

Important Notice for Students
Health, Medication, and Student Support Considerations
for Study Abroad in Japan

Studying abroad involves a significant change in environment, lifestyle, language, climate, medical systems, and access to familiar support networks. Students may experience challenges related to cultural adjustment, stress, isolation, interruption of medical treatment, or limited access to familiar forms of support.

For this reason, it is extremely important that students carefully review the following considerations prior to participation in the program in order to help ensure a safe, stable, and successful stay in Japan.

1. Medication and Medical Treatment

Students who currently receive medical treatment, take prescription medication, or are under regular medical supervision are strongly advised to consult with their treating physician well in advance of departure.

In particular, students and their physicians should confirm the following:

- whether the prescribed medication can legally be brought into Japan;
- whether additional documentation or import procedures may be required;
- whether the medication is available for purchase in Japan with a valid prescription;
- whether an equivalent medication exists in Japan in case continuation of treatment becomes necessary during the stay.

Please note that some medications commonly prescribed in other countries may be restricted or unavailable in Japan.

Students are responsible for:

- ensuring that they bring an adequate supply of medication where legally permitted;
- preparing all necessary medical documentation prior to arrival;
- confirming the availability of treatment and medication in Japan before departure.

Students are also strongly encouraged to prepare relevant medical information and prescriptions in English whenever possible.

2. Continuity of Psychological and Counseling Support

Students who currently receive psychological support, counseling services, psychiatric care, or other forms of ongoing mental health support are strongly encouraged to make arrangements for continuity of care during their stay in Japan.

This may include:

- continuing regular online sessions with their current counselor or healthcare provider;
- arranging remote consultations with home-country support services;
- maintaining regular communication with existing support networks.

Please note that, unfortunately, our university currently does not have counselors who can regularly provide professional mental health support in the student's native language or in English. In addition, due to regional limitations, access to specialized English-speaking mental health professionals in our area may be limited.

For this reason, it is essential that students who require regular support arrange appropriate continuation of care prior to arrival in Japan.

3. Emergency Preparation and Self-Management

Students are strongly encouraged to:

- Prepare emergency contact information in your home country;
- discuss study abroad plans with their treating physician or healthcare provider in advance;
- carefully consider the possible impact of changes in environment, routine, language, and support systems on their physical and mental well-being;
- understand the potential risks associated with interruption of treatment, counseling, or medication.

While the university will make every reasonable effort to support international students during their stay, students are expected to take primary responsibility for managing their own treatment, medication, and ongoing support arrangements.

4. University Support and Limitations

Okayama University will make reasonable efforts to support students during their stay in Japan and to cooperate with partner institutions when necessary.

However, students and partner institutions should understand that the availability of medical, psychological, and specialized support services in Japan may differ significantly from those available in the student's home country. In particular, access to continuous psychological or psychiatric support available in the student's native language or in English in our region may be limited.

Therefore, students are strongly encouraged to carefully assess their preparedness for long-term study abroad and to establish an appropriate support plan prior to departure.

We sincerely appreciate your understanding and cooperation in helping ensure the safety, well-being, and successful academic experience of all participating students.