

Welcome to the University of Osaka - Living Guide -



Sachi Okamoto

Center for International Education and Exchange

1. INFORMATION FROM CIEE & IRIS

Details are available here!



<https://ciee.osaka-u.ac.jp/information-for-new-international-students/>

CIEE (CENTER FOR INTERNATIONAL EDUCATION AND EXCHANGE)

WHAT WE DO FOR YOU

- JAPANESE COURSES
- INTERNATIONAL STUDENT SUPPORT

Visit our website!



IC Hall (Suita Campus)

The screenshot shows the CIEE website interface. At the top left is the logo for 大阪大学国際教育交流センター (Osaka University Center for International Education and Exchange) with the acronym CIEE. To the right is a search bar. On the far right is a language selector with 'JAPANESE' and 'ENGLISH' options. Below the header is a navigation menu with the following items: About CIEE, Education, Research / Development, Inbound Short-Term Programs, Outbound Programs, Student Support, International Exchange, and Collaboration / Contribution. The main content area features a central banner with the text "Support Students' Global Learning and Growth" and four images: a family looking at a map, a group of students in a classroom, a group of students in front of a traditional building, and a group of students in a meeting. At the bottom, there are two columns of service categories. The left column is for international students at Osaka University, including International Exchange, Education, and Career Support. The right column is for students who wish to study abroad, including Consultation, Study Abroad Seminars, and Overseas Training. The footer includes the Osaka University logo and the text "Center for International Education and Exchange".

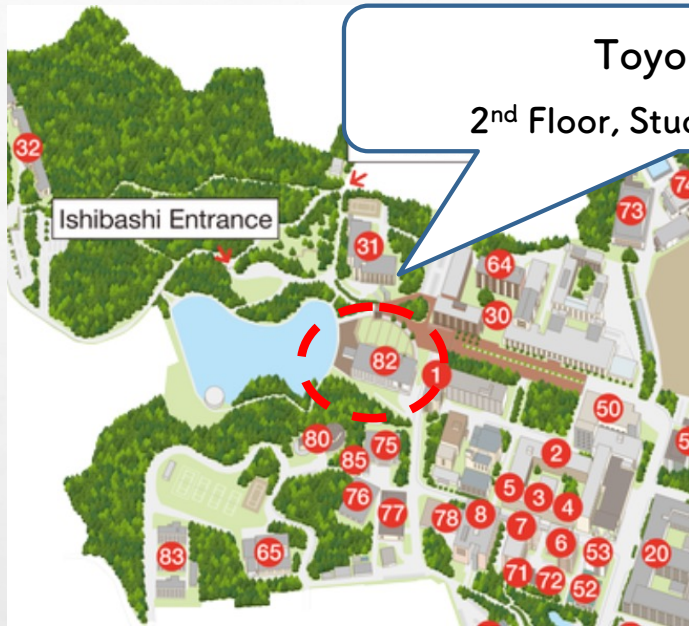
IRIS (INFORMATION ROOM FOR INTERNATIONAL STUDENTS)

- ADVICE ON DAILY LIFE
- STUDY AREA
- COMPUTERS & INTERNET
- LOUNGE (TEA & COFFEE)
- NOTICE BOARD (E.G. SCHOLARSHIPS, PART-TIME JOBS)
- INTERCULTURAL EVENTS (E.G. JAPANESE CAFE)



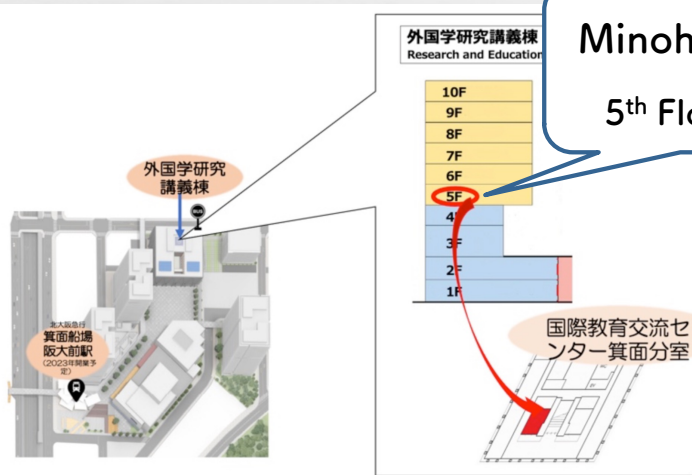
IC Hall 2F (8:30 – 18:00)

IRIS on other campuses



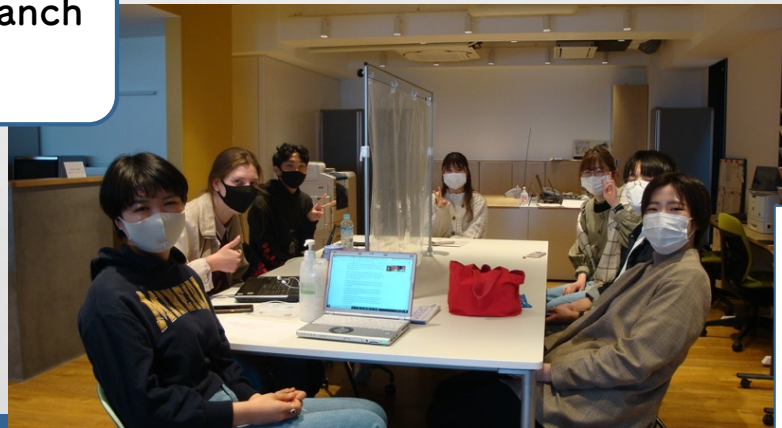
Toyonaka Branch

2nd Floor, Student Service & Union



Minoh Branch

5th Floor



Find more
Details ↓



OPEN 10:30-17:00 (Mon-Fri)

IRIS LETTER

- Information for international students
- Events/activities
- Programs
- Notice

You are already registered!

IRIS Letter

あいらす通信



IRIS Letter provides you with various information and announcements about upcoming events and activities. If you would like to receive IRIS Letter, please fill in the registration sheet at IRIS or you can just send us an E-mail with your 1) name, 2) faculty or course, 3) nationality.

学内外の留学生関係のイベント情報やお知らせがメールで届く IRIS Letter。

受信を希望する人は IRIS で登録するか、1) 名前、2) 学部（またはコース）、3) 国籍を以下のメールアドレスに送ってください。

IRIS [iris@ciee.osaka-u.ac.jp]

あいらすレター：IRIS Letter 2015 No.1 (2015.4.)

- * 今回の IRIS レター *
1. 2015 年度春学期 留学生対象日本語プログラム
 2. 学内バス運行のお知らせ
 3. 学生定期健康診断
 4. ウェルカムパーティ@吹田キャンパス

* Contents of this IRIS-letter *

1. Japanese Language Program for International Students, 2015 spring
2. The schedule of inter-campus shuttle bus
3. Student medical checkups
4. Welcome Party @Suita Campus

::::: 1. 2015 年度春学期 留学生対象日本語プログラム

日本語を学びたい留学生のために様々なプログラムを提供しています。大阪大学の留学生なら誰でも受講できます。授業開始：4月9日(木)、手続きはすべてウェブで行います。履修登録締め切りは4月22日(水)です。詳細は http://www.ciee.osaka-u.ac.jp/japanese_program/guidebook.html

::::: 1. Language Program for International Students, 2015 Spring Osaka University offers a variety of courses for those who want to learn Japanese.

Anyone who is an international student of Osaka University can take courses in the program. Registration is handled over the internet. Classes begin on April 9th (Thu.). Class registration ends on April 22nd (Wed.). http://www.ciee.osaka-u.ac.jp/en/japanese_program/guidebook.html

::::: 2. 学内バス運行のお知らせ

4月9日(木)から学内バスが運行しています。時刻表は IRIS、または以下の URL で見ることができます。 <http://www.osaka-u.ac.jp/ja/access/buss.html>

::::: 2. The schedule of inter-campus shuttle bus

School buses are in service from April 9th (Thu.). The schedule sheet is available at IRIS or at <http://www.osaka-u.ac.jp/en/access/buss.html>.

HOST FAMILY PROGRAM (OHP)

- Meet & exchange with local Japanese family
- Duration: April - August
- Application deadline: April 14th

(Need to attend the event on April 25th)

Register from here!



THE IRIS SCHOOL VISIT PROGRAM

The IRIS School Visit Volunteer / Program



IRIS 学校交流ボランティア

- Volunteer Program
- Visit local schools
(elementary, junior-high, high schools)
- Introduce your country/regions
- Interact with local students



Register from here!



2. TIPS ON/OFF CAMPUS

ADVISING ROOMS

Besides IRIS...

- Other advising rooms are available for international students

Online-Leaflet

- Contact Information
- Location of Advising Rooms

OU consultation Room Map

新しく大阪大学の仲間になった学生*の皆さんへ

Dear New Students*, WELCOME TO OSAKA UNIVERSITY!

大阪大学は学生の皆さん 1人1人が充実した勉強生活を送れるようサポートしています。このパンフレットにある「阪大初心者向け Q&A」や留学生相談室マップなどにある様々なサポーターを是非活用してください！

*このパンフレットは留学生を主な対象としていますが、阪大が初めての一般学生にも参考となります。

Osaka University supports every one of you, so that you can have a fruitful academic and campus life at Osaka University.

This pamphlet has been put together with the aim of supporting your life at Osaka University with such information as "Q&As for newcomers to Osaka University" and a "Map of Advising Rooms for International Students." We sincerely hope it will be useful for you.

*Although this pamphlet has been made with the new international students in mind, it will also be useful to all new students to Osaka University.

阪大初心者向けQ&A

Q1 大阪大学に入ったばかりで、まだどこに何があるかわからないし、とても不安です。

I am totally new to Osaka University and feel that I know nothing.

"Q&As for Newcomers to Osaka University"

Q2 初めて1人で生活を始めたので、知り合いも友人もいません。

I have just started a new life here at Osaka by myself. I know no one. I have no friends here.

Q3 日本語に（英語にも）自信がなく、コミュニケーションに不安があります。

I am not good at Japanese (English), and I don't know whether I can communicate with people here.

Q4 これから大阪大学での勉強や研究がちゃんとできるか心配です。

I am worried whether I will do well in my studies and research at Osaka University.

Q5 大阪大学に来る前に想像していたことと今の自分の状況が違って、どうしていいかわかりません。

The image I had before coming to Osaka University is so different from what I am facing now. I do not know what to do.

IN CASE OF EMERGENCY...

Emergency Card



※Carry this at all times

English OK

Emergency Call

- 110 (POLICE: ACCIDENT, CRIME)
- 119 (FIRE DEPT. : FIRE, EMERGENCY MEDICAL SERVICES)
- Japan IR&C SUPPORT CENTER
Language: Japanese/English/Chinese
TEL (toll-free):0120-119-075(daily, 24hours)

English, Chinese, Korean,
Portuguese, Spanish OK
(using external interpretation service)

University Offices

- Your Faculty: _____
- Faculty's Phone Number TEL _____
- IRIS : TEL06-6879-7076

MY INFORMATION

名前/NAME: _____

住所/ADDRESS: _____

プログラム/PROGRAM: _____

大学/UNIVERSITY: 大阪大学/Osaka University

緊急連絡先/EMERGENCY CONTACT: _____

In case of trouble :

& if you do not speak Japanese
& do not know what to do

CALL THIS NUMBER! Available 24hrs

HEALTH & COUNSELING CENTER

- Available on 3 campuses
- Free for students, researchers, staff
- Appointment-based consultation
- Medical check-up mandatory for all new comers



Check out their website for

- location
- opening hour
- medical check-up schedule

IF YOU FEEL YOU ARE BEING HARASSED...

- Harassment counseling offices
- Available on 3 campuses
- Academic, sexual, power harassment etc.
- English counseling available
- Appointment-based consultation

Don't Suffer in Silence...
Our Counselors Will Listen to You!

At the Counseling Offices, our Professional Counselors and staff will do their best to put themselves in your shoes and listen before they give advice.

The Counselors will strictly protect and respect your privacy. You may consult anonymously as well.
*You may consult with a counselor under a pseudonym. However, please understand that using a pseudonym limit the help we can provide.

Measures against harassment

- The University will endeavor to provide redress to victims of harassment in the best possible way even while consultations and investigations are still ongoing. No one should suffer disadvantages on the grounds that he/she consulted one of our counselors, and if it is found that any disadvantage has arisen, appropriate measures will be taken.
- The Counseling Office may, with the consent of the consultee, coordinate with the department, etc. to which the alleged offender belongs in order to resolve the problems.
- If it is determined that the Counseling Office cannot resolve the problems or that measures need to be taken to provide redress to the victim or prevent recurrence of the problems, then, with the consent of the consultee, the Office will report the case to the Anti-Harassment Council. Depending on the nature of the consultation, the council may take measures involving the associated department in order to prevent further damage. If an investigation of facts is deemed necessary, the Anti-Harassment Council may ask the Investigation Committee to conduct such an investigation.
- The University gives its first priority to the protection and relief of victims and will assume a reasonably stern attitude to offenders.

Osaka University Harassment Counseling Offices

- If you wish to have a personal interview with a Counselor to receive advice, please make an appointment by phone at the Counseling Office of your choice.
- For the consultation hours of each Counseling Office, please refer to the current information available on our webpage on harassment which can be accessed by visiting "Campus Life" bound at the top of any page at Osaka University's website! → "Student Support Service" → "Preventing all types of Harassment" (http://www.osaka-u.ac.jp/en/guide/student/prevention_siv/).



Edited and published by
Osaka University Human Rights Committee and
Counseling Office(Harassment Related Matters)



Aiming for a Harassment-free University

Osaka University's general approach

In accordance with the spirit of respect for human rights Osaka University and its members must strive to create a liberal, open-minded environment where all members respect one another, communicate on an equal footing as individuals, and make an effort to share equal opportunities to demonstrate their abilities. It is the obligation of all members, and it is the University's social responsibility, to maximize the ability of all members to execute their respective tasks in education, research, and work activities in a healthy and positive environment.

Osaka University works on preventing and finding solutions to these types of harassment in order to maintain a good educational, research, and working environment for all Osaka University students and staff members.

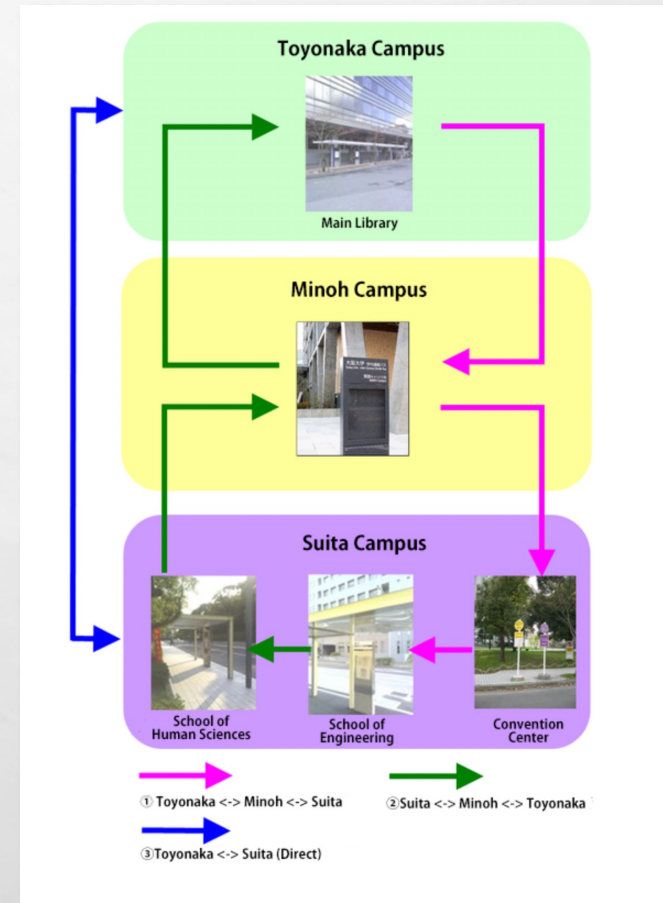
OSAKA UNIVERSITY

CAMPUS BUS SCHEDULE

- Campus bus is available
- Travels between 3 campuses
- Free
- Only available during terms
(no bus on weekend!)



Check out the website for
➤ Location
➤ Schedule



UNIVERSITY CO-OP

- If you become a member, you'll get discount on items at university co-op.
(e.g. books, stationary, cafeteria)
- 3,000-yen to become a member
(you will be refunded when you leave)



↑ Check out the website
for more details!

CRIME & DISASTER PREVENTION

Japan may not be as safe as you think...

- What to do when an earthquake occurs?
- Which items need to be prepared?
- How to evacuate?

Checkout useful tips for yourself!



防災対策のヒント

日本の広い地域で地震や大雨・台風などの災害が発生しています。日ごろからの備えて被害を少なくすることができます。災害時のポイントや防災のポイントを紹介します。

地震がきたら(緊急地震速報を受けたら)

身を守る

- ・【家中】机やテーブルの下に入る【外】ブロック塀、看板、ガラス窓から離れる

揺れがなくなったら

- ・火事を防ぐため、火の元を確認し電気のブレーカーをおとす
- ・出火したときは落ち着いて消火する
- ・ドアや窓を開けて、出口を確保する

逃げる時・避難所に向かう時

- ・非常持ち出し品*は最小限に・靴下や靴を履く・徒歩で避難する
- ・バッグやクッションなどで頭を保護する
- ・落下物から身を守るため、建物、塀、看板、ガラス窓から離れて歩く
- ・テレビ・ラジオ・インターネット・行政から正しい情報を得る→NHK地震速報

*非常持ち出し品・・・水、非常用食料、薬、携帯ラジオ、懐中電灯、予備の電池、ライター、軍手、缶切り、タオル、雨具、下着、靴下、貴重品、パスポートや在留カード、マイナンバーカード、保険証及び連絡先のコピーなど

日ごろの備え

- > 緊急速報メールを受信設定する
- > 災害用伝言サービスを体験する
- > 避難所の場所を確認する
- > おおさか防災ネット・ハザードマップを確認する
- > 家具類の転倒・落下・移動を防止する
- > 非常持ち出し品を準備する
- > 家族、友達、大使館の連絡先を携帯電話に登録し、連絡先メモも用意する

大雨・台風がくる前に・・・

- ・テレビ・ラジオ・インターネットでは正確な情報をキャッチ
- ・家のまわりの安全点検、風で飛ばされやすいものは屋内に移す
- ・外出は避ける・非常持ち出し品を準備する

気象庁HP

国際教育交流センター留学主催報室 [IRIS] [IRIS] Information Room for International Students, CIEE 2026/3

BICYCLE ACCIDENT PREVENTION

- BICYCLE INSURANCE REQUIRED
- PAY ATTENTION TO RULES & LAWS IN JAPAN:
 - KEEP LEFT
 - RIDE IN THE DIRECTION OF TRAFFIC
 - NO USING OF ELECTRONICS/ UMBRELLA ETC. WHILE RIDING
 - NO DRUNK CYCLING
 - NO CYCLING SIDE BY SIDE
 - NO RIDING DOUBLE,
- TURN ON YOUR LIGHTS AT NIGHT
- WEAR A HELMET



DRINKING, DRUGS, & ANTISOCIAL CULTS

How to avoid troubles on campus

- Do not get involved in illegal drug use
- Stay away from antisocial cults

(may approach you as a university club etc.)

Checkout useful tips for yourself!

Drinking



Drug



Antisocial Cults



INTERNATIONAL ASSOCIATIONS

Africa

[ASAO](#) 



Bangladesh

[OUSAB](#) 



China

[OUCSA](#) 

India

[OIA](#) 



Indonesia

[PPI-ON](#) 



<https://osakanara.ppijepang.org/>

Korea

[OUKSA](#) 



<https://www.osakaunivkr.com/>

Philippines

[FILSSO](#) 



Taiwan

[OUTSA](#) 



Vietnam

VYSA



Osaka

Muslim Association

[OMA](#) 



TIPS FOR SIGHTSEEING ETC.

- Osaka University is a member of “Campus Members”
- Special discount at museums etc. are available
- Show you student ID



知ってる??

キャンパスメンバーズ

大阪大学では、学生や教職員に文化や芸術、科学や歴史に広く自由に接する機会を提供するために、美術館や博物館等に無料で入場できるキャンパスメンバーズに加入しています。
学生証・教職員証を提示することで以下の施設で特典を受けることができますので、学生のみなさんはこの制度を大いに活用してください。（※年度により利用施設が変更となる場合があります。）

Osaka University is a member of the **Campus Members Program** in which several museums offer a number of benefits such as **free admission**. This is to provide opportunities for students, faculty and staff to experience and be exposed to culture, art, science and history. Under this program, by presenting your student, faculty or staff ID card at the reception counter, you may receive benefits offered by the museums listed on the this page. Why not take advantage and enjoy a day at a museum? (Please note that available facilities offering benefits are subject to change.)

Campus Members – Museums and Art Museums

特典 Benefits offered	常設展の無料観覧 Free admission to permanent exhibitions *@ ¥100 discount only	特別展・共催展の割引観覧 Discounts on special and joint exhibitions	
美術館 Art Museums	1 国立国際美術館 The National Museum of Art, Osaka	2 京都国立近代美術館 The National Museum of Modern Art, Kyoto	3 大阪市立美術館 Osaka City Museum of Fine Arts
	4 大阪市立東洋陶磁美術館 The Museum of Oriental Ceramics, Osaka	5 大阪歴史博物館 Osaka Museum of History	6 大阪市立自然史博物館 Osaka Museum of Natural History
	7 国立民族学博物館 National Museum of Ethnology	8 奈良国立博物館 Nara National Museum	9 京都国立博物館 Kyoto National Museum
博物館 Museums	10 大阪城天守閣 Osaka Castle Museum	11 大阪市立科学館 Osaka Science Museum	その他 Other
		12 アサヒビール大山崎山荘美術館* ASAHI BEER OYAMAZAKI VILLA MUSEUM OF ART*	

大阪大学
OSAKA UNIVERSITY

3. HOW TO INTERACT WITH YOUR SUPERVISOR

RELATIONSHIP WITH YOUR SUPERVISOR

Clarify your supervisor's expectation while you participate in the intensive Japanese course this semester

- Some expect you to concentrate on Japanese study
- Some expect you to come to the lab after the course everyday

It depends, so please ask and clarify his/her expectation!

RELATIONSHIP WITH YOUR SUPERVISOR

Ask about your expected timeline for the graduate
(if you are planning to pursue to master or doctoral program)

- Some may have a clear plan for you
(e.g. when to take the entrance exam)
 - Some may prefer to wait and see how you do as research students
- * Keep in mind the timing for scholarship extension
- * Check requirements for the exam (e.g. TOEFL, IELTS)

RELATIONSHIP IN A LAB

It is very important to have good relationships in the lab
not only with the supervising professor
but also with other lab members (other faculties, staff, and students)

- In some labs, associate or assistant profs supervise students
- In some labs, senior students supervise students
- Some Japanese students may prefer speaking in Japanese

It is very important for you to learn Japanese during this course

At least, try to use Japanese or show your willingness to speak Japanese especially with those who prefer using Japanese

THANK YOU!

All the information is available here!

