs, who are also students.

Rikuto YASUDA
(Graduate School of Science)
in charge of physics



I have always liked to focus on one thing until I entered college. I continued to play baseball from elementary school through high school, and I have loved and continued to study science since I was in elementary school. When starting my university life, I had one goal in mind. "I will continue to live a life that I would never have expected six months ago." I started playing a musical instrument even though I was not good at it, studied a field I was not interested in at all, and I spent my life trying things I had never thought about before, even if they were small things. Looking back now, there may not be that many situations where these experiences will be put to use. However, these four years of my undergraduate have definitely enriched my senses, and the broad range of friendships I have made through sharing these challenges are irreplaceable for me today. In university life, you will have more time at your disposal than ever before. Why don't you make your four years of university life a period in which you challenge yourself in many different ways?



SLA SUPPORT GUIDE BOOK 2023 for International Students

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TOHOKU
UNIVERSITY

SLA (SUPPORT & LOUNGE)

Access Map



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