

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!



Hokkaido University
• Student Counseling Office
• Accessibility Services Office
• International Student Counseling Office
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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!

(Japanese and English available)

INTERNATIONAL STUDENT COUNSELING OFFICE



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

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



GRADUATE SCHOOL & SCHOOL OF SCIENCE

Date & Time: Wed & Fri 10:00 - 14:00
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

※ The information listed is current as of April 1, 2026. They may be subject to change, so please check before using.



② Peer Support (Support by students, for students)

Talk to other students about study and campus life!

(Multilingual staff available) International Student Support Desk

Date & Time: Tue & Fri, 12:00-14:00
Place: Student Communication Station 1F
E-mail: supportdesk@sacc.hokudai.ac.jp



Peer Support Room

Date & Time: Mon-Fri, 12:00-14:30
Place: Multimedia Education Bldg. 2F



※ Closed during long student holidays
※ The name, opening hours, etc. may change after April 2026.

③ Learning Support Office

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

Date & Time: Mon-Fri, 12:00-18:00
TEL: 011-706-7526
E-mail: iso_office@high.hokudai.ac.jp
Place: Multimedia Education Bldg. 2F



④ Accessibility Services Office

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 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, Tanaka Yusuke, Hirano Miki, Hirayama Yoshinori)] under the supervision of the Student Counseling Office manager. After that, it is updated every year.
※ 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)

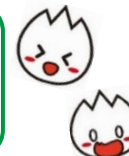
Whenever you need the right textbooks or learning materials for your reports, etc., visit our libraries!

- Feel free to ask the staff at the counter.
- You can also consult via the library's website. (Search "Hokkaido University Library 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 Unire.
- <https://www.lib.hokudai.ac.jp/en/>



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: First Year Education Bldg. N109



⑨ Window #2 in the First Year Education Bldg.

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: First Year Education Bldg. 1F

⑩ HOSSO

Guide you on "where" and "how" you can solve the problems of student life.
If you do not know where to go for consultation, please contact us.
Date & Time: Mon-Fri, 9:00-17:00 (Break 13:00-14:00)
E-mail: hosso@academic.hokudai.ac.jp
Place: Multimedia Education Bldg. 1F

⑪ 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

