

2024

New Student Orientation Student Life Guidance

Ritsumeikan University Office of Student Affairs

R RITSUMEIKAN
UNIVERSITY

Futurize.
きみの意志が、未来。

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Welcome to Ritsumeikan University

The years you spend at university are a precious time. You will encounter many new friends and mentors in the course of your various activities, grow as a person, and develop your network of relationships with others.

University students, as members of civil society, are also expected to uphold the rules and norms of the university and the wider community and to contribute to the creation of a better society.

This is also a period of preparation for independent living in the real world. As a university student, the basic rule is to make choices and judgments by yourself and take responsibility for them.

To ensure a safe and comfortable student life, this guidance session will provide you with the minimum level of knowledge you need and show you how to look for things on your own.

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My life as a university student starts today!
This is what I have been waiting for!

Though I can't quite imagine what university life will be like yet...

First, let's explore around the campus and see what it's like...



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5










I walked down the corridor and arrived at a door.
What is this place?

"Office of Student Affairs."
I'm not sure what it is exactly, but judging from the name, it seems like a place
dealing with student-related matters.


Let's go inside and check it out.








Oh, nothing in particular.
I'm a new student, and I am exploring the campus.



Hello.
Can I help you?







I see.
Well, since you are here, is there anything specific you're curious
about right now?







Hmm... Something I'm curious about...
To be honest, I still can't really imagine what university life is like at all...





I see.
I see. Alright, let me explain a bit so you
can imagine university life.
But first...





What!!!
I look like a hero in a video game!

Exactly! In fact, this campus is like the starting village before entering an unknown world. And you're a rookie hero! I'm the guide!
What I'm about to explain is very important, so please listen carefully!



衣笠キャンパス
KINUGASA CAMPUS



#平井喜一郎記念図書館
国内最大級・私大トップクラスの蔵書100万冊を誇る最先端の知の場



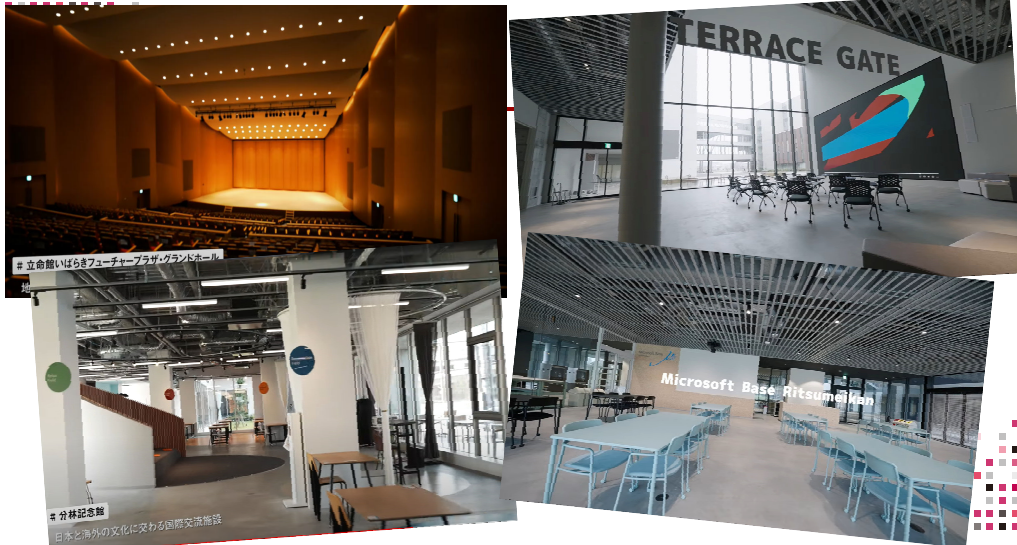
#東側広場
旧国直露跡地の広場。芝生の上で語り合ったりランチをしたり



#BBP(Beyond Borders Plaza)
国際交流や言語学習の中心。クローバー



大阪いばらきキャンパス
OSAKA IBARAKI CAMPUS



びわこ・くさつキャンパス
BIWAKO KUSATSU CAMPUS



Diversity and Inclusion

~Aiming to be a university where you can learn with peace of mind~

● Chancellor's Statement

- Respect for the diversity of others
- All members can feel pride and joy in Ritsumeikan.

● Basic Vision and Basic Policy

on the Promotion of Diversity and Inclusion

- Dignity and diversity of each individual
- To create a school that is inclusive towards its diverse members and where they can help and support each other.

As a university, we have also established the following two policies.

- Basic Approach to Sexual Diversity
- Guidelines on Support for Students regarding Sexual Diversity at Ritsumeikan University

■ Diversity & Inclusion website



Please remember to place value on diversity and inclusion so that you can enjoy your student life in your own way and with peace of mind.

Ritsumeikan University Student Disciplinary Regulations (Excerpt)

Acts subject to disciplinary actions

1. Acts that disturb social order (criminal acts)
2. Harassment
3. Acts against information ethics
4. Acts against academic ethics
5. Acts that infringe on the academic and research rights of students and faculty and/or interfere with administration of the university
6. Cheating or disrupting of examinations, etc.
7. Acts that violate regulations and matters based on regulations the university set forth to be observed by students
8. Other acts that are contrary to students' obligations

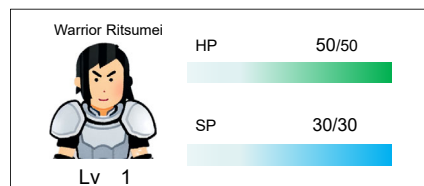
Process Flow

1. Occurrence of a misconduct or criminal activity
2. Investigation in each section, college, or department
3. Interview and guidance at department
Provide educational guidance based on preparation of reflection paper. (Student support will be also provided if it is necessary.)
4. Preparation of disciplinary draft by the department
5. Coordination by the Student Affairs Conference
6. Opportunities for defense
7. Deliberation at the Faculty Council and creating a petition
8. Final determination by the president and execution of disciplinary actions
 - Notification to the student and guardians
 - Announcement of the actions
9. Continuing educational guidance by the department

Details here



Take responsibility for your actions on a daily basis.



Staff Member
A



HP(Health point): Health points.
SP: Skill points.
Below you can see your item box, skill book, and strategy guide.
First, let me first show you how you can increase your HP(Health point).



How to earn HP(Health point): Food

100-Yen Breakfast

- Weekdays during the course period
8:00 - 9:00



Rice + Main Dish + Miso Soup

* 55 yen plus for each additional side dish.

Only **100 yen!**

Payment is accepted by the Co-op electronic membership card or by the RU meal system.

[KIC] Zonshinkan Cafeteria
[BKC] Union Square 2F Food court
[OIC] OIC Cafeteria



BKC Lunch Street

Please check the latest calendar and map below.



Food Trucks

TIME: 11:30 - 18:00
* Or until sold out
PLACE: Please check the QR code on the left.

Bento Box Lunch Stands

TIME: 11:30 - 13:30
* Or until sold out
PLACE: Please check the QR code on the left.

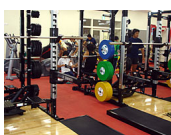
"Class Room Lunch"
Some classrooms are open during lunch break as places where you can eat lunch!

Eat well to is to prove your concentration!

How to earn HP(Health point): Physical exercise

Training Room

- Machines and equipment are available for use by students from all Campuses.
- On-site trainers are here to help.
- Good for athletes and dieters!
- Those who wish to use the training room must first participate in a training seminar, after which a gym card will be issued.



BKC Sports and Health Commons

- A new sports facility for student health
- Complete with swimming pool, gymnasium, aerobic training rooms, etc.
- Classes and events are held regularly.

* Check the website for more details.



Remember to exercise regularly.

How to earn HP(Health point): Regular Medical Examination

The purpose of regular medical examination:

To maintain and promote health through early detection and treatment of physical abnormalities.

The number of young people who are diagnosed with so-called lifestyle-related diseases such as hypertension, diabetes, hyperlipidemia, and obesity due to disordered lifestyle rhythms and unbalanced diets has been on the rise in recent years. Lifestyle-related diseases can be prevented or treated by detecting them early during regular medical examination and improving lifestyle habits.

Be sure to undergo regular medical examination to ensure a healthy student life. You can check the information on manaba+R.



Protect your own health by yourself. Be sure to get a medical examination to learn about your health condition!

If you get injured...

■ All regular students must enroll in Gakkensai after admission.

Gakkensai is the Japanese abbreviation of the Personal Accident Insurance for Students Pursuing Education and Research. Enrollment procedures are conducted by the university, so students do not need to do anything on their own.

■ Types of Insurance Payouts

Types of activities/accidents	Examples	Number of days receiving treatment
a. During regular curricular activities /university events	During lectures, experiments, practical training courses, and/or research activities under the supervision of an instructor	1 or more days
b. During extracurricular (club) activities	During cultural or athletic activities under the supervision of a student group approved by the school	14 or more days
c. While on the premises of a school facility	During periods when the insured is in school facilities owned, used, or managed by the school for educational purposes	4 or more days

Please refer to the following page for information on how to file an insurance claim.



Injuries caused by accidents on the way to school are not covered. Therefore, if you plan to commute by bicycle, **you must purchase bicycle insurance on your own!**

Special tools

■ Inter-Campus Transportation

RU operates a shuttle bus service connecting our three Campuses to support student activities.

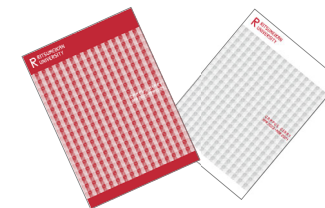
A shuttle bus also stops at JR and private railway stations on weekdays after 6:00 p.m. on its schedule, making it convenient for students to use when returning home.



Tickets only cost 150 yen!

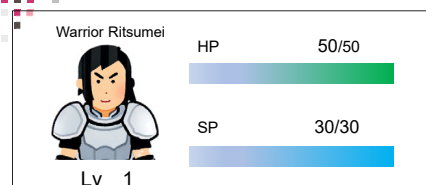


■ CAMPUS DIARY



You can also find the university schedule (class dates, etc.), timetable, Campus map, study tools, and more!

Don't forget these useful tools!



Staff Member A



Naturally, if you do something harmful to your health, you will lose HP(Health point). For example...

How to lose HP(Health point): Illicit drug abuse and overdose

Drugs harm your physical and mental health!
Drugs destroy your life, your relationship with your family, your relationships with others, and society!
After a brief high, nothing awaits you but severe punishment!

The use, possession, sale, and distribution of illegal drugs are all criminal acts under Japanese law and are severely punished.

Overdose of over-the-counter medicines among young people is now on the rise.

Over-the-counter medicines such as cough and cold remedies can cause **health problems, addiction, and in the worst case, even death**, if taken without following dosage and administration.

You must never do drugs and overdose!

How to lose HP(Health point): Drinking alcohol and smoking

Alcohol

- ◆ **Drinking, smoking, and gambling**, such as betting on horse and bicycle races, **are not allowed for anyone under 20 years of age.**
- ◆ Underage drinking, chugging alcoholic beverages, forcing someone to drink, and drunk driving are all **criminal acts.**
- ◆ Drinking large amounts of alcohol (or making others drink) can also put you or others at risk of death from acute alcohol poisoning. *If you feel you are in danger, do not hesitate to **call an ambulance (119).**
- ◆ **Never drink and drive!** This does not just mean you. Any action that leads to others driving drunk is prohibited! This applies not only to motor vehicles and motorbikes but **also to bicycles!**

Tobacco

- ◆ **Smoking is prohibited on Campus** except in designated smoking areas.
- ◆ Smoking outside of the designated areas **is a violation of the law!!**
- ◆ Be aware of the danger caused by second-hand smoke.
- ◆ Don't smoke to begin with.
- ◆ The Medical Service Center can help you quit. Inquire for help.

Please exercise caution because alcohol and tobacco are harmful to your health.

How to lose HP(Health point): Harassment

- ◆ The most important element in creating an environment free from harassment is to understand that **every person is different**, and to recognize that both you and the others you deal with are invaluable individuals.
- ◆ To avoid engaging in harassment, you should
 - Not say or do anything that makes the other person feel bad or hurt.
 - Remember that everyone reacts differently. **Never assume that someone thinks the same way as you or downplay the effect of what you say or do.**
- ◆ Examples of frequently occurring harassment:
 - Academic harassment / Power harassment**
 - Sexual harassment / Alcohol harassment**
 - Racial harassment**

Contact information for Advisors



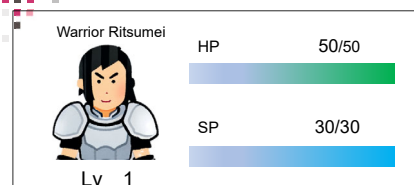
If you experience harassment, do not keep it to yourself. Please contact one of our Advisors.

How to lose HP(Health point): Misuse of social media

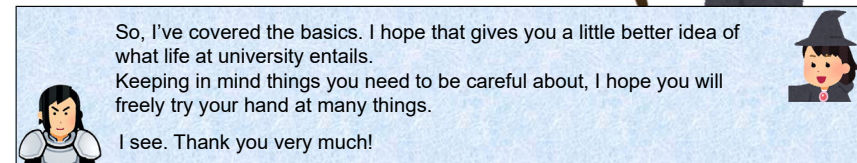
5 things you should know about using social media

1. Information on social media is not always correct.
2. Even on social media, we must observe social rules.
3. Information on social media can spread all over the world.
4. On social media, you are responsible for your remarks even if you make them anonymously.
5. Careless remarks on social media can harm your family and friends.

Before you post anything, please stop and think about what would happen if the same thing happened to you.



Staff Member A



So,
my university life began.



I've gradually gotten used to my daily life over the past two weeks.
Now, it's time to start looking for a part-time job to earn some living expenses!

Maybe I should start by searching online.
Let's try searching for "part-time jobs, Kansai."

Wait a sec, what's this job listing?



Shady Part-time Job



Shady Part-time Job Center

[Cash paid on the day in Kansai]

There is some risk, but we can refer
jobs where you can make around
100,000 yen!!!
We invest in you!

Daily jobs available throughout the
country 全国
DM us today ☺

#shady part-time jobs #underground
part-time jobs #shady work
#underground work #high-paying
part-time jobs

Shady Part-time Job



Shady Part-time Job Center

[Cash paid on the day in Kansai]

There is some risk, but we can refer jobs where
you can make around 100,000 yen!!!
We invest in you!

Daily jobs available throughout the country
DM us today☺

#shady part-time jobs #underground part-time
jobs #shady work #underground work #high-
paying part-time jobs

Close window.

Search more for part-time jobs.

Send a DM.

The truth about shady part-time jobs

あなたへのお願い。



政府広報

Source: Government of Japan Public Relations Office webpage. "The truth about shady part-time jobs: Recruitment of people to perpetrate crimes with the promise of high pay" #SNS #perpetrator July 31, 2023. <https://www.gov-online.go.jp/prg/prg27114.html>

How to avoid getting involved with shady part-time jobs

1. Do not blindly believe information about "attractive" part-time jobs on social media and bulletin boards.
2. Be careful about offers coming through social networking sites and messaging apps commonly used for shady part-time jobs.
3. Cross-check information in advance with public institutions such as the police or with consultation services.
4. On the off chance that you apply for a shady part-time job, do not keep it to yourself, but be sure to consult with the police or other public agencies.

Source: <https://www.baitoru.com/contents/list/detail/id=3525>

Shady part-time jobs are illegal. Do not let yourself get involved with them!

How to avoid theft

1. Keep **valuables** on your person
2. **Do not leave your bags unattended**
3. Make sure your gym or locker room locker is properly locked
4. **Double-lock** your bicycle
Apply for anti-theft registration for your bicycle
5. Beware of bag snatchers

Thefts and snatchings occur frequently in the library, gymnasium, cafeteria, lounges, bicycle parking lots, etc.!



Universities are places where people from all walks of life come and go. Remember: You are responsible for protecting yourself.

Tips for living alone

19. Kbcnews

新生活の防犯 新社会人の自宅の防犯対策とは?



Source: Fukuoka/Saga KBC NEWS. "Must-see for those starting a new life! Security measures for those living alone." May 19, 2023 <https://www.youtube.com/watch?v=brzZk7n2Smc&t=6s>

Tips for living alone



- ☐ Particularly at night, walk with someone you know, and choose streets with lots of pedestrians.
- ☐ Avoid walking while doing other things, like using your smartphone.



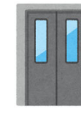
- ☐ When you reach your front door, check to make sure there are no suspicious persons around before unlocking the door.
- ☐ Make sure to immediately lock the front door after you enter.
- ☐ Be sure to lock your windows before going to sleep.



- ☐ Cross out or destroy personal information before disposing of documents or mail that contain this information.
- ☐ Do not let mail pile up.



- ☐ When you go drinking, be careful about how much you consume.
- ☐ Never let your drink leave your sight.



- ☐ Check your surroundings before getting on the elevator. Never ride alone with a stranger.
- ☐ Stand near the button panel and do not keep your back to the other passengers.
- ☐ If you are wearing a skirt and walking upstairs, protect yourself with your bag.

In the unlikely event that you fall victim to a crime, please do not hesitate to contact us.

[On Campus] Office of Student Affairs, Student Support Room, Medical Service Center
Shiga SATOCO (24-hour hotline) Tel.: 090-2599-3105

Warrior Ritsumei



HP 50/50



SP 30/30



Ability to spot a shady part-time job:
+1

Theft prevention skills:
+1

Ability to live alone:
+1



Chapter 1:
Part-time jobs
Chapter 2:
Living alone

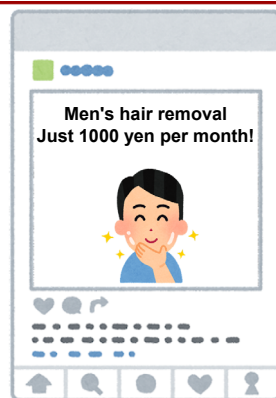
Open

After that, I found a part-time job at a supermarket near my house.
A month has passed now.

Yay! It's payday today!
After paying my living costs, there is a little bit left over.
Maybe I will buy something to reward myself.

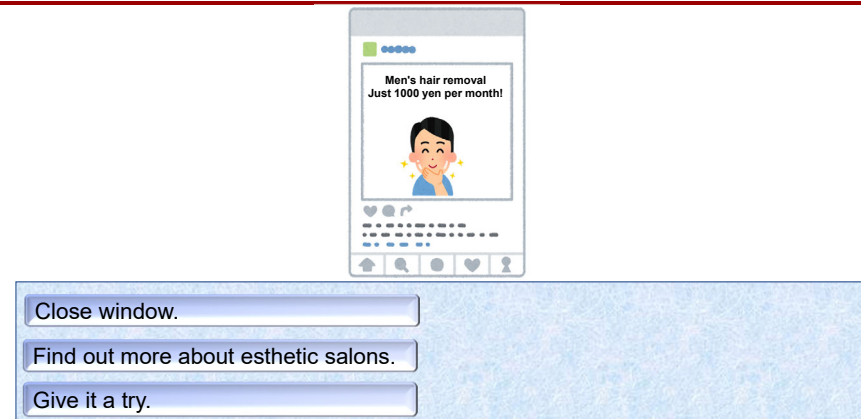
I wonder what everyone has been using lately.
Let's search for "popular products for college students."
Wait a sec! What's this ad?!

Consumer problems common among university students

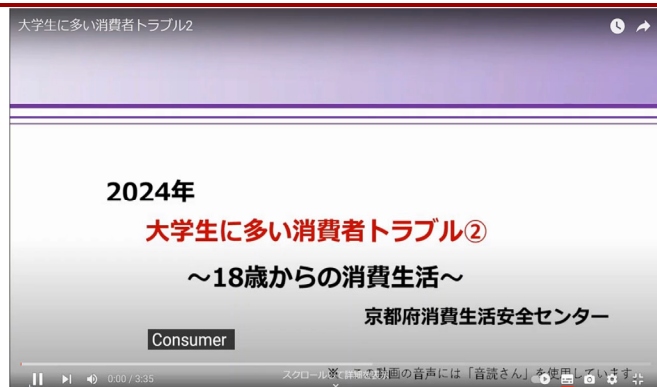


Source: National Consumer Affairs Center of Japan https://www.kokusen.go.jp/news/data/n-20220721_1.html

Consumer problems common among university students



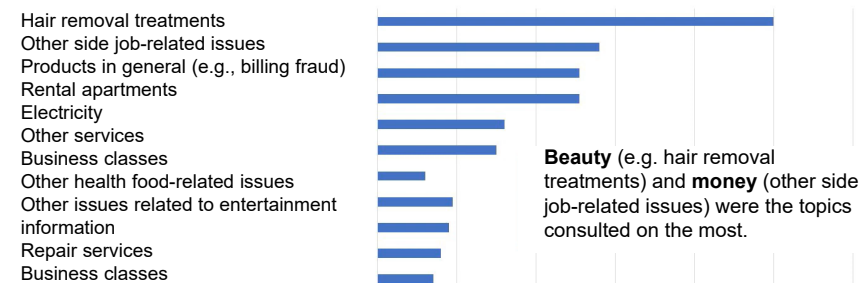
Consumer problems common among university students



Source: Kyoto Prefecture Consumer Safety Center. "Consumer Troubles Common among University Students: Part 2," December 25, 2023. <https://www.youtube.com/watch?v=cPxYLY-X2jU&t=5s>

Consumer problems common among university students

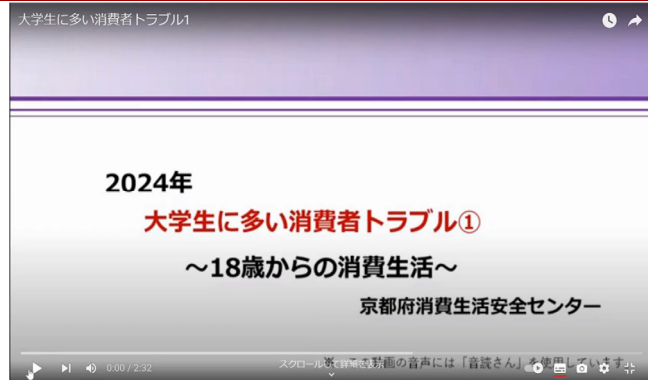
Details of consultations from 18-22 year old in Kyoto Prefecture (Dec. 2022-Nov. 2023)



Source: Kyoto Prefecture Consumer Safety Center <https://www.youtube.com/watch?v=cPxYLY-X2jU&t=5s>

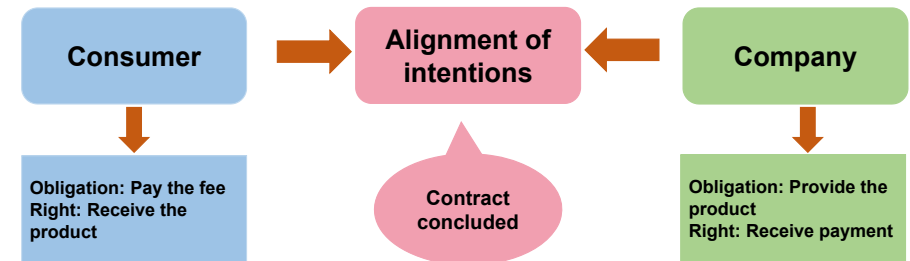
If you run into any consumer problems, call the Consumer Hotline at #188.

What exactly is a contract?



Source: Kyoto Prefecture Consumer Safety Center. "Consumer Troubles Common among University Students: Part 1," December 25, 2023. <https://www.youtube.com/watch?v=del7x14APHI>

What is a contract?



Source: Kyoto Prefecture Consumer Safety Center <https://www.youtube.com/watch?v=del7x14APHI>

Once you become an adult, you can sign contracts on your own, so be sure to check them carefully!

How to avoid contract problems

1. Never sign a contract without thinking it through.
2. Do not blindly accept information from the internet.
3. Carefully assess the contents of the product or service.
4. Even if someone presses you to make an immediate decision and sign a contract, never sign on the spot.
5. Even if you are urged to sign a loan or credit contract, don't sign it if you do not have cash.

If you run into any consumer problems, call the Consumer Hotline at #188.

Multilevel marketing



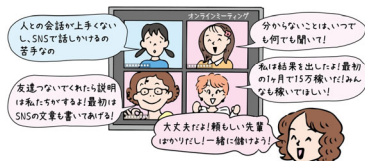
Source: Kyoto Prefecture Consumer Safety Center <https://www.youtube.com/watch?v=RCE0dAnBbOM>

Multilevel marketing

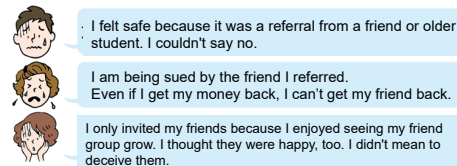
◆ Multilevel marketing (Network marketing)

An MLM representative will say "anyone can easily make money by introducing your friends to us," then they will induce you to buy expensive products and services.

I just referred my friends and now I'm the perpetrator?
~ I didn't realize it was MLM



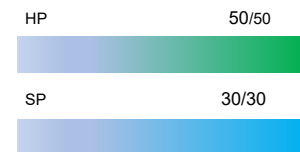
Actual comments from students



Source: National Federation of University Co-operative Associations. "Handbook for Learning How Not to be Deceived."

- (1) The referrer cannot explain the content in detail, (2) they only provide tantalizing information
(3) or they recommend borrowing money from a consumer finance company
→ If any of these happen, beware!

Warrior Ritsumei



Ability to spot MLM:

+1

Ability to prevent consumer problems:

+1

Knowledge of contracts:

+1



Chapter 3:
Shopping

Open

Classes, part-time work, and sometimes the gym...
My days are busy, and I'm having trouble making friends.

I'd really like to make some friends.
What should I do?
Maybe I should join some kind of group.

I've got it!
I'll check online for events for new students.

Oh, here's one.
"Let's talk about the SDGs together. New students are more than welcome!!"
This looks pretty casual. I think I'll give it a try.

Wow, I sure am glad I went!!!

The atmosphere during the discussion was great, and above all, there was a friendly senior who was willing to teach me various things.
I quickly exchanged LINE contacts with Senior M. Yay!!!

Since then, Senior M has been helping me with various things like classes and daily life.
Sometimes we even have lunch together at the cafeteria.

Senior M is really kind and listens to my concerns empathetically. Moreover, Senior M has ambitious goals and often talks about wanting to train themselves and change society. Their stories are so inspiring, and they've made me want to grow more like them.

One day, Senior M said to me,

"I think the most important thing to become the person you want to be is to create something like a pillar at the center of your heart. And for that, I believe studying the Bible is crucial. Right now, I feel like I'm getting closer to the person I want to become through studying the Bible. I thought it would be nice if we could study together and mutually elevate each other. Would you like to join a study session with me sometime?"

Note: This story was prepared by the Office of Student Affairs based on the following information.

(1) Kyushu University official channel. "Teach Us Q-Bo! [Cults: Social Media Edition]" March 28, 2022.
<https://www.youtube.com/watch?v=Et9zd1vLN50&t=533s>

(2) Osaka University official channel. "Attention Students: Beware of Suspicious Solicitations by Cults, Part 4: How Cults Disguise Themselves as Clubs" September 27, 2018.
<https://www.youtube.com/watch?v=GSQNfCCMowQ&t=114s>

...

A Bible study group...

What should I do?

If Upperclassman M is there, maybe it's okay to give it a try.

He's always treated me well, so it's hard to refuse.

But a Bible study group feels weird...

It's making me feel uneasy...

What should I do...

Cults

[Features of cults]

1. Cults place **restrictions on individuals' thoughts and actions** (they restrict how you lead your daily life).
2. Cults force members to proselytize, solicit new members, or sell products.
3. Cults involve you in **vandalism, violence**, or other anti-social activities.

[Cults actively target students]

Members make their pitch while **hiding the name of the group and the true purpose of the its activities**. In many cases, **a member will only try to recruit you after building a relationship**.

- **Cults pretend to be event planning groups, sports clubs, volunteer organizations**, etc.
- Cults collect information from **social media hashtags**, etc. In some cases, members will play the part of a friendly upperclassman or classmate.

1. Clearly say **"No!"** to anything that makes you feel uncomfortable.
2. **Do not readily provide your personal information**.
3. If the invitation feels suspicious, **consult with your parents or the Office of Student Affairs**.

Warrior Ritsumei



HP 50/50

SP 30/30



Ability to spot a cult:
+1



I told Senior M clearly that I wouldn't go.
That's how I ended things with Senior M.

Now I'm alone again.

But I still want friends...
Why is this so difficult...

Will I be able to make friends like this...
I'm anxious...
I don't even feel motivated...



Ah, hello...

Hello !



You seem a bit down. Is something bothering you?



Actually I am a bit down
Can I talk to you a bit now?

Of course.



I finally thought I had made a friend, but it turns out that person is part of a cult group. I'm really sad about it.

I see...You are feeling sad...





Yeah, I'm really sad. It's been tough making friends, and I worry if I'll ever make more in the future. It's just so nerve-wracking...

It's about the anxiety of making friends, right? I understand. Starting a new chapter in life does come with its uncertainties.



Emotional care: Embracing anxiety

I wonder if I can make friends...

Will I ever find a good partner?

Will I be able to live on my own?



I wonder if I can keep up with my classes...

Can I get the job I want?

I wonder if I will find what it is I want to do...

- ◆ Basically, change comes with anxiety.
- ◆ Anxiety is neither wrong nor bad.
- ◆ All of our emotions flow from the same pipeline.

It is natural to feel anxious in a new environment.
Let us embrace our anxiety.

Mental care: The 5 elements of happiness



Spiritual wellbeing



Physical wellbeing



Intellectual wellbeing



Relational wellbeing



Emotional wellbeing

Source: Tal Ben-Shahar, PhD
"Happier, No Matter What: Cultivating Hope, Resilience, and Purpose in Hard Times"

Emotional care: How to increase happiness



Get exercise



Become mindful



Keep a gratitude notebook



Take time to read a book thoroughly



Meet people in person



Source: Tal Ben-Shahar, PhD "Happier, No Matter What: Cultivating Hope, Resilience, and Purpose in Hard Times"

Let's put this into practice starting today!

Student Support Room

- Depression or anxiety
- Interpersonal relationship issues
- Homesickness
- Difficulties in adjusting to student life in Japan, etc.
- Academic / career-related concerns

The SSR is here to help you find a solution.

- The staff are all certified and experienced professional counselors.
- Services are available in Japanese and English.
- All counseling information is kept strictly confidential.

SSR is located in the Office of Student Affairs at each Campus:
 [KIC] Kenshinkan 2F [BKC] Central Arc 1F [OIC] Bldg. A 1F (AS Office)
 TEL: 075-465-8174 TEL: 077-561-3952 TEL: 072-665-2130

If you need someone to talk to or listen to you, please feel free to use the Student Support Room instead of keeping your worries bottled up.



学生サポートルームのご案内
Student Support Room Services Guide

Emotional care: How to increase happiness



Be sure to check out these events offered by the Support Room!

Student Success Program



• Not sure about study skills for college?
 • Worried about the difference between studying in high school and university?
 • Want to balance your classes and extracurricular activities?
 • Want to identify your learning style, strengths, and weaknesses?
 • Want to accomplish multiple things efficiently?

SSP Coordinators provide one-on-one sessions to give you the support you need.

Please use the SSP live seminar series to help you successfully get through the spring semester.

Please visit our website for details!

If you can change today, you can change tomorrow.
 Become the person you want to be with SSP!

Other Consultation Services

- **Medical Service Center**
- When you get injured, or feel sick
- Get consultation on physical and/or mental health
- When you want to quit smoking
- A "Fever Clinic" has been established for infectious diseases

[KIC] Shigakukan1F
 TEL 075-465-8232
 [OIC] A-Bldg-South
 TEL 072-665-2110

[BKC] West Wing 1F
 TEL 077-561-2635

For more information, URL: <https://en.ritsumeikan.ac.jp/health/>



- **Disability Resource Center**

- Receive support/accommodation from student disability services
- Specialized DRC coordinators are Stationed at the DRC of the office of student affairs

For details, see the following URL:
<https://www.ritsumeikan.ac.jp/drc/en/>



Please take advantage of the support and resources that are suitable for you!

Where should I go for a consultation?

Student Support General Guide

April 2024








- Counseling regarding academic life, relationship/future issues
- Feeling down or unmotivated

- Self-management skills, including time management, organizing assignments, or goal setting

- Support and academic accommodation for students with disabilities

- Physical and mental health consultations
- Medical treatment

- I have a problem, but I don't know where to go...

	Student Support Room [SSR]	Student Success Program [SSP]	Disability Resource Center (Physical, mental, and developmental)	Medical Service Center	Office of Student Affairs
Making an appointment	By Request Form 	By Request Form 	By email/phone 	Appointment required for Psychiatry. Office Hours: 	By email/phone 
Meeting/Interview format	In-person/Zoom/Telephone	In-person/Zoom	In-person/Zoom	In-person *Please call first if you have a fever or cold-like symptoms.	In-person/Zoom
Hours	9:30-17:00 By Appointment	9:30-17:00 By Appointment	9:30-17:00 By Appointment	9:30-17:00 Medical treatment in the afternoon	9:30-17:00
Website	http://www.ritsumei.ac.jp/ssr/en/	http://www.ritsumei.ac.jp/ssp/english/	http://www.ritsumei.ac.jp/drc/en/	http://en.ritsumei.ac.jp/health/	http://www.ritsumei.ac.jp/drc/sougou/en/

Extra-curricular activities



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Extra-curricular activities



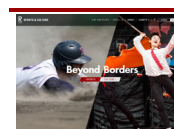
You are sure to find a variety of extracurricular activities (study abroad, peer support groups, clubs, etc.) that match your interests, lifestyle, and the skills you wish to acquire!

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Information for extra-curricular activities



■ Homepage
「SPORTS & CULTURE」



■ Booklet by Student Union
「Circle Collection」



■ Web page for
Business-start Program



■ Web page and booklet
for peer support groups



R 海外留学プログラム

■ Web page for
「Study Abroad Program」



Please feel free to access the site first!

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Scholarships for extracurricular and self-directed activities

For
Individuals

Challenge Scholarship (Individual support)

Amount: (1) Initial support: 50,000 yen or 100,000 yen per year (per student)
(2) Level up support: 50,000 yen, 100,000 yen, 200,000 yen, or 300,000 yen per year (per student)



For
groups

Alumni Association Future Human Resources Development Scholarships (Support for groups)

New applications: 150,000 yen, 300,000 yen, or 500,000 yen per year (per group)
Continuing applications: 150,000 yen per year

Application process

[Inquiries: Office of Student Affairs on each Campus]

Sep.- Oct.:
Get guidelines/
application form,
join an information
session, apply

Nov.:
Interviews

Nov.- Dec.:
Recipients
announced,
information session
held

For details, check the
RU Growth Support
Scholarship site!



Application
guidelines



Past recipient
groups

We support your desire to try new things!

Opportunities to participate, learn and grow for Expo 2025 Osaka, Kansai, Japan



The Ritsumeikan Trust sponsors "Playground of Life: Jellyfish Pavilion," one of the signature pavilions at Expo 2025 Osaka, Kansai, Japan

Participation in the Expo = Opportunity to learn and grow

➔ Ritsumeikan University launched the Expo Student Committee "Ookini", a student group that aims to drive momentum toward the Expo, promote social issues, and exhibit during the Expo period.



For more information about "Ookini" and its activities, please check the Instagram account on the right and the announcements on manaba+R!



Being able to participate as one of the "creators" of the Expo in the country where you are studying as a student is sure to be a once-in-a-lifetime experience! We encourage you to take advantage of this opportunity for your own personal growth.

Warrior Ritsumei



HP 50/50

SP 30/30



Accepting anxiety:
+1
Improving happiness:
+1
Making friends:
+1



Chapter 4:
Emotional health
Chapter 5:
Extracurricular
activities

Open

Warrior Ritsumei



HP 50/50

SP 30/30



Special tools

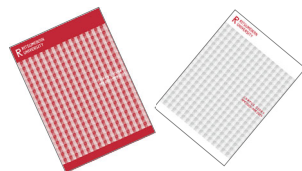
■ Inter-Campus shuttle bus

- To help students travel between our Campuses, Ritsumeikan University operates a shuttle bus service that connects the three Campuses.
- On weekdays after 6:00 p.m., the bus also stops at JR and private railway stations along the way, making it easy for you to get home.

* Check the University website for details.



■ Campus DIARY



The Campus Diary includes a Campus map, information on various counseling services, university schedules, timetables, and study tools!

Warrior Ritsumei



HP 50/50

SP 30/30



List of skills

Ability to spot a shady part-time job

Theft prevention skills

Ability to live alone

Ability to spot MLM

Ability to prevent consumer problems

Ability to spot a cult

Knowledge of contracts

Accepting anxiety

Improving happiness

Making friends

Warrior Ritsumei



HP 50/50

SP 30/30



Strategy guide contents

Chapter 1: Part-time jobs

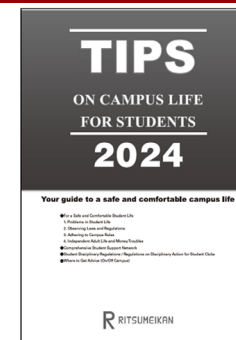
Chapter 2: Living alone

Chapter 3: Shopping

Chapter 4: Emotional health

Chapter 5: Extracurricular activities

Campus life strategy book: TIPS



**TIPS ON Campus LIFE
FOR STUDENTS 2024**



If you run into any problems in the course of your student life, be sure to check this handbook.

The Offices of Student Affairs are located below:

KIC: Kenshinkan Hall, 2F

BKC: Central Arc, 1F

OIC: AS Office, Bldg. A, 1F

If you run into any problems in the course of your student life or would like advice on how to try something new, come talk to us.

**Challenge your mind.
Change our future.**



Please check the following after the guidance.

1. Drug Awareness Survey (response required)

Ritsumeikan University conducts drug abuse prevention activities to raise awareness of the horror and danger of "drugs," and conducts a "drug awareness survey" every year for new students. Please be sure to complete the survey that can be accessed from the URL below.
URL : <https://forms.office.com/r/DK0NYCXfe8>



2. Student Life Guidance Questionnaire (response required)

Please be sure to respond after the guidance.
URL : <https://forms.office.com/r/qMhwM1k44X>



3. Distribution of Handouts

This guidance material is distributed from the following URL. Some parts cannot be explained in detail in the guidance. Please see below for more details.
URL : <https://www.ritsumei.ac.jp/file.jsp?id=509260>

