

# Information about IRIS and other communities

### **Handouts**

Orientation for newly arrived International Students and Scholars

Date: 2024.4.5(Fri.)

Place: Training Room, 1st floor of Convention Center

< Information about IRIS and other communities >

Presented by IRIS (Information Room for International Students)

- 1, Center for International Education and Exchange (CIEE)
- 2. Emergency Card
- 3. Information from CIEE
- 4. Information Room for International Students (IRIS)
- 5. IRIS Letter
- 6. School Visit Program
- 7. OU Consultation Room Map
- 8. Information and Services for International Students on Campus
- 9. Health and Counseling Center
- 10. Inter-Campus Shuttle Bus Service
- 11. University CO-OP
- 12. Disaster Prevention / Crime Prevention
- 13. Cautions on Drinking, Drugs, Cults and Social media
- 14. Tips for renting an apartment in Japan
- 15. Useful Websites and Apps
- 16. Campus Members
- 17. OUISA (Osaka University International Students Association)
- 18. B.S.P. (Brothers and Sisters Program)
- 19. International Student Associations at OU



You can find CIEE HP from this QR or URL



https://ciee.osaka-u.ac.jp/information-for-new-international-students/



#### -

- 110 (POLICE: ACCIDENT, CRIME)
- 119 (FIRE DEPT. : FIRE, EMERGENCY MEDICAL SERVICES)
- Japan IR&C SUPPORT CENTER
   Language: Japanese/English/Chinese
   TEL (toll-free):0120-119-075(daily, 24hours)

#### University Offices

- · Your Faculty :
- · Faculty's Phone Number: Tel.
- · IRIS : TeL06-6879-7076

# IRIS あいりす





EE HP)(EN) IRI

IRIS (CIEE HP) (JP)

#### Information Room for International Students

- ●Advice on daily life and academic life ●Study area ●Computers and Internet
- ●Lounge Tea & Cafe ●Magazines and brochures (English and Japanese) ●Notice board (information on used goods, language exchange, assistance etc.) ●Information on scholarships, career, part-time job, studying abroad etc. ●Intercultural events and lots more!

Please feel free to visit us anytime!!

\*SUITA IRIS 8:30-18:00, Mon. - Fri.

2<sup>nd</sup> Floor, IC Hall, Suita Campus TEL 06-6879-7076

\*Toyonaka Branch (IRIS) 10:30-17:00, Mon. - Fri.

2<sup>nd</sup> Floor, Student Service & Union Bldg, Toyonaka Campus TEL: 06-6850-5032

\*Minoh Branch (IRIS) 10:30-17:00, Mon. - Fri.

5th Floor, Research and Education Hub, Minoh Campus TEL: 072-730-5020

#### [IRIS Letter]

We provide you with various information and announcements about upcoming events and activities on KOAN and send it to the KOAN registered email of all enrolled international students.

#### [School Visit Program]

You can talk about your home country/region and have fun with local students.

※ If you are interested, please sign up through this QR code. → ■新華

### [Osaka University Host family Program (OHP)]

(Home visit type program. Not Homestay)

You can have frank and casual interactions with local civic volunteer families. (The language, content, frequency, and date of the interaction will be decided by the student and the host family.)

- Target: Osaka University international students who came to Japan after Oct.
   10th, 2023 and will be able to participate in the meeting with host families on Apr. 27th (Sat.)
- Application period: Mar. 20th (Wed.) Apr. 10th (Wed.)
- \*\* If there are too many applications, a drawing will be held. \*\*

  ※ If you are interested, please sign up through this QR code. →







### 2024 年春・大阪大学ホストファミリープログラム (OHP) (ホームビジットタイプ)

大学/UNIVERSITY: 大阪大学/Osaka University

●大阪大学ホストファミリープログラムとは?

国際教育交流センター (CIEE) が本学留学生に対し、ホストファミリープログラム (以下、「OHP」とする。) に参加する機会を提供するものです。

(6Pは、ホームステイブログラムではありません。(6P)は、学生が火阪大学在学中に、地域に住んでいる日本の家族と出会う提会を提供するものです。学生は、ホストファミリー宅を訪れたり、一緒に食事をしたり、実体のある場所へ行く等の活動を一緒に行います。どこで会うか、何回会うかなどは、学生とホストファミリーの話し合いにより決められます。(全てのホストファミリーがボランティアとして参加しています。交流にかかわる費用を含め、この (6P) ブログラムでの交流は、原則として自己責任としていただきます。) 交流開間は原則として自己責任としていただきます。) 交流開間は原則として自己責任としていただきます。) 交流開間は原則として自己責任としていただきます。) 交流開間は原則として自己責任としていただきます。) 交流開間は原則として自己責任としていただきます。) 交流開間は原則として自己責任としていただきます。) 交流開間は原則として自己責任としていただきます。) 交流開間は原則として自己責任としていただきます。) 交流開間は原則としていた。

- ●対象学生: 2023 年 10 月 10 日以降に来日し、4 月 27 日(土) のホストファミリーとの出会いの会に参加できる大阪大学留学生
- ●申込期間:3月20日(水)~4月10日(水) [申込多数の場合抽選]
- ●応募方法: OHP に興味がある学生は、こちらのフォームから申し込んでください。→

MY INFORMATION

緊急連絡先/EMERGENCY CONTACT:

名前/NAME: \_\_\_\_

住所/ADDRESS: \_\_\_\_

プログラム/FACULTY:

●保除tn 2

OHP 参加者は、学生生活で起こりうる予期せぬ事故等を総合的にサポートする。「外国人哲学生向け学研贝付 帯学生生活総合保険(インパウンド付帯学総)」へ加入しなければなりません。保険料は、4 か月で 6,300 円程 度~8,300 円程度です。詳細および申込は、◆大阪大学サポートオフィス(インパウンド付帯学総)

※ OHP について質問のある人は、iris@cice\_osaka-u\_ac\_jp まで連絡してください。

### HOST FAMILY PROGRAM in 2024 Spring (Home Visit type)

●What is the Host Family Program (OHP) at Osaka University?

The Center for International Education and Exchange provides an opportunity to take part in a host family program for international students.

Our program is NOT a home stay program. Our host family program provides opportunities for you to meet a local Japanese family in the area while studying at Osaka University. You and your host family will meet and do activities together, such as visiting your host family's house, having meals together, going to places of interest, etc. It is all up to you and your host family where and how often you meet each other. (In principle, the costs associated with exchanges through this program will be split.) The exchange period is basically five months from Aordi to August.

- Target: Osaka University international students who came to Japan after Oct. 10th, 2023 and will be able
  to participate in the meeting with host families on Apr. 27th (Sat.)
- Application period: Mar. 20th (Wed.) Apr.10th (Wed.)
   [If there are too many applications, a drawing will be held.]
- How to Apply: If you are interested, please sign up through this QR code. -



Insurance

OHP participants are obligated to enroll in university student insurance which covers the daily life, unless your courses or programs at Osaka University make you join the insurance which covers the daily life while your study. You should join "Comprehensive Insurance for Students Lives Coupled with Gakkensai For International Students" which offers comprehensive support in the case of unexpected incidents occurring during student life. Premiums range from about 6,300 yen to 8,300 yen for four months. For details and enrollment, please visit 

Support Office, Osaka University (Comprehensive Insurance for Students Lives Coupled with Gakkensai).

If you have any questions regarding OHP, please feel free to contact us at <a href="mailto:iris@ciee.osaka-u.ac.jp">iris@ciee.osaka-u.ac.jp</a>.

# 1, Center for International Education and Exchange



Information for international students 2023 Fall Orientation for new international students (general edition) as CIEE Intensive Japanese Course orientation materials 2023 Fall Orientation for new international students (iExPO, OUSSEP, FrontierLab) and [CIEE & IRIS] - Center for International Education and Exchange (CIEE) Information from CIEE - Information Room for International Students (IRIS) - IRISLetter a & School Visit Program - Osaka University Host Family Program (OHP) [Consultation] - OU Consultation Room Map and - Information and Services for International Students on Campus and - Health and Counseling Center [Life Related] Emergency Card - Inter-Campus Shuttle Bus Timetable - University COOP & Guidance Book of University COOP for International Students and - Disaster Prevention - Crime Prevention - Cautions on Drinking, Drugs, Cults and Social Media - Tips for renting an apartment in Japan and - Useful Websites and Apps - "Campus Members" -- Museums and Art Museums [International Exchange] - OUISA (Osaka University International Students Association) - B.S.P. (Brothers & Sisters Program) -- International Student Associations at OU &

https://ciee.osaka-u.ac.jp/information-for-new-international-students/

### 2, Emergency Card





# English Available

\*Carry this at all times

Emergency Call

110 (POLICE: ACCIDENT, CRIME)

- 119 (FIRE DEPT. : FIRE, EMERGENCY MEDICAL SERVICES)
- Japan IR&C SUPPORT CENTER
   Language: Japanese/English/Chinese

TEL (toll-free):0120-119-075(daily, 24hours)

#### University Offices

- Your Faculty:
- Faculty's Phone NumberTEL
- IRIS: TEL06-6879-7076

### Japanese only

### MY INFORMATION

名前/NAME: \_ 住所/ADDRESS:

プログラム/PROGRAM:

大学/UNIVERSITY: 大阪大学/Osaka University

緊急連絡先/EMERGENCY CONTACT:

#### To All International Students

Osaka University decided to implement the "24 hours Inbound Emergency Support System" which provides consultation and advise for accidents, health problems and other accidents might occur in your daily life while your stay in Japan as an Osaka University student.

Consultation is conducted by the telephone and E-mail. This system is offered in 3 languages (English, Chinese and Japanese), please contact to "JAPAN IR&C SUPPORT CENTER" in case when you're involved in any accidents and troubles.

♦You may use the service when:

- You are in troubles and don't know how to respond.
- You are having difficulty solving problems because of language and cultural differences etc.

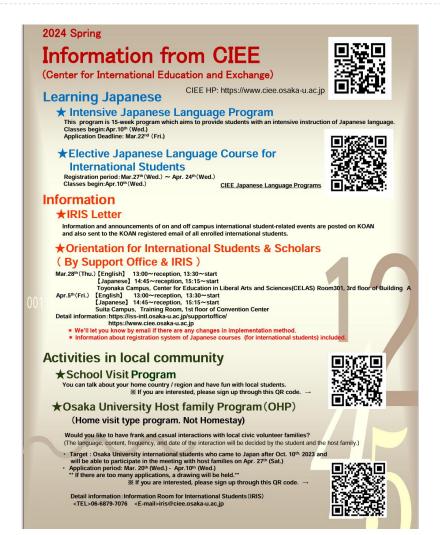
JAPAN IR&C SUPPORT CENTER
 Language: Japanese/English/Chinese
 TEL(toll-free): 0120-119-075 (daily, 24 hours)
 E-mail: CS-inb@i-rac.co.jp

\*Please use E-mail service if you're not in an urgent situation.

%Please note that the telephone dialogues relating to consultation/advice will be automatically recorded for the purpose of maintaining the service quality.



### 3, Information from CIEE



### 2024 年春・大阪大学ホストファミリープログラム (OHP) (ホームビジットタイプ)

#### ●大阪大学ホストファミリープログラムとは?

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- ●対象学生: 2023 年 10 月 10 日以降に来日し、4 月 27 日(土) のホストファミリーとの出会いの会に参加でき る大阪大学留学生
- ●申込期間:3月20日(水)~4月10日(水) [申込多数の場合抽選]
- ●応募方法: OHP に興味がある学生は、こちらのフォームから申し込んでください。

OHP 参加者は、学生生活で起こりうる予期せぬ事故等を総合的にサポートする、「外国人留学生向け学研災付 帯学生生活総合保険(インパウンド付帯学総)」へ加入しなければなりません。保険料は、4 か月で 6,300 円程 度~8,300 円程度です。詳細および申込は、◆大阪大学サポートオフィス(インバウンド付帯学総)

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#### **HOST FAMILY PROGRAM in 2024 Spring** (Home Visit type)

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※ If you have any questions regarding OHP, please feel free to contact us at irisaciee.osaka-u.ac.ip.

## 4, Information Room for International Students

### Information Room for International Students (IRIS)

- Open to international students on each campus as a space for exchange, consultation, information and guidance, and a
  place to hold events.
- The place for many international students, Japanese students, faculty and administrative staff of Osaka University, international researchers and their families, as well as host families and volunteers of local communities visit and meet through many kinds of international exchange activities.
- Facilities: wifi, computers, books, magazines, etc.
- Information: scholarship, Japanese language programs, international exchange activities, events, recycled items, study abroad, others

### **Suita IRIS**

Mon.~Fri. 8:30~18:00

Toyonaka Branch (IRIS)

Mon.~Fri. 10:30~17:00

Minoh Branch (IRIS)

Mon.~Fri. 10:30~17:00

We have IRIS on 3 campuses





### Suita IRIS



Toyonaka Branch (IRIS)



Minoh Branch (IRIS)

### 5, IRIS Letter

# IRIS Letterあいりす通信

Information and announcements of on and off campus international student related events are
posted on KOAN and sent to all enrolled international students to their KOAN registered
email.

学内外の留学生関係のイベント情報やお知らせを KOAN に掲載しているとともに、在籍する全留学生に KOAN 登録メールへも送信しています。

#### あいりすレター: IRIS Letter 20XX No.1 (20XX.4)

- \* 今回の IRIS レター\*
- 1.20XX 年度春~夏学期 留学生対象日本語プログラム
- 2. 学内パス運行のお知らせ
- 3. 学生定期健康診断

#### \*Contents \*

- 1. Japanese Language Program for International Students, 20XX Spring~Summer
- 2. The schedule of inter-campus shuttle bus
- 3. Student medical checkups
- ::::: 1.20XX 年度春~夏学期 留学生対象日本語プログラム 日本語を学びたい留学生のために様々なプログラムを提供しています。 大阪大学の留学生なら誰でも受講できます。授業開始:4月00日(月)、手続きはすべてウェブで行います。 履修登録締め切りは4月△ム日(金)です。 詳細はころらをご覧ください。
- ::::: 1 . Japanese Language Program for International Students, 20XX Spring~Summer Osaka University ofters a variety of courses for those who want to learn Japanese. Anyone who is an international student of Osaka University can take courses in the program. Registration is handled over the internet. Classes begin on April OO (Mon.). Class registration ends on April  $\Delta\Delta(\text{Fti.})$  . Click here for more information.
- ::::: 2. 学内バス運行のお知らせ 4月 00 日(月)から学内バスが運行しています。 詳細はこちらをご覧ください。
- ::::: 2. The schedule of inter-campus shuttle bus School buses are in service from April OO (Mon.). Click here for more information.

You can find various information such as disaster notice, upcoming events.

### 6, School Visit Program

### The IRIS School Visit Program



#### IRIS 学校交流プログラム

How about talking about your home country /region and interacting with local school children/ students?

Please visit the website below and fill in the form for registration.

https://forms.office.com/r/2ngmwyUiME

\* Work permit for part-time jobs (Permission to engage in activity other than that permitted under the status of residence previously granted) is required in order to participate in this program.

\* Some programs may require a bank account that allows domestic remittances.

地域の小・中・高等学校の児童・生徒たちと交流したり、自分の国/地域を紹介したりしませんか?

興味のある人は下のフォームから登録してください。

https://forms.office.com/r/2ngmwyUiMB

以下のような詳しいプログラムのメールが届きます。

\*このプログラムに参加するためには資格外活動許可が必要です。

プログラムによっては、国内送室が可能な銀行口屋が必要な場合があります。

IRIS スクールビジットプログラムに登録しているみなさんへ (20XX/OO/OO)
To: International Students who have registered at the IRIS School Visit Program

このメールは IRIS スクールビジットプログラムに登録しているみなさんに送っています。

参加希望者は、Forms から申し込んでください。

\*授業がある人は参加できません。

\*申込者が多い場合は参加できないことがあります。

We are sending this e-mail to those of you who have registered at the IRIS School Visit Program. Please complete the application by filling in the required information on the forms to join the program

\* You can't skip your classes due to this program.

\*Sometimes you can't join in case there are a lot of applicants.

日時: 〇月〇日(土) 14:00 - 16:00 学校名: ABC 高等学校 学年: 高校 1~2年生(15-17 歳) 30 人

内容: 自国紹介、文化交流 交流宣语: 京语

募集人数:15名

学校の先生との事前打ち合わせ: △月△日(月)16:30~

学校の完全との事前打ち合われ 【締切】△月 ○ 日(火) 正午

Date & Time: O/O(Sat.) 14:00-16:00

Name of the school: ABC senior high school Grade: from 10th grader to 11th grader (15 to 17 years old), 30 students

Contents: introducing your country, cultural exchange

Language: English

Volunteers to be invited: 15 international students Advanced meeting with schoolteachers:  $\Delta/\Delta$  (Mon.) 16:30-

Advanced meeting with schoolteachers: △/△ (Mon.) 16:30 [Deadline] △/O (Tue.) Noon

Inquiries can be sent to the following email addre 質問はこちらのEメールアドレスまで IPIS Se

IRIS School Visit Program [sv@ciee.osaka-u.ac.jp]

詳しくはこちら (日本語) https://ciee.osaka-u.ac.jp/international.exchange/school.visit.program/# (English) https://ciee.osaka-u.ac.jp/en/international.exchange/school.visit.program/#

2024 学校交流プログラム登録フォー ム/The IRIS School Visit Program Registration Form



How about interacting with local students?

If you are interested in this program, register from this QR code.

"Work Permit for part time job" is required.



### 7, OU Consultation Room Map

### 新しく大阪大学の仲間になった学生\*の皆さんへ Dear New Students\*, WELCOME TO OSAKA UNIVERSITY!

大阪大学は学生の皆さん1人1人が充実した勉学生活を送れるようサポートしています。 このパンフレットにある「阪大初心者向けQ&A」や留学生相談室マップなどにある様々なサポーターを 是非活用してください!

\*このパンフレットは留学生を主な対象としていますが、阪大が初めての一般学生にも参考になります。

Osaka University supports every one of you, so that you can have a fruitful academic and campus life at Osaka University.

This pamphlet has been put together with the aim of supporting your life at Osaka University with such information as "Q&As for newcomers to Osaka University" and a "Map of Advising Rooms for International Students." We sincerely hope it will be useful for you.

\*Although this pamphlet has been made with the new international students in mind, it will also be useful to all new students to Osaka University.

版大初心者向けQ&A

aka University.

NewComers to Osaka University.

Q2初めて1人で生活をはじめたので、

Q1大阪大学に入ったばかりで、まだ どこに何があるかわからないし、 とても不安です。 I am totally new to Osaka University and feel that I know nothing. I feel lost. 型が続いて「人で生活をはしめだいで、 知り合いも友人もいません。 I have just started a new life here at Osaka by myself. I know no one. I have no friends here.

Q3日本語に (英語にも)自信がなく、 コミュニケーションに不安があります。 I am not good at Japanese (English), and I don't know whether I can communicate with people here.

Q4これから大阪大学での勉強や 研究がちゃんとできるか心配です。 I am worried whether I will do well in my studies and research at Osaka University. as大阪大学に来る前に想像していたことと今の自分の状況が違っていて、 とうしていいかわかりません。 The image I had before coming to Osaka University is so different from what I am facing now. I do not know what to do.

大阪大学留学生支援フロントスタッフネットワーク作成 (2024.3更新) By Front Staff Network in Support for International Students, Osaka University

### **Consultation Services on Campus**

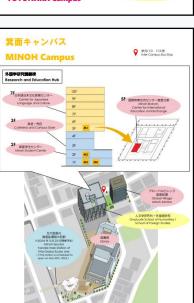
			Suita 🐧 ,Toyonaka 🚺 ,Min	10n	
Name		Location	Phone/Email	Ma	
enter for International Ed		Exchange (CIEE)			
Support Office for Interno Students and Scholars	<u>ational</u>		06-6879-4750		
Information Room for International Students (IRIS)		2F, IC Hall	06-6879-7076 iris@ciee.osaka-u.ac.jp		
Toyonaka Branch		2F. Student Service & Union	06-6850-5032	TI	
Minoh Branch		5F, Research and Education Hub	072-730-5020	М	
ealth and Counseling Co	enter				
Tanna and occinounty of	Suita	HaCC Suita Branch	06-6879-8970	S4	
Health Care Division	Tovonaka	HaCC Toyonaka Branch	06-6850-6038	TE	
Healin Care Division	Minoh	· '	072-730-5151	М	
		HaCC Minoh Branch  2F, Suita Educational Training Center,	0/2-/30-3131	S:	
Counseling Room for	Suita	Cybermedia Center	06-6850-6014		
<u>Students</u>	Toyonaka	3F, Student Services & Union, Osaka University	gakusou@hacc.osaka -u.ac.ip	T	
	Minoh	1F, Research and Education Hub	-0.dc.jp	M	
		@1311, 3F, Division of Nursing	06-6879-6981		
	Suita	②1312, 3F, Division of Nursing	06-6879-6982	S	
		©704, 7F, Interdisciplinary Research Bldg.	06-6850-5029	T	
Harassment Counseling Office	Toyonaka	②2F, Data Station, Cybermedia Center	06-6850-6006	Π	
Office		32F, East Stairwell, Health and Counseling Center	06-6850-6505	T	
	Minoh	1F. Research and Education Hub	072-730-5112	М	
General Consultation	HaCC Center	,	06-6850-8322		
dvising Rooms for Interne			00 0000 0022		
_		lins on Campos	06-6879-8972		
Center for International Affairs (CIA) Advisory Division for International Students, Graduate School of Engineering		1F, International Research Complex for Biotechnology	contact_cia@fsao.eng.o: aka-u.ac.jp	g.os S2	
The Office of International E	vohango (OIE)	M245, 2F, Main Building, School of Human	06-6879-4038	in S3	
Graduate School of Human		Sciences	oie@hus.osaka-u.ac.jp		
International Affairs Office (	Graduate		06-6850-6409	-JL	
International Affairs Office, Graduate School of Humanities/ School of Letters (Toyonaka)		109, 1F, Main Building, Graduate School of Let. Law. Econ.	inter@let.osaka-u.ac.jp	c.jp T2	
			06-6850-6424		
Advising Room for Internation		A325, 3F, School of Engineering Science Building A	aris@ad.es.osaka-u.ac.ip	T3	
Craduale school of Engineering science			,,	ac.jp	
International Exchange & Consultation Room, School of Law, Graduate School of Law & Politics/ Osaka University Law School		201, 2F, Graduate School of Law and	06-6850-5181	-[]	
		Graduate School of Economics Building	f-student.law@ml.office. osaka-u.ac.jp	ce. T4	
International Exchange Office	ce, Graduate	101, 1F, Graduate School of Law and	06-6850-5847	1.	
School of Economics		Graduate School of Economics Building	ieo@econ.osaka-u.ac.jp		
Advisement Office for Intern		D201, 2F, School of Science Building D	06-6850-6415	u.ac.jp	
Students, Graduate School	ot Science	(International Exchange Salon)	foreign@sci.osaka-u.ac.jp		
Global Community Office, C		205, 2F, OSIPP Building	06-6850-5641 sodan@osipp.osaka-	T/	
International Public Policy (C	OSIPP)		v.ac.jp		

### Consultation Services off Campus

saka University

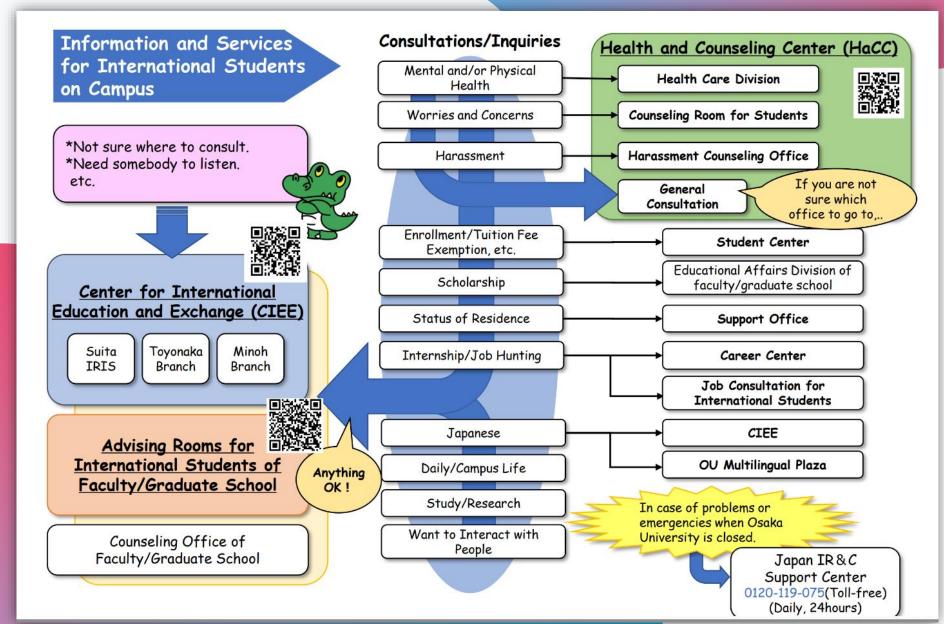
Name	Phone			
Osaka Medical Net for Foreigners				
Immigration Services Agency of Japan	0570-013904			
Osaka Information Service for Foreign Residents (OFIX)	06-6941-2297			
Osaka International House Foundation (Information Counter for Foreign Residents)	06-6773-6533			





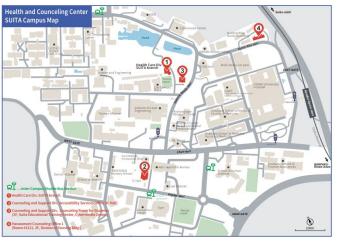


# 8, Information and Services for International Students on Campus



# 9, Health and Counseling Center



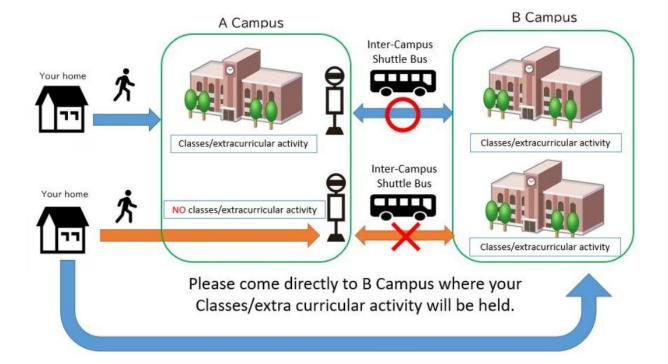




# **Heath and Counseling Center Minoh Campus**

1F, Foreign Studies Research and Lecture Building, 3-5-10 Senba Higashi, Minoh 562-8678

# 10, Inter-Campus Shuttle Bus Service



### Inter-Campus Shuttle Bus Timetable

(April 2024~ March 2025)

No.   No.	NAKA
1	
2         7:55         8:15         8:30         8:35         2         —         7:40           3         8:00         —         8:25         8:30         3         8:20         8:25         8:45           4         8:10         —         8:35         8:40         4         8:30         8:35         —           5         9:00         —         9:25         9:30         6         9:20         9:40         —         10:05         10:10         7         7:00         —         10:05         10:10         7         7:00         10:05         10:10         10:10         10:05         10:25         8         9:35         —         7         7:00         10:20         —         —         9         10:30         10:35         10:25           10         10:00         10:20         —         —         —         10         11:15         11:40         —         11:40         —         11:40         —         11:40         —         11:40         —         11:40         —         11:40         —         11:40         —         11:40         —         11:40         —         11:40         —         11:40         —	8:10
3         8:00         —         8:25         8:30         4         8:10         —         8:35         8:40         4         8:30         8:35         —         4         8:30         8:35         —         —         9:35         —         —         9:35         —         —         9:35         —         —         9:35         —         —         9:35         —         —         7         9:40         —         10:10         10:15         —         7         10:00         10:05         10:25         —         7         10:00         10:05         10:25         —         —         10:10         10:05         —         —         9         10:30         10:35         10:25         10:25         10:30         —         —         9         10:30         10:35         10:55         10:25         10:25         10:20         —         —         10:11:15         11:15         11:40         —         11:40         —         11:40         —         11:40         —         11:40         —         11:40         —         11:40         —         11:40         —         11:40         —         11:40         —         11:40         —         11:40	8:00
5         9:00         —         9:25         9:30         6         9:10         9:15         9:35           6         9:20         9:40         9:55         10:00         6         9:30         9:35         —           7         9:40         —         10:05         10:10         10:10         7         10:00         10:05         10:25           8         9:45         —         10:10         10:15         —         —         9         9:55         10:30         —           9         9:55         10:15         —         —         10         11:15         11:20         11:40           11         10:45         —         11:20         11:40         —         12:25         11:30         12:25         11:40         —           12         11:00         —         11:25         11:30         11:55         11         11:40         —         12:25         11:30         12:25         13         12:10         12:15         —         12:25           13         11:15         11:35         11:50         11:55         13         12:10         12:15         —         12:25           13         12:05 <th>9:05</th>	9:05
6         9:20         9:40         9:55         10:00         6         9:30         9:35         —           7         9:40         —         10:05         10:10         7         10:00         10:05         10:25           8         9:45         —         10:15         —         —         9         9:55         10:15         —         —         9         10:30         10:35         10:55           10         10:00         10:20         —         —         10         11:15         11         11:25         11:30         11:15         11:15         11:15         11:15         11:15         11:30         11:15         11:15         11:15         11:15         11:35         11:50         11:55         13         12:10         12:15         —         12:25           13         11:15         11:35         11:50         11:55         13         12:10         12:15         —         12:25           14         11:40         —         12:30         12:35         —         14         —         —         12:25           15         12:05         —         12:30         12:35         —         15:35         15:10	9:00
7         9:40         —         10:05         10:10         7         10:00         10:05         10:25           8         9:45         —         10:10         10:15         8         10:25         10:30         —           9         9:55         10:15         —         —         9         10:30         10:35         10:55           10         10:00         10:20         —         —         —         10         11:15         11:20         11:40           11         10:45         —         11:25         11:30         11         11:15         11:40         —           12         11:00         —         11:25         11:30         11         11:135         11:40         —           14         11:40         —         12:05         12:10         14         —         —         12:35           15         12:05         —         12:30         12:45         12:50         16         13:35         13:40         14:00           17         12:15         12:35         —         —         18         14:50         14:00           17         12:15         12:35         —         —	9:55
8         9:45         —         10:10         10:15         8         10:25         10:30         —           9         9:55         10:15         —         —         9         10:30         10:35         10:55           10         10:00         10:20         —         —         —         10         11:15         11:20         11:40           11         10:45         —         11:10         11:15         11:35         11:40         —           12         11:00         —         11:25         11:30         11:55         12:10         12:05         12:10         12:10         12:15         —         12:35         —         —         12:35         —         —         12:35         —         —         12:35         —         —         12:35         —         —         12:35         —         —         12:35         —         —         12:35         —         —         12:35         —         —         12:35         —         —         12:35         —         —         12:35         —         —         12:35         —         —         12:35         —         —         12:35         —         —         12	10:00
9   9:55	10:45
10	10:55
11         10:45         —         11:10         11:15         11         11:35         11:40         —           12         11:00         —         11:25         11:30         12:20         12:05         12:25           13         11:15         11:35         11:50         11:55         13         12:10         12:15         —           14         11:40         —         12:05         12:10         14         —         12:35           15         12:05         —         12:30         12:35         —         16         12:10         12:35         —         16         13:35         13:40         14:00           18         12:40         13:00         —         —         —         18         14:15         14:20         14:40           18         12:45         —         13:10         13:15         —         19         —         —         18:05         —         15:05         —         18:05         —         18:05         —         18:05         —         18:05         —         18:05         —         18:05         —         18:05         —         18:05         —         18:05         —         18:05	11:15
12         11:00         —         11:25         11:30         12:10         12:05         12:25           13         11:15         11:35         11:50         11:55         13         12:10         12:15         —           14         11:40         —         12:05         12:10         14         —         12:35           15         12:05         —         12:30         12:35         —         16         13:35         13:40         14:00           17         12:15         12:35         —         —         —         16         13:35         13:40         14:00           18         12:40         13:00         —         —         —         18         14:50         14:55         —           19         12:45         —         13:10         13:15         19         —         —         15:05           20         12:55         —         13:20         13:25         20         15:05         15:10         15:30           21         13:30         13:50         14:05         14:10         21         15:05         15:10         15:30           21         14:20         —         14:45	12:00
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22         14:20         —         14:45         14:50         22         15:50         15:55         16:15           23         14:35         —         15:00         15:05         —         23         15:55         16:00         —           24         14:45         15:05         —         —         24         16:05         16:10         16:30           25         14:50         —         15:35         15:55         15:55         25         16:20         16:25         —           26         15:15         15:35         15:45         15:50         26         16:50         16:55         —           28         15:30         —         15:55         16:00         —         26         16:55         17:00         —           29         15:50         —         16:15         16:20         28         —         —         16:55           30         16:10         —         16:35         16:40         30         17:20         17:25         17:45           31         16:25         —         16:50         16:55         31         17:50         17:25         17:45           31         16:55 <td< th=""><th>15:50</th></td<>	15:50
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24         14:45         15:05         —         —         24         16:05         16:10         16:30           25         14:50         —         15:15         15:20         25         16:20         16:25         —           26         15:15         15:35         15:50         15:55         26         16:50         16:55         —           27         15:20         —         15:45         15:50         27         16:55         17:00         —           28         15:30         —         16:15         16:20         28         —         —         16:55           29         15:50         —         16:35         16:40         30         17:20         17:25         17:45           30         16:10         —         16:35         16:40         30         17:20         17:25         17:45           31         16:25         —         16:50         16:54         30         17:20         17:55         —           32         16:35         16:55         —         —         31         17:50         17:55         —           33         16:50         —         17:15         17:20         33<	16:35
25         14:50         —         15:15         15:20         25         16:20         16:25         —           26         15:15         15:35         15:50         15:55         26         16:50         16:55         —           27         15:20         —         15:45         15:50         27         16:55         17:00         —           28         15:30         —         16:15         16:20         28         —         —         16:55           29         16:10         —         16:35         16:40         30         17:20         17:25         17:45           30         16:10         —         16:55         16:40         30         17:20         17:25         17:45           31         16:25         —         16:55         17:20         31         17:20         17:25         17:45           32         16:55         16:50         —         —         32         —         —         18:25           33         16:50         16:50         17:20         33         18:30         18:35         —           34         16:55         17:15         —         —         34         18:35<	16:25
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28         15:30         —         15:55         16:00         28         —         —         16:55           29         15:50         —         16:15         16:20         29         —         —         17:15           30         16:10         —         16:35         16:40         30         17:20         17:25         17:45           31         16:25         —         16:55         —         —         31         17:50         17:55         —           32         16:55         —         —         32         —         —         18:25           34         16:55         17:15         —         —         34         18:36         18:40         —           35         17:20         —         17:45         17:50         35         —         —         18:50           36         17:25         17:45         18:00         18:05         36         19:00         19:05         19:25	17:20
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★ 社会情勢の変化により運行日程を変更することがあります。 https://www.osaka-u.ac.jp/ja/access/bus.html

国際教育交流センター留学生交流情報室「IRIS | 2024/3

# 11, University CO-OP

Guidance Book of



### **University CO-OP**

for International Students (Ver. 2024 Spring)

### Welcome!

You have to become a member of Osaka University CO-OP to take advantage of the great prices,

### Please join the CO-OP membership!

⟨ About Osaka University CO-OP ⟩

The CO-OP is invested by CO-OP members, and the members can enjoy the CO-OP's privileges which include a few percent discount.

Osaka University CO-OP is a CO-OPerative association related to Osaka University. Anyone who is a part of Osaka University has a right to join the CO-OP. Visitors who belong to other universities are not eligible for the membership

Please note that non-member can't enjoy the privilege.

★If you don't join CO-OP members, you will have to pay 5% extra prices on the most items.

Osaka University CO-OP

https://www.osaka-univ.coop

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### 12, Disaster Prevention/Crime Prevention

### Tips for Disaster Prevention! 防災対策のヒント!

Nowadays earthquakes, heavy rains and typhoons occur anywhere in Japan. It is recommended for you to protect yourselves with the following tips.

When an earthquake occurs... (When you receive an emergency alert message...)

### ◆ Protect yourself / 身を守る

«Indoors » Get under a table or desk.

(Outdoors) Keep away from block walls, signboards, glass windows.

### ◆ When the ground stops shaking / 揺れがなくなったら

Make sure that the fire is out, and cut off the electricity by switching off the circuit breaker.

If a fire starts, put it out quickly and calmly. Open doors and windows to secure an exit.



※1 What items in an emergency kit?

Water, food, medicine (its prescription), portable radio,

flashlight, battery, lighter, gloves, can opener, towel,

raincoat, underwear, socks, valuables, passport,

residence card and copy of health insurance card, etc.

%2 What is emergency alert messages?

Emergency earthquake alerts, tsunami warnings,

emergency warnings and disaster/evacuation

information may be delivered to your mobile phone.

(Free of charge, Settings to receive alerts may vary

#### ◆ When you evacuate • go to an emergency shelter / 逃げるとき・避難所に向かうとき

Bring an emergency kit. (%1)

Cover your head with a bag or cushion.

Wear socks and shoes.

Evacuate on foot. (Do not use a car).

Walk away from block walls, signboards, glass windows.

Get accurate information from television, radio, internet and local authorities, etc.

◆ Prepare for disasters / 日ごろの備え Set to receive emergency alert messages. (%2) Familiarize yourself with the free emergency message

recording service.

Secure the furniture in place.

and keep them from falling or moving with an earthquake. Confirm the location for the emergency shelter.

Prepare for an emergency kit.

Store contact information of your family, friends and local embassy in your mobile phone, and also make a memo with these contacts.

Check the Hazard map on Osaka Disaster Prevention Net. (%3)

3 Osaka Disaster Prevention Net https://www.osaka-bousai.net.e.add.hp.transer.com/

by device )

#### Before a heavy rain/a typhoon occurs...

Get accurate weather information from television, radio and internet. x Check outside around your house and put everything which can be blown off by wind inside a house. Do not go outside. Prepare for an emergency kit.

Information Room for International Students. "IRIS" Center for International Education and Exchange

### Tips for Crime Prevention! 防犯対策のヒント!

Nowadays it is not always true that Japan is a safe country. It is recommended for you to protect vourselves with the following tips.

#### ◆ While you stay at home… / 在宅中…

Never open the door before identifying visitors! Avoid revealing that you live alone!

ex. When you dry your laundry, hide it from the public eye. Choose simple curtains for your safety.

### When looking for an apartment

It is generally safer to live; on the second-floor or higher - in an apartment building with automated locks





### ◆ When you go out… / 外出するとき…

No matter how short you go out, make sure to lock doors!





#### ◆ While you go out··· / 外出中···

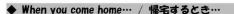
If you have a handbag or purse, hold them with a hand opposite to the street. Avoid dark and lonely roads at night.

\*Take well-lighted main streets even if it requires you to make a detour.

Listening to music by wearing headphones will shut out noise around you. It is dangerous

Walking while using your smartphone will shut out your surroundings, too Holding a 'crime prevention buzzer' to protect yourselves. \*You can purchase the buzzer at 100-yen shops.





Make sure of being no one around you before opening the door. And after unlocking the door get inside the home immediately and make sure to lock the door!

### ◆ Bicvcle / 白転車

Park your bicycle, motorcycle and car at parking area, and remember to lock them.

\*Bicycle theft prevention registration is required by law.

\*Bicycle insurance is also required by Osaka Prefecture Ordinance.

Ride a bicycle safely and follow the traffic rules.

Still, if you become a victim, report to the nearest police station and your faculty office

Come to IRIS whenever you need help.

#### \*\*\*\*\*\*\*\*Personal information/個人情報の取り扱い\*\*\*\*\*\*

Do not give a third party personal information such as names, phone numbers and e-mail addresses of your own and you get in various groups, without consent. In addition, be careful to handle such personal information, pictures and videos when posting on social media.

Information Room for International Students. "IRIS" Center for International Education and Exchange

# 13, Cautions on Drinking, Drugs, Cults, and Social media

**Drinking** 

Japanese law prohibits anyone under the age of 20 from consuming alcoholic beverages

Drugs

Substance abuse -- not a joking matter



Be careful not to give in to cult solicitation

Social Media
Guidelines

### Social Media Guidelines

What is social media?

Social media is a digital technology that facilitates the sharing of information and ideas through virtual networks. From social networking, such as Facebook, Twitter, and LINE to video sharing sites, social media covers broad platforms that allow users to share content and build communities.

Social media allows for quick and easy information sharing; however, once something is out on the internet, it is there and can be nearly impossible to completely delete. Your post might be shared or used by someone in an unintended manner, which may not only cause negative impacts on you, but also may violate the rights of others.

Even anonymous posters can be identified. If the anonymous poster is identified as a student at OU, this will undermine the public's confidence in the university and damage the university's reputation. Thus, you should use social media in a safe and responsible manner with proper consideration to the risks posed by social networking.

#### Stop and think before you post! Did you break any of the following rules of social media etiquette...?

- 1. Posting a photo of binge drinking at a party on social media
- 2. Posting someone's images from the Internet on social media without their permission
- 3. Posting sale information of a store at which you work part-time on social media prior to the store's announcement
- 4. Publishing cruel statements that target a specific person on a social networking site and bullying the person by their peers
- 5. Not removing information about a drinking party, which was cancelled due to the COVID-19 pandemic, from social media
- 6. Posting photos and videos containing a shipping label displaying the address and name of the recipient and a power pole showing the street address to social media
- 7. Posting text messages about obnoxious acts at shops on social media while drunk with the name of your school or club published

If any of the above come to mind, it may result in irreversible consequences. Extreme caution is advised.

Peruse the Dr. Wani's Social Networking Leaflet to learn more about social media and its dangers and use social networking services with caution so that you can avoid irreversible dan



## 14, Tips for renting apartment in Japan

#### Tips for living in a rental apartment in Japan

#### House rules / points for daily attention

- •Read over your lease contract, the resident manual and follow the instruction.
- •You are not permmited to live with someone who isn't on the lease.
- •Be careful not to be noisy late at night.
- •Follow the rules for taking out the garbage.

(The way for putting out the garbage differs depending on the neighborhood in which you live, so ask the landlord (the management company) or the municipal office about the rules for taking out the garbage.)

•Please contact the landlord (the management company) and the department office immediately when you have any troubles in your apartment.

#### When you leave your apartment for a long time



- Be sure to pay your rent in advance when you leave your apartment for a long time, such as an extended leave or travel for temporary visit.
  - You should also inform the landlord (the management company) and the department office that you will be away for a long time.

#### When you move out..

- •You should notify the landlord (the management company) that you wish to move out at least one month in advance.
- •Please do not leave any of your possessions or garbage behind and ensure that it is clean.
- •You should check in advance how to dispose home appliances and bulky garbage.

You should check with your landlord (management company) to see how much restoration (returning the apartment to its original condition) is required. If there are things left in the apartment or the apartment is damaged, you may have to pay. Thus, it is important to keep the apartment in good condition and clean it properly at the end.

#### ©Comprehensive Insurance for Students Lives Coupled with "Gakkensai" ©

You would be required to enroll in an insurance, because the resident must respond to a large amount of compensation claims when an accident or fire occurs. Osaka University offers you "Comprehensive Insurance for Students Lives Coupled with 'Gakkensai". You can also make use of "Coop-Rent Insure". Joint guarantee agent system, in case you need a guarantor.

For more details, please visit the following websites:

Rules for rental apartments in Japan

<Support Office for Int'l Students and Scholars, Osaka Univ.>

https://iss-intl.osaka-u.ac.jp/supportoffice/wp-content/uploads/2021/08/Rules-for-rental-apartments-in-Japan-en.pdf

#### Move-in <Support Office for Int'l Students and Scholars, Osaka Univ.>

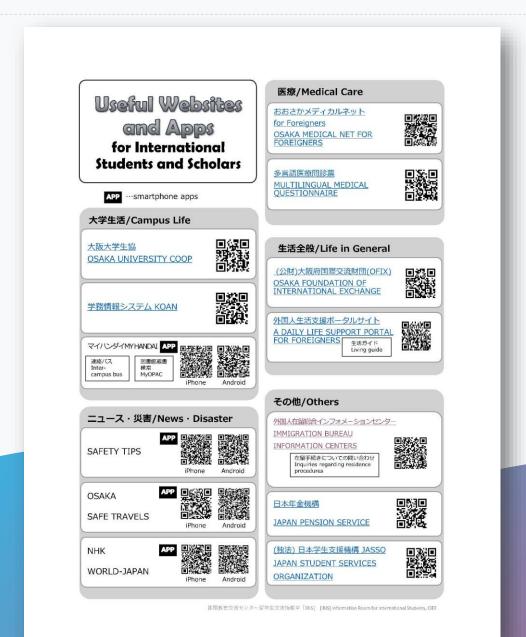
https://iss-intl.osaka-u.ac.jp/supportoffice/eng/housing/procedures/move-in/

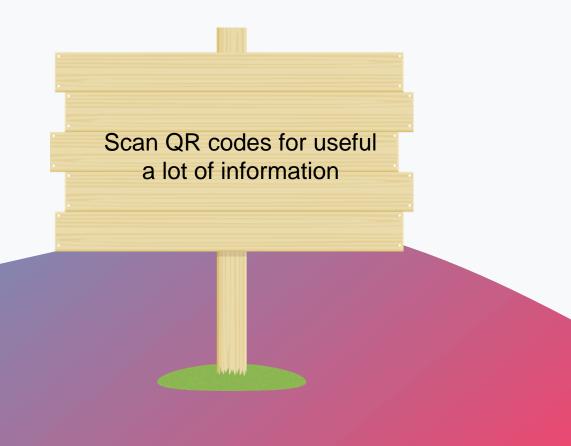


国際教育交流センター留学生交流情報室「IRIS」[IRIS] Information Room for International Students, CIEE



# 15, Useful Website and Apps





# 16, Campus Members



Campus Members - Museums and Art Museums 大阪大学では、学生や教職員に文化や芸術、科学や歴 史に広く自由に接する機会を提供するために、美術館 や博物館等に無料で入場できるキャンパスメンバーズ

学生証・教職員証を提示することで以下の施設で 特典を受けることができますので、学生のみなさんは この制度を大いに活用してください。(※年度により利 用施設が変更となる場合があります。)

Osaka University is a member of the Campus Members Program in which several museums offer a number of benefits such as free admission. This is to provide opportunities for students, faculty and staff to experience and be exposed to culture, art, science and history. Under this program, by presenting your student, faculty or staff ID card at the reception counter, you may receive benefits offered by the museums listed on this page. Why not take advantage and enjoy a day at a museum? (Please note that available facilities offering benefits are subject to change.)



常設展の無料観覧(3は割引観覧(100円引き)のみ

特別展・共催展の割引観覧 Discounts on special and joint exhibition:





国立国際美術館 The National Museum of Art, Osaka

Museums



京都国立近代美術館 The National Museum of



大阪市立美術館※ Osaka City Museum of Fine Arts





大阪歴史博物館 Osaka Museum of History



その他 Others

大阪市立自然史博物館



国立民族学博物館



奈良国立博物館



京都国立博物館





※③④は長期休配中 ④は2023年秋頃リニューアルオーブン予定



大阪市立科学館



大阪くらしの今昔館 The Osaka Museum of Housing and Living



アサヒビール大山崎山荘美術館 Asahi Beer Oyamazaki Villa Museum of Art 🔷 大阪大学

Let's go to the museums! Free of charge or discounted rate by showing your student ID





# 17, OUISA(Osaka University International Students Association)





OUISA organizes some interesting events for International Students!
Check OUISA's official SNS.

# 18, B.S.P(Brothers and Sisters Program)

### B.S.P. 🎉

[B.S.P.とは]
Brothers and Sisters Program
国際教育交流センター (CIEDと協力して、大阪大学の一般学生と留学生との交流を促進するために活動しています。 国籍や地域を超えて互いに助け合い、学びあい、笑いあえる学生グループです

【活動費】 基本無料 (イベントによっては有料)



様々な国や地域の 人々との交流を楽しみましょう!











### 19, International Students Associations at OU







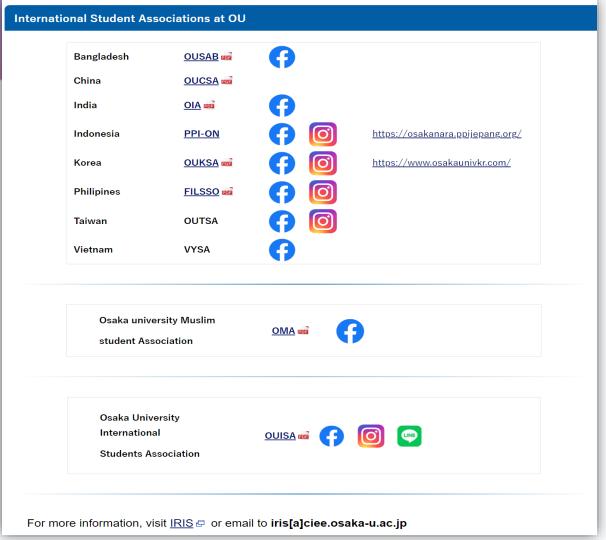














**Osaka University** 

