

## “Free Talking Hour”

### ... Are You Worried? Confused? We're Here to Help!

Life in graduate school can be confusing and difficult. If you have a problem, please don't feel that you are all alone. Stop by the monthly “Free Talking Hour.” It is scheduled at 12:15-13:15 on the following days, the staff in charge is usually in the Conference Room on the 5<sup>th</sup> floor, just across the elevator hall. In case of a change to an online talking hour, there will be a notice.



April 2 (Wed), 2025	Prof. Aiko SAKURAI
May 7 (Wed), 2025	Assoc. Prof. Kie ABE
June 4 (Wed), 2025	Assoc. Prof. Yoshihisa SAITO
July 2 (Wed), 2025	Assoc. Prof. Koji KAWABATA
October 1 (Wed), 2025	Prof. Aiko SAKURAI
November 5 (Wed), 2025	Assoc. Prof. Kie ABE
December 3 (Wed), 2025	Assoc. Prof. Yoshihisa SAITO
January 7 (Wed), 2026	Assoc. Prof. Koji KAWABATA

You can also contact these members of the Student and Employment Affairs Committee by writing to [gsics-talking-hour\[at\]edu.kobe-u\[dot\]ac\[dot\]jp](mailto:gsics-talking-hour[at]edu.kobe-u[dot]ac[dot]jp)

### Harassment Consultation Desk

If you feel you have been harassed in any way, we encourage you to consult a counselor at the Harassment Consultation Desk. You may also talk to the staff at “Inclusive Campus and Health Care Centre”. Whatever the problem is, you should not take it all on yourself. Your privacy is ensured when using the services listed above. For Harassment Consultation Desk, please visit:

<https://www.kobe-u.ac.jp/info/project/harassment/index.html> (in Japanese)

Harassment counselling staff within GSICS for 2025 are the four members of the GSICS Student and Employment Affairs Committee, as well as Prof. Yuichiro UCHIDA and Prof. Kan KIMURA, and the Head of the Administrative Office.

### Advice Service for International Students

There is an Advice Service for International students at the International Student Center (KISC, <http://www.kisc.kobe-u.ac.jp/english/>). In the counseling room within the KISC, full-time teaching staff will listen and give advice to international students with problems arising in their study at Kobe University and daily life in Japan. Counseling covers a wide range of issues, including administrative procedures, relations with teaching staff, scholarships, tuition fees, accommodation, immigration and residence procedures, family issues and health.

## You are not alone!

**When you feel like crying and don't know what to do, talk to...**

- Your academic adviser
- Your tutor/former tutor  
gsics-talking-hour[at]edu.kobe-u[dot]ac[dot]jp
- Your friends & classmates
- Check GSICS Guidebook, HP

**Feeling sick?**

Try going to the **Medical Center for Student Health** on the first floor of the administration bldg. It's free!

**I need a phone or internet; I have to look for an apartment; I need a bank account!** These are all important problems, especially at first. Your **tutor** or a classmate can help you. Try the **GSICS website** and also this link:

<http://www.kobe-u.ac.jp/en/campuslife/index.html>

For KU internet check: <http://www.istc.kobe-u.ac.jp/>. (In Japanese only).

**I want to go away for fieldwork; I need a scholarship; I need money NOW! I want a leave of absence!** You can find a lot of answers in the **GSICS Guidebook** or on the **GSICS website**: <http://www.gsics.kobe-u.ac.jp/en/students/index.html>

**What classes should I take? Am I doing well enough? Is my research topic good enough? I'm not sure about it anymore. Everyone else is so much smarter and better than me. I don't know how to do a presentation or know how to approach my research. My sensei doesn't listen. There's a typhoon coming!**

Most students feel this way at some point. Often it helps to talk it over with **other students** or your **tutor** or contact **GSICS-consult**. The **library staff** will help you look for specific kinds of materials. And your **academic adviser** will help you. It is important to try on your own, but it is also important to ask your professor for help when you need it. The **GSICS Guidebook** and **GSICS website** are useful, too.

**I want to be independent, but everything is in Japanese!**

Do you need help reading your bills, bank statement, immigration office info, etc.? Don't understand the system? Ask your **tutor** if you have one, or try to make a **Japanese friend**. It is sometimes hard to ask, but most people will try to help you, or suggest a place where you can get help. Maybe there is something you can do to help your friend, too.



**Feeling sad? Worried? Can't sleep or eat?**

You can stop by the monthly **GSICS Free Talking Hour** or make an appointment with gsics-talking-hour[at]edu.kobe-u[dot]ac[dot]jp. Counseling for international students is available from the **Center for International Education**! Or you can go to the **Inclusive Campus and Health Care Centre** for help in English or Japanese. Of course, you can talk with your **academic adviser** or other **faculty**. Often your **classmates** or **senior students** are happy to help, too.

**I'm being harassed! I'm afraid to talk about it!** Talk to Free Talking Hour, GSICS-consult, or a faculty or staff person. Kobe University has a system to help you. Your privacy will be respected. **See:**

<https://www.kobe-u.ac.jp/en/campuslife/supports/index.html>

### USEFUL LINKS

**GSICS Support Info:** <http://www.gsics.kobe-u.ac.jp/en/students/index.html>

**GSICS free talking support:** gsics-talking-hour[at]edu.kobe-u[dot]ac[dot]jp

**KU Center for International Education Counseling Office Hours:**

[http://www.kisc.kobe-u.ac.jp/english/advising/office\\_hour.html](http://www.kisc.kobe-u.ac.jp/english/advising/office_hour.html)

**KU Student Life Support:** <http://www.kobe-u.ac.jp/en/campuslife/supports/index.html>

**Health Care Centre:** [http://www.kobe-u.ac.jp/en/campuslife/campus\\_guide/health.html](http://www.kobe-u.ac.jp/en/campuslife/campus_guide/health.html)

**Information Science Technology Center:** <http://www.istc.kobe-u.ac.jp/>