

## Information for new students of Faculty of Liberal Arts (FLA) regarding Orientation Day

### 1. What is Sophia Orientation Day?

Sophia University holds an Orientation every semester for new students. The FLA program will be held as a two-day overnight session for all incoming degree students to help you in transitioning to college life, getting to know new friends, seniors, and professors. You can get academic information on course registration etc. and your helpful seniors will give you useful tips and advice on many aspects of campus life.

### 2. Greetings from the Dean of the Faculty of Liberal Arts

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*A big welcome to all new students to the FLA Orientation Camp!*

*The Orientation Camp was first held at Sophia in 1966, and the FLA is upholding this long tradition of fostering community spirit and friendship among our diverse student body and faculty.*

*Orientation is not only about acquiring new knowledge and information, it's also about finding our bearings and making friends in a new environment. Our students and faculty come from different parts of the world with a variety of cultural, linguistic, and ethnic backgrounds, and some of us are in Japan or Tokyo for the first time. All of us have a great deal to discover about our new surroundings as well as ourselves and others. The Orientation Camp provides a good opportunity for us to spend an overnight trip in a beautiful area to start this exciting journey of learning and growth together.*

*I had an occasion to speak with some alumni who graduated half a century ago and some told me that some of their best friends are people that met at Orientation Camp. I hope this Orientation Camp will also bring you experiences and encounters that you will cherish for the rest of your life. With some luck, Mount Fuji will reveal her splendor while we are at Tozanso and inspire us throughout our college years."*



Prof. Angela Yiu  
Dean, FLA



**Photo:** Mount Fuji from Tozanso **Source:** YMCA Tozanso

### 3. Date and venue

- **Schedule:** April 6 (Thursday) to 7 (Friday), 2023 (1 night and 2 days)
- **Assembly:** Classroom 6-101 (Building 6, 1F, room 101) at Yotsuya Campus, Sophia University at **9 a.m.** on April 6
- **Transport:** Group transportation by bus
- **Venue:** International Youth Center YMCA Tozanso (Address: Tozan 1052, Gotemba, Shizuoka Prefecture Tel.: 0550-83-1133)

### 4. What to bring

- Pajamas      • Bath towel, Face towel      • Toothbrush      • Health Insurance Card
- Regularly used medicine: Bring your own medicine, if necessary, (for allergy, the common cold, or any chronic disease); if you are on medication, you must bring your own medicine.
- Relief from motion sickness (if you have a tendency)      • Masks
- Warm clothes
- This document (Data)
- Sophians' Diary 2023
- Sophians' Guide 2023 (Data) (URL: <https://piloti.sophia.ac.jp/eng/studentssupport/handbook/>)
- Bulletin of Information 2023 (Data) (This handbook is distributed as electronic data only. If you want to use it when you receive course explanations at Orientation Day, please download the data in advance and bring your own computer, etc. or print it out.)
- Please bring your own hair dryer if you need (Due to electrical capacity, please use only one hair dryer at a time in your room)

### 5. Important points

1. Program starts at 9 a.m. Be on campus on time.
2. You must call Center for Student Affairs if you cannot make it on time.
3. Leave contact information, accommodation address, name, telephone number, with your family or dormitory.
4. All meals are served at the accommodation. Alcohol is strictly forbidden.
5. Keep your room clean and organized.
6. Keep noise level to a minimum after 10p.m.
7. Smoking is allowed only in designated area. And be careful with fire. Underage (under 20) smoking is illegal.
8. Check emergency exits and routes at the accommodation.
9. Bring your own medicine (pain, cold, digestive medicine etc.). Medicine will not be provided to student from the university to prevent allergy or side-effects from medicine.
10. Students with food allergy that may cause serious symptoms, or students who have food restrictions for religious reasons, may have their menu items changed at the accommodation. Please inform the FLA office staff at the departmental assembly on April 1.

## 6. Time schedule

### ■ Day 1

- 9:00 Meeting at Classroom 6-101 (Building 6, 1F, room 101) at the Yotsuya Campus, Sophia University)
- 9:10 Pre-departure assembly: Announcement of schedule; precautions
- 10:15 Boarding the bus
- 10:30 Departure
- 11:30 Stop at Ebina Service Area (15-minute break)
- 11:45 Departure from Ebina Service Area
- 12:30 Arrival at Tozanso
- 12:40 Lunch (Main building 1F cafeteria)
- 14:00 First departmental assembly (to 17:00)
- 17:00 Check in
- 17:00 Showers are available (to 24:00)
- 17:30 Dinner (Main building 1F cafeteria) (to 18:30)
- 19:00 Second departmental assembly (to 21:00)
- 24:00 Lights out, bedtime

### ■ Day 2

- 6:30 Showers are available (to 7:30)
- 7:00 Wake up
- 7:00 Morning prayer (only for those who wish to pray) (to 7:15)
- 7:30 Breakfast (Dining hall) ~8:20  
Clean up rooms (Before and after breakfast)
- 8:45 Check out
- 9:00 Third departmental assembly (to 11:30)
- 11:30 Lunch (Main building 1F cafeteria)  
Clean up departmental assembly rooms (After lunch time)
- 12:40 Be ready to leave
- 12:45 Boarding the bus / Departure
- 13:45 Stop at Ebina Service Area (15-minute break)
- 14:00 Departure from Ebina SA
- 15:30 Arrival at the university and disperse.

## 7. Prevention of COVID-19

■ When participating in the program, pay attention to thorough measures to prevent Covid-19 infection. For the latest Covid-19 information, regularly check "Information on COVID-19" on the official Sophia University website (URL: <https://piloti.sophia.ac.jp/eng/article/news/general/covid19/>), the official Ministry of Health, Labor and Welfare website, and other official information sources.

■ Maintain ventilation in departmental assembly venues and accommodation rooms during the program implementation period.

■ At the facility, in places where only Sophia University related persons are present, whether or not to wear a mask is left to your own judgment. But please do not forget to be considerate of members who may be anxious due to underlying illnesses, etc., and act in a way that respects each other. In addition, in places with a group or other people who are not related to Sophia University, please bring, and wear your own

mask.

- Practice frequent hand washing and disinfection around campus, on buses, and in the accommodation facilities. Alcohol sanitizer is provided at the entrances to campus buildings and accommodation facilities, and in cafeterias, so please cooperate in disinfection.
- Bedding should always be covered with sheets and covers before use.
- Avoid using baths when they are crowded.
- The cafeteria of the accommodation facility is self-service. When taking food, wear a mask and the vinyl gloves provided. Use alcohol wet napkins provided by the cafeteria before eating. Acrylic panels have been placed on each table to prevent infection via droplets. During mealtime, keep conversation low while unmasked.
- Those who are unwell are not allowed to enter campus or participate in this program. In particular, those with fever, respiratory symptoms, fatigue, other cold-like symptoms, or abnormal senses of smell or taste should remain at home. Everyone should check their temperature before leaving home on the day of departure, and stay at home if their temperature exceeds 37.5°C.

### 8. Contact

■ **Orientation Day Secretariat:** Center for Student Affairs, Sophia University

Open hours: In class periods 10:00 - 11:30, 12:30 - 15:30

Outside class periods 12:30 - 15:30

\*Close on Saturdays and Sundays, national holidays, and university holidays

Tel.: 03-3238-3525, Email Address: [oriday-co@sophia.ac.jp](mailto:oriday-co@sophia.ac.jp)

■ **Faculty of Liberal Arts Office**

Tel.: 03-3238-4004; Email Address: [fla-co@sophia.ac.jp](mailto:fla-co@sophia.ac.jp)

Open hours: In class periods 10:00 - 11:30, 12:30 - 15:30. Outside class periods 10:30 - 11:30, 12:30 - 15:00 \*Close on Saturdays and Sundays, national holidays, and university holidays

### 9. Map of the facilities

