

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

March 15, 2024

1. What is 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

"A big welcome to all new students to the FLA Orientation Day!

The Orientation Day (formerly called "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 Day 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 Day. I hope this Orientation Day 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 4 (Thursday) to 5 (Friday), 2024 (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 4

>Access Map (Yotsuya Campus): <https://www.sophia.ac.jp/eng/aboutsophia/access/campus/>

■ **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 (if necessary)
- Warm clothes
- This document (Data)
- Sophians' Diary 2024
- Sophians' Guide 2024 (Data) (URL: <https://piloti.sophia.ac.jp/eng/studentssupport/handbook/>)
- Bulletin of Information 2024 (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.)
- A 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. The program starts at 9 a.m. Be on campus on time.
2. Call the Center for Student Affairs if you cannot make it on time.
3. Leave contact information, accommodation address, name, and telephone number with your family or dormitory.
4. All meals are served at the accommodation. Drinking alcohol is strictly forbidden.
5. Keep your room clean and organized.
6. Keep noise level to a minimum after 10 p.m.
7. Smoking is allowed only in designated areas. 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.). We cannot provide you with medicines to prevent allergies or side effects of medicines.
10. We may change their menu items for those with food allergies that may cause serious symptoms or food restrictions for religious reasons at the accommodation. Please inform the FLA office staff at the departmental assembly on April 1.
11. During the Orientation Day, whether or not to wear a mask is left to your own judgment. However, 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.

6. Time schedule

■ Day 1

- 9:00 Meeting at Classroom 6-101 (Building 6, 1F, room 101) at 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 Bath time (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 Only 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. Contact

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

Tel.: 03-3238-3525, Email Address: oriday-co@sophia.ac.jp

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

Outside class periods 12:30 - 15:30

■ **Faculty of Liberal Arts Office**

Tel.: 03-3238-4004; Email Address: 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

8. Map of International Youth Center YMCA Tozanzo

