



For HU Students Support Guide

Who should you
ask for help?

Do you have
any problems?

Hokudai has many services
to support you!

Let's see what kind of
support you can get!



I



About Life in general / I'm not sure. —→ Flowchart
About Academics and/or My Career —→ Flowchart

The goal number ①-⑩ represents the consultation facilities we recommend to you. Details are listed on the back of this leaflet!

II

Academics



① Student Counseling

Professional help for personal issues (academic and career concerns, relationship concerns, psychological issues, and other difficulties). Counseling services are confidential and free! *Student Advice & Counseling Center

(Japanese and English available)

INTERNATIONAL STUDENT COUNSELING OFFICE in SACC*



Date & Time: Mon-Fri, 9:00-17:00
Place: Student Communication Station 2F
TEL: 011-706-8001 (English available)
E-mail: yoyaku@sacc.hokudai.ac.jp

STUDENT COUNSELING OFFICE in SACC*

Date & Time: Mon-Fri, 9:00-17:00
Place: Student Communication Station 2F
TEL: 011-706-7463 (Japanese)
E-mail: yoyaku@sacc.hokudai.ac.jp



Departmental Counseling Services

Available for undergraduate and graduate students in your department. (Japanese)

GRADUATE SCHOOL & SCHOOL OF HUMANITIES & HUMAN SCIENCES

Date & Time: Please scan the QR to confirm
Place: Faculty of Humanities & Human Sciences Building 2F
E-mail: letsoudan@let.hokudai.ac.jp



GRADUATE SCHOOL & SCHOOL OF LAW
Date & Time: Please scan the QR to confirm
Place: Faculty of Humanities & Human Sciences Building 2F
E-mail: letsoudan@let.hokudai.ac.jp

SCHOOL OF SCIENCE

Date & Time: Tue & Thu 13:00 - 17:00
Place: School of Science Main Building 2F, N215
TEL: 011-706-3716
E-mail: nayami@sci.hokudai.ac.jp



FACULTY, GRADUATE SCHOOL, & SCHOOL OF ENGINEERING

Date & Time: Tue 15:00-19:00*
Fri 12:00-17:00*
Place: Faculty of Engineering, Building R, 2F, R-216
TEL: 011-706-7297
E-mail: nandemo@eng.hokudai.ac.jp
*Open hours are subject to change. Please check our website through the QR code for the latest information.



GRADUATE SCHOOL OF INTERNATIONAL MEDIA, COMMUNICATION & TOURISM STUDIES

Date & Time: 1st, 3rd, 5th Mon. of the month
2nd, 4th Wed. of the month
9:00 - 14:00
Place: International Media Building, 6F, room 607
TEL: 011-706-8091
E-mail: soudanshitsu@imc.hokudai.ac.jp



HAKODATE CAMPUS

Date & Reception Time: Please scan the QR to confirm
Place: Student Center 2F (Hakodate Campus)
TEL: 0138-40-5647
E-mail: soudan@fish.hokudai.ac.jp



Student Support & Counseling Services at Hokkaido University

※ Names, dates and locations are as of April 1, 2025. They may be subject to change, so please check before using.



② Student Advice & Counseling Center Peer Support Unit

Talk to other students about study and campus life!

(Multilingual staff available)

International Student Support Desk

Date & Time: Mon-Fri, 12:00-16:00
Place: Student Communication Station 1F
International Student Support Desk
TEL: 011-706-8071
E-mail: supportdesk@sacc.hokudai.ac.jp



※ Opening hours are subject to change.

Student Peer Support

Date & Time: Mon-Fri, 12:00-14:30
Place: Multimedia Education Bldg. 2F
Peer Support Room
TEL: 011-706-5350



③ Learning Support Office

Get counselling on career path & course selection.
Get advice about tutorial support.

Date & Time: Mon-Fri, 10:00-18:15 (career path & course selection)
Mon-Fri, 12:00-18:15 (tutorial support)
TEL: 011-706-7526
E-mail: iso_office@high.hokudai.ac.jp
Place: Institute for the Advancement of Higher Education 2F
E211 for career path & course selection
E210 for tutorial support



④ Accessibility Services Office in SACC*

Consultation services for students with disabilities, reasonable accommodation assistance.

Date & Time: Mon-Fri, 9:00-17:00
TEL: 011-706-7463
E-mail: aso@sacc.hokudai.ac.jp
Place: Student Communication Station 2F



⑤ Harassment Advice Service

Consultation about sexual harassment and academic harassment.

Date & Time: Mon-Fri, 10:00-17:00
TEL: 011-706-2096, 2862
E-mail: soudan@general.hokudai.ac.jp



※ As part of the 2018 Student Participation Project, this brochure has been prepared by Hokkaido University students [(Uchida Shiho (Faculty of Law), Tanaka Yusuke (Faculty of Education), Hirano Miki (Faculty of Education), Hirayama Yoshinori (Faculty of Agriculture)] under the supervision of the Student Counseling Office manager.

※ The character Futto-kun on this brochure is used with the permission of Committee of Hokkaido University Festival.

⑥ Health Care Center

Health consultation and psychiatric consultation by medical professionals.

Medical Consultation: 13:00 - 15:30 on weekdays
First Aid Service: 8:30 - 17:00 on weekdays
TEL: 011-706-5348



[Psychiatric Consultation]

Appointment Required: TEL: 011-706-5418
(10:00 - 16:00 on weekdays)

Categories

- Mental Health Questions
- Health Questions
- Learning Support
- Counseling
- Peer Support
- Providing Info

⑦ Libraries (Central, North and Faculty Branches)

Whenever you need the right textbooks or learning materials for your reports, etc., visit our libraries!

- Feel free to ask the staff at the counter.
- You can also consult via the library's website. (Search "Hokkaido University ask online")
- If you don't know how to write a report, we also have workshops. Information on workshops can be found on the library's website or on ELMS.
- <https://www.lib.hokudai.ac.jp/>



⑧ Student Volunteer Office

Date & Time: Mon, Wed & Fri, 15:30-18:30
TEL: 011-706-2119
E-mail: hokubora@jimu.hokudai.ac.jp
Place: Institute for the Advancement of Higher Education N109



⑨ Window #2 in the Institute for the Advancement of Higher Education

Matters related to campus life procedures.
If you do not know where to go for consultation, please contact us.

Date & Time: Mon, Tue, Thu & Fri, Days with classes / 8:30-18:15,
Days with no classes / 8:30-12:15, 13:00-17:00
Wed, Days with classes / 8:30-13:00, Days with no classes / 8:30-12:15
TEL: 011-706-7460 Place: Institute for the Advancement of Higher Education 1F

⑩ Office of Diversity, Equity, and Inclusion

If you need information about "Diversity," "Balancing studies and childcare," "Academic careers for women," or other issues, please access the following:

URL: <https://www.dei.hokudai.ac.jp/> E-mail: office@dei.hokudai.ac.jp

