

OIST Research Intern Program

Student Affairs Section

Updated: June 2026

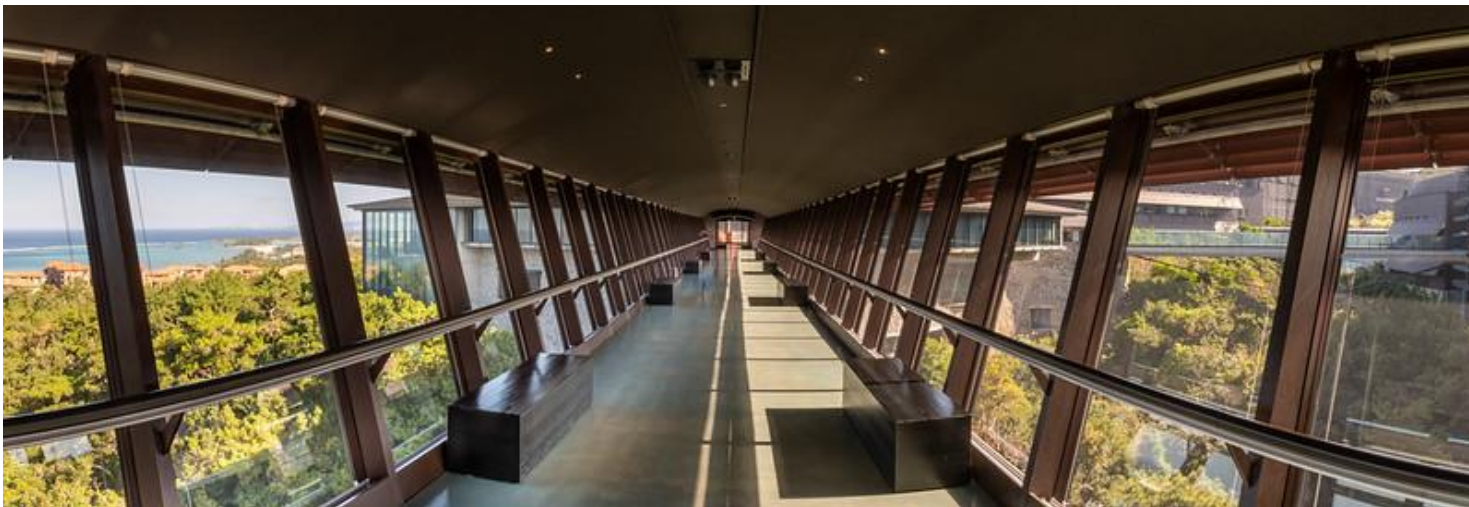


OKINAWA INSTITUTE OF SCIENCE AND TECHNOLOGY GRADUATE UNIVERSITY

Supports for Research Interns

- **Accommodation:** Shared, furnished on-campus housing or off-campus housing will be provided.
- **Per-diem/Allowance:** 2,400 yen per working day
- **Insurance:** Please check pages 7 –10
- **Travel Expenses:** One direct round-trip travel
- **Commuting Allowance:** OIST shuttle bus service
- **Visa Support:** Assistance in obtaining a Certificate of Eligibility (CoE)

*Please note: Financial support may be adjusted depending on the situation if an intern brings their own research funds or travel grants.



Internship Information

Please read Research Intern part (5.6.2. Research Interns) in OIST Policy Library

[05. Graduate School | Okinawa Institute of Science and Technology OIST](#)

And “2 Research Interns” in Special Student Policies of Graduate School Policies

<https://www.oist.jp/education/policies-regulations/gs-policies#toc14>

Research Site: Onna-son, Okinawa, Japan

Working Days: Monday to Friday (excluding Japanese national holidays)

Working Hours: 9:00-17:30 (Lunch break: 12:00-13:00)

Leave

2.6. Leave

Research Interns may take unpaid leave during the internship period. Leave must be approved by the supervisor, and Interns must submit a leave notice. Such leave should not hinder research activities in any way.

Visa Status

Those holding a “Cultural Activities” status valid for three months may not re-enter Japan without a re-entry permit.

***If you plan to travel abroad during your stay at OIST, please consult with us in advance before making any travel arrangements.**

Flight

The arrival and departure dates to and from Okinawa are set by OIST to be as close as possible to your internship period and will be confirmed prior to flight arrangements. As such, you must leave Okinawa after your internship period ends, and you may not extend your stay or arrive earlier than the designated dates.

Accommodation

Research interns will be provided with shared, furnished on-campus or off-campus housing during the internship period.

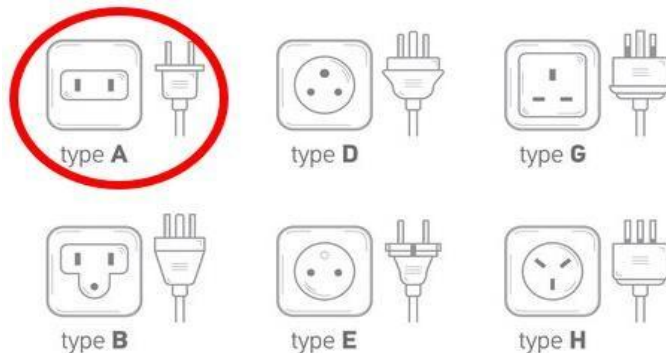
*Please note that no amenities (toilet paper, towels, etc.) will be provided in the room. We recommend that you bring enough supplies to last a few days.

For more information about housing, please check the furniture list.

**There is a possibility that OIST may request you to move to a different room due to room availability.

For more details, please see the link below.

[OIST Student Housing Information](#)



Electricity: The AC outlets in Okinawa are 100 volts/60 Hz and Type A. Please bring a plug adapter and a voltage converter if necessary.



Per-diem/Allowance

The internship allowance will be paid directly to your bank account in your home country. Once you receive the "**OIST Guest Registration**" email, please provide your bank information.

【Important Note: Bank Information】

- The bank account has to be **under your name**.
OIST does not deposit the allowance into someone else's bank account.
- Please note that it is **NOT possible to open a Japanese bank account while on a short-term stay status in Japan**.
- Before coming to Japan, please confirm that your bank can receive wire transfers from Japan and that your cash card is accepted at Japanese banks, otherwise, OIST cannot process your allowance payment.
- We recommend bringing bank account details, cash cards, and credit, when traveling to Okinawa.

Per-diem/Allowance

➤ **Per-diem/Allowance**

OIST will provide 2,400 Japanese yen (JPY) per workday.*

*This amount is generally taxable (20.42% for non-residents, and 10.21% for residents), but currently no taxes are imposed.

➤ **Payment Schedule**

Payments are scheduled no earlier than the following month (approximately two months after your start date at OIST) , Please note that the schedule is subject to change.

➤ **Payment method**

Payment will be made via wire transfer to your home country and will NOT be paid in cash. Please note that wire transfer usually take about one week to process.

Important:

Please bring at least two months' worth of funds for food and miscellaneous expenses in Japanese yen.- Average costs for food and miscellaneous expenses are approximately 50,000 JPY per month, 100,000 JPY would be needed for two months. In the Onna village area, it may be difficult to exchange foreign currency. Please convert your money before arriving in Okinawa.

Do not forget to bring Japanese yen in cash



ATMs in Japan

You may be able to withdraw cash from the following ATMs using your foreign ATM card. For details, please check each bank's website and confirm with your home bank as well. (There is one local bank ATM on campus; however, international transactions are not available.)

Japan Post Bank ATM

- International ATM Service (In English):



http://www.jp-bank.japanpost.jp/en/ias/en_ias_index.html

AEON Bank

- International ATM Service (In Japanese)



http://www.aeonbank.co.jp/atm/card/securities_credit/oversea/

ATM at Japanese convenience stores

Below links are in English

- **Family mart** : https://www.family.co.jp/for_tourist/en.html
- **Seven-Eleven** : <https://www.sevenbank.co.jp/intlcard/index2.html>
- **Lawson** : <https://www.lawson.co.jp/service/others/in/lang/en.html>



Insurances

1. Travel Insurance

Provided by OIST

2. National Health Insurance

Required for RIs staying more than three months.

The insurance fee is at the RI's own expense.)

3. Student Insurance for injury and liability during research activities (Gakkensai & Gakenbai)

Provided by OIST

Important Note:

If you plan to bring any medication, including over-the-counter drugs and/or medical equipment, please contact our Health Center in advance.

OIST Heath Center: health@oist.jp

① Travel Insurance (inbound)

When OIST provides a round-trip ticket to Research Interns or Visiting Research Students (RI/ VRS), they will be covered by **travel insurance**.

***If OIST does not provide a round-trip ticket, RI/VRS must provide proof of insurance to OIST prior to arrival.**

補償の概要
Summary of Coverage

- Please note that when you visit a doctor, you will need to pay the medical fee in cash upfront. This travel insurance only covers illnesses and injuries that occurred during your RI/ VRS program.
- This insurance does **NOT cover your chronic disease**.
- If you are not satisfied with the coverage (see the chart on the right), you are responsible for obtaining suitable health and liability insurance. If you arrange your own insurance, please contact gs-relocation@oist.jp.
- Since the insurance company reviews and decides on the claim, you may not receive 100 % of the claimed amount.

傷害死亡	1,000万円
Injury Death	¥10,000,000-
傷害後遺障害	1,000万円
Injury Residual Disability	¥10,000,000-
疾病死亡	1,000万円
Sickness Death	¥10,000,000-
治療・救援費用	無制限
Medical & Rescuer Expenses	Unlimited Amount
賠償責任	1億円
Liability	¥100,000,000-
携行品損害	10万円
Damaged Baggage	¥100,000-
航空機寄託手荷物	10万円
Flight Expense for Delayed Baggage	¥100,000-
航空機遅延	2万円
Flight Delay Expenses	¥20,000-

② National Health Insurance

(NHI; also known as "Kokuho")

This applies to holders of a “Cultural Activity” visa

- Required to enroll in this insurance when registering at the Municipal Office.
- Coverage will be retroactively applied from your date of entry into Japan upon registration.
- 70% of the total medical costs are covered by the National Health Insurance; you will pay the remaining 30%.
- **Monthly premium: approximately JPY1,000 -1,500 per month.**
- The program includes:
 - A reimbursement system for medical expenses exceeding your individual limit in a single month.
 - If hospitalization or similar treatment is required, you can apply for and receive an eligibility certificate that allows you to pay only up to your individual limit at the hospital.
- You MAY claim reimbursement under your travel insurance for the 30% you paid.
- The final insurance fee will be adjusted at the time of deregistration.

③ Gakkensai & Gakkenbai

What is “Gakkensai and Gakkenbai”?

These are insurance programs that cover students against unexpected accidents during their educational and research activities.

If you are currently enrolled in a Japanese University:

→Please share your current “Gakkensai and Gakkenbai” Information with us

If you are currently enrolled in a non-Japanese University:

→OIST will provide you with “Gakkensai and Gakkenbai”.



Living in Japan

Onna Village is a local tourist town located about one hour from Naha by car. Public transportation is limited; however, you can enjoy beautiful natural scenery. There are several websites that provide useful information about living in Okinawa, Japan. Please visit them to learn more about Onna Village and Okinawa.



➤ **OIST Resource Center:**
<https://www.oist.jp/resource-center>

➤ [Driving in Japan](#)

➤ [SIM Card](#)

➤ [Onna Village](#)

➤ [Okinawa Story](#)

➤ [Bus Map Okinawa](#)

➤ [Japan Guide.com](#)



What is Available at OIST

1. **OIST Library**
2. **OIST GYM**
3. **OIST Shuttle Bus**
4. **TIDA**

OIST community internal Website. You will find a lots of useful information there

5. **OIST Clubs**

If you are interested in joining OIST clubs, there are many activities to choose from



**Looking forward to seeing
you soon in Okinawa**

**Graduate School
Student Affairs Section**