

# Campus Life GuideBook



## College Life Guide for students, from students

Congratulation on your success, and welcome to Oita University!  
This guide book will be useful for you. Good luck to you!





大分大学生生活協同組合

URL <http://kyushu.seikyone.jp/oita-coop/>  
E-mail [Oitau-Coop@mb3.seikyone.jp](mailto:Oitau-Coop@mb3.seikyone.jp)

つながる元気、ときめきキャンパス。



Welcome to   
the university!

Üdvözlünk  
az egyetemen,   
érezd jól magad!

大分大学  
の生活  
一緒に  
楽しもう

 欢迎新同学

Bienvenu   
à l'université.

Welkom op de   
universiteit van Oita

Herzlich willkommen  
 an der Universität!



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President of Life Cooperation Association (Seikyo)  
at Oita University  
**Masayoshi YASUOKA**  
(Professor of Economics Faculty)

Welcome to Oita Univ!!

## To International Student

First of all, I would like to express my warm welcome to every new international student and also to all students who are studying at Oita University.

Life Cooperation Association at Oita University (Seikyo) is being operating on a fund which comes from lecturers, staffs and students of Oita University. And every international student will get all his/her money back when study programme is finished.

International students are supposed to have many worries about new lives at Oita. Therefore, the Seikyo is going to support every one. Firstly, healthily well-balanced foods are provided according to meal card. Secondly, in the shop all necessary stationery, textbooks and daily commodities are being sold. And all sorts of traveling services are available at traveling consultation windows. The programme named General Students Insurance (Gakusei sougou kyosai) is also being supplied to guarantee the health and medication service for students. Through the insurance, parts of medical expenses including hospitalization in case of traffic accident, daily life injuries and illnesses.

To join the Seikyo and General Students Insurance is strongly recommended. At the same time, I also wish every student a healthy, meaningful and happy campus life from my heart.





# STUDIES

# FIRST STEPS IN OITA !

1



Move into your dormitory

You will use your passport, your resident card and official seal for most of the procedures, so be sure to bring them with you !

2



Apply for the National Health Insurance.

3



Purchase your own official seal

4



Go to Oita Municipal Office (Oita City) in order to complete your notification of address

5



Open your bank account in a Japanese Bank.

In Japan, we use inkan, or seal, in order to sign official paper.

# FIRST STEPS AT UNIVERSITY...

1



Start by visiting the International office.

Bring an identity picture to issue your student card. There is a Photomaton next to the Seikyo shop if you need it !

2



Participate in the orientation meeting and take the placement test

3



Choose classes by sitting in in the first week.

4



Talk with your Academic Advisor and decide your weekly schedule with him/her

5



Register for your classes online and then submit a copy of your schedule signed by your Academic advisor both the International office and to the faculty's secretariat which you're affiliated to.

You're ready for your semester ! Enjoy studying in Oita





# OITA UNIV. DANNOHARU CAMPUS



You can find almost everything here from food to stationery.

Most of the IPOU and NIHO classes are held in this building, and Global Village is also located here.







You can measure your height and weight here. If you have a minor injury or feel sick you can visit the nurse as well. It's free!!



There are ATMs of Oita Bank and Japan Post here.



This is the dorm for the foreign exchange students.



This is the new spacious library.



This dorm is for the Japanese students, and foreign exchange students.



# DANNOHARU CAMPUS

# Introduction to the Library

Students have access and borrowing privileges through student cards.

## LIBRARY HOURS

Monday~Saturday 8:30~22:00 Sunday 8:30~17:00

### LEARNING COMMONS



Computer service and areas for groups of students to study is available.

### SERVICE COUNTER



It is the reception for borrowing, lending, and consulting about books.

### LATEST MAGAZINE CORNER



All academic magazines are displayed on shelves in alphabetic order in both English and Japanese.

### AUDIOVISUAL AREA



In this area you can just use audiovisual materials of the library in booths for 1-3 people.

### CONVERSATION AREA



You can talk freely here.

### COMPUTING FACILITIES/PHOTOCOPYING

Access to the library is web side, online catalog, electronic resources and internet provided. There are two photocopiers and you only need to swipe your card through the card reader attached to machine to enable you to make photocopies.

## Interview with library stuff!!

The Library has just opened two years ago, so it is quite new and beautiful. Therefore, you are lucky to be able to study in this environment. International communication material corner on second floor is recommended. There are many books related to Japan. You can talk freely in the Learning Commons on the first floor.

Chief of academic information department Mr.Hiroaki Sato

# LIBRARY 2nd Floor

Second floor is very quiet space unlike the first floor where you can talk freely.



## INTERNATIONAL COMMUNICATION MATERIAL CORNER



There are about 3000 books about international communication (Japanese / English). It is also a corner that is often used by international students.

## GROUP SEMINAR ROOM



It is a place where groups of students can study. Reservation is needed.

## READING SEAT



Studies in form of reading books and materials are available here.

## BOOKSHELF



Books are classified and displayed.

## MULTI-LAYERED BOOKSHELVES



It is the bookshelves which is located in the north east part of the library.

## THE METHOD TO ACCESS LIBRARY COMPUTERS



- ① Please click [Internet Explorer].
- ② Please click book search system OPAC which is on the homepage of the library.
- ③ Please type keywords and search.
- ④ When you find the place take note of number of the book, and search the bookshelf for it.



# Introduction of Club Activities

Oita University offers a large variety of club activities or circles. Around 1700 students join a club or a circle every year.

Clubs and circles over student groups centered around activities, music, hobbies or sports, there are the centre of student life on Oita University.

Circles are much more relaxed, meeting once or twice a week.

There are frequent interactions with other universities : sports competition, for instance, are organised every year. Cultural circles also organise concerts, exhibitions, etc.

Joining a club is a great opportunity to practice your favourite sport or cultural activity, or to try a Japanese traditional art, such as Judo, Kyudo, Tea ceremony, Shogi, etc. It is also the best way to make Japanese friends !



## Club Activities in Dannoharu Campus

### Circles and Clubs related to Physical Education

Aikido Club  
 Karate Club  
 Kyudo Club  
 Kendo Club  
 Tennis Club  
 Baseball Club  
 Golf Club  
 Soccer Club  
 Bicycle Club  
 Automobile Club  
 Judo Club  
 Female Basketball Club  
 Female Volleyball Club  
 Swimming Club  
 Gymnastics Club  
 Table Tennis Club  
 Male Basketball Club

Male Volleyball Club  
 Softball Club  
 Badminton Club  
 Handball Club  
 Sailing Club  
 Rugby Club  
 Track and Field Club  
 Migratory Bird Club  
 Kick-boxing Circle  
 Tae Kwon Do Circle

### Cultural Circles and Clubs

Uransuke Tea Ceremony Club  
 SF Research Club  
 Drama Club  
 Light Music Club:  
 -Swing Brother's Jazz Orchestra  
 Mixed Chorus: -'Chor Rettich'

Sound Family  
 Juvenile Culture Research Club  
 Photography Club  
 Sign Language Circle  
 Disability Research Circle  
 Shogi (Japanese Chess) Club  
 Wind Instrument Music Club  
 Astronomy Club  
 Fine Arts Club  
 Japanese Film Club  
 Broadcast Club  
 Manga Research Club  
 Mandolin Club  
 Modelling Club  
 Unesco Club  
 Historical Research Club  
 Rhythm & Harmony



# Joining a Club or Circle

If you're interested in a club or circle, you're welcome to join. It will definitely be a great experience !

At the beginning of April, the members introduce their clubs or circles to new students all around the campus. Have a look !

You can join a club by passing by said club during their practice time, or by being introduced by one of the member (ask your Japanese friends).

For more informations, you can visit the **Student Center** on the first floor of the Education Building, or the **Student Meeting Hall**, in the building for Club activities. You can contact the leader of the club via Gakusei Kaikan !

## OPENING HOURS

**Student Center** 8:30~17:30

**Student Meeting Hall** 8:00~17:00

**Phone number** 097-554-7452

**Come for  
Advice!!**

**Brandon,**  
USA Taekwondo Club

## Student voice

Be sure you have time to get involve in a club. Some members may be strict if you don't attend every practice session !



You can also use sports facilities if you make a reservation at least 8 days beforehands at the Student Meeting Hall.



# Annual Schedules of Student Events



## THE FIRST SEMESTER

### APRIL 2016

- Entrance ceremony
- Guidance for New Students
- New Student Orientation
- Textbook Purchase
- Health Examination

#### FESTIVALS

- Onsen festival in Beppu

### MAY 2016

- Golden week
- Sports event for new student

Have you adapted yourself to college life?  
Let's go traveling during golden week.

### JUNE 2016

- Student meeting
- General meeting of representatives
- Athletic meet between universities at kyusyu (Intercollegiate)

### JULY 2016

- Final Exam

#### FESTIVALS

- Nagahamajinja festival
- Beppu Summer Festa

### AUGUST 2016

- Guidance for Civil servants lecture
- Summer Vacation

#### FESTIVALS

- Oita tanabata festival

### SEPTEMBER 2016

- Summer Holiday

The summer holiday is coming to an end.  
Let's create sweet memories.

## THE SECOND SEMESTER

### OCTOBER 2016

- The anniversary of school opening
- Textbook Purchase
- Job hunting seminar
- Sports event for school

A new term has begun,  
let's close win our hearts  
and to study!

### NOVEMBER 2016

- Sports event
- School festival [Soumeisai]
- Intercollegiate(Winter)

Enjoying the first School festival which has booths and live shows.

### DECEMBER 2016

- Christmas
- Winter Vacation
- Year-end party
- A long-distance relay road race on campus

#### FESTIVALS

- Christmas Hanabi Fantasia in Beppu

### JANUARY 2017

- New Year's Holidays
- New Year's Party

Let's try new things at the start of the year.

### FEBRUARY 2017

- Final Exams
- Spring Vacation

Spring vacation after exams!! Go for it!

### MARCH 2017

- Spring Vacation
- Graduation ceremony
- Leadership training seminar



LIFE

# About part-time jobs

Foreign students at Oita University who have a student visa are now allowed to have a part-time job. Not only is it a good way to expand your monthly budget, but it is also a good opportunity to get a better understanding of Japanese society !

## How?

- 1** First, ask your advisor for permission to work part-time.
- 2** Then, you can obtain a formal work-permit through the International Office (bring your passport with you). Wait until you receive the official work-permit before starting to work.
- 3** Start looking for a job !

With a student visa, foreign students can work 28 hours a week !

Many part-time jobs require high Japanese skills.

## Recommended part-time jobs

<p><b>PRIVATE TEACHER</b></p>  <p>Pays well for a few hours a week. It is usually limited to language teaching. You may teach various kinds of people, from young children to adults.</p>	<p><b>RESTAURANTS</b></p>  <p>It's hard: you have to stand a long time, especially if you're at the reception, and it's hot in the kitchen. It pays well.</p>
<p><b>CONVENIENCE STORE</b></p>  <p>It can be very busy sometimes. When it's quiet, it is time for filling up the stocks. A good knowledge of Japanese is needed.</p>	<p><b>GAS STATION</b></p>  <p>It's warm in the summer and cold during winter, so it's pretty hard.</p>
<p><b>FAST FOOD RESTAURANT</b></p>  <p>It's easy to find a job there, but it's hard and doesn't pay well.</p>	<p><b>VIDEO RENTAL STORE</b></p>  <p>It's easy, except on Friday, Saturday and Sunday where it gets busy.</p>
<p><b>SUPERMARKET</b></p>  <p>It's enjoyable, except for the night shift. It might be difficult, but you also get to meet people.</p>	<p><b>STUDENT CO-OP</b></p>  <p>If your Japanese language skill is high enough, you can join the Student Co-op. It's not exhausting at all, pays equally less.</p>



# About Alcohol

When you are a college student, you will have many chances to drink at freshman welcome parties for your course and department, the year-end party, the new year's party etc. Make sure to drink responsibly and have a consideration for the different habits of Japan.

## Before Drinking

1. It's bad for your health to have a drink without eating anything so eat something before you drink.
2. In Japan it said that, if you drink milk or eat dairy products before going out you are less likely to get drunk. (Be aware that this is an urban legend there is no scientific basis for it)

## When you go to a "conpa"

1. If you drink too much alcohol it may result you feeling unwell the next day.
2. It is possible that party my last until late.
3. In Japan minors are not allowed to drink.
4. When you drink with strangers or acquaintances make sure they do not have access to your drink.

## After Drinking

1. Avoid having bath after right after drinking.
2. Drink a lot of water, so you can avoid dehydration.



## MIND YOUR MANNERS

### KNOW ABOUT YOUR LIMIT

When people drink too much they act inappropriately, sometimes violently. Pay attention to your limitations, be careful when you drink.

### DO YOU KNOW ARU-HARA?

We call it aru-hara when people who are easily affected by alcohol drink beyond their limits. Drinking beyond your limits can inconvenience others and yourself. Do not feel pressured into drinking. Say NO, if you don't want to drink.

# About Cigarettes

If you are a smoker, there are some tips for you about cigarettes.

1. Smoking is not allowed in all the campus.
2. When you wish to smoke please do it at a smoking area.
3. Like alcoholic drinks, people who are under 20 are not allowed to smoke or buy cigarettes.
4. When you buy cigarettes in the convenience store, you may be required to show you ID to prove you are over 20.

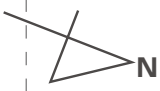




-  Banks • Post Offices
-  Shopping
-  Books • CD • DVD
-  Restaurants
-  Amusement
-  Hospitals • Clinics
-  Others

# area map

Around Dannoharu Campus  
(Faculty of Education and Welfare Science • Economics • Engineering)



Oita River

Oita Downtown →

White Road

Mitsuyoshi I.C.

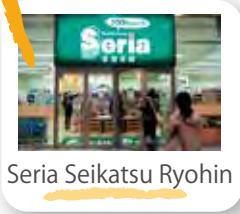
Shimogori bypass

Oita Expressway

Route 10

Mitsuyoshi

-  Shidax
-  Plage
-  Japan Institute for Beauty
-  Actos
-  Seria Seikatsu Ryohin
-  Pasar
-  Kotemaru
-  Handmadekitchen O J



Seria Seikatsu Ryohin



Shinsen Ichiba



# The introduction of the shops and facilities

## DANNOHARU CAMPUS

### Shikido post office



It is the nearest post office from campus. Although it looks like an ordinary house, it is easy to find because of its big sign.

🚶 2min 🚗 5min  
Opening Hours 9:00-16:00 (week day)

MAP B-4

### Shikido police box



Maintains order in the town. Please don't do anything wrong to be taken to here. If you pick up anything, please take it to police.

🚶 17min 🚗 26min  
Opening Hours 24 hours

MAP D-3

### Oita Bank Miyazaki Branch



If you want to have a part-time job, you have to come here. Here is the only place to make a passbook near the campus.

🚶 17min 🚗 26min  
Opening Hours 9:00-15:00 (week day)

MAP D-3

### EDION



There have all kinds of goods and all things are classified clearly. No matter what you want, you can quickly find them here.

🚶 26min 🚗 40min  
Opening Hours 10:00-20:00

MAP D-1

### Attacks



This is a general store and sells things from food to furniture. Business hours are until 11 pm.

🚶 10min 🚗 20min  
Opening Hours 10:00-23:00

MAP C-3

### Shinsen Ichiba



As the name says, this is a great supermarket where you can buy fresh vegetables and delicious meats at a cheap price.

🚶 10min 🚗 15min  
Opening Hours 10:00-20:00

MAP C-4

### FREIN



Every weekdays there have different bargains. It has various merchandises so it's fit for who want to make formal meal like Japanese cookies.

🚶 18min 🚗 27min  
Opening Hours 9:00-22:00

MAP D-3

### AEON



It's a little far from campus but it provide 24-hours service. So you can buy some things when you have an urgent matter.

🚶 24min 🚗 37min  
Opening Hours 24 hours

MAP E-1

### Sukiya



It is the nearest restaurant from campus. Beef-on-rice is very cheap to attract the students, especially for club members after sports.

🚶 3min 🚗 13min  
Opening Hours 24 hours

MAP B-4

※The 'time' is from JR Oita Univ. Station.



Various kinds of shops and facilities are gathered around campus. It is well worth checking them out if you are living alone. In addition, you can ask your friends and predecessors about other shops and facilities.

### Joyfull



This is a Standard family restaurant. A lot of students study in here before examination. It is a good place to talk with friends for a few hours.

🚶 5min 🚗 5min  
Opening Hours 24 hours

MAP C-4

### Oita fried chicken



Oita fried chicken is a famous snack in Oita. It is very delicious and is sold at Oita Station.

🚶 6min 🚗 16min  
Opening Hours 10:30-20:30

MAP C-3



### XEBIO



The students of PE department and the member of sports club always go to there. It conclude various sports merchandises.

🚶 22min 🚗 40min  
Opening Hours 10:00-21:00

MAP E-1

### Book Off



You can sell or buy second-hand books or CDs.

🚶 10min 🚗 13min  
Opening Hours 10:00-22:00 (week day)

MAP C-3

### Midori Yakkyoku



It's the most close medicine store from school. If you feel not well you can go there

🚶 10min 🚗 15min  
Opening Hours 9:00-23:00

MAP C-4

## IF YOU FEEL UNCOMFORTABLE



### VISIT THE HEALTH MANAGEMENT CENTER AT THE CAMPUS.

Please go to the health management center if you have a cold or you feel unwell, they can recommend you to further medical checkups if needed. Also you can get medicine here.



### BEFORE YOU ARE ILL...

1. Check hospitals that are near to your places in advance.(surgery, ophthalmology, dentistry, dermatology,etc.)
2. Keep medicine at your places. (It is recommended to buy cold medicine, headache medicine, stomach medicine etc.)
3. Wash hands and gargle carefully and well. (Every time when you come back to your places, please wash your hands and gargle. If necessary, it is also recommended to wear a mask to prevent a cold.)



## THINGS YOU NEED TO TAKE TO A HOSPITAL

1. health insurance card
2. money
3. seal (just in case)

# OITA Guide

There are several spots in downtown that foreign students like. Feel free to visit all of them.



Goban Street



Oita City Hall



Central Post Office



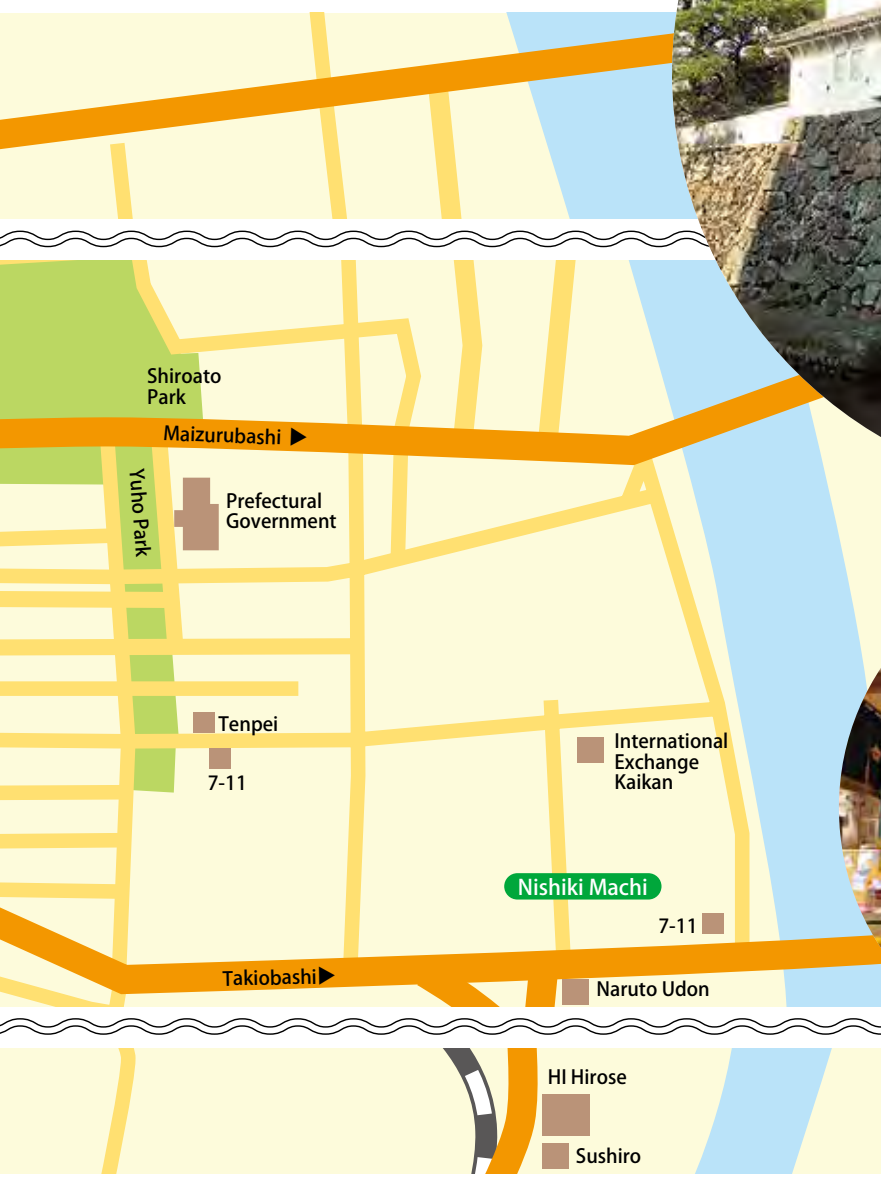
Oita Bank Head Office







Shiroato Park



JR Oita Station



## AMU PLAZA OITA

You can find TOHO CINEMAS, Tokyu Hands etc. in AMU PLAZA OITA, furthermore there is a hot spring that can be used by ordinary customers as well, in the hotel located next to AMU PLAZA OITA. It is a fantastic hot spring, where you can savor the feelings of the resort!

There are many stores like clothing and grocery stores, so you can go there if you need something.



🕒 10:00-21:00

For fashion...

## FORUS

If you are looking for fashionable clothes for young people, FORUS is your best choice here. You can go shopping here with reasonable price. Also, you can drop in the local STARBUCKS with friends after shopping. And you can even participate in one of the cooking classes held in FORUS.

🕒 10:00-21:00



Fighting the windmill, eh?

## Don Quijote

You probably cannot find any other crowded stores like Don Quijote. Hundreds of different kinds of goods, ranging from food and drink, to costumes and sex toys. Foreigners can get their special ingredients here for fair price.

🚶 1 minute walk from Oita Shinkawa Bus Centre

🕒 10:00-3:00





# The introduction of the shops and facilities

## INTERNATIONAL HOUSE

Various kinds of shops and facilities are gathered around the international house. It is well worth checking them out if you are living alone. In addition, you can ask your friend and predecessors about other shops and facilities.

### Nishiki Post Office



It is the nearest post office from the international house. You can use it in any workday from 9am to 4pm.

### Compal Hall



The Oita City Library is on the right hand of the facility. And many speeches will be held here.

### Greengrocer



The vegetables and fruits are cheaper than in the supermarket. Regular holiday: Sunday.

### Marusyoku



It is the nearest supermarket. You can go there on foot or by bicycle. It is opening hours 10:00am-12:00pm.

### Hirose



It is the biggest supermarket around the international house. Opening hours: 9:30am-10pm

### Naruto Udon



Opening hours: 11:00-22:00

### Sushiro



Opening hours:  
11:00-23:00 (from Monday to Friday)  
10:30-23:00 (weekends and national holiday)

### Tsuruya Bakery



Open hours: 8:00-20:00  
Regular holiday: Thursday

# Uptown area

There are many shopping malls in the outskirts of Oita. They are usually far away, but still within reasonable distance by bike (might take an hour or so). If you made some Japanese friends having a car, you may ask them to take you to one of these places.

Fun, fun, fun, fun!

## Park Place Oita

A perfect place for a date. Park Place occasionally organizes shows, performances, even concerts, so keep an eye on the calendar and their schedule, you might not want to miss a chance to see what they have to offer.

 1 minute walk from Park Place Oita bus stop  10:00 ~ 23:00



A town within a town.

## Wasada Town

Shops, another Tokiwa, grocery store and even a cinema are located there. It is a very nice place for every generation. It's worth a visit.

 1 minute walk from the Tokiwa Wasada Town bus stop  10:00 ~ 21:00







# Tourist spots

## Umitamago

Umitamago is the local aquarium located between Oita and Beppu. If you want to experience a dolphins' show, a or the walrus's performance you should definitely visit this place.





 1 minute walk from Takasakiyama Shizen Dobutsuen mae bus station  
 9:00-18:00

 097-534-1010

## African Safari

It's named miniature African in Kyushu. 90's kids will feel like they are in an actual safari zone. Here you have a chance to get on a shuttle bus (which is a cute animal mobile) you can feed the animals outside the bus in the park. There are different "baits" so get yourself ready, gotta catch'em all!





 1 minute walk from Safari bus station  
 10:00-16:00 (11/1-2/28) 9:00-17:00 (3/11-10/31)

 0978-48-2331

## Kijima Kogen Park

This is one of Oita's amusement parks. It's known for its wooden coaster, especially the Jupiter. In the summer they have outside pools for water attractions as well.





 1 minute from Kijima Kogen mae bus stop  
 9:00-18:00

 0977-22-1165

## Takasakiyama

It is right next to Umitamago aquarium, so if you plan on going to one of these two you'd better pay a visit to the other one as well. Everyone just calls this place monkey mountain, because it's on a mountain and raising about 2000 (like 2000) funny monkeys.



 1 minute walk from Takasakiyama shizen dobutsuen mae bus station  
 8:30-17:00

 097-532-5010

# Travel in Japan



## SAGA

There are the relics called Yoshinogari from which Japanese Yayoi Period could be understood.

## FUKUOKA

If you want to do shopping, here is your best option. Compared to Oita, there are more shops.

## NAGASAKI

At Huis Ten Bosch (theme park), Tulip Festival is held every spring.

## OITA

## KYUSYU



## MIYAZAKI

The place named Takachio is famous for Japanese myths and mango.

## KUMAMOTO

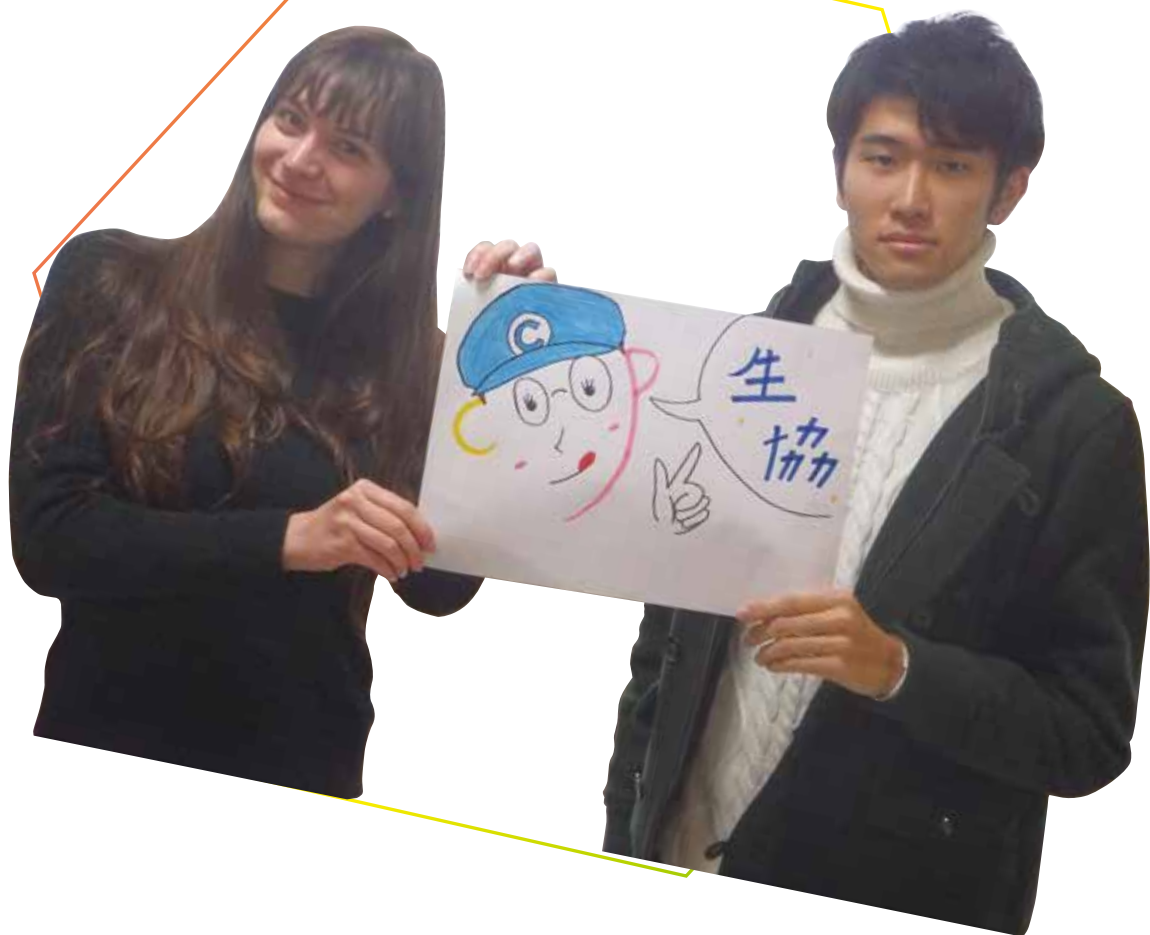
There are also historic buildings and meadows such as Kumamoto Castle.

## KAGOSHIMA

The live volcano named Sakurajima is very famous. Meanwhile, there are also hot springs.



# CO-OP



# What is "Seikyou"?

It is our university's "Co-Op" (Cooperative Association) and Co-Op store. In other words, it is an association that provides useful things for exchange students to make their life easier! Furthermore, it provides necessities for student life, such as food, stationery, magazines, textbooks, books, clothing, etc.



Seikyo Member(Student, Teacher, etc)



Seikyo Shop

## Becoming a Seikyou Co-op Member

- 1** If you want to become a member of Seikyou you need to pay 3000 yen. After your 6 months /1 years stay please return your card back to Seikyou. In exchange you will receive your 3000 yen back.
- 2** There are 2 types of Seikyou membership cards. One is the normal card for the use of buying things in Seikyou, the other one is the VISA credit card.
- 3** As soon as you have registered, all Seikyou Membership privileges will be available for you.
- 4** Before you receive your official membership card you will get a temporary card for a month to use. Within this time the official membership card will arrive by post.



### PLACE OF REGISTRATION:

**Seikyo Office (only japanese) P.37**

# The Merit of Seikyo Card

1

## 10% DISCOUNT OF BOOK

You can find almost all the textbooks you will need during your Japanese lessons. If you are a Seikyo member you will get a 10% discount when you buy books.



2

## CHEAP TICKETS

When you buy tickets you will get it cheaper than in the station.



3

## POINT COLLECTING

You can put money in to your membership card. So you can use your card to pay at the cashier. You also can gain points by buying things in Seikyo.

4

## ANY PROBLEMS?

If you have any problem, please mail to us, we are happy to help you.  
Email: [Oitau-Coop@mb8.seikyo.ne.jp](mailto:Oitau-Coop@mb8.seikyo.ne.jp)

# Co-op MAP (GF)

(Current as of January, 2016)





## A Cafeteria

It is open from morning to late evening, so you can have all the three meals here at Cafeteria.

🕒 Weekday 8:00-20:00, Saturday 11:00-13:30

Further information about the Cafeteria on p32



Noodles



Miso soup,  
Rice



Accompaniment  
for Rice Dishes



Set Lunch,  
Specialities of the day

## B Books

Specialized books and paperbacks are on the shelves as well as workbooks for JLPT dictionaries, etc.

🕒 9:30-20:00

Further information about the Books on p35



## C Purchase

You can find any Stationery you need for studying.

🕒 9:30-20:00

Further information about the Purchase on p35



## D Food

We provide box lunches, drinks, deserts and fresh pastries every day.

Further information about the Food on p34



## E Travel Guide

Here you can buy tickets and make accomodation reservations well. Use this corner, when you want to travel in Japan.



# Cafeteria

At the cafeteria we not only have nourishing meals, but also delicious ones for quite reasonable price. Or if you are not hungry you can just come and spend your free time here.

## GF CAFETERIA

The ground floor's Cafeteria has a big space with high ceiling. It is a bright and cheerful place to spend mealtimes.

### OPENING HOURS

**Weekdays** 8:00~20:00

**Saturday** 11:00~13:30

**Number. of seats at the Cafeteria** 364

**Number. of seats at the Terrace** 231



## Use of the Cafeteria / How to use the school Cafeteria



## BREAKFAST

- If you use the meal Card for your breakfast, you will get 100 consumption points in your prepaid card.
- Breakfast is in the form of buffet.
- The price of the breakfast is depended on the weight.

# Co-op Let's eat healthily

Let's  
Focus on  
the receipt

大分大学  
生活協同組合  
食堂部

領収書 TEL.087-568-0016

2011年10月 6日(木) 12:09 918931  
NO:01-3469 担:13 カトウ  
10月・・・北海道フェア  
夏休みがあげ、後期がスタート  
します!!!  
食欲の秋、実りの秋、味覚を  
楽しむのに絶好の季節です!旬  
の味をおおいに楽しんで下さい!

61&ライスSS ¥70M  
61&すきやき煮 ¥240M  
61&小松菜ときのこのお ¥80M  
合計 3点 ¥390

(内消費税等 ¥18)  
預 ¥400 釣 ¥10  
433 和加ワ-

塩 3.4g  
赤 1.7 緑 0.6 黄 3.1

- You can find a lot of information about your chosen meal, such as the nutritional balance, or the caloric value of your dish(es).
- The aliments are divided in to three categories: the red ( 赤 ), the green ( 緑 ) and the yellow ( 黄 ).Those nutrients are associated with points corresponding with the amount you need in a day.
- Therefore, thanks to the numbers shown on your receipt, you can understand if you have chosen a balanced meal.

赤	緑	黄
Points needed a day: 6 points	Points needed a day: 3 points	Point needed a day: 11 points for girls and 16 points for boys
<ul style="list-style-type: none"> <li>Meat &amp; fish (1 pt. = 70g)</li> <li>Egg (1 pt. = one)</li> <li>Soybean (1pt.= 100g)</li> <li>Milk, milk products (1pt. = one)</li> </ul>	<ul style="list-style-type: none"> <li>Vegetables (1pt. = 300g)</li> <li>Potatoes (1pt. = 100g)</li> <li>Fruits (1pt. = 100g)</li> <li>Seaweed, mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>Rice, bread and noodles (1pt. = 60g)</li> <li>Oil, fats (1pt. = 10g)</li> <li>Sugar (1pt. = 20g)</li> </ul>
Proteins	Healthy food	Energy

**But be careful! The informations written on your receipt not include the dressings available at the self-service that you may add in your dish.**

The calories as well as the amount of salt used in your meal are also indicated on your receipt. Excessive intake of salt may lead to high blood pressure, so try to as much as you can limit your salt consumption.

## CALORIES YOU NEED A DAY

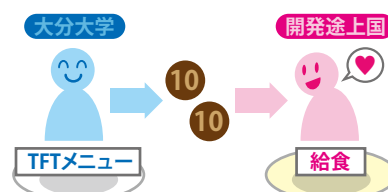
Boys 2,000kcal  
Girls 1,600kcal  
Salt less than 10g

## TABLE FOR TWO TFT'S MENU

Table for Two is an association aim at donating to the developing countries suffering from famine while, at the same time, trying to reduce the problem of obesity in Japanese society. It's a system in which 20 yen of the set menu of TFT will be spared and be used as one school lunch in a developing country.

### THE TABLE FOR TWO SET

Since 2009, Oita University offers a well-balance "TFT Menu" once a week, aiming for everyone to reflect on their own eating habits. Check it out!





# Food and Take Out

## FOOD

Enter the co-op shop, there is a food section in the front. We not only sell pastries, and bentos, but also desserts and snacks. Co-op shop often offers discounts, please pay close attention to the flyer in the shop and canteens.



There is nothing better than a handmade bento.

Hand-made bento

## TAKE OUT

Food section not only sells in co-op shop, but also in Students Hall of economics section and engeneering section. Please use it!



There are various kinds of drinks like convenience stores.

Drink

## OPENING HOURS

Student hall 11:30~13:00 Mon - Fri

In front of the bulletin board of the Department of Technology 11:45~12:45

# Freshly baked pastries

### CHOCOLATE CROISSANT



If you have a sweet tooth you will love this chocolate croissant.  
It will be a piece of heaven!

### YAKISOBA PAN



Eat Yakisoba or bread?  
If you choose this delicious bread, you get both!!

### MELONPAN



Delicious! Safety!  
It has a taste of maple or macha.

Recommended items from the Shop Manager



There are also different kinds of pastries and seasonal pastries too. Check them out!

Recommended hand-made bread! You can buy hot bread for a reasonable price.



Freshly-baked bread



# Purchase

## DAILY LIFE ITEMS



You can find all the necessities of daily life, e.g. garbage bags, tissues, some cosmetics and detergents, liquid for contact lenses, etc. You can buy necessities here instead of going to the supermarket.

## STATIONERY AND NOTEBOOKS



Here you can get all the things you need for studying: writing utensils (pencil, eraser, mechanical pencil lead, correction tape, etc.) and notebooks, exercise books too. We provide a wide scale of notebooks, memo paper, and clear files.

## COMPUTER-RELATED ARTICLES



We sell ink cartridges, mouse, cases for laptops, USB cables and photo paper.

## OTHERS



Apart from the articles above, we are also selling drawing paper, Japanese writing paper, umbrellas and special postcards of the university too.

# Books

You can find the book section on the left hand side of the shop. Magazines and book fair are really popular.

## SEIKYOU'S BOOKSTORE



The book section inside



Magazines



Book Fair

We provide plenty of genres of books, popular novels, paperbacks, books related to jobs, exams, student life, etc. You can find Japanese magazines too. If there is any book you cannot find in the bookshelves, but you need it for your studies, you can order it at the counter and it will arrive in few days.

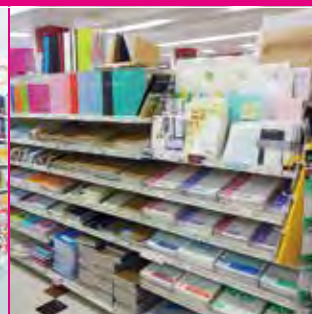
## TEXTBOOKS



Textbooks



Paperbacks

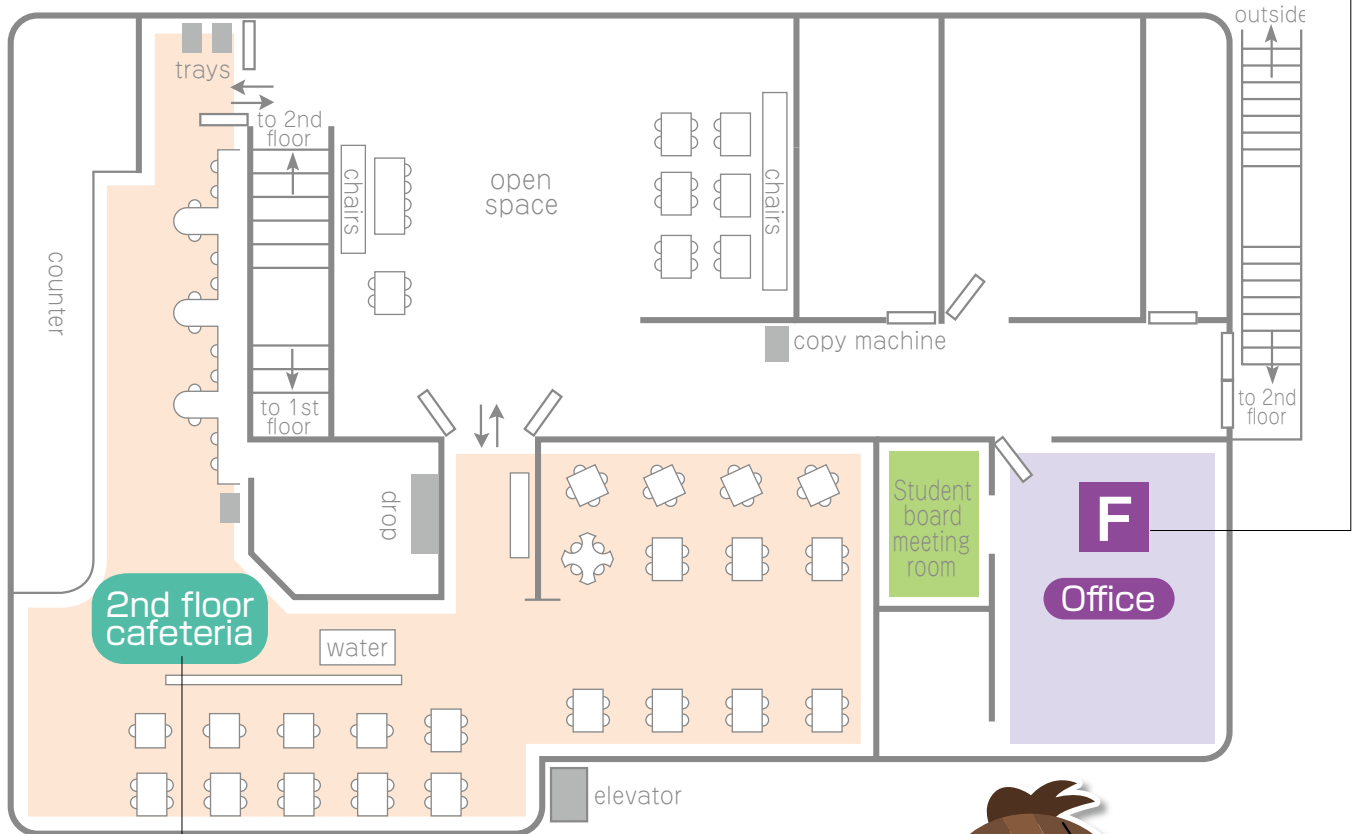


Notebooks

You can find almost all the textbooks you will need during your Japanese lessons. If you are a Seikyou member, you will get **10 % discount!**

# Co-op Map (2F)

## DWELLING COUNTER, OFFICE, BARBER SHOP



### 2F Cafeteria

On the 2<sup>nd</sup> floor, there is a Cafeteria. Although it is not as big as the one on the 1<sup>st</sup> floor. It is quiet and comfortable for everyone. Welcome to be here and enjoy your spare time. It'll be a pleasant experience.

#### OPENING HOURS

Student hall 11:00~14:00 Mon - Fri

Nr. of seats at the Cafeteria 110    Nr. of seats at the Lounge 65

## F Office

The heart and headquarters of Student Co-op.

### What do they do?

- receiving your calls
- help with applications to become a Co-op member
- help you apply for a meal card
- help you to get an insurance for the homestay program



Feel free to ask anything  
(in Japanese)!

Oita University Co-op's Nanjo san

Why don't you join Seikyo?





# Bun Bun BUS MAP

## How to get on and get off the bus

Use the middle door for boarding.

If you have IC card

Touch your IC card to the machine at the entrance.



If you don't have IC card

Take a boarding ticket.



Press the stop button after you hear the name of the stop where you want to get off from the voice guidance.

Touch your IC card to the farebox's machine.

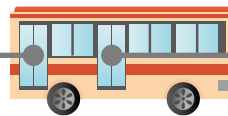
Check the fare table, which is in the front part of the bus, then compare it to your boarding ticket's number.

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32

Put the money and the boarding ticket into the farebox.

Leave the bus from the front door.

Use the front door to get off.



Use the middle door for boarding.

If you want to know more about the bus service, check here!

CHECK  
HERE!

**BUS LOCATION  
SYSTEM IN OITA**



If you want to verify the timetable, check here!

CHECK  
HERE!

**BUS NAVI OITA**



All routes introduced in this map belong to **OITA BUS**. Try to contact the following addresses when you are in trouble.



**LOST AND FOUND SYSTEM OF OITA BUS**  
**097-534-6162**

Weekdays 10:00~13:00/14:00~17:00  
(Closed on Saturday, Sunday and national holidays)

**GENERAL INFORMATION CENTER OF OITA BUS**  
**097-532-7000**

Weekdays 10:00~18:00 Saturday 10:00~8:30  
Sunday and National holidays 10:00~18:00

# JR KYUSHU Train schedule

## Hohi Main Line

As of 2016. 2. 5

### For people who go to Dannoharu campus

We publish the timetable between JR Oita Station and JR Oita University Station of Hohi Main Line. We think it is very useful when you do the admission procedures, go to the school entrance ceremony, or simply go out somewhere, so please feel free to use it.

We are sorry but/Unfortunately you can't use it when you want to get to the Hasama campus. In that case you have to use a different route (Kyudai Main Line), so please don't use this time table.



### JR OITA University Station Up train in the direction of Kumamoto

H	Departure Time			H	Departure Time		
6	I	B		15	B		
	29	53			28		
7	B	ME		16	ME	ME	N
	18	39			01	16	38
8	N	B		17	B	N	ME
	00	43			04	19	42
9	N	MY		18	N	B	
	04	25			13	34	
10	N	B		19	B	I	B
	05	26			13	29	51
11	B	N		20	I	ME	
	05	48			14	39	
12	B	N		21	N	B	I
	26	53			01	36	57
13	B	ME	N	22	N	B	
	14	35	58		22	50	
14	B			23	N	ME	
	43				27	53	

[Type of the trains] Black=local  
Red=Trans-Kyushu Limited Express  
[By destination] N=Nakahanda I=Inukai  
ME=Miemachi B=Bungo\_Taketa  
MY=Miyaji

### JR OITA Station

Up train in the direction of JR OITA University Station

H	Departure Time			H	Departure Time		
6	I	B		15	H	B	ME
	16	40			03	16	47
7	B	ME	N	16	ME	N	B
	04	26	47		03	25	51
8	H	B	I	17	N	ME	
	10	31	50		06	29	
9	MY	N		18	N	B	K
	12	52			01	20	43
10	B	B		19	I	B	
	13	52			16	38	
11	N	H		20	I	ME	N
	35	56			00	24	48
12	B	N		21	B	I	
	13	38			23	42	
13	B	ME	N	22	N	B	
	02	22	45		10	38	
14	B			23	N	ME	
	30				10	40	

All the local trains stop at JR Oita University Station

[Type of the trains] Black=local  
Red=Trans-Kyushu Limited Express  
[By destination] N=Nakahanda I=Inukai  
ME=Miemachi B=Bungo\_Taketa  
H=Hitoyoshi MY=Miyaji  
K=Kumamoto

### JR OITA University Station Down train in the direction of Oita

H	Departure Time			H	Departure Time		
6				15			
	16	39			03	48	
7				16			
	04	26	47		24	51	
8				17			
	08	30	51		29		
9				18			
	12	34	52		01	22	42
10				19			
	13	36	49		00	37	
11				20			
	56				00	26	48
12				21			
	40				23	44	
13				22			
	01	43			10	37	58
14				23			
	06	30			14		

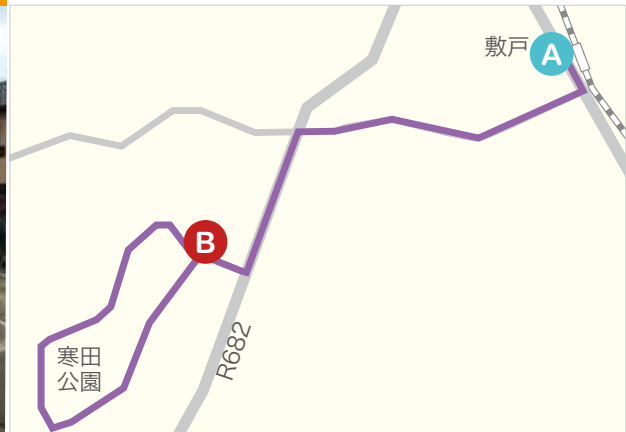
[Type of the trains] Black=local  
Red=Trans-Kyushu Limited Express  
[By destination] All of the is going to Oita

# A post office which can send to overseas

## SODA Post Office



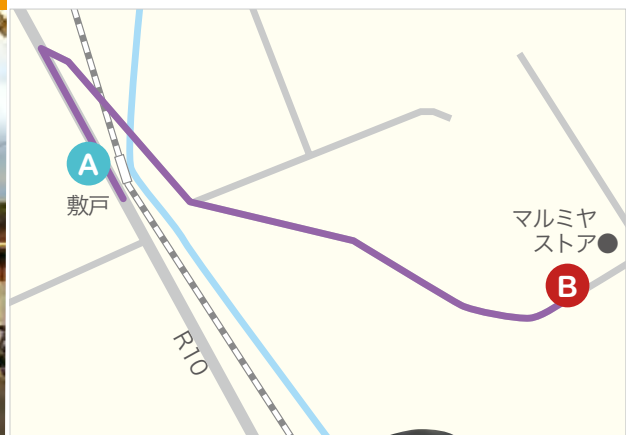
🚲 20min 🚶 40min  
Opening Hours 9:00-17:00 (week day)



## SHIKIDO Post Office



🚲 20min 🚶 30min  
Opening Hours 9:00-17:00 (week day)



It is relief that you can send letters to your family.





# 店長・スタッフからひとこと



お酒大好き! 生協のおちゃめなドン(´w´)  
Executive director, **Mr. Akira Nanjo.**

Congratulations for your entrance! Student co-op plays an important role in supporting student's dairy life. We welcome you to join us as an active member, responding to the requirements from Oita University staff and students, providing improved service for Oita Univ. members. That will in return fulfill a fruitful college life.

We fully considerate your every essential requirements during your whole college life. It includes everyday meals, club activity, drive license-associated affairs, various qualification test acquisition, providing supporting for job hunting, going abroad and ever reservation service for your travel.



おちゃめなかわいいショップの職員さん(≧▽≦)  
Store staff, **Ms. Awazu.**



スマイル100円 (^.^) 我が食堂店長♡  
Cafeteria manager,  
**Mr. Tsuyoshi Ikenoue.**

I'm Tsuyoshi Ikenoue, Cafeteria manager. Cafeteria is opening in 8:00-20:00, for your breakfast, lunch, and dinner. Every month, a part of menu will be changed, referring to a special taste in a certain Japanese area. That will ensure you enjoying every Japanese taste although you are in Oita. I'll be there during lunch time. Welcome you and your friend.

I congratulate your entrance. I'm introducing a safe and reassurance apartment at the desk of the residence. We have the best information what around the Oita University. We'll eliminate your anxiety of living alone. Please consult to me about that it isn't understood and be a problem.



気持ちだけ若いおじちゃんです (※^^※)  
Residence staff,  
**Mr. Shigeaki Iwamaru.**



ショップの小さな妖精さん♪  
Shop staff,  
**Ms. Chihiro Kinoshita.**

Although some nervous will come to you because you just initial a fresh life in a new college environment. Please energetically try your best to face it and enjoy it. A lot of exciting opportunities are around you, such as studying falling in love with somebody, attending social community and doing a part-time job. We'll be supporting you for all cases in order to exciting you. Waiting for you!

# 北海道

HOKKAIDO



# 東京

TOKYO



# 沖繩

OKINAWA

