国際交流サロンでのイ ベント情報は、各SNS でもご覧になれます。

#### Facebook



#### Instagram



★ Inquiry ★

イベントやScience Buddyの活動等 のお問い合わせは後藤まで For inquiries about events and activities of Science Buddy to:

goto-c@office.osaka-u.ac.jp

## 4月以降のイベント紹介/Event Information 2025.4~



**★** Welcome Party ★

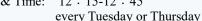
Date & Time: April 18 (Fri), 2025, 17:30 ~ Place: D201 (Graduate School of Science · International Exchange Salon)

**★**ウエルカムパーティー★

日時:2025年4月18日(金) 17:30~ 場所:D201(理学研究科・国際交流サロン)



★Language Classes ★



Place: D201 (International Exchange Salon, GSS) 日時:12:15-12:45 毎週火曜日または木曜日

場所:D201(理学研究科·国際交流サロン) \* English, Korean HH \* も開催予定



#### ★留学生相談室★

悩み事やお困りごとはありませんか。各専攻の先生や専門相談員の先生が、相談にのって くれます。小さいことでも良いので、気軽に相談を申し込んでください。 対面、オンライン(Zoom)が選べます。秘密は守ります。安心してお申し込みください。 Are you facing any difficulties or concerns?

Faculty members from each department are here to provide guidance and support. No matter how small the issue, please don't hesitate to reach out for a consultation. We offer both in-person and online (Zoom) consultations to suit your preference. Rest assured that confidentiality is strictly maintained. Please feel at ease reaching out for assistance. We are here for you.

Please contact: foreign@sci.osaka-u.ac.jp

# Report: Bus Tour for International Students [2024.11.5]













秋晴れの11月、紅葉渓庭園と和歌山城を見学し、漆器蒔絵体験を行うバスツアーを開催 しました。 紅葉にはまだ早かったですが、和歌山城で歴史を学び、初めての蒔絵体験 を楽しみました。 日頃の研究生活を離れ、満足した一日を過ごしました。

International students and Science Buddy members had a bus tour to Wakayama Castle and Momijidani Garden, and had Lacquerware Maki-e Hands-on experience on November 5th. Although it was still too early for the autumn leaves, students learned about the history of Wakayama Castle, and enjoyed their first Maki-e experience. They spent a satisfying day away from their daily research

# 理学研究科·理学部 留学生相談室 **NEWS LETTER**

発行日: 2025年4月1日 編集•発行:理学研究科•理学部留学生相談室

第23号

Science buildings

# 国際交流サロン/International Exchange Salon

#### Introduction

The School of Science and Graduate School of Science has established the International Exchange Salon in Room D201, on the 2nd floor of Building D, to foster interaction among international students, researchers, and Japanese students interested in global exchange.

The Salon is a welcoming space for international students to:

- Relax and Recharge: Study, take a break, enjoy a meal, or even take a quick nap—feel free to use the space as you need. (We even have a digital piano!)
- Seek Advice and Support: A staff is available during opening hours for consultations on various matters, including living in Japan and understanding official correspondence.
- Events: Join various events and connect with friends!

Feel free to stop by. We are look forward to seeing you.

Opening times: 10:15 - 16:30 Monday to Friday (Subject to change)

## 紹介

理学研究科・理学部に所属する留学生、外国人研究員、国際 交流に興味を持つ日本人が交流を深めるために、理学研究科 本館D棟2階D201に国際交流サロンを設置しています。 国際交流サロンは、留学生の憩いの場及び生活相談並びに 流イベントに使用されています。

普段は、勉強、休憩、食事、昼寝等、自由に使えます。ま た、生活相談員が常駐しており、家に届いた郵便物や日本 生活でわからないことなどを相談することができます。気 こお立ち寄りください。

(電子ピアノもあります)

開室時間 平日10:15-16:30

### International Exchange Salon

Location: D201, D bldg. 2F Open Weekdays 10:15-16:30





開室時間:平日 10:15~16:30 (臨時に閉室する場合があります。)





## 留学生担当教職員

室長

越野 幹人 教授 Professor Mikito KOSHINO

留学生専門相談員

香門 悠里 講師 Lecturer Yuri KAMON

生活相談員

後藤 ちさ Administrative staff Chisa GOTO

# Introduction of SB member/SBメンバー紹介

留学生として初めてScience Buddyの会長となったエニーさんに、日本での生活、そして会長としての一年間を振り返ってもらいました。

Enni-San, the first international student to be as a president of Science Buddy, reflects on her life in Japan and her year leading the Science Buddy



KHULT Enni (Russia) M2 / Chemistry



Hi there! My name is Enni and I am from Russia. I came to Japan 1.5 years ago to enter the SISC master's program at Osaka University. I had passion for radiochemistry for a long time, so I joined the Radiochemistry lab at Chemistry Department, where I am currently conducting research on superheavy elements.

At first, I was surprised at how the educational system differed here from my university in Russia. There is a lot more freedom both in my research and in the choice of courses, but that comes with responsibility. It is my first time planning my own research, and I see it as a great opportunity to grow as an independent researcher.

From my first days at Osaka University, I have been coming to the International Exchange Salon. Especially during the first few months in Japan, it was the place where I found the support that I needed and made the first friends. Science Buddy organized regular events where I could interact with other students and discover places around Osaka, and attending Japanese Half Hour here helped me to improve my language skills and get closer to my Japanese friends.









2024年度Science Buddy役員メンバー5名。 色んなイベントや留学生サポートを先頭に立って 行ってくれました。彼らのおかげで、国際交流がと ても活発となった一年でした。



When the recruitment of new board members came in question, I volunteered to be the president. I held this post since March 2024, and have recently retired. During the last year, we organized many activities and supported international exchange programs at the School/Graduate School of Science. Meanwhile, I enjoyed the privilege to propose event ideas and organize them myself. I was especially happy that this year we conducted three culture events, dedicated to the cultures of Korea, Spain&Finland and Thailand&Malaysia, where we played quizzes and enjoyed local foods and activities. These events were very popular, and there will be more of them in the upcoming year! Overall, the time that I spent in Japan made me learn much more about the world and myself. I feel that over the past year I changed a lot. I am glad I came here and am looking to continuing my studies at Osaka University at doctor's program!

# 留学生のメッセージ/Messege from International Students

2024年9月に博士後期課程を修了されたErinaさんに在校生に向けてのメッセージをいただきました。2025年4月からは日本の企業で勤務されます。

Erina-San, who graduated and completed her studies in September 2024, gave us a message to current students. She will be working at a Japanese company from April 2025,

## 博士後期課程修了(Chemistry) Erina Hilmayanti (Indonesia)

Hello everyone! I'm Erina from Indonesia. And gratefully, I will be graduating this September 2024. By this, I want to take a moment to reflect on this remarkable journey.

Moving to a foreign country with advanced research facilities like Japan and pursuing a Ph.D. is a profoundly rewarding experience, but it comes with its fair share of challenges, including adapting to a new culture and environment. The Ph.D. journey itself is undoubtedly demanding and may cause moments of burnout and bouts of self-doubt. I' ve faced these struggles myself, and during those times, it's essential to remember that we're not alone. It's okay to take breaks and recharge—just don't run away from the challenge.

One of the important lessons I've learned is the value of having a support system. This journey is undoubtedly a roller-coaster ride, but having supportive friends or colleagues can make it not only more manageable but also more enjoyable. I have also found great solace by visiting International Salons (I wish I had visited them more) and participating in science buddy events. These activities provided a much-needed break from the lab and



offered a wonderful chance to connect with both Japanese and international students, enriching my experience here,

I also want to extend special thanks to Goto-san for her kindness and invaluable assistance throughout my time here; I am deeply grateful. To every member of the science buddy group, your camaraderie and friendly conversations have created some of my happiest memories during this journey. I appreciate each of you and wish you all continued success and happiness.

Remember, while the academic journey can be challenging, it's also a unique opportunity for growth and discovery. Lean on your support system, embrace the challenges, and celebrate your successes, big or small. Best of luck for you all!

## \*Event photos / 2024年10月~2025年1月のイベントの様子\*

(Welcome party, Europe event, Thai & Malaysia event, KIMONO dressing event, Kakizome & Mochi event, Card game event, etc.)













