

R Beyond Borders English

Fall 2021

New Student Orientation Student Life Guidance

※ The information is as of August 2021. As it is subject to change, please be sure to check each website for details. ※

Student Affairs Office

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**R Congratulations and welcome to
Ritsumeikan University!**

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

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

University students are also members of civil society, expected to uphold the rules and norms of the university and the wider community, to respect others, and to contribute to the creation of a better society.
→In the event that you infringe laws, university rules, or norms, you will be subject to disciplinary action and punishment in accordance with university regulations.

Through this guidance, you will learn the basics for living a safe and comfortable campus life

R Beyond Borders

Thinking About Your Situation: Advice for All Students

What is required of us during the COVID-19 crisis?
~Balancing a preventive lifestyle with a successful student life~

“Resuming economic activity” does NOT mean you can do whatever you want

In order to protect yourself and others, please be aware of your responsibilities to help prevent the spread of COVID-19.

Although there are restrictions, Ritsumeikan University would like you to experience a meaningful student life. We all hope that you have wonderful experiences in the coming academic years. Please be aware of the risks and be responsible for the safety and success of everyone, not only yourself. After every dark night, there follows a bright day!

For details, see the following URL
<http://www.ritsumeik.ac.jp/infostudents/campus-diary/>

Try the COVID-19 Quiz !

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**R Part 1:
For a Safe and Secure Student Life**

I. Dangers surrounding college students
<commuting, daily-life, part-time jobs, alcohol>

II. Trouble caused by SNS, smartphones, etc.

III. Various crimes and malice targeting college students
<dangerous solicitation, marketing scams, etc.>

IV. Ritsumeikan University Rules

V. Necessary attitude and actions to avoid trouble

VI. Support Services

Safety & Security

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R I. Dangers surrounding college students
<Commuting>

- Riding while using a **mobile phone**
- Riding with **headphones**
- Riding while using an **umbrella**
- Riding with **no headlight**
- **Two people** riding one bike
- **Drunk riding** (driving)



⇒All are a violation of the law (you may be fined!)
⇒Risk of accident !

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R I. Dangers surrounding college students
<Commuting>

- Obey traffic safety rules and laws

Bicycle commuters must complete anti-theft registration and get liability insurance

Attend the "Bike Riding Safety Lecture" (required).
Commuting by motorcycle is not recommended, and commuting by car is prohibited.

- In case you have a traffic accident :

Call **110** to report the accident.
If injured, call **119** for an ambulance.
Contact your insurance company.



Consult with either the International Center, your Administrative Office, or the Office of Student Affairs.

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R I. Dangers surrounding college students
<Daily Life>

Theft and robbery are common!! The campus is not safe, especially the library, multi-media room, and bike parking areas, which anyone can access. Protect your valuables.

- Keep your valuables with you
- Do not leave baggage on your seat, even for a moment
- When you use a gym locker, lock it properly
- Bicycles and motorcycles should be double locked
- Be attentive when you are walking or riding a bike, and protect your personal belongings from theft



Common Stolen Items:
Wallet, PC, iPod, Smartphone, Keys,
Bicycle, Shoes

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R I. Dangers surrounding college students
<Daily Life>

Your neighborhood and the commute to campus may not be safe!

Incidents such as sexual harassment, stalking, molesting are on the rise.

- Do not walk while using a mobile phone.
→Your attention is distracted, which may prevent you from noticing possible danger signs.
- Choose a commuter route with as many people as possible.
- Avoid being alone outside at night.

If you are harmed, please do not hesitate to get help!

[On Campus, Contact] Office of Student Affairs · Student Support Room · Medical Service Center

[Off Campus Resource (for women)]

- Kyoto Pref. Ladies 110 Tel: 075-411-0110
- Shiga Pref. Police, Crime Victim Support Tel: 077-521-8341
- Osaka Pref. Women's Line Tel: 06-6941-0110

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R I. Dangers surrounding college students
<Daily Life>

■ Sexual assault can be committed by a stranger, an acquaintance, a friend, a date... by anyone.

- Go places in groups, and avoid walking alone on and off campus, especially at night.
- Be sure to limit your alcohol intake and watch your drinks at all times.

If you are harmed, please do not hesitate to get help!

[On Campus, Contact] Office of Student Affairs · Student Support Room · Medical Service Center

[Sexual Assault Victim Hotlines]

· Kyoto **SARA** (10:00~22:00/7days)

Tel: 075-222-7711

· Shiga **SATOCO** (24hours/7days)

Tel: 090-2599-3105

e-mail: satoco3105biwako@gmail.com

· Osaka **SACHICO** (24hours/7days)

Tel: 072-330-0799

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R I. Dangers surrounding college students
<Part-time jobs>

(Only for students who have a work permit)

■ Common troubles at part-time jobs

"I thought I found a good job from an ad in a well-know magazine (or website), but the work and wages were very different from what was advertised." "The employer won't let me quit," etc....

Important points to check before signing a contract:

- ① Length of the contract period
- ② The rules of the contract renewal
- ③ Place and content of your work
- ④ Hours, breaks, and days off of your work
- ⑤ Wage payment method

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R I. Dangers surrounding college students
<Alcohol>

Underage drinking, dangerous "Ikki" drinking (chugging), forced drinking, and drunk driving are criminal acts.

■ Alcohol is allowed for people aged **20 or older in Japan.**

■ Be aware of **alcohol harassment.**

■ Understand the dangers of acute alcohol poisoning. Do not hesitate to call an ambulance (**Dial 119**) if you sense danger.

■ **Absolutely No Drunk Driving! Not only cars and motorcycles, but bicycles as well !!**



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Point!

I. Dangers surrounding college students

Observe the rules and avoid danger!

Take responsibility for your actions!

Don't let yourself become a victim or a perpetrator !!

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II. Trouble caused by SNS

■ Do you know the danger hidden in SNS?

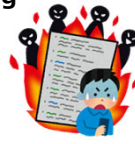
SNS (Social Networking Services) such as Facebook, Twitter, LINE, Instagram are very useful and convenient tools.

However, if you think that it is okay to write anything because it is “anonymous” or “only open to limited friends,” **YOU ARE WRONG!!!**

Stop and think for a moment before posting something over SNS.

Poor judgement and carelessness may lead to irreparable harm to you, your friends, and family.

Be aware of the dangers and use SNS with caution.



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Point!

II. Trouble caused by SNS

5 things you should know about using SNS

- ① Information on SNS is not always correct.
- ② Even on SNS, we must observe social rules.
- ③ Information on SNS spreads all over the world.
- ④ On SNS, even if it is anonymous, you are responsible for your remarks.
- ⑤ Careless remarks on SNS may cause damage to family and friends.

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Trouble cases of acting foolishly, criticizing others, and exposing others' info over Twitter



“I wanted to draw attention by doing something special. So I uploaded a joke picture of me at my part-time job”

If a pic is of a friend, is it okay to upload it without their permission?

Spreading information written by others without fact-checking first

Effect on your job hunting:
It is very common for personnel of companies to check the SNS posts of job applicants. There have been cases where students were rejected by companies due to their posts on SNS.

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III. Various crimes and malice that target college students <Marketing scams>

■ Be careful of door-to-door sales

They might say: “I was introduced by your apartment manager,” or “I came from the fire department” to gain your trust and get you to open the door, and aggressively sell fire extinguishers, Internet provider contracts, etc.

➡ **Do not open the door, and report it to the manager !**



■ Do not be deceived by marketing scams !

Commonly reported cases:


“My friend introduced me to a good paying job if I paid an admission fee. When I joined and signed the contract, they forced me to buy expensive goods and membership tickets.”



➡ **There is always a catch to a “get rich quick” scheme. Do not assume it to be safe even if your friends are doing it.**

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R III. Various crimes and malice that target college students
<Dangerous solicitation>



■ **Prevention of illicit drug abuse**
 Recommendations such as “helps recover fatigue,” “helps clear your mind,” “helps you lose weight” for illegal drugs **are all wrong!**
 Getting involved in illegal drugs is not only a crime, but can cause serious harm to your body and mind for the rest of your life. Possession of illegal drugs will end up burdening you with severe social sanctions and ruin your life. Stay away from illegal and dangerous drugs no matter what!

Drugs destroy life, physically and mentally!
Drugs destroy students’ lives, families, relationships, and society!
After a brief high, nothing awaits you but severe punishment!

The use, possession, sale, and distribution of illegal drugs are all criminal acts under Japanese law and are severely punished.
 Overseas smuggling and online import is also illegal. It does not matter if the drug is permitted in another country. When in Japan, you must follow Japanese laws.

R III. Various crimes and malice targeting college students
<Beware of recruitment by dangerous cult groups>

<Characteristics of cult groups>


1. They **limit individual thought and action.** (Control and restrict your daily life)
2. They mandate participation in and propagation of solicitation and sales of goods
3. They make you participate in **antisocial activities such as vandalism and violence**

<Cult groups are targeting students>
 Cult groups cleverly hide the purpose of their real activities and the group’s name to recruit you.

<What you should do when you encounter them>

1. Say “No” clearly, avoiding ambiguous attitudes or words
2. Do not disclose your personal information
3. Consult with your guardian and/or staff of the student affairs office immediately

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Point!

III. Various crimes and malice targeting college students
5 things you should know to not be deceived

- ① When a stranger talks to you in a friendly way, inviting you or suggesting a “get rich quick” scheme, be cautious!
 => **Do not respond or agree easily.**
- ② Never have an ambiguous attitude like “just listening won’t hurt.” => **Say “No” clearly.**
- ③ Do not fall for “sweet words” or “good stories”. **Be critical.**
- ④ **Do not share your personal information** such as address, telephone number, or email easily. Such info might be resold to traders, and can be abused for crimes.
- ⑤ **Do not sign easily.** When you do, receive a copy of the contract and keep it safe.


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R Ritsumeikan University (RU) Rules

RU Student Disciplinary Regulations (Excerpt)

Acts subject to disciplinary actions	Process Flow
<ol style="list-style-type: none"> 1. Acts that disturb social order (criminal acts) 2. Harassment 3. Acts against information ethics 4. Acts against academic ethics 5. Acts that infringe on the academic and research rights of students and faculty and/or interfere with administration of the university. 6. Cheating or disrupting of examinations, etc. 7. Acts that violate regulations and matters based on regulations the university set forth to be observed by students. 8. Other acts that are contrary to students’ obligations 	<ol style="list-style-type: none"> ① Occurrence of a misconduct or criminal activity. ② Investigation in each section, college, or department. ③ Interview and guidance at department. Provide educational guidance based on preparation of reflection paper. (student support will be also provided if it is necessary) ④ Preparation of disciplinary draft by the department. ⑤ Coordination by Student Affairs Conference. ⑥ Opportunities for defense. ⑦ Deliberation at the Faculty Council and Creating a petition. ⑧ Final determination by the president. Execution of disciplinary actions <ul style="list-style-type: none"> • Notification to the student and guardians • Announcement of the actions ⑨ Continuing educational guidance by the department.

For more details, see the **TIPS ON CAMPUS LIFE FOR STUDENTS 2021**



<http://www.ritsumei.ac.jp/file.jsp?id=493008>

R IV. Ritsumeikan University Rules
<No Smoking on campus>


- **No Smoking on campus** except in designated smoking areas
- **Smoking outside of the designated areas is not permitted!!**

<Be aware of the danger caused by second-hand smoke>
 NSOC is considerate and supportive for the 96% of campus stakeholders who are non-smokers, and is asking the other 4% for cooperation in minding their manners and understanding the no-smoking policy.

<Don't smoke to begin with>
 The risk of death from lung cancer is 6 times greater for smokers!
 Smoking is the No.1 factor to shorten life expectancy!

The Medical Service Center can help you quit. Inquire for help.

To prevent the spread of COVID-19, the Designated Smoking Areas (officially "Smoking Cessation Support Areas") are closed.



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R IV. Ritsumeikan University Rules
<Diversity and Inclusion>

Diversity and Inclusion
 ~Aiming to be a school where you can learn with peace of mind~

Ritsumeikan values the idea of diversity and inclusion so that new students can spend their student life with peace of mind and realize who they want to be.

Diversity and Inclusion

- Chancellor's Statement ~Toward the Promotion of Diversity and Inclusion~
- Basic Vision and Basic Policy on the Promotion of Diversity and Inclusion Basic Vision
- Basic Approach to Sexual Diversity



Please live a student life which respects diversity, including the thoughts and ways of life of others

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R IV. Ritsumeikan University Rules
<Diversity and Inclusion>

Chancellor's Statement Toward the Promotion of Diversity and Inclusion

Ritsumeikan was founded on the spirit of "Freedom and Innovation," and after the war, "Peace and Democracy" was defined as the educational philosophy of Ritsumeikan University. In this way, Ritsumeikan has respected a diverse array of values and has promoted institutional development that encourages thought and action which transcend existing frameworks and boundaries through dialogue and collaboration with others. We expressed this intent in the Ritsumeikan Charter by declaring that we are "committed to... building an institution where many cultures coexist in the spirit of international mutual understanding." In the R2030 Academy Vision as well, with an eye on creating new knowledge, we defined "realizing diversity and inclusion" as a pillar of the ideal shape of the Academy.

Respecting the diversity and lifestyles of others is vital for creating an organization where every member of the Academy can learn, pursue research, and work with peace of mind. To ensure that every member of the Academy can feel pride and joy for Ritsumeikan, we will promote diversity and inclusion by undertaking the action outlined below.



Basic Vision and Basic Policy on the Promotion of Diversity and Inclusion Basic Vision

Based on its founding ideals and Ritsumeikan Charter, Ritsumeikan is committed to promoting diversity and inclusion throughout its academy with the aim of respecting the dignity and diversity of each and every one of its members.

All of us are diverse individuals with differing characteristics, including nationality, ethnicity, religion, ideology, social attributes, disabilities, gender, sexual orientation, gender identity, and age. This diversity is an important resource that forms the culture of our institution. However, sometimes diversity can also lead to discrimination and prejudice, which interfere with the wishes of individuals and their ability to express their opinions, and which cannot be tolerated under any circumstances. We recognize that humans are fragile, weak creatures who fail and make mistakes, and we will strive to create an institution that embraces each and every one of our diverse members, where we can all help and support each other.

(The following sentences are omitted. See website for full text.)
<http://www.ritsumeikan-trust.jp/diversity/about/policy.html/>

(The following sentences are omitted. See website for full text.)
<http://www.ritsumeikan-trust.jp/diversity/about/president.html/>

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R V. Necessary attitude and actions to avoid trouble

Acquisition of basic knowledge
 (Laws, current trends, the state of affairs etc.)

Appropriate behaviors and judgements

Foresight
 (predict, insight ability, applying ability etc.)

Developing self-control
 (Manage actions by following rules, exhibiting self-control etc.)

DO NOT provide personal information easily

Have a sense of ownership (Be aware of the trouble your actions may cause)

Self-control, knowledge, and foresight are critical

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R <Relationship between knowledge, foresight, and self-control (example)>

(ex) Why do people distract themselves when biking, and why can't they stop? (using a phone while biking, etc.)

Action
Biking while distracted

State of mind/
Cognition
↓
Being aware its dangerous for self and others

Nevertheless, why do people keep doing it?

(Desire)
• Various motivations, such as playing games, interacting with others, web surfing, etc.
• Using phones habitually

(Using baseless ideas to justify the case)
Optimistic but groundless ideas such as "Just a little will be fine", "It won't be discovered by police", "Nothing bad will happen to me", or believing that "Everyone does the same".

Knowledge
Understand using a phone while biking is legally punishable with a "Prison sentence of 6 months or less, and/or a fine of up to 100,000 yen"

Why do many people ride while distracted, despite the fact that its widely known to be dangerous and prohibited?

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R <Let's get to know the importance of self-control>

If you ride while distracted...

Foresight <Imagination, insight>

- Increases the risk to get into a traffic accident
- Bicyclists are usually considered perpetrators in accidents
- Perpetrators will be subjected to bear both civil and criminal liability
- More than anything, it causes trouble for others (victims)
- Bicyclists also get severely injured during accidents. We can easily identify so much risk

Then, if we can foresee these risks, what do we need to do to **control the desire?**

Self-control <effective methods>

- ① Listen to others and discuss with them until you are convinced → **Look at yourself objectively**
- ② Estimate the damage (loss) when having an accident → **Profit-and-loss arithmetic**
- ③ Think about how the action would be ethically by considering the long-term effects on others → **Verify the morality and ethics**

Do you still want to satisfy the instant desire?

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<Having knowledge, foresight and self-control prevents risky and dangerous situations>

Foster your mind and attitude to avoid becoming a victim or perpetrator

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Point!

Enjoy a safe and comfortable student life while observing the rules and avoiding danger.

→ For more details, see the **TIPS ON CAMPUS LIFE FOR STUDENTS 2021**

<http://www.ritsumeai.ac.jp/1e.jsp?id=493008>


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R VI. Support Services
<Student Success Program>  Student Success Program

If you feel . . .


- not sure about study skills for college.
- worried that high school and college study are different.
- you want to do well in both classes and extra-curricular activities.
- you want to find your own learning style, strengths, and weaknesses.
- you want to accomplish multiple things efficiently.

Services of Student Success Program

Services of Student Success Program		SSP English Website
SSP Seminar (in-person / online) (English version coming soon)	<ul style="list-style-type: none"> • Time management • Making To Do list • Note-taking method • How to write an academic report etc. 	
Peer assisted session	Consultation hours and events by peer supporters.	
One-on-one intervention by SSP coordinator	One-on-one session, self-assessment of learning practices.	

The SSP will assist you in understanding your own learning strengths and weaknesses, and to acquire the necessary skills to pursue your own student life goals. SSP is located in the Office of Student Affairs on each campus.

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R **<Student Success Program>**  Student Success Program

Our goal is to enhance your student life!

**Changes now lead to changes tomorrow
 Become the person you aspire to be with SSP**

◀ For more information on the SSP, please see the yellow brochure on the SSP website.

You can also find **various useful tools for study skills and student life skills** on the website. Please check it out!
<http://www.ritsumei.ac.jp/ssp/english/>

STRATEGY FOR BOOSTING PRODUCTIVITY AND ACHIEVING YOUR GOAL
 - WHY WE DON'T TAKE ACTION TO STOP IT -

▲ A guidebook for "Overcoming Procrastination" is also available and can be downloaded from the SSP website

To receive SSP support or more detailed information, please feel free to contact us via email with your college and school year.
 Mail : ssp1@st.ritsumei.ac.jp

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R VI. Support Services
<Student Support Room(SSR)> 


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

SSR is here to help you find a solution.
Counseling services are provided by certified and experienced professional counselors.
Counseling is available in Japanese and English.
All counseling information is kept strictly confidential.

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



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

R VI. Support Services
<Student Support Room(SSR)> 

For more information, please refer to our website.
 URL: <http://www.ritsumei.ac.jp/ssr/en/>

In response to the current COVID-19 crisis, appointments may now be made via the HP: <http://www.ritsumei.ac.jp/ssr/en/>

or via email at:
o-go-1@st.ritsumei.ac.jp*

In your email, please include:
 ① name, ② student id number, ③ department and year, ④ contact number (mobile phone number)
 We will contact you within 2~3 days.

* This email address is only for making new appointments. We do not offer counseling via email.

Medical Service Center

- When you get injured, or feel sick.
- Get consultation on physical and/or mental health
- When you want to quit smoking
- A “fever clinic” has been established in response to the novel coronavirus.

【KIC】 Shigakukan1F
TEL 075-465-8232
【OIC】 A-Bldg-South
TEL 072-665-2110

【BKC】 West Wing 1F
TEL 077-561-2635

For details, see the following URL:
URL: <https://en.ritsumei.ac.jp/health/document/>



Disability Resource Center

- Receive support/accommodation from student disability services.
- Specialized DRC coordinators are stationed at the DRC of the Student Affairs Office.

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



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VI. Support Services <General Guide for Student Support> (Support Coordinator of the Office of Student Affairs)

I am troubled by something, but don't know who I should talk to...
You can come to see the

Support Coordinator of the Office of Student Affairs

<http://www.ritsumei.ac.jp/drc/sougou/en/detail/>



学生相談の総合案内



The Support Coordinator will listen to your concerns and guide you to the most appropriate support on or off campus.



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Point!

When in trouble,
use on-campus support services!

→For details, please see the **CAMPUS DIARY**



For new students,
It's in the bag at the college orientation.

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Features of the CAMPUS DIARY

- University schedule (class days, make-up dates, examination period, vacation, etc.)
- Your class schedule
- Campus Maps, Directory
- Guide for various on-campus student services:
<For your learning program design>
<When you are in trouble, info on where to go>
- Original book cover of your choice

Book Cover Download:

Top page of Ritsumeikan Japanese HP ⇒
Search “ダイアリー” (“Diary” in Japanese)



学生発！オリジナル表紙



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R **Part 2:**
For your successful student life

I. Extracurricular Activities

II. How to find Clubs & Circles matching your interests

III. All Members of the RU Participation System of Creating a Better Learning Community

IV. Various Challenge Systems and Services

Commitment & Challenges

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R **I . Extracurricular Activities**

■ About Student Activities
There are about 400 clubs & circles at Ritsumeikan, and almost 60 to 70% of students are involved in them every year.

■ What is the purpose of Student Clubs & Circle Activities?

- To develop responsibility, leadership, and teamwork through clubs & circle experiences.
- To expand your personal network beyond class and campus community.
- To acquire the valuable experience of sharing common goals and working together as a team to accomplish them.

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R **I . Extracurricular Activities**

■ Extracurricular activities during the Novel Coronavirus Pandemic

- Following the State of Emergency Declaration in April 2020, all face-to-face activities including extracurricular activities and welcome events for new students were suspended, and activities were restricted to online formats only.
- Since the State of Emergency Declaration was lifted in June, the Student Affairs Division has been working to raise awareness of infection control measures before, after, and during activities and in the course of everyday life, and gradually re-starting face-to-face activities of extracurricular organizations judged to have instituted proactive and ground-based infection control measures across the board.

As of March 2021, around 200 organizations have resumed face-to face activities.

For details, please see the Student Activities 2021 !

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R II. How to find Clubs & Circles matching your interests

Student Affairs Office's [STUDENT ACTIVITIES 2021]
http://en.ritsumeai.ac.jp/lifecareer/file/student_activities.pdf

Ritsumeikan Uni. Homepage [SPORTS & CULTURE]
<http://en.ritsumeai.ac.jp/lifecareer/club-activities/>

Student Association's [CIRCLE COLLECTION]
<https://college.ritsumeai.club/circle/>


Guidebook for participating in club activities written by and for international students
https://www.ritsumeai.club/2021/0326_9696/

If you are interested, check it out by:
 ① Contacting via SNS ② Going to where the activity is held.

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R II. How to find Clubs & Circles matching your interests

< Interactive Online Campus Initiative : Ritsumeikan Cyber-Campus (βversion) >



https://miro.com/app/board/o9j_la5aWYs/

- Participants move freely around several islands (such as the campus island and student clubs island), gaining a better understanding of the university and of student activities, including extracurricular activities.

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R III. All Members of the RU Participation System of Creating a Better Learning Community

All Student Participation System

Executive Board of Trustees, University, Colleges, etc.

The Plenary Council of the University

Student Affairs Roundtable Meeting

5-Party Meeting

Trust Chancellor Election

Summary of requests by clubs and undergraduate self-government associations

Requests, Proposals

Classes, Seminars, Clubs, Circles, etc.

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Examples of actualizing student voices

Opening of the Peer Learning Room "Piala"
Improvement of student-learning environment

"Lunch Street" [BKC, OIC]
Various bento lunch stands and food vendors on Campus.
Improvement of food environment

Eastern Square [KIC]
Improvement of student-life environment

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Point!

For a successful student life,
be self-directive, active,
and get involved in
extra-curriculum activities!

→For details, please see the

**STUDENT
ACTIVITIES 2021**

http://en.ritsumei.ac.jp/lifecareer/file/student_activities.pdf

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**IV. Various Services and Facilities of
Ritsumeikan University (RU)**

To prevent the spread of COVID-19, the use of each
system/facility is currently restricted.
For details, see the following URL.

■ Inter-Campus Transportation:
RU operates a shuttle bus service connecting our three
campuses to support student activities
<http://www.ritsumei.ac.jp/infostudents/shuttlebus/>

■ Training Room

- Machines and equipment are available for use by students from all campuses
- On-site trainers are here to help
- Good for athletes and dieters!
- Individual use is permitted provided ample care is taken to prevent the spread of Covid-19. Those who wish to use the training room must first participate in a training seminar, after which a gym card will be issued. Please see the homepage for details.

■ BKC Sports and Health Commons

- A new sports facility for student health
- Complete with swimming pool, gymnasium, aerobic training rooms and more
- Classes and events held
- Currently, some usage is restricted to prevent the spread of infection.

See HP for details.

<http://www.ritsumei.ac.jp/lifecareer/activity/facility/bkc-shc/>

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* Business hours are subject to change. For details, see the following URL. <https://www.ritsco-op.jp/>

* Please cooperate with mask-wearing and disinfectant protocol when entering the store, keeping your conversations low-key during meals, and leaving as soon as possible after your meal.

100 yen Breakfast -For a healthy start-

● Fall, Sep. 27 → Jan.19

Approx. 800 students/day last year!

Rice + Main Dish + Miso Soup
* Choose from two dishes
8:00~8:40
Only **100 yen!**

Payment is accepted by the Co-op electronic membership card or by the RU meal system. (Cash is not accepted)

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

A good breakfast can help you stay focused in class!


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Takeout lunches and snacks are available!

BKC Lunch Street

Shops and locations vary depending on the day. Please check the latest calendar and map below.

↓ ↓ ↓

Website

http://www.ritsumei.ac.jp/mmg/cm/sokan/img/schedule_english.pdf

Food Trucks
TIME : 11 : 30 ~ 18 : 00
* End when sold out
PLACE : Please check the QR code on the left.

Bento Box Lunch Stands
TIME : 11 : 30 ~ 13 : 30
* End when sold out
PLACE : Please check the QR code on the left.

Some classrooms are open during lunch break as a place to eat lunch!

※ Temporary closures may occur.
※ Sudden closures may be made due to inclement weather.
※ Open hours may be extended or shortened at the discretion of each shop.

LUNCH STREET



The Kinugasa Student Affairs Office is located on the 2nd Floor of Kenshinkan (KE).

The BKC Student Affairs Office is located on the 1st Floor of Central Arc.

The OIC Student Affairs Office is located on the South end of the 1st Floor of Building A (AS)

Please visit us whenever you need help or want to try a challenging activity.

Thank you for your attention!

**R** Beyond Borders

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