

# 2025 New Student Orientation

Student Life Guidance

Office of Student Affairs, Ritsumeikan University



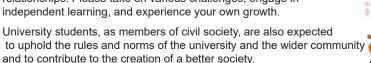


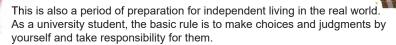


# Welcome to Ritsumeikan University



Your four years at university are a precious time when you will meet many new friends and mentors, grow as a person, and form relationships. Please take on various challenges, engage in independent learning, and experience your own growth.





To ensure a secure, safe, and fulfilling student life, this guidance session will provide you with the minimum level of knowledge you need and show you how to find information and get help when you need it.

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Futurize. きみの意志が、未来。





# Today's objectives



For a fulfilling student life...

Learn about the various activity opportunities and services at the university



For a safe and comfortable student life...

Know and understand the tools for avoiding problems



For the success of your student life...

Learn about being able to consult with a specialist on campus







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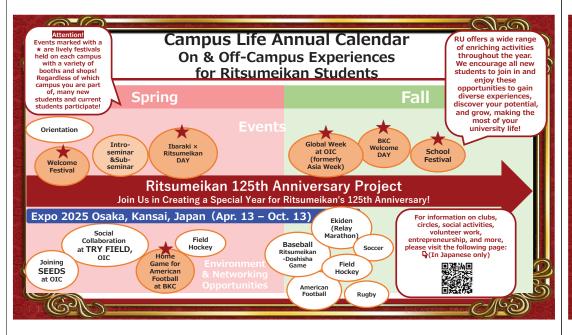




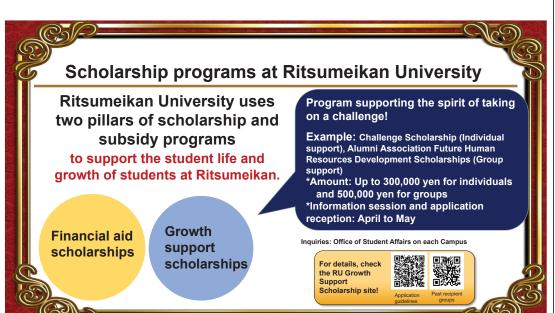




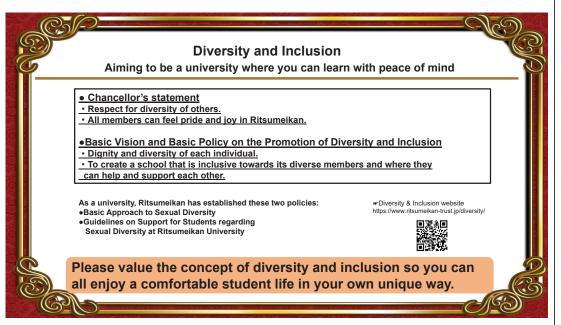


























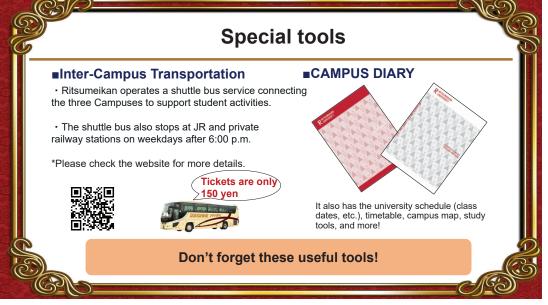


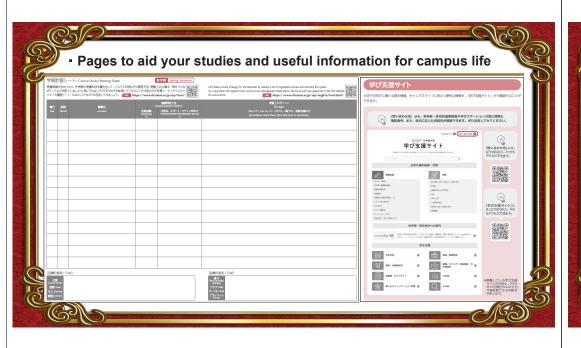


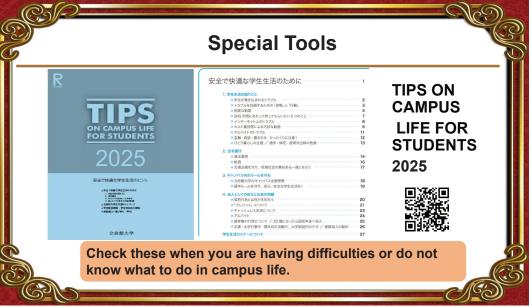
















#### How to earn HP (Health Points): Food and physical exercise

### 100-yen Breakfast

#### Kinugasa Lunch Street

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



Rice+2 side dishes+ Miso Soup 55 yen extra for each additional side dish

only 100 yen!









Time: 11:30 - 13:30

#### **Training Room**

- Many exercise machines you are free to use
- Available for individual use (after attending a

training seminar and receiving a gym card)





#### **BKC Sports and Health Commons**

- · New sports facility for improving your health
- · Has programs and events you can easily join
- Assists with recruitment of research subjects





#### How to earn HP (Health Points): Food and physical exercise

#### 100-yen Breakfast

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



Rice+2 side dishes+ Miso Soup 55 yen extra for each additional side dish

only 100 yen!

#### **OIC Lunch Street**





Bento Box Stands

Time: 10:30 - 15:30

### **Training Room**

- · Many exercise machines you are free to use
- Available for individual use (after attending a

training seminar and receiving a gym card)





#### **BKC Sports and Health Commons**

- New sports facility for improving your health
- Has programs and events you can easily join
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#### How to earn HP (Health Points): Regular medical examinations

The purpose of regular medical examinations:

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

The number of young people who are diagnosed with diseases called lifestyle diseases has been on the rise in recent years.

Lifestyle diseases can be prevented or treated by detecting them early in regular medical examinations and improving lifestyle habits. Every year, serious illnesses such as pulmonary tuberculosis are detected, and there are cases where early intervention has helped people regain their health.

You may need a Certificate of Health to receive a scholarship, take an employment examination, or join extracurricular activities, and you sometimes cannot receive one if you have not had regular medical examinations.

Be sure to undergo regular medical examinations so you can enjoy a healthy student life. You can find 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. The university handles enrollment procedures, 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 how to file an



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 vour own!