

# Information about IRIS and other communities

# **Handouts**

Orientation for newly arrived International Students and Scholars

Date: 2024.10.3(Thu.)

Place: Training Room, 1st floor of Convention Center, Suita Campus

<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/

# Emergency Card «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 (toil-free):0120-119-075(daily, 24hours)

### University Offices

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

# 名前/NAME: 住所/ADDRESS: プログラム/FACULTY: 大学/UNIVERSITY: 大阪大学/Osaka University 緊急連絡先/EMERGENCY CONTACT:

MY INFORMATION

# IRIS あいりす

Information Room for International Students





(CIEE HP)(EN) IRIS (CIEE HP)(IP)

- ●Advice on daily life and academic life ●Study area ●Computers and Internet
- ◆Lounge Tea & Café ◆Magazines and brochures(English and Japanese) ◆Notice board(information on use goods, language exchange, assistance etc.) ◆Information on scholarships, career, part-time job, studyin 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.

Target: International students who are in Japan.

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

[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 October 10th, 2023 and will be able to participate in the meeting with host families on October 26th (Sat.).2024
- · Application period: Sep.20th(Fri.) Oct. 9th (Wed.)
- \*\* If there are too many applications, a drawing will be held.\*\*







-mail☆iris@ciee.osau.ac.jp

## 2024 年秋・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?

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。) にれ 加する場合を提供するものです。

OHP は、ホームステイブログラムではありません。 (MP は、学生が大阪大学在学中に、地域に住んでいる日本の3 族と出会う機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、一緒に選事をしたり、興味のある 所へ行く等の記動を一緒に行います。 どこで全うか、何回台ラかなどは、学生とホストファミリーの話しらい。 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 OHP 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。) 交流期間は原則として10月から2月まで 5か月間です。

●対象学生: 2023 年 10 月 10 日以降に来日し、10 月 26 日(土) のホストファミリーとの出会いの会に参加でき、今までに一度もこのプログラムに参加したことがない大阪大学留学生

●申込期間:9月20日(金)~10月9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。→

○呼参加者は、学生生活で起こりうる予期せめ事故等を総合的にサポートする、「外国人留学生向け学研炎・ 帯学生活総合保険(インパウンド付帯学認)」へ加入しなければなりません。保険料は、5か月で7,500円 促一9,800円程度です。詳細および中込は大阪大学インパウンド付帯学記。

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

# HOST FAMILY PROGRAM 2024 Autumn (Home Visit type)

### •What is the Host Family Program (OHP)?

The Center for International Education and Exchange (CIEE) offers a unique opportunity for international studen to connect with local families through the Host Family Program.

<u>Please note that OHE is NOT a home stay orgoram</u>. OHP allows you to meet a local family in neighboring area wf you pursue your studies at Osaka University. You can arrange meetings and activities together, such as visiting their home, sharing meals, exploring local attractions, and more. The frequency and location of these interactions are entirely flexible and determined by you and your host family. Generally, any associated costs are split between you both. The program runs for five months, typically from October to February.

### •Who can participate?

●保険加入

This program is open to international students at Osaka University who arrived after October 10th, 202 have never participated before, and are available to attend the initial meeting with host families on October 26th (Sat.).

### •Applications open: Sep. 20th (Fri.) - Oct.9th (Wed.)

[We may hold a lottery if applications exceed available placements.]

◆How to Apply: Scan the QR code provided to register. →

## •Insurance requirement:

OHP participants are required to have university student insurance that covers daily life activities. If your Osaka University courses or programs don't already include this type of insurance, you'll need to enroll in the "Comprehensive Insurance for Students Lives Coupled with Gakkensai." This offers comprehensive support for unexpected situations during your studies in Japan. Premiums range from approximately 7,500 year to 9,800 year fo the five-month program. Please visit the provided link for details and enrollment information.

- ◆Comprehensive Insurance for Students Lives Coupled with Gakkensai
- \* If you have any questions regarding OHP, please feel free to contact us at iris@ciee.osaka-u.ac.ip.

# **Bicycle Traffic Rules and Bicycle Insurance Coverage**

• Ride a bicycle safely and follow the traffic rules
• Bicycle insurance is required by Osaka Prefectural Ordinance







(Osaka University) Observance of Bicycle Traffic Rules on and off campus



(Osaka Prefectural Government) About bicycle regulations



Obligation to make

every effort to wear

a helme

promotion leaflet

# Major Bicycle Violations



noring traffic signals

Using a mobile phone while driving

on a bicycle



Cycling to







(Cycle on the left side in Japan)

# If involved in an accident · · ·

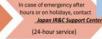
◆Provide aid to the injured ( Call an ambulance [119])

◆Confirm the other party's contact information





Contact the office of educational affairs • the international student office of your faculty



Come to IRIS whenever you need help





# 1, Center for International Education and Exchange



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

Information for international students 2024 Spring Orientation for new international students (general edition) and CIEE Intensive Japanese Course orientation materials 2024 Spring Orientation for new international students (iExPO, OUSSEP, FrontierLab) [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 & Leaflet and (Life Related) - Emergency Card and - Inter-Campus Shuttle Bus Timetable - University COOP & Guidance Book of University COOP for International Students - Disaster Prevention - Crime Prevention - Cautions on Drinking, Drugs, Cults and Social Media - Tips for renting an apartment in Japan and - Useful Websites and Apps and - "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 ₽

# 2, Emergency Card



Emergency Card

\*\*Carry this at all times



# **English Available**

Emergency Card

\*\*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

English, Chinese, Korean, Portuguese, Spanish Available (using external interpretation service)

# 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.





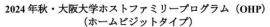
# 3, Information from CIEE

# Information from CIEE (Center for International Education and Exchange) CIEE HP: https://www.ciee.osaka-u.ac.ip **Learning Japanese** CIEE Japanese Language Programs page https://ciee.osaka-u.ac.jp/en/education/japanese\_program/ ★ Intensive Japanese Language Program This program is 15-week program which aims to provide students with an intensive instruction of Japanese language Classes begin:Oct.4th (Fri.) Application Deadline: Sep.11th (Wed.) ★Elective Japanese Language Course for International Students Inquiry on Japanese Programs at CIEE Classes begin:Oct.4th (Fri.) Registration period: Sep.27th (Fri.) ~Oct. 22nd (Tue.) Information **★IRIS Letter** Information and announcements of on and off campus international student-related events are posted on KOAN and also sent to the KOAN registered email of all enrolled international students. **★**Orientation for International Students & Scholars ( By Support Office & IRIS ) Sep.26th (Thu.) [English] 13:00~reception, 13:30~start [Japanese] 14:45~reception, 15:15~start Center for Education in Liberal Arts and Science(CELAS), Building B, 1F 118, Toyonaka Campus Oct.3rd (Thu.) [English] 13:00~reception, 13:30~start [Japanese] 14:45~reception, 15:15~start Convention Center, 1F Conference Room 1, Suita Campus Activities in local community **★**School Visit Program You can talk about your home country and have fun with local students. Target: International students who are in Japan. \* If you are interested, please sign up through this QR code. **★**Osaka University Host family Program (OHP) (Home visit type program. Not Homestay) Would you like to 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 October 10th, 2023 and will be able to participate in the meeting with host families on October 26th(Sat. Application period: Sep. 20th (Fri.) - Oct. 9th (Wed.) "If there are too many applications, a drawing will be held." \* If you are interested, please sign up through this QR code

Detail information: Information Room for International Students (IRIS)

<TEL>06-6879-7076 <E-mail>iris@ciee.osaka-u.ac.ip





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◆Comprehensive Insurance for Students Lives Coupled with Gakkensai

If you have any questions regarding OHP, please feel free to contact us at iris@ciee.osaka-u.ac.jp.





# 4, Information Room for International Students



We have IRIS on 3 campuses

# 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









# 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. 学内バス運行のお知らせ
- 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<u>こちら</u>をご覧ください。
- ::::: 1 . Japanese Language Program for International Students, 20XX Spring~Summer Osaka University offers 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.) . Closs registration ends on April  $\triangle\triangle\{\text{Fri.}\}$  . 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<u>こちら</u>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/2ngmwyUiMB

- \* 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、国内送金が可能な銀行口座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. [NOTE]

- \*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

交流言語:英語 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~ 【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-

[Deadline]  $\triangle/O$  (Tue.) Noon

Inquiries can be sent to the following email address 質問はこちらのEメールアドレスまで IDLE Cabo

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.ip/international exchange/school visit\_program/# (English) https://ciee.osaka-u.ac.ip/en/international exchange/school visit\_program/

Register here



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人が芥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

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.

aka University.

Q2初めて1人で生活をはじめたので、 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. QS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、 ど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
Name		Location	Phone/Email
enter for International Ed	lucation and	Exchange (CIEE)	
Support Office for Interno Students and Scholars	<u>itional</u>	2F, IC Hall	06-6879-4750 supportoffice@office.os aka-u.ac.jp
Information Room for Inte Students (IRIS)	ernational		06-6879-7076 iris@ciee.osaka-u.ac.jp
Toyonaka Branch		2F, Student Service & Union	06-6850-5032
Minoh Branch		5F, Research and Education Hub	072-730-5020
alth and Counseling Co	enter		
	Suita	HaCC Suita Branch	06-6879-8970
Health Care Division	Toyonaka	HaCC Toyonaka Branch	06-6850-6038
	Minoh	HaCC Minoh Branch	072-730-5151
Counseling Room for	Suita	2F, Suita Educational Training Center, Cybermedia Center	06-6850-6014
Students	Toyonaka	3F, Student Services & Union, Osaka University	gakusou@hacc.osaka -u.ac.jp
	Minoh	1F, Research and Education Hub	07 1070 100
	Suita	①1311, 3F, Division of Nursing	06-6879-6981
		②1312, 3F, Division of Nursing	06-6879-6982
Harassment Counseling		①704, 7F, Interdisciplinary Research Bldg.	06-6850-5029
Office	Toyonaka	②2F, Data Station, Cybermedia Center ③2F, East Stairwell, Health and Counselina	06-6850-6006
		Center Center	06-6850-6505
	Minoh	1F, Research and Education Hub	072-730-5112
General Consultation	HaCC Center	on Campus	06-6850-8322
Ivising Rooms for Interno	ational Stude	nts on Campus	
Center for International Affa		1F, International Research Complex for	06-6879-8972
Advisory Division for Internati Graduate School of Engineer		Biotechnology	contact_cia@fsao.eng.os aka-u.ac.jp
The Office of International E		M245, 2F, Main Building, School of Human	06-6879-4038
Graduate School of Human		Sciences	oie@hus.osaka-u.ac.jp
International Affairs Office, C School of Humanities/ School		109, 1F, Main Building (Let. Law. Econ.)	06-6850-6409
			inter@let.osaka-u.ac.jp
(Toyonaka)			
Advising Room for Internatio	nal Students,	A325, 3F, School of Engineering Science	06-6850-6424
Advising Room for Internation Graduate School of Engineer	ering Science	A325, 3F, School of Engineering Science Building A	aris@ad.es.osaka-u.ac.jp
Advising Room for Internatio Graduate School of Engineer International Exchange & Str	oring Science udent	Building A	aris@ad.es.osaka-u.ac.jp 06-6850-5181
Advising Room for Internation Graduate School of Engineer	udent of Law,		aris@ad.es.osaka-u.ac.jp
Advising Room for International Graduate School of Engineer International Exchange & Structuration Room, School of Graduate School of Law & Faduate Sc	udent of Law, Politics/ Osaka	Building A  201, 2F, Graduate School of Law and	aris@ad.es.osaka-u.ac.jp 06-6850-5181 f-student.law@ml.office.
Advising Room for Internatio Graduate School of Engines International Exchange & Sil Consultation Room, School Graduate School of Law & F University Law School International Exchange Office School of Economics Advisement Office for Intern	ering Science udent of Law, Politics/ Osaka ce, Graduate uational	Building A  201, 2F, Graduate School of Law and Graduate School of Economics Building  101, 1F, Graduate School of Law and Graduate School of Economics Building  D201, 2F, School of Science Building D	aris@ad.es.osaka-u.ac.jp 06-6850-5181 f-student.law@ml.office. osaka-u.ac.jp 06-6850-5847
Advising Room for International Graduate School of Enginere International Exchange & St. Consultation Room, School Graduate School of Law & F. University Law School International Exchange Offic School of Economics	ering Science udent of Law, Politics/ Osaka ce, Graduate uational	Building A  201, 2F. Graduate School of Law and Graduate School of Economics Building  101, 1F. Graduate School of Law and Graduate School of Economics Building	aris@ad.es.osaka-u.ac.jp 06-6850-5181 f-student.law@ml.office. osaka-u.ac.jp 06-6850-5847 ieo@econ.osaka-u.ac.jp 06-6850-6415 foreign@sci.osaka-u.ac.jp
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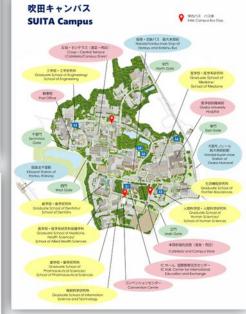
## **Consultation Services off Campus**

Name	Phone
Medical Information net	
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

## 大阪大学の留学生相談室マップ Map of Advising Rooms for International Students Osaka University

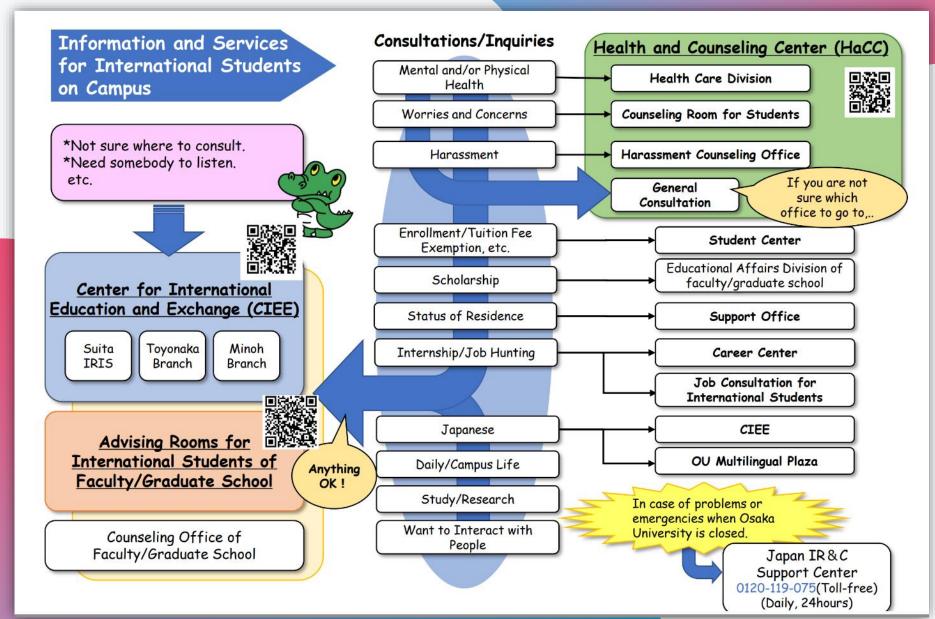






# 8, Information and Services for International Students on Campus





# 9, Health and Counseling Center(HaCC)





What you can do at HaCC

- Medical care service
- Harassment counseling
   Reservation is needed in some cases
   Check the weekly schedule
- Medical checkup
   Newly coming students are required.
   Make a reservation via My Handai



### Counseling is an appointment basis

You can make an appointment by:

- Tel (Japanese only) : 06-6850-6014 (9:30~12:00/13:00~16:00, weekday)
- · At the reception of Student Counseling Office on Toyonaka campus

: Research and Education Hub 1st floor

Please check the weekly schedule here.

Email: gakusou@hacc.osaka-u.ac.jp

- \* The list of things you should include in your appointment request email
- Name
- · Date of birth
- Student ID
- Email address
- · Three dates and times you are available for an appointment
- · Campus you would like to come for counseling (either Toyonaka, Suita, or Minoh)
- · Whether or not you worked with us in the past

Please check the latest Opening / Closed Information on HaCC website.



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



HaCC (Suita) Map



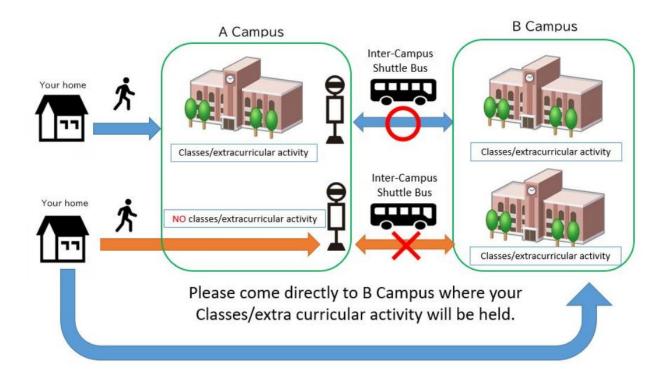
HaCC (Toyonaka) Map



HaCC (Minoh)
Map

# 10, Inter-Campus Shuttle Bus Service





## Inter-Campus Shuttle Bus Timetable

(April 2024~ March 2025)

	TOYONA	KA → MII	NOH → SU	ITA		SUITA	→ MINOH	→ TOYON	IAKA
No.	Main Library (Toyonaka)	Minoh Campus (Minoh)	Convention Center (Suita)	School of Engineering (Suita)	No.	School of Engineering (Suita)	School of Human Sciences (Suita)	Minoh Campus (Minoh)	Main Library (Toyonaka)
1	7:50	-	8:15	8:20	1	7:40	7:45	-	8:10
2	7:55	8:15	8:30	8:35	2	-	-	7:40	8:00
3	8:00	-	8:25	8:30	3	8:20	8:25	8:45	9:05
4	8:10	-	8:35	8:40	4	8:30	8:35	-	9:00
5	9:00	-	9:25	9:30	5	9:10	9:15	9:35	9:55
6	9:20	9:40	9:55	10:00	6	9:30	9:35	-	10:00
7	9:40	-	10:05	10:10	7	10:00	10:05	10:25	10:45
8	9:45	-	10:10	10:15	8	10:25	10:30	-	10:55
9	9:55	10:15	-	-	9	10:30	10:35	10:55	11:15
10	10:00	10:20	-	-	10	11:15	11:20	11:40	12:00
11	10:45	-	11:10	11:15	11	11:35	11:40	-	12:05
12	11:00	-	11:25	11:30	12	12:00	12:05	12:25	12:45
13	11:15	11:35	11:50	11:55	13	12:10	12:15	_	12:40
14	11:40	-	12:05	12:10	14	_	_	12:35	12:55
15	12:05	-	12:30	12:35	15	12:50	12:55	-	13:20
16	12:10	12:30	12:45	12:50	16	13:35	13:40	14:00	14:20
17	12:15	12:35	-	-	17	14:15	14:20	14:40	15:00
18	12:40	13:00	-	-	18	14:50	14:55	_	15:20
19	12:45	-	13:10	13:15	19	_	_	15:05	15:25
20	12:55	-	13:20	13:25	20	15:05	15:10	15:30	15:50
21	13:30	13:50	14:05	14:10	21	15:20	15:25	_	15:50
22	14:20	-	14:45	14:50	22	15:50	15:55	16:15	16:35
23	14:35	-	15:00	15:05	23	15:55	16:00	_	16:25
24	14:45	15:05	-	-	24	16:05	16:10	16:30	16:50
25	14:50	-	15:15	15:20	25	16:20	16:25		16:50
26	15:15	15:35	15:50	15:55	26	16:50	16:55	_	17:20
27	15:20	-	15:45	15:50	27	16:55	17:00	-	17:25
28	15:30	-	15:55	16:00	28	-	-	16:55	17:15
29	15:50	-	16:15	16:20	29	-	-	17:15	17:35
30	16:10	-	16:35	16:40	30	17:20	17:25	17:45	18:05
31	16:25	-	16:50	16:55	31	17:50	17:55	_	18:20
32	16:35	16:55	-	-	32	-	-	18:25	18:45
33	16:50	-	17:15	17:20	33	18:30	18:35	-	19:00
34	16:55	17:15	-	-	34	18:35	18:40	-	19:05
35	17:20	-	17:45	17:50	35	-	-	18:50	19:10
36	17:25	17:45	18:00	18:05	36	19:00	19:05	19:25	19:45
37	18:05	-	18:30	18:35	37	19:25	19:30	19:50	20:10
38	18:15	18:35	18:50	18:55	38	20:10	20:15	20:35	20:55
39	18:30	18:50	-	-	39	19:25	19:30	19:50	20:10
40	18:45	-	19:10	19:15	40	20:10	20:15	20:35	20:55
41	19:00	19:20	19:35	19:40	H				
42	10:45	20 : 0E	20:20	20.25	1 +	社会体勢の	かんにより温を	- 口租太帝軍	+ z - L

20:05 20:20 20:25 20:30 20:45 20:50 ★ 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



# Osaka

# **University CO-OP**

for International Students (Ver. 2024 Autumn)
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<sup>o</sup>OP is invested by CO<sup>o</sup>OP members, and the members can enjoy the CO<sup>o</sup>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 10% 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.



## ◆ 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.

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.

※1 What items in an emergency kit?

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

**※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

₩3 Osaka Disaster Prevention Net

https://www.osaka-bousal.net.e.add.hp.transer.com/

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

## 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 yourselves with the following tips.

When looking for an apartment

on the second-floor or higher

in an apartment building with automated locks

It is generally safer to live:

### ◆ 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 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.

## ◆ When you come home… / 帰宅するとき…

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!

## ◆ Bicycle / 自転車

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 staff.

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 Excha

# **Bicycle Traffic Rules and Bicycle Insurance Coverage**

·Ride a bicycle safely and follow the traffic rules · Bicycle insurance is required by Osaka Prefectural Ordinance



(Osaka Prefectural Police) About the Bicycle Traffic Safety Rulebook



(Osaka University) Observance of Bicycle Traffic Rules on and off campus

Jsing a mobile

phone while

driving



(Osaka Prefectural Government) About bicycle regulations



(Osaka Prefectural Government) Bicycle insurance participation promotion leaflet

# **Major Bicycle Violations**



Riding double

(Cycle on the left side in Japan)

# **Duty of Effort** Wearing





# If involved in an accident · · ·

◆Provide aid to the injured ( Call an ambulance 【119】) ◆ Confirm the other party's contact information



Contact the police [110]

Contact the international student office of your faculty

In case of emergency after hours or on holidays, contact Japan IR&C Support Center (24-hour service)

Come to IRIS whenever you need help











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

**Drinking** 





Be careful not to give in to cult solicitation



**Drugs** 



# **Social Media Guidelines**



### Social Media Guidelines

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

- Posting someone's images from the internet on social media without their permission
   Posting sale information of a store at which you work part-time on social media prior to the store's are
- . Publishing cruel statements that target a specific person on a social networking site and bullying the person by their peers . Not removing information about a drinking party, which was cancelled due to the COVID-19 pandemic, from social media

# 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

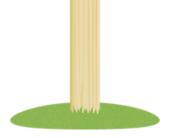
## Move-in <Support Office for Int'l Students and Scholars, Osaka Univ.>

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 Websites and Apps



# Scan QR each codes for useful a lot of information



# 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 に加入しています。

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(母は割引観覧(100円引き)のみ Free admission to permanent exhibitions

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 City Museum of









国立民族学博物館 National Museum of Ethnology



奈良国立博物館



京都国立博物館





大阪城天守閣 ④は2024年春頃、⑪は2024年夏リニューアルオープン予定



大阪市立科学館※



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



その他 Others

アサヒグループ大山崎山荘美術館 



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



# 17, OUISA ( Osaka University International Students Association )





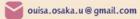
International Students' Association



We are a **volunteer organization** to promote cultural exchange and encourage friendship between Osaka University international students. We aim to create a **welcoming environment** for newcomers, and to offer various events to **discover different cultures together**.

JOIN US IF YOU WANT TO BE ACTIVE IN YOUR CAMPUS LIFE AND TO MAKE NEW FRIENDS!

Contact us:









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

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





students working with Center for International Education and Exchange.

# ☆Activities

 Language cafe (Japanese, English etc.) · Welcome Party

Others

☆Places OSuita Campus IC Hall 2nd Fl. IRIS

Open Weekdays 8:30-18:00

OToyonaka Campus

Student Service & Union 2nd Fl. CIEE Toyonaka Branch (IRIS)

Open Weekday 10:30-17:00

**OMinoh Campus** 

Research and Education Hub, 5th Fl. CIEE Minoh Branch (IRIS) Open Weekday 10:30-17:00

☆Fee Free (Depends on events)

# [Instagram]







[Facebook&X]









B. S. P. 箕面



# 19, International Students Associations at OU









