



Department of Sociology, 2nd Year  
Ryutaro Maesaka

3F LGL

From Okayama Prefecture  
Loves Cambodia and his hometown of Okayama the most in the world  
Is currently helping organize and schedule a TEDxSophiaUniversity event

From Shizuoka Prefecture  
Is the student representative of the World Federalist Movement Youth Forum.  
Is an active member of the Model United Nations in the Yotsuya Branch.



4F LGL

Dept. of International Legal Studies, 2nd Year  
Taketo Yamauchi

**Q: To begin with, what do you think of the atmosphere in the dormitory**

**Ryutaro:** Many of the residents in Arrupe have very unique interests and are quite quirky, I really enjoy how easy it is to just approach them and strike up a conversation. I've learned much from sharing my interests with people and having them respond in kind.

**Kanon:** Sounds fun to be able to talk about your different interests, to learn from them and grow as people.

**Q: Do you think that these differences complement one another?**

**Ryutaro:** Yeah, I think it does.

**Yuto:** I think one advantage of living in Arrupe is that we can interact and communicate with people in a relaxed setting. What Ryu said is also pretty applicable to me, since I like to do things in my own way.

**Kanon:** The dorm feels like a close-knit family of sorts. Since you are around one another so much, you start to be on very close terms and this makes for very natural conversations in which you don't have to avoid stepping on people's toes.

**Taketo:** Between people who hail from different cultures and speak different

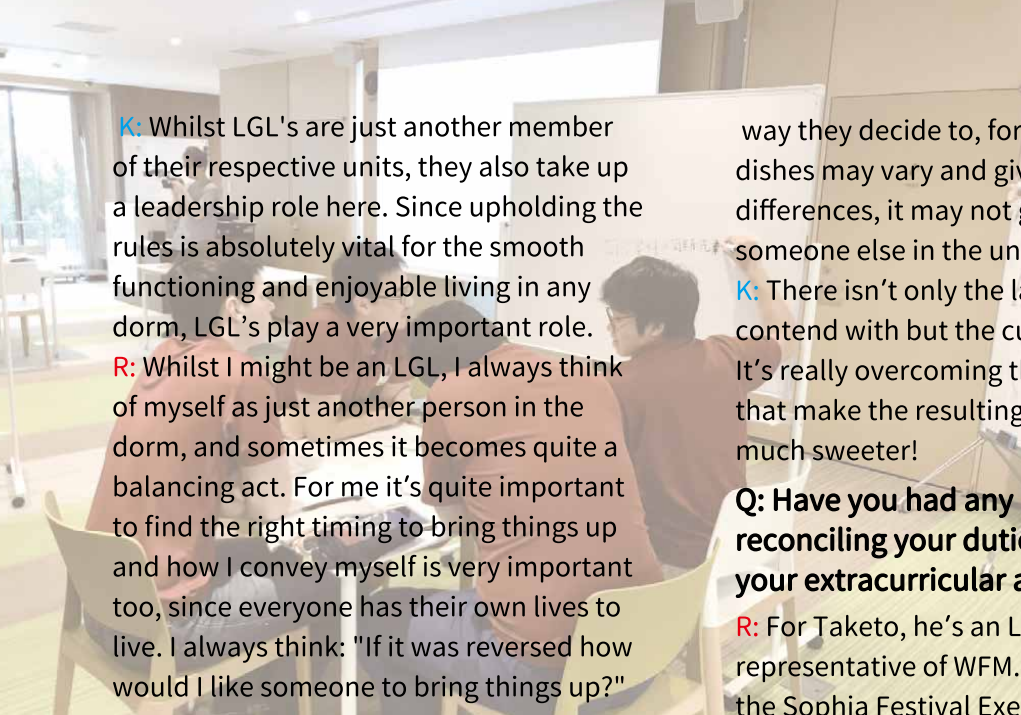
languages and dialects, you really get to appreciate the different values that they hold. It's just a great environment to be in for me personally.

**Q: How do you usually interact manage their respective units?**

**R:** The unit I live in has many people from all around the world I try to communicate as much as possible with everyone, since there was so much we could learn about each other. For me this has always been a natural way of thinking but realizing that not everyone shared this outlook, I had to rethink my approach. It could be very frustrating for people, causing misunderstandings by not being able to convey your thoughts accurately. I would always try to help smooth things over and make compromises that everyone can get on board with. Through this process we all began to understand each other better and get along.

**T:** Making sure that the ground rules and all information is passed on to everyone, facilitating communication through open discussions I can get a sense of what unit members feel about the dorm, what bothers them and what improvements they would like to see.





**K:** Whilst LGL's are just another member of their respective units, they also take up a leadership role here. Since upholding the rules is absolutely vital for the smooth functioning and enjoyable living in any dorm, LGL's play a very important role.

**R:** Whilst I might be an LGL, I always think of myself as just another person in the dorm, and sometimes it becomes quite a balancing act. For me it's quite important to find the right timing to bring things up and how I convey myself is very important too, since everyone has their own lives to live. I always think: "If it was reversed how would I like someone to bring things up?"

**Y:** Whether it's cooking or cleaning, somebody has to do it eventually, so I always take the initiative, since if we as LGL's do not set a good example, who else will? Since I like to spend most of my time in the common living area, whenever someone pops by it's very easy to bring up any issues.

**K:** It is also one of the duties of an LGL to set a good example as well as hold others to that standard.

**T:** People come from all sorts of cultures and have their own way of doing things at home, so depending on the person, the

way they decide to, for example, clean the dishes may vary and given the cultural differences, it may not go over so well with someone else in the unit.

**K:** There isn't only the language barrier to contend with but the cultural one as well. It's really overcoming those differences that make the resulting friendships so much sweeter!

**Q: Have you had any difficulties reconciling your duties as an LGL with your extracurricular activities?**

**R:** For Taketo, he's an LGL and the representative of WFM. I know Kanon is on the Sophia Festival Executive Committee, and Yuto mentioned he's the editor-in-chief of Arioso so they all have it quite hard I'd think.

**T:** To be honest, I've actually not found it that difficult to strike a balance. It does get a little tricky around the exam period though...

**Y:** I always have this impending sense of doom as an LGL, since at any time our workload can suddenly double for whatever reason and that really puts a strain on my already precarious work-life balance.



Department of Journalism, 2nd Year <sup>7F</sup> LGL  
**Yuto Ota**

Is from Aichi Prefecture  
Spent his childhood in the US. Is the editor-in-chief of the Arioso, and the Sophian's Contest magazine.  
Is also a member of the Tsugaru Shamisen Enthusiasts Association Mitsudomoe.

From Yamanashi Prefecture

Is the LGL Event team leader. Is part of the public relations department of the Sophia Festival Executive Committee, the acappella circle L'arbe de harmonie and a Portuguese language troupe.

<sup>4F</sup> LGL

Department of Luso-Brazilian Studies, 2nd Year  
**Kanon Yagasaki**

**R:** Something is bound to pop up eventually, but making it work is half of the fun!

**K:** Since we are given a stipend on a monthly basis, we basically operate autonomously, doing all the planning and organizing of events ourselves. I think there are many difficulties with this but it's worth it and since my circle has regular meeting times it's no problem for me to align my schedules.

**Y:** To make sure everyone can have an enjoyable time, we always have to consider language, culture and individual preferences, doing our best to accommodate everybody. After putting in so much time and effort into making things suit as many people as possible, when things finally come together and everyone is pleased, I feel a real sense of accomplishment.

**T:** We don't have any road-maps to follow so we are essentially charting unexplored territory most of the time. Conversely, since it's all new we have unlimited freedom in deciding our way forward.

**Q: For those students interested in coming to live in Arrupe what would you like to tell them?**

**R:** Arrupe is a really fun place. You can really make great friends and lead your best university life here at Arrupe. We're always excited to meet new people and make amazing memories that can stay with you for the rest of your life!

**K:** At Arrupe you aren't just limited to talking to people from your department. You can meet people from different faculties and across the different grades. I am sure you will be able to make valuable friends that last a lifetime. We would love to have you here, I am sure you won't regret it!

**Y:** You can pretty much become friends with anyone from anywhere around the globe! We welcome everyone here at Arrupe. Everyone here knows how to make it a fun time. Please come and be a part of Arrupe with us.

**T:** You may be unsure but don't let that deter you. If I wasn't living here in Arrupe I'm certain I'd be living a very different life, not nearly to its fullest. This dorm really is a wonderful place and will improve your university experience.





Why did you want to come to Arrupe?

→It is because I thought the Educational Program and the student leader system was interesting. The dorm was also new and modern, and the city is also easily accessible.

What has been the biggest boon that living at Arrupe has brought you?

→I was worried about making friends. However, **when I entered the dormitory, I immediately made a lot of friends**, so the anxiety immediately vanished!

Message to those who are considering to study in Japan or joined the dorm

→I really recommend it! I think you can make memories you will never forget with your very important friends! Please come!

Every morning, I prepare and review for my Japanese test which is in first period.

07:30, Wake Up

I spend free periods studying in the Library, or exploring Tokyo!

08:00, Wake Up

I eat many different foods for breakfast such as sandwiches, eggs or noodles.

I sometimes cook Japanese dishes, which my host mother taught me.

15:00, Grocery Shopping

After school I join in with the Koto club's activities and enjoy Japanese culture.

21:30, Studying

I revise for my tests the following day, and afterwards chat with everyone.

## Department of Liberal Arts, 3rd Year Mikaela Phang

From Auckland, New Zealand  
Is part of the Faculty of Japanese Language at her home university. Everyone calls her "Miki"  
Came to Japan last fall on exchange. Has visited Japan when she was a high school student



## Department of Liberal Arts, 3rd Year Khaleel Ispahani

From Karachi, Pakistan.  
Has been in Japan for half a year. Transferred from his University in Pakistan to Sophia University. Has an unusual life-story. Likes Japanese culture and belongs to the Koto club

What did you find the most appealing about Arrupe?

→I felt very welcome when I moved in! Everyone is very open-minded. Whenever someone's in trouble, somebody is there to help out.

Did you notice any cultural differences compared to your home country?

→It's normal to spend time with my family and friends in Pakistan, so when I had a meal alone for the first time, I felt weird.

What have you learned from living in Arrupe?

→**Meeting people with various cultures and values has helped broaden my view of the world.** I think this experience will be a valuable asset to my future career!







# After taking the educational program...



At Arrupe, students will participate in the education program once every two weeks. Lectures and workshops focus on the various aspects of planning out a project of your choice, then work through said plan to achieve your goals. By learning about how to properly formulate a comprehensive action plan, whilst actively advancing your personal projects in collaboration with fellow Arrupe students, we developed our abilities in communication, leadership and execution.

Nanaka Takagi (Department of English Studies, 2nd Year)

My Health & Beauty Project, was intended to build on the idea of "How can more people live a Healthy and Beautiful life?" While it was interesting and enjoyable to explore this idea in my head I found it difficult to give these idea concrete shape. But with the support from the instructors, I was able to write up a fun and practical action plan that I would have no trouble putting into practice. I feel that this whole developmental process has given me the tools that I need to not only deal with but excel in both my university life and the workplace.

Mami Kimura (Department of Economics, 4th Year)



We worked on designing an event that would bring both the foreigners, who had made the trip to Japan for the Olympics and Para-Olympics, and the many Japanese who will be watching closer together. With the Olympics finally coming to Japan I'm delighted to be able to help bridge the gap between Japan and overseas given this exciting event.

Miyu Imura (Department of English Studies, 2nd Year)



## Pictures of the Educational Program



Our Island School spin-off project aims to combine what we see as important and what the inhabitants of Sado are interested in. We all know how important, especially for islands, being environmentally conscious is. By cooperating with the people of Sado to address their more immediate concerns we hope to both connect people and the environment in such a way that creates a legacy for others to inherit.

Kirari Uchiyama (Department of Global Studies, 2nd Year)

From Lisbon, Portugal.  
Is a part-time lecturer at Sophia University.  
At the Shinsei Kaikan, next to Arrupe,  
she has set up a group event called Wakage for  
Students to interact and socialize at.



Ms. Paula



## Potluck party

~Learning about different cultures with Ms. Paula~

To participate, everyone would have to make and bring a dish down to the first floor multi-purpose common area where we would set up a sort of buffet for everyone to be able to freely try one another's dishes. Being an international dorm, there are so many people from different countries, those with dietary restrictions like vegetarians or Muslims, so you really get a chance to try out many foods that you may not have even heard of before. If you really come to like a dish, it's not uncommon for people to share their recipes to keep for later. It's a very beneficial exchange for everyone.

Yuki Nakajima (Department of Economics, 3rd Year)



# Frequently Asked Questions

## Q. What security measures are in place at the dormitory?

A. Security guards and staff are in the office 24 hours a day to provide assistance and security, whilst security cameras are installed on the premises. Visitors register at the reception office and are given a visitor's tag upon entry to the dormitory. Each unit and room requires the relevant card key to enter, which are also used to enter through the automated gates. Should someone not possessing a card key try to enter, the security personnel will respond to the alarm and deal with the situation.

## Q. How is the dorm structured?

A. Gates make it impossible to enter the opposite gender's wing with your own card key, these gates are on the ground floor in full view of the reception office and security. The only common shared areas, with no restricted access, are the 1st floor study room, theater room, terrace, and lobby. Attempting to enter the opposite gender's wing will not be tolerated by the security.

## Q. What accommodations are provided in the units?

A. Each unit consists of 7 rooms, 2 shower rooms, 2 washbasins, 2 toilets and 1 kitchen that is also the dining area. Utensils are provided, along with two rice cookers, a fridge with freezer and vegetable compartments, a microwave, an oven, and cooking equipment that is to be shared. Kitchen towels are regularly distributed but should they run out, the office holds a stock and you may ask for them when needed. This same policy applies to toilet paper. In addition a vacuum cleaner, mop and ironing equipment are provided in all units.

## Q. How does the dormitory maintain it's cleanliness?

A. The cleaning staff will come by every day to clean the dining area and hallways of each unit. However, if you leave dishes or personal items in the sink or on the table, the staff will not clean that area. It is necessary to keep the space tidy for the staff to proceed and cleaning will start at roughly the same time each day. The cleaning staff will under no circumstances enter your rooms.

## Q. Are there any useful facilities nearby?

A. Convenience stores, a post office, Shinanomachi station, a hospital and an ATM are within a minutes' walk from the dormitory. Dormitory residents can also find a supermarket within a 15-minute walk down the main road. Along the main road there are also many dining options and various gyms all within a 10-minute walk.



Arrupe International Residence  
Zip code: 160-0016  
Address: 7-33 Shinanomachi  
Shinjuku-ku Tokyo  
TEL: 03-3351-1028  
Location: 1 minutes' walk from  
Shinanomachi station (JR Sobu Line)



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