

September 1, 2025

### 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 them transition to college life and get 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



Prof. STRECHER  
Matthew  
Dean, FLA

You've probably heard this before: life is an adventure story. It isn't *like* an adventure story; it *is* an adventure story. Every life is a quest, and every quest is filled with smaller adventures that lead to bigger ones. Whether you are a fan of *Lord of the Rings*, or *Harry Potter*, or you don't like reading stories at all, let me assure you that you are in one now.

*And you are the hero of your own story.*

Every hero's journey happens in an unfamiliar place and contains trials and tasks, failures and triumphs. Sometimes it's hard and sometimes it's scary. Fortunately, heroes don't go into the adventure alone; they always have help. Friends, guides, fellow travelers, allies, and even antagonists, can boost us toward the goal. None of us enters the adventure zone completely ready; there is a lot to learn, and a lot to get used to.

You've already taken your first step into this adventure realm. You've crossed the first threshold. Now it's time to start the learning process.

That's what Sophia Orientation Day is for. At orientation, you'll meet your fellow travelers, find your new friends and allies, and meet many, many guides who will help get you started on your journey. Most of these guides will be older, more experienced Sophia students who can show you things like how to register for classes, what happens in those classes, and how to adjust to the greater freedom you will experience as a college student. They have been where you are, felt like you feel, and they can help you figure out how to handle it.

You are very fortunate: new FLA students get to go out into a magical space for their orientation. For two days we will live together at Tōzansō in the foothills of Mt. Fuji, and if we're lucky, the goddess will show herself to us. We will get to know one another and prepare for that first big task: classes. You will also meet some of your instructors, all of whom have been on this journey you're about to take and can tell you something about your options as you proceed.

Unless you brought all your best friends from high school with you, or smuggled your family in your luggage, each of you has arrived at Sophia alone. By the end of Orientation Day, you will no longer be alone. The entire FLA community – students, faculty, and alumni – is with you now. And every one of us is here to help you succeed at being the hero of your own story. Don't be scared; you're a Sophian now, and you're among friends.

### 3. Date and Venue

- **Schedule:** September 24 (Wednesday) to 25 (Thursday), 2025 (1 night and 2 days)
- **Assembly:** Classroom 6-101 (Building 6, 1F, Room 101) at 9 AM on September 24
- >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 Phone: 0550-83-1133

### 4. What to Bring

- Pajamas • Bath towel and face towel • Toothbrush • Health Insurance Card • Masks (if needed)
- **Regularly used medicine:** Bring your own medicine, if necessary (for allergies, colds, or any chronic disease). If you are on medication, you must bring your own medicine.
- Warm clothes • Relief from motion sickness (if you have a tendency)
- This document (Data)
- Sophians' Diary 2025
- Sophians' Guide 2025 (Data) (URL: <https://piloti.sophia.ac.jp/eng/studentssupport/handbook/>)
- Bulletin of Information 2025 (Data) This handbook is provided as electronic data only. If you wish to reference it during course explanations during the orientation, please download it in advance and either bring your own computer or print it out.
- Hairdryer (if needed)

### 5. Important Points

01. The program begins at 9 AM. Please arrive on campus on time.
02. If you cannot arrive on time, contact the Center for Student Affairs.
03. Leave your contact information, accommodation address, name, and telephone number with your family or dormitory.
04. All meals will be served at the accommodation. Drinking alcohol is strictly prohibited.
05. Keep your room clean and organized.
06. Maintain a low noise level after 10 PM.
07. Smoking is permitted only in designated areas. Please be cautious with fire. Note that underage smoking (for those under 20) is illegal.
08. Check emergency exits and routes at your accommodation.
09. Bring your own medications (such as for pain, colds, or digestion). We are unable to provide medications for allergies or any potential side effects.
10. Menu items may be adjusted for individuals with food allergies or religious dietary restrictions at the accommodation. Please inform the FLA office staff during the departmental assembly on April 1.
11. During the orientation, wearing a mask is a personal choice. However, please be considerate of those who may feel anxious due to underlying health conditions and behave in a respectful manner towards one another.

## 6. Schedule

### ■ Day 1

09:00 Meeting at Classroom 6-101 (Building 6, 1F, Room 101)  
09:10 Pre-departure assembly: Announcement of schedule and 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 (until 17:00)  
17:00 Check-in  
17:00 Bath time (until 24:00)  
17:30 Dinner (Main building, 1F Cafeteria) (until 18:30)  
19:00 Second departmental assembly (until 21:00)  
24:00 Lights out, bedtime

### ■ Day 2

06:30 Only showers are available (until 7:30)  
07:00 Wake up  
07:00 Morning prayer (only for those who wish to pray) (until 7:15)  
07:30 Breakfast (Dining hall) (until 8:20)  
Clean up rooms (before and after breakfast)  
08:45 Check-out  
09:00 Third departmental assembly (until 11:30)  
11:30 Lunch (Main building, 1F Cafeteria)  
Clean up departmental assembly rooms (after lunchtime)  
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 Service Area  
15:30 Arrival at the university and disperse

## 7. Contact Information

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

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

Open Hours: In-Class Periods 10:00 AM - 11:30 AM, 12:30 PM - 3:30 PM

Outside Class Periods 12:30 PM - 3:30 PM

■ **Faculty of Liberal Arts Office**

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

Open Hours: In-Class Periods 10:00 AM - 11:30 AM, 12:30 PM - 3:30 PM

Outside Class Periods 10:00 AM - 11:30 AM, 12:30 PM - 3:30 PM

## 8. Map of the International Youth Center YMCA Tozanso

