


# ATHLETIC ACTIVITIES / スポーツ

updated as of August 26, 2019





## Archery / アーチェリー

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
31	ATHLETIC ACTIVITIES ALLIANCE	Japanese Archery Club		Train Japanese traditional style archery	Sophia University Sanadabori Ground	TUE-FRI:17:40-20:10(WED,FRI:MEN/TUE,THU:WOMEN)/SAT:10-12or13-15
58	ATHLETIC ACTIVITIES ALLIANCE	Archery Club		Practicing archery	sanadabori	Mon.Tue.Thurs.Fri 8:00-11:00 Sat.8:00-9:00
1246	UNORGANIZED	Sophia kyudo club		If you are interested in Japanese culture this circle is perfect, because Kyudo is a traditional Japanese sport. There are many foreign exchange students in this club so please join!!	Japanese archery dojo in Tokyo. Ex) Fukagawa sports centre, Komazawa olympic park ...	Tuesday or Friday +Saturday or Sunday.About 3 hours.



## Badminton / バドミントン

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
55	ATHLETIC ACTIVITIES ALLIANCE	Badminton Club		Practice and participation in games.	Gym 3	Tue,Thur,Fri/ PM3:25-7:00, Sat/ AM10:30-PM3:30
172	UNORGANIZED	MINT badminton club		badminton	Kinshicho	Friday 18:00-21:00

## Baseball / 野球






No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
36	ATHLETIC ACTIVITIES ALLIANCE	Sophia Basaball Club		We practice 6 times a week for spring /Autumn leagues.	Sanadabori Ground	15:00-20:00
44	ATHLETIC ACTIVITIES ALLIANCE	Semi-hard baseball club		our object is to win and try to promote to the upper division.	Sanadabori baseball ground	Every lynch time (12:35~13:30)
64	ATHLETIC ACTIVITIES ALLIANCE	Ladies'Baseball Club		As women, we play aggressive baseball every Wed. and Fri. and Sat. Join us!	Sanadabori baseball field	Wednesday and Friday before classes and Saturday
118	HOBBY CLUB ALLIANCE	Fires		We, Fires are beginner-friendly baseball club. We welcome anyone interested in playing baseball, watching games or both!!	Ueno,Kunitachi,Shiba-park	Week end
119	HOBBY CLUB ALLIANCE	Fire Birds		Let's play baseball with us! Even if you haven't play baseball, we warmly welcome all of you to our club!	Sotobori park	14:00~16:00
132	UNORGANIZED	Sophia beavers plix		Baseball practice,match and lodging together	Sotobori Park	Wed/pm16-18

## Basketball / バスケットボール



No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
51	ATHLETIC ACTIVITIES ALLIANCE	Women's Basketball Club		We play basketball 5 times a week. Our aim is to be promoted to division 3 during the autumn league match. We always welcome who are enthusiastic towards basketball. Please contact the email address below if you are interested in joining the team! sophia.wbbc@gmail.com	Sophia University Arena 3	Tue 18:00-21:00, Wed 15:00-18:00, Fri 15:00-18:00 (free practice), Sat 14:00-17:30, Sun (Irregular)
52	ATHLETIC ACTIVITIES ALLIANCE	official sophia men's basketball team		Basketball 5times a week with official tournaments	The third gymnasium	Tuesday&Friday 18:15-21:00, Wednesday 15:10-18:15, Saturday &Sunday are indefinite.

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
96	HOBBY CLUB ALLIANCE	APeS		We play basketball and have events like BBQ, christmas party etc.	shinagawa-ku,setagaya-ku etc.	18-21
297	UNORGANIZED	Cagey Cagers		We play match-type basketball once a week. We participate full-scale tournament twice a year. And we are playing play tag, christmas party, and graduation compa.	Bumb gymnasium at Shinkiba	18:00-22:00



## Budo/武道







No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
26	ATHLETIC ACTIVITIES ALLIANCE	Aikido Club		We practice Aikido,one of the Japanese traditional martial arts.	At judo hall,basement of a school gym	Monday,Wednesday,Friday:17:30~20:00 Saturday:14:00~17:00
30	ATHLETIC ACTIVITIES ALLIANCE	Karate Club		The karate vclub was established in 1953. Karate is a Japanese martial art and the best thing to learn how Japanese people think. We are so welcoming to begginers. Through out karate you would learn the warrior's way. "Budo" with a lot of fun and exercise. We practice three times a week and have a special lecture from our master on Saturday.	Kendo field	Tuesday, Thursday : 18:00~20:00 Saturday : 15:00~17:00
33	ATHLETIC ACTIVITIES ALLIANCE	Kendo team		practicing kendo and taking part in competitions	kendojo	Monday,Wednesday,Friday 17:00-19:00 Saturday 13:00-15:00
41	ATHLETIC ACTIVITIES ALLIANCE	Shorinji-k empo Club		We improve skill of Shorinji-kempo which is one of Japanese martial arts.	Judo/Kendo Rooms	Tue·Thu 15:25-19:00/Sat 15:00-20:00
43	ATHLETIC ACTIVITIES ALLIANCE	Judo club		we practice judo in sophia university. Let` s play judo together.	sophia university`s dojo kodokan	Monday/Wednesday/Friday:17:30-20:30 Saturday:10:00-12:00
182	UNORGANIZED	Sophia aiki-kai		Aikido(a traditional martial art in Japan)	Judojo(gym)	Thu15:25-17 : 05, Sat12:35-14:00

## Cheerleading/チアリーディング


No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
29	ATHLETIC ACTIVITIES ALLIANCE	Sophia Cheering Squad		We are consisted of three suared. Leaders,brass band and cheerleading team Eagles. We cheer for wide variety of sport teams in Sophia University. We also perform at school official events such as sports festival,school festival,to name a few.	gym	Monday,Thursday,Saturday,Sunday
126	HOBBY CLUB ALLIANCE	sophia university sophia cheerleaders lollipoppers		compitetive cheerleading stunts,dance,muscle training	Judo/Kendo Hall the first gym	18:00~21:00



## Dance/ダンス

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
32	ATHLETIC ACTIVITIES ALLIANCE	Dance sport club		We practice ballroom dance and latin dance. Beginners are welcome!	11-704 Hoffmanhall Conference room7	Tuesday: 17:20-21:00 Saturday: 13:00-17:00
84	MUSIC ACTIVITIES COMMITTEE	Sophia Modern Dancers		Jazz dance club	Gym No.1	4-5th Period



No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
89	MUSIC ACTIVITIES COMMITTEE	Alegrias		We practice flamenco two times a week. A professional flamenco dancer teach us how to dance! We have some performing stages.	Nishiogikubo/Sophia University	Mon:17-21/Thu:17-20
178	UNORGANIZED	G-Splash		we are street dance circle providing 5 genres;hiphop, lock, girls, break, house.	Gymnasium No.1	from Monday to Sunday 17-21
561	UNORGANIZED	Dance Crew Eagle		We are Dance Crew Eagle. We have about 300 members, and we have 6 genres, which are Hiphop, Jazz, Lock, House, Girls and Break. We practice three hours every Tuesday, Thursday and Saturday for our dance performance. We have 5 chances to perform in a year, such as, Freshman Week and Sophia Festival.	11 Building and Hoffmann Hall (6th and 7th conference room ), or dance studio around Yotsuya and Shinjuku	Every Tuesday, Thursday and Saturday afternoon (5pm to 8pm)
833	UNORGANIZED	John-Blaze		We are a dance club mainly practicing hip-hop.	Classrooms and Hoffman hall at Sophia university	Weekdays: 1-2times, Saturdays
1006	UNORGANIZED	Sophia Hula Team Hau'oli		We practice the hula two days or three days a week. Our main hula activities include : competiton, summer retreat, Sophia Festival.	classrooms in building #11, and dance studios in Yotsuya / Shinjuku	Monday (12: 30 - 13 : 15, 17 : 00 - 20 : 00 ) Thursday (12 : 30 - 13 : 15) Saturday (9 : 00 - 12 : 00 )
1149	UNORGANIZED	Sophia flash mob		We do surprise performances called "flash mob". We practice dancing and performance on freshman week, ASF, Sophia festival, wedding party and birthday party.	Classroom or studios in Nakano	After 4th or 5th period-20:00
1165	UNORGANIZED	Sophia University LUNA		Luna is divided into two groups. One is performance and the other is cultural exchange. We do have dance practice every week and we shoot videos and post on Youtube. For cultural exchange, we plan sightseeing events for international students, as well as seasonal events! We might be attending to events held by embassy or any other organizations outside of school!	Sophia Univ.	Tuesdays and Wednesdays 5,6th period
1166	UNORGANIZED	JESTY		we practice pom dance within cheerleading once a week. And we perform pom dance in sophia festival and freshman week and many events.	dance studio in Shinjuku or Shibuya or Nishiwaseda or Shinkiba	usually,PM7:00-PM9:00 orPM10:00 [summer vacation and spring vacation,we are in activity daytime]
1263	UNORGANIZED	Lupine		We do a cover dance for k-pop and perform at school events and events outside of school. We practice at the gym or at the studios two days a week.	Gym, studio at Yotsuya, Shinjuku, and Ikebukuro	Friday 17:30-21:00 , Sunday 9:00-13:00

## Football/フットボール


No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
28	ATHLETIC ACTIVITIES ALLIANCE	American Football Club		Alongside the practices at the university, we do physical training and play analyzing to win the Kanto Football League games in autumn.	Sanadabori-ground	Mondays, Tuesdays, Wednesdays, Thursdays, Fridays and Saturdays from 3pm to 8pm.
39	ATHLETIC ACTIVITIES ALLIANCE	SOPHIA Univ.FOOTBALL TEAM		soccer	sanadabori	Monday,,Wednesday, Thursday,Friday,Saturday,Sunday 15:00-18:30
102	HOBBY CLUB ALLIANCE	F.C. EAGLE		Soccer Training, Soccer Matches, Camping, etc	Sanadabori Field, Gym	Every Tuesday, Thursday and Saturday

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
133	UNORGANIZED	gokimaruzuF.C.		Morning Practice Trining Camp	Gymnasium Yamanashi, Ibaraki, Chiba, Ibaraki	Every Monday, Wednesday, Friday/8:00-8:45 May, June, September, November, March/3days
134	UNORGANIZED	F.C.LEXUS		We play soccer for fun. Practices are held mainly during lunch time.	Sanadabori ground	Lunch time
311	UNORGANIZED	F.C.Fullerene		Welocome to F.C.Fullerene!!!!!!!!!!!!	Sanada Ground	Wednesday every week
418	UNORGANIZED	FUN-ta-SISTER				
481	UNORGANIZED	Girls' Soccer Club		We practice soccer twice a week at the Sanadabori Ground. There are also practice games with other universities in Tokyo.	Sanadabori Ground	Frieday/17:00-20:00
950	UNORGANIZED	F.C.ARMADOR		We play futsal on Monday and Thursday. Add to normal practice, we hold many events. For example,we do BBQ,hanami and trip.	On Thursday, we practice at Sanadabori ground of Sophia Univ. On Monday, we do at Kameido or Kichijoji.	Monday 6p.m.~8p.m. Thursday 5:15 p.m.~6:30 p.m.
1062	UNORGANIZED	NFL lovers society		Watching football games and analyzing plays , studying strategies of football and athlete's training.	Hoffman HallB-207	Monday,Wednesday,Friday 15:00~18:00




## Lacrosse/ラクロス

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
63	ATHLETIC ACTIVITIES ALLIANCE	Girl's Lacrosse Club		We practice lacrosse to win in the Kanto Lacrosse League 3.	Sanadabori Ground	Tue.,Wed.,Fri./7:00-Sat.,Sun./mornings
65	ATHLETIC ACTIVITIES ALLIANCE	sophia menslacrosse team		We are a collegiate lacrosse team which currently plays in Dirision 2 out of 3, if you could come see our games, it will be a great help us!!	In sanadabori ground	From 7:00 to 9:00 in the morning.







## Marine Sports/マリンスポーツ

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
18	UNORGANIZED	上智大学ダイビングクラブ海洋生態研究会				
59	ATHLETIC ACTIVITIES ALLIANCE	Sailing Team		we practice yacht every Saturday and Sunday	eno-shima	Saturday, Sunday
426	ATHLETIC ACTIVITIES ALLIANCE	SOPHIA WINDSURFING TEAM		We windsurf atZaimokuza beach every Sunday as the club activity.	Zaimokuza beach at Kamakura	Every Sunday
1291	UNORGANIZED	Sophia Surf LifeSaving Club		Monitoring activities at summer beaches. Acquisition of cardiopulmonary resuscitation and usage of AED. Training using the rescue board, rescue tube, and ressian. Practice training in the sea, of course, open meetings to improve the rescue ability and conduct study sessions. As part of the improvement of rescue ability, there is a life saving sport, and practice all year round. As well as the sea, do exercises in the pool and training on the ground. Participate in each competition. Conduct of beach clean.	Undecided Hasaki Beach, Enoshima Beach, Sophia Pool	Undecided

## Motorsports/モータースポーツ











No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
42	ATHLETIC ACTIVITIES ALLIANCE	Sophia University Motorsports Club		We take part in a gymkhana tournament of students. So, we try improving our driving techniche to win the tournament. Also, mentenance of our car is one of our important activities. Our club will welcome the people who like cars.	each circuit ( Fuji Speed Way, Asamadai sportsland etc.)	mainly weekend/undecided
368	UNORGANIZED	Sophia Racing		Manufacturing Race car for "Formula SAE".The concept behind Formula SAE is that a fictional manufacturing company has contracted a design team to develop a small Formula-style race car. Each student team designs, builds and tests a prototype based on a series of regultions. We participate in FSAEJ - Monozukuri Design Competition in August every year.	MachineHall B206 Mechanical Engineering Research Room	From afterschool to 21 p.m
1240	UNORGANIZED	Dorasa		Up untill now, there was 2 clubs in the Sophia University. However these are "motorsports club" and there activity is very hard. Dorasa, our activity is not mandatory, so you can decide whether to participate or not. We drive to anywhere in Japan by car.	Anywhere	Irregular




## Other Ball Game/その他球技

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
27	ATHLETIC ACTIVITIES ALLIANCE	Ice Hockey Club		Icehockey team is mainly active at Ice Arena twice a week.there are about 20 members. Although it seems to be a small culb, we won the last year's Spring Games and participated in the national competition.Ice hockey, which is said to be fighting on ice, is really cool sports.	Meiji Jingu Gaien Ice Arena/Dydo dorinko Ice Arena	Monday,Thursday/23: 30~25:30
37	ATHLETIC ACTIVITIES ALLIANCE	Golf Team		Playing golf and taking part in competetions held by the Kanto Students' Golf Association(KSGA)	Sanada-bori Ground Golf Practice Range	Men's: Tuesday 17:20 ~ Women's: Friday 17:20~
47	ATHLETIC ACTIVITIES ALLIANCE	Table Tennis Club		Pacticing table tennis	gym 2	Mon. Wed. Thu. /17:25-20:20 Sat./9:30-15:30
50	ATHLETIC ACTIVITIES ALLIANCE	Handball Club		We are practicing 3 times per week. Aiming to play in a higher league.	Gymnasium 3	Monday 18:00-21:00 Wendsday 18:00- 21:00 Saturday 8:30- 11:30
60	ATHLETIC ACTIVITIES ALLIANCE	Rugby Football Club		We enjoy rugby.	Sanadabori ground	(Tue)(Wed)(Thu)15:3 0-19:30(Sat)13:00- 16:00
66	ATHLETIC ACTIVITIES ALLIANCE	Sophia Field Hockey Club		Sophia Field Hockey is a group of girls who love playing hockey. Anyone who wants to start a new sport, please feel free to come to our practice. We are all looking forward to play hockey with you.	Sanada-bori ground	Mon, Wed, Fri / 7:15~9:00  Sat / 11:00~14:00
105	HOBBY CLUB ALLIANCE	Season Sports Circle		We play sports!! Come on join us!	Gym	After school
170	UNORGANIZED	Sophia Racquetball Club		We practice racquetball every Fridays. Also we have so many events every season!	SPA Shirokane	fri/p.m.5:15- p.m.7:15



No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
1260	UNORGANIZED	Sophia Country Club		We practice golf twice a week, on Monday and Wednesday at Sandadabori golf range near Sophia. Besides, we got to play raound in course irregularly.	golf range near Sophia University.	Wednesday 17:00-19:00 Monday 15:00-17:00

## Other Sports / その他スポーツ

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
45	ATHLETIC ACTIVITIES ALLIANCE	Sophia Swimming Team	 	Competitive Swimming: We practice Monday to Saturday, have a club meeting once a week, and a swim meet about once a month. Waterpolo: We got back in September, 2015. Usually we practice the basics on weekdays and invite other teams on weekends to play games.	Sophia University Gymnasium Pool	Competitive Swimming: M,Tu,W 14:50-17:00 Th,F,Sat 9:00-12:00 Waterpolo: M9-12, Tu9-12, Th3-5pm, Sat2-5pm
56	ATHLETIC ACTIVITIES ALLIANCE	Fencing Club		The club caters to all levels from beginners to advanced. No matter where you are in your fencing journey, we inspire you to keep going. Also, we offer foil, epee and sabre training. Training involves footwork, one to one lessons and free fencing.	Gym No.2	[Tues. & Fri.] 17:30-20:30 [Sun.(*once every fortnight)] 10:00-14:00
57	ATHLETIC ACTIVITIES ALLIANCE	Boxing team		rope,shadow box, light sparring,roadwork	The first gymnasium	17-20 Mon,Wed,Fri 12-14 Saturday
61	ATHLETIC ACTIVITIES ALLIANCE	Sophia Track and Field Club		Sophia Track and Field Club is an organization in which people interested in or specialized in track and field sport.	Oda Field,Sanadabori Feid	Tuesday PM,Thursday PM,Saturday AM
93	HOBBY CLUB ALLIANCE	FLYING DISC CLUB FREAKS		We play "ultimate frisbee"	Mon-Fri:Sanadabori ground	12:35-13:00
111	ATHLETIC ACTIVITIES ALLIANCE	Sophia Walking Club		We walk around Tokyo with our club member once every few weeks.	around Tokyo area	Saturday or Sunday/one day
121	HOBBY CLUB ALLIANCE	Figureskating Krystallos		Practicing figure skating and participating in competitions	Meiji Jingu Ice Skating Rink	Once a week
157	UNORGANIZED	Juventus T.C.		All-round sports;we choose what to do from several options.	gyms,parks,and other places	weekdays;evening/weekdays;daytim
187	UNORGANIZED	Sophia Flying Turkeys		Participate the Birdman Rally in Shiga	Hoffman Hall 2 3 1	Mon-Fri/17-20 Weekend/14-18
684	UNORGANIZED	Q's		We are the only billiard circle in Sophia. There are variety of members including cute girls and boys! Some of us practice hard for tournament, others just enjoy playing billiards and chatting.	takadanobaba sansui	Thursday 6-8pm
1140	UNORGANIZED	Eikenkai		We practice on Tuesdays. And we enter some competitons which include an all-Japan championship and a world championship. Last year,some members of us placed high in the tournaments. Our circle has some connections with the ones in other universities.	Around the Sophia University	19 : 00~21 : 00
1187	UNORGANIZED	Capoeira Sofia		Learning the movement and thought of Capoeira	Sophia University	Thursday/18:00-20:00
1278	UNORGANIZED	SOPHIA CAP THROWING CLUB		We play eccentric baseball using CAP FOR PET BOTTLE.	at the gymnasium in SOPHIA at SANADABORI ground	Thursday 15:25-17:20

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
1280	UNORGANIZED	ORBIS		<p>1.What do we play? We run a kind of sport. This is called "Ultimate", a flying-disc sport, Frisbee. What the players do is run, throw and catch. The rule is a bit complex and may be hard to understand, but once you understand it, you do not have to remember much. If you are interested, please visit the following link. [World Flying Disc Federation] <a href="http://www.wfdf.org/sports/our-disciplines">http://www.wfdf.org/sports/our-disciplines</a></p> <p>2. Our goal There is a "Beach Ultimate" as one of the Ultimate styles. And at the end of September we have a competition for the ultimate beach in Atami, an area with a beautiful sea. Our goal is to win the first prize there. And of course enjoy Ultimate.</p> <p>3.About the daily activity To achieve our goal, we have an exercise once a week. And sometimes we also host Nomikai, a Japanese party with alcoholic drinks. Please make sure that you are 20 years or older. If you are not, you can not drink alcohol. Only with orange juice.</p>	Park and riverbed in Tokyo.	Once or twice a week.
1295	UNORGANIZED	Piscina		We do many kinds of sport.	Random	Random
1297	UNORGANIZED	BASE FIT		We do group exercise sessions such as calisthenics and running. Our goal is to help each other live a healthy lifestyle. Come join us!	Sophia University/off-campus	Varies based on availability
1299	UNORGANIZED	Sophia Barbell Club		The purpose of this club is to expand the community of fitness by sharing the members experiences. The members get together to train together and build a relationship and strive for a better version of their self through fitness.	Hoffmann hall, Gold`s Gym, anytimefitness club	up to members
1216	UNORGANIZED	SOPHIA RUN CLUB				

## Outdoor/アウトドア











No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
19	CULTURAL/ACADEMIC ALLIANCE	tankenbu		On weekends, we enjoy climbing and rafting	Mountains and Rivers	weekends
62	ATHLETIC ACTIVITIES ALLIANCE	WANDERVOGEL CLUB		hiking, trekking, bouldering, river trekking	outdoor place	weekdays,weekends, long vacations
1167	UNORGANIZED	Sophia Adventure Club (SAC)		We enjoy outdoor activity like climbing the mountain, camping, fishing and so on. We do our activities on weekends.	Outdoor Field	Weekend

## Ski/Snowboarding/スキー・スノーボーディング

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
46	ATHLETIC ACTIVITIES ALLIANCE	Racing Ski Club		Improving skills for skiing and take part in competitions.	Gaien-mae, training room,	Mon,Wed,Fri 17:00 – 20:00
91	HOBBY CLUB ALLIANCE	ASPEN SKI CLUB		skiing and training for skiing. It is a basic ski circle that works as the top goal of the year for the top prize in the Iwatake Ski Tournament nationwide. And each person goes to their goals and enjoys skiing.	in front of meiji jingu gaien	Wed.17-19,Sat.13-19



## Tennis/テニス

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
34	ATHLETIC ACTIVITIES ALLIANCE	Girls tennis team		We play tennis at least three times a week and participate in several tennis tournaments. And practice practice practice!	Sanadabori tennis court	Tue15:30-20,Thurs17:15-20,Sat9-13/13-17
35	ATHLETIC ACTIVITIES ALLIANCE	Men's Tennis Team		practice tennis and enhance the skill to get the good results on the Summer League	Sanadabori Tennis Court(1-minute walk from Yotsuya Campus)	Mon,Wed 17:30-20:30 Sat. 9:00-13:00 or 13:00-17:00
48	ATHLETIC ACTIVITIES ALLIANCE	Women's Soft Tennis Club		We practice soft tennis with the aim of winning the league held once a half year.	Sanada moat	Saturday 9:00~13:00
49	ATHLETIC ACTIVITIES ALLIANCE	Soft tennis club (men)		We practice in the morning of weekdays and Saturdays.	Sanada moat	Wednesday, Friday 8:00~9:00 17:00~19:00 / Saturday, Sunday 9:00~17:00
143	UNORGANIZED	ADVANTAGE T.T.		We, Advantage TT, is a tennis circle. We usually practice tennis about 3 times per week. Not only that, we have many events like going Disney, doing party and so on.	Sotobori Park	Usually we practice at daytime in a week day. In addition, we practice or participate in tournament at Saturdays and Sundays
144	UNORGANIZED	WALL Tennis Club		It is aimed for mind and body and improvement of the communicative competence through tennis.	tennis court close to the school	from 17:00~19:00 after school
148	UNORGANIZED	S.L.T.A.		Take tennis courts 5 days a week, and work 4 hours a day. During long holidays, go to a training camp and participate in the tournament.	Ooi,Matsudo,Kameido,Ar iake	2 pm to 6 pm,3 pm to 7 pm
151	UNORGANIZED	Smash Tennis Team		We play tennis 3 times a week.	Sotobori/Hadano	8~10
153	UNORGANIZED	Tem Tennis Team		Playing tennis	Yoyogi,Kinshi-cho	18:00-20:00
154	UNORGANIZED	Freiheit tennis team		We learn importance of cooperation through playing tennis.	Sotobori Park, Sarue Park	Mon,Tue/19:00-21:00Thu,Fri/8:00-10:00
155	UNORGANIZED	FRANIS T.T.		Playing tennis	Yoyogi Olympic Center	After 3rd period
156	UNORGANIZED	Freeway Tennis Club		We enjoy playing tennis	Hibiya Park, Kameido Chuo Park, Sarue Onshi Park	Weekday 17:00-19:00
159	UNORGANIZED	Balle Blanche T.T.				
160	UNORGANIZED	koln tennis team		playing tennis	Sotobori Park	16 : 00~18 : 00 once a week
162	UNORGANIZED	Penguin Tennis Team		We are the penguin tennis team.We play tennis usually three times a week.Let's have fun!!	Kameido Central Park	weekday 17-19
163	UNORGANIZED	G.S.S.PANTHER		We are the only inter-college tennis club with Gakushuin University	Toneri Park,Shioiri Park	Every Monday, Tuesday and Thursday
164	UNORGANIZED	Bears Tennis Team		we play and enjoy tennis to communicate.	Court in Tokyo	3days/week
167	UNORGANIZED	Active T.T.		Sorry, we don't accept international students.	Sarueonshi-koen at Kinshicho Kameidochuo-koen at Kameido	17:00~19:00
169	UNORGANIZED	sophia tennis association		Practice,Game and Residential Training	Yotsuya and Hadano	irregular
247	UNORGANIZED	S.T.C.L		Playing tennis	Tennis court in Tokyo and Saitama.	Temporary
1188	UNORGANIZED	OnceNoah		We reserve the court four times a week and practice.	Tennis court	After our class



## Volleyball／バレーボール


No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
53	ATHLETIC ACTIVITIES ALLIANCE	Girl's Volleyball Club		We practice volleyball four times per week.	Gymnasium3	Monday, Wednesday, Thursday and Saturday
54	ATHLETIC ACTIVITIES ALLIANCE	mens volleyball club		We play volleyball	the 3rd gym	Monday, Thursday 18:15-21:00 Saturday 14:30-
175	UNORGANIZED	Volleyball Circle		We enjoy playing volleyball!	Gymnasium	every Wednesday and Friday from 18:30-21:00

## CULTURAL ACTIVITIES／文化活動




### Art／美術

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
22	CULTURAL/ACADEMIC ALLIANCE	Sophia Art Club		Sketching people and still life, working on exhibitions with other universities, short trip to Mashiko and Hakone	Hoffmann Hall 3F	Twice a week at 5th period (Activity dates are decided on LINE schedule.)


### Catholic／カトリック

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
205	UNORGANIZED	The Catholic Students Association		All of our activities are based on the spirit of our club motto. "Pray, play and learn together". We serve masses both daily ones held on campus during lunch break and rather grand ones for entrance and graduation ceremonies, Easter Vigil, Christmas and more. We all respect each other no matter if they are not Christians or not and everyone are more than welcome!	Meeting room at Sjhouse	Weekday

### Cooking・Food Culture／料理・食文化



No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
889	UNORGANIZED	LACOOK		cooking session	Sport center, Chiyoda-ku	Wed/17:00~21:00
1192	UNORGANIZED	Sophia Mogmog Circle		we irregularly perform the activity	restaurant/cafe	after school/holidays
1256	UNORGANIZED	Sophia Restaurant Society "EgEGG"		Once a week we will hold a cooking class in the cooking room of Koujimachi. And we will visit places related to restaurant on a long vacation.	Kojimachi cooking room. (10 minutes on foot from Yotsuya station)	irregularly.

### Entertainment／エンターテイメント






No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
424	UNORGANIZED	Sophia Magic Club		We practice magic and have some chat. You can show your progress to the audience every month through volunteer work. Beginners from all grades are welcomed. Feel free to contact us if you have something to say.	11-205	Tuesday/17:20-20:00

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
490	UNORGANIZED	Sophia Comedy Society		Our main activity is to perform a comedy show once a month. We also have meetings during lunch break on every Tuesday and Thursday. We also perform on stage outside the school with students from other universities. Other than those activities, we also go camping every summer and winter to have fun with members in the circle.	Building No.11	Lunchtime







## Game/ゲーム

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
765	UNORGANIZED	Sophia Chess Circle		playing chess	club room	Friday 17:20~
905	UNORGANIZED	Die is Cast		play board game	b119	after school
1249	UNORGANIZED	Werewolf Club Peaceful Village		We play werewolf game in many way for example face each other or in some applications.	Lended classroom in Sophia.	Monday/ Lunch Time Thursday/ After 4th period
1250	UNORGANIZED	Mystery Club Kripton		Participate in an escape room. Hold an escape room.	Decide at any time	undecided
No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
1251	UNORGANIZED	Sophia Airsoft Club		Once a month, we play airsoft with our members who plan match. Airsoft is a competitive team sport in which participants eliminate opponents by shooting each other with spherical plastic BBs launched via replica weapons called airsoft guns.	Airsoft facilities in Chiba	Once a month, weekend





## Japanese Culture/日本文化

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
8	CULTURAL/ACADEMIC ALLIANCE	Kioi Literature Club		KioiK Literature Club is the only official and traditional literature club in Sophia University. Do you like books? If you like, let's join us! You can also write whatever you like, when we publish the circle booklet "Kioi Bungaku".	classroom or clubroom	We hold a meeting on Tuesday or Thursday 17:10-. It is changed every week.
12	CULTURAL/ACADEMIC ALLIANCE	Tea ceremony club		We learn Japanese culture through tea ceremony.	Hoffman hall Japanese style room	Monday, Thursday/ 16:00~20:00
98	HOBBY CLUB ALLIANCE	japanese flower arrangement club		learning how to arrange japanese flowers. Kado is a traditional Japanese art originating from the Heian period.	kioizaka building	every Wednesday 17:20-18:30
420	UNORGANIZED	IGO CLUB		We practice IGO and interact through this game. IGO is the board game which was invented more than 2500 years ago, in ancient China. In these days, IGO players are 40 millions in the world (China, Korea, Japan, America, Europe, Russia)	Hoffman Hall314	EVERYDAY/ Lunch Time(12:35~13:25)
590	UNORGANIZED	Sophia Shogi Club		We enjoy playing shogi, which is known as Japanese chess.	Class room	Weekday lunch break or after school
1083	UNORGANIZED	wagokoro.		We learn how to wear Kimono and Yukata.	"Washitsu" of Hoffmann Hall	Every Tuesday 18:00~20:00, sometimes Saturdays.
1298	UNORGANIZED	Sophia Sogetsu Ikebana Club		you can learn japanese traditional flower arrangement, "IKEBANA." you can get diploma as IKEBANA if you like. We will hold IKEBANA event to learn more technic.	MIKIKO IKEBANA CLASS	everymonth 17:00~21:00



## Media/メディア









No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
4	CULTURAL/ACADEMIC ALLIANCE	Sophia Movie Club		Sophia Movie Club is community of movie lovers. We watch movies in our clubroom.	Plesase ask.	Plesase ask.
23	CULTURAL/ACADEMIC ALLIANCE	Sophia Broadcasting Circle		In SBC we shoot video and practice announcement. We learn operation of visual and audio equipment.	Announce room in Hoffman holl	3 or 4 times a week.
123	HOBBY CLUB ALLIANCE	Broadcasting Produce		We make original video contents(music videos, dramas, comedy programs, animations etc)for program oresentation we have twice a year.	Broadcasting studio@hoffman hall 3rd floor	Lunch time on Tuesday
128	OTHERS	Sophia Times		publishing The Sophia Times once a month (excluding the spring and the summer break)	Building1-B1 011	irregular
741	UNORGANIZED	ARIOSO		We publish free magazine "ARIOSO" twice a year and run a web site "ARIOSO Web".	1-201 1-202	Wednesday 17:20-20:00
1292	UNORGANIZED	Film Making Spika1895		We are the Sophi branch of "Film Making Spika 1895"of Tokyo University.	Komaba Campus of Tokyo University	Every Saturday, and irregularly

## Photography/写真


No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
15	CULTURAL/ACADEMIC ALLIANCE	Sophia Photography Club		On week-end, photo sessions are taken place by members. Themes examples, Ueno Zoo, Nikko, Portrait.... If you are a film camera user, you can use our darkroom and a film scanner. We sometimes take official photos for another club's request. To register to our club, you must pay 6000 yen. (But if you are an exchange student for one semester: only 3000 yen.) Please contact us on Twitter or E-mail.	Weekly meeting(Attendnace is not necessary): decided and noticed 1~3 days before on group LINE. Photo session: somewhere in Tokyo or suburbs.	Weekly meeting: Every Wednesday 's lunch time( about 12:45~13:15) Photo session: Irregular week-end
1124	UNORGANIZED	IDEE creation		We make fashion magazines and percipitate in flea markets.	Empty room	Once a week
1283	UNORGANIZED	SophiAnimal Photo Club		We join Federation of Japan University Photo Club(FUPC) and participate in phto sessions and training camps organized by FUPC. In summer vacation, we participate in photo match inter college(PMIC) and aim for victory.	Within the University and shooting locations in the Kanto area	Irregularly.(About once a month)
1301	UNORGANIZED	Creatour		Photograph, filming, editing, designing	Anywhere	Irregular

## Sub Culture/サブカルチャー


No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
124	HOBBY CLUB ALLIANCE	Sophia Comic Society		Hold regular meetings every Friday to discuss and work. Produce and publish a bibliographic magazine five times a year. Participate in the Sofia Festival.	Class room	Every Friday/pm5:15~
856	UNORGANIZED	Pokemon Daisuki club sophia		people liking Pokemon gather and interchange	classroom	afetnoon
878	UNORGANIZED	Group SOS		Eating lunch together and talking about anime or manga or game.	In University	Lunch Time
892	UNORGANIZED	FJC		We play many kinds of games and watch many kinds of animation.	Club room	weekday/lunch time and after finishing the class

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
1041	UNORGANIZED	Sophia Tokusatsu Anime Club		We enjoy mainly "tokusatsu" ,Japanese hero dramas. We see movies and performances.	Hoffmann Hall	lunch break
1085	UNORGANIZED	Sophia Disney Fans		We are planning about 2 or 3 events a month for people who loves Disney!	Mainly outside of the university	irregular
1121	UNORGANIZED	Koeai@Sophia		Voice actor fans promote friendship.	Hoffman hall or empty classroom	lunch time
1143	UNORGANIZED	Gundam Club of Sophia		If you are interested in Gundam series, participating to an event or making Gundam models, please join our club and have fun!	On campus.	Not limited in particular.
1163	UNORGANIZED	Sophia Quiz Revival		We study quiz by quizing and answering each other.We also participate in competitions.	In classroom,assembly hall or on Skype.	Every Tuesday, Wednesday and Thursday 17:00-
1254	UNORGANIZED	Duffy and Sophians		The regular meeting is held in our campus once a week. By visiting Tokyo Disney Sea once a month, we deepen our friendship and seek Duffy's charm themed on various food, drinks and clothes. Also there, the summer and winter events take place to introduce the fascinations of the Park and Duffy to the students in the regions.	Tokyo Disney Sea	once a month
1255	UNORGANIZED	Sophia Yokai Club		We investigate the tradition of Yokai. We made a pilgrimage to the temples and spot of Yokai in Tokyo.	Spot in Tokyo	Mainly Saturday and Sunday
1266	UNORGANIZED	Sophia Mystery Club		We study and write detective novels, mystery novels and short stories etc. We also make illustrations or comics with the stories, and we publish our mystery magazine "SUTORANDO" twice a year, and sell it at some literary events.	Sophia university	Thursday 17:30-20:00
1288	UNORGANIZED	Sophia THE iDOLM@STER funclub		Study about Japanese game "iDOLM@STER". Cultvate friendship with "iDOLM@STER".	Schoolroom, Venue,	lunchbreak, afterschool, holiday

## Travel/旅行






No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
1289	UNORGANIZED	Backpacker's circle Travel×Share		Our activity is to meet and interact with each other who loves backpacking.We hold the activity once in a week.	Kioi building, or 11 building	Lunch time

## Other Cultural Activities/その他文化系



No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
1214	UNORGANIZED	showa no kai		community group for mature students	classrooms , etc.	Biweekly Friday Lunch time
1227	UNORGANIZED	Sophia Reading Circle		We promote mutual friendship among the members through reading circle.	c lassroom	Every 2nd week, 4th Saturday
1252	UNORGANIZED	Club of Kojien		Our circle is aimed to earn wide range of knowledge and enhance vocabulary skills by using dictionaries such as Kojien.	Restaurants and parks near the school.	After school and holidays.
1300	UNORGANIZED	Sophia Bird Club		We place bird-watching at the center of our club activity. We will visit the flower and bird garden and go to a café where you can touch the birds. Also, we aim to obtain a qualification of Bird Life Adviser for a members who have birds and to help us if we have birds in the future.	The classroom	The fifth period

# EVENT PLANNING ACTIVITIES / イベント企画運営

## Event Planning for Major Events and Festivals / イベント企画運営



No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
310	UNORGANIZED	Sophia Express		Sophia Xpress is a official student body government that consists of only FLA students. Our responsibilities include preparing and carrying out the Orientation Camp for incoming freshman, Sophia Festival, All Sophian's Festival, Open Campus, as well as coordinating with our alumni association (SIAA) to hold different career events and hosting panel discussion events solely organized by Sophia Xpress.	10-405	Monday, 12:35-1:30
620	OTHERS	Sophia Festival Executive Committee		administration of Sophia Festival	Building 6	Friday/17:00~
756	OTHERS	Johnnansen Committee		We are doing the planning and management of the Sophia Nanzan Sports Festival "Jhonansen" that is inter scholastic athletics meeting with Nanzan University to be held in May and June every year.		0 lunch time
904	UNORGANIZED	The Committee of Foreign Language Theater Festival		Organizing Foreign Language Theater Festival at Sophia University	Departmental conference room	Irregularly
906	UNORGANIZED	nexnect		Our sercle name is nexnect. We planning various campuss events! Forexample "Yukata day" "Freshmanweek for foreign students" "Cristmassong concert week",,,,,etc. Lets create a better university with us!!	Empty class room.	monday 12:40-13:25 thursday 17:10-18:30
1148	UNORGANIZED	TEDxSophia		TEDxSophiaU was created with the aim of spreading "ideas worth spreading" to the world from here Sophia University! In order to achieve this mission, we hold TEDxSophiaU events where all Sophians can participate and share their creative ideas.	Meeting:Classroom The event will be held at the auditorium in building 10	Lunch time on Tuesday and Friday. The event is held in May.
1265	UNORGANIZED	AUTK		We study and discuss about our interest. We learn discussion, debating, and presentation by studying own interest and share it together!	Classroom at Sophia university	Every Monday, 5PM to 8PM

## Recreation / レクリエーション・娯楽

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
747	UNORGANIZED	All Roun' Through		"Just like when you're a kid." We'll go to Disney Land and Summer Land in August and then we're planning the other activities! Let's enjoy them togher and you can know about Japan happily.	park, restaurant, leisure facility etc...	mainly on Sunday
1177	UNORGANIZED	Sophia Anglers		We go on the trip by driving the car every month. You can enjoy mainly fishing, but also others kinds of activities such as cooking, hot spring. Sometimes we go on dar trip.	Izu, Shizuoka Boso peninsual	Once a month
1244	UNORGANIZED	Sophia Horse Racing Fan Club		We watch horse races at the race track.	race track	Saturday and Sunday




# Students Representatives / 学生代表組織






## Students Representatives / 学生代表組織

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
1	OTHERS	Students Representatives		We usually organize the documents that summarize the activities of various circles at Sophia University, and participate in special cleaning and disaster prevention training as management of HH. It is a serious group when putting together various groups.	HH Room 221	nothing
25	ATHLETIC ACTIVITIES ALLIANCE	Sophia Athlete Association		managing 42 clubs	Club room	all year round
67	MUSIC ACTIVITIES COMMITTEE	Association of Sophia Music Communities		Talk about music activities of music clubs and plan some contents.	Classroom of 11st Building	Lunch brake
79	MUSIC ACTIVITIES COMMITTEE	Theater Association Headquarters		We hold a meeting once a week.	a small conference room	Lunch Time





# INTERNATIONAL ACTIVITIES / 国際交流活動

## International Communication / 国際交流


No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
100	HOBBY CLUB ALLIANCE	SISEC (Sophia International Student Exchange Council)		we are the oldest, largest and most active international circle in Sophia University. We gather exchange students and Japanese students and do fun events almost every weekend event ex) BBQ, Sports day, camp, party. To join, please come to our lunch time meeting on fridays.	Lunch meetings: bldg 1-408 Weekend events are held somewhere in Tokyo. Most likely, we leave school together.	during lunch time (12:40-13:20) on wendsday and fridays
344	UNORGANIZED	sophia university chinese association		Mainly for school activities and camp	It varies according to an event	It varies according to an event
425	UNORGANIZED	SOPHIA KOREAN STUDENT ASSOCIATION		Support Korean students in sophia in all aspects which Korean students have difficulty	anywhere	anywhere
669	UNORGANIZED	Deutscher Ring		We will do German activities such as watching German movies and making German cuisine. Also we will do a German speech contest. (Currently, all activities are conducted in Japanese, but we welcome international students.)	It`s on a case by case basis.	It`s on a case by case basis.
695	UNORGANIZED	Sophia Communication		We are international exchange club, Sophia Communication! You can experience Japanese culture and make friends with many people.	In classroom at 11th building. Somewhere in Japan.	At lunchtime on every Monday, Wednesday and Friday. On Saturday or Sunday twice a month.
720	UNORGANIZED	Japanese Russian student alternating organization		Our activity is to make connection between Russian and Japanese.	Sophia university, University of Tokyo	Irregular

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
1053	UNORGANIZED	Lingwave		Lingwave is an international exchange circle which offers both exchange and Japanese students to get in close touch with one another. For exchange students in particular, Lingwave is truly happy in supporting and informing about school, Tokyo, Japan, etc. Organizers plan various activities and events throughout the year to make it all happen. For example, CLAX (Campus Language EXchange) that we set every 2 weeks, weekend trips which we take you to the recommended places around Tokyo and Japan, seasonal parties where we chill out with food and games... etc. Come and join us, to fulfill your stay in Japan to the most!	CLAX (Campus Language Exchange): classrooms, lunch meetings: classrooms, weekend trips & parties: announced by organizers.	CLAX (Campus Language Exchange): 5:30-7:30pm Mondays/Thursdays, weekend trips: details announced by organizers, parties: Fridays (details announced by organizers).
1084	UNORGANIZED	Zainichi Korean Students Circle		Having exchange meetings and studying Korean	Class room	Lunch time, Holidays
1161	UNORGANIZED	AFRECOS		Our mission is to deepen economical and cultural exchanges between Africa and Japan, aiming to nurture the friendship between African and Japanese students. The purpose is to build a solid fundamental base for mutual understanding among students from Africa and Japan for long-term cooperation between the two parts of the world.	Sophia University Yotsuya Campus	Lunch time
1213	UNORGANIZED	SEA(Sophia East Asia)		Make a relationship between Japanese learning Chinese and Korean and international students.	Restaurants near Sophia University	2 times a month/lunch time
1257	UNORGANIZED	Sophia African Culture Club		Our aim is to spreading the bright image of Africa. Through the experience of African culture, we will deepen our understanding of its diversity and richness and send it out.	African restaurant in Tokyo.	Irregularly
1274	UNORGANIZED	YIQI MUSIC		Lunch meeting(twice a week) Hang out(once a month) Teach languages to each other	Building 6 1st floor 101	Lunch time

## International Language/外国語






No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
5	CULTURAL/ACADEMIC ALLIANCE	English Speaking Society		English conversation, Speech, Discussion, Debate, Drama	classrooms in Sophia University	weekday/12:50~13:10 17:00~21:00(2times per week)
282	UNORGANIZED	The Association of students, graduates and professors of the Department of Hispania		We project a lot of events for students of the Department of Hispanic Studies.	Bldg.No.2,815b	Irregularly, 12:30-13:20
489	UNORGANIZED	Theater Company Brazil		Performing a play in Portuguese. Practice twice a week and perform in public twice a year(in August and December). Our goal is to improve our Portuguese and get familiar with Brazilian culture through a play.	class room	Tue.,Thu/12:40-13:20 (after school practice in fall term)
565	UNORGANIZED	Sophia Debating Society		We are only English parliamentary debating club in Sophia University. You can brush up your English skills, speech ability and logical thinking through debate. We have a lot of competitions all the year round. So, you can enjoy debate with many friends and at one's own pace. Let's join us!	PLACE: classroom	DATE: Tuesday, Thursday, Friday TIME: 17:20-21:00
















No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
723	UNORGANIZED	Russian theatre club		We conduct weekly workshops in theatre skills,Russian pronunciation training and reading study sessions.	Sophia Univ.classroom	Wednesday and Friday /17:20~20:00
782	UNORGANIZED	Sophia University Theatre in Spanish El gallinero		Theatre in Spanish, El gallinero is a circle that performs at an annual play festival held under the Faculty of Foreign Studies in Decemeber.	Classroom/Building 10 Auditorium	Once a week, during lunch. Twice a week during the fall semester.
1082	UNORGANIZED	French Club		We organise events for the interaction among the students in the department of French Studies.	Classroom	every Thursday 12:45-13:15
1247	UNORGANIZED	French Drama Club La Congère		We perform a play in french.	Building no.11	2~4days par week / 5th & 6th periods
1259	UNORGANIZED	Sophia University English Department Acting Club		We create a play to perform at Gogeki festival; write a script based on famous literature as a framework, which is calld adoption. We do rehearsals and join in acting workshop in order to learn theatrical performance as well as improving English skills.	Classroom	Daytime between lunchtime to 5th period.

## MUSIC ACTIVITIES / 音楽


### Chorus / コーラス

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
70	MUSIC ACTIVITIES COMMITTEE	Sophia Glee Club		Sophia Glee Club is the only male choir club in this university.We perform to convey the attraction of male choir to others.We organize a regular concert once a year and we put an effort for better performance for the concert.We participate in some ceremonial events, e.g. Entrance Ceremony, Graduation Ceremony and so forth.Futhermore, we engage in some collaboration with other clubs and we have improved through these friendly competition. We always welcome your visit.	at the sophia university (usually Building no.11)	Tuesday:17:20~20:00 Saturday:13:00~17:00
71	MUSIC ACTIVITIES COMMITTEE	The Philharmonic Chorus Amadeus Chor		Towards the concert twice a year, we have practice three times a week.	11 number bulding (mainly 11-704)	MON,WED,FRI / 17:20-20:20
78	UNORGANIZED	Sophia Choir		singing in chorus, performance at school event, Masses etc.	Bldg.No.11,B2F (No.4/No.3)	Mon.17:20-20:00 Thu.17:20-20:00
195	UNORGANIZED	SAfro FAmily		We sing various kinds of gospel songs.	Sophia University	17:20~20:20 on Mondays and Wednesdays /
702	UNORGANIZED	L'arbre de harmonie		Our circle has a general meeting once in a week which is for practicing and getting information. We have huge a cappella live in twice a year as annual event, further more we sing at freshman week and Sophia festival, too!! Also, lodge together to get to know each other or gather some member to participate in national a cappella competition. These are few option we have, so please come to see us in general meeting!!	classrooms in Sophia university	Every Wednesday, 17:20~20:20
1086	UNORGANIZED	SAfroOBOG		Practicing Gospel for Sophia Festival	Building No.11	Irregular

## Instrumental Music/音楽



No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
3	MUSIC ACTIVITIES COMMITTEE	American Music Association		We play bands at venues and studios around Tokyo.	#6,#7,#10-C	Five days a week
16	CULTURAL/ACADEMIC ALLIANCE	Sophia Jazz Society		We play not only Jazz music, but also Funk, Soul. We hold a jam session once a week, and hold a concert every 2 months.	Practice room 9B,9C	Every Wednesday and Friday from 17 o'clock to 20 o'clock
68	MUSIC ACTIVITIES COMMITTEE	Sophia Philharmonic Orchestra		Our orchestra play pieces of classical music for regular concerts twice in a year and school events such as Sophia Festival.	Bldg11 B2F room2	Every Wednesday 17:30~20:30 and Saturday 14:00~17:00
69	MUSIC ACTIVITIES COMMITTEE	Sophia Guitar Ensemble		We play classic guitar as a group. Practice on every Wednesday and Saturday for the concerts we have twice a year which are in June and December.	Classrooms in building 11. Private practice at the music room on B1 in building 11.	Wednesdays 17:20-21:00 Saturdays 13:30-20:00
72	MUSIC ACTIVITIES COMMITTEE	Sophia Concert Band		Sophia Concert Band(SCB) is a wind orchestra circle. We have three big concert a year.	B2F,Bldg, No.11 (No.4)	Wednesday:17:30-20:30 Saturday:14:00-
73	MUSIC ACTIVITIES COMMITTEE	Sophia Marching Band		brass band, performing various kind of music.	building11 3rd music room	Wed(17:30-20:30),Sat(14:00-20:00)
74	MUSIC ACTIVITIES COMMITTEE	Sophia Sokyoku Club		We practice and perform Sokyoku (Japanese traditional music) with three instruments - koto, shamisen, and shakuhachi. There is one annual concert in December.	11th building, 3rd floor	Mondays & Thursdays, 17:00-20:00.
75	MUSIC ACTIVITIES COMMITTEE	Sophia Mandolino		Mandoliin orchestra(Since 1960),regular concert twice a year	Building No.11	Wed&Fri/17 : 00~20 : 00 Sut/10:00~17:00
76	MUSIC ACTIVITIES COMMITTEE	New Swing Jazz Orchestra		We are big band club, and we play big band jazz. Big band is a small orchestra, constituted by Drums,Base, Guitar,Piano,Trumpet,Saxophone,and Trombone.No matter you are able to play those instruments or not, you can join our band!! Let's practice and play jazz with us!!	music room No.1,B2,Building11	Tuesday 17:20-20:20 Thursday 17:20-20:20 Saturday 10:00-13:00
77	MUSIC ACTIVITIES COMMITTEE	Folksong lovers		Copying all genre of music and playing it in concerts	Room No.5, B2F, 11th bld.	Irregular
194	UNORGANIZED	Band Club		We form a band and have live performances at least 5 times a year.	Practice Room 8C	Every Friday / Lunch period
252	UNORGANIZED	Sophia Piano Society		Regular activities: Meeting Others: Concert (About six times a year) Event and Salon (About once a month) Participation in that is your choice.	Meeting ...Please contact us as it is irregular (On the campus classroom) Concerts and events ...Please contact us as it is irregular (Concert halls and salon halls)	Meeting ...Every Tuesday lunch break (spring semester) Concerts and events ...Please contact us as it is irregular
506	UNORGANIZED	Sophia Chamber Orchestra		We hold concerts of chamber music.	building 11	mainly Saturday and Sunday
1109	UNORGANIZED	Sophia Handbell Choir		"Volunteer x Music" is our motto. We play handbells. First timers are more than welcome!	Hoffmann Hall	Twice a week/17:20~20:00
1232	UNORGANIZED	Acoustic Studio		We sing songs with various musical instruments. For example, acoustic guitar, piano, cajon.	Sopia University Yoyogi Park	17:00~21:00 on weekdays

## International Music/海外音楽


No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
20	CULTURAL/ACADEMIC ALLIANCE	Brazilian Music Club		We mainly play Brazilian music, pagode and batucada. Experience of music is not required.	Building-11 B2	Wednesday)17:30~20:30 Saturday)13:30~20:00

# THEATRICAL ACTIVITIES / 演劇

## Drama Performance / 演劇パフォーマンス


No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
80	MUSIC ACTIVITIES COMMITTEE	Sophia Drama Club		We play theatrical performances and make the stage.	Auditorium of first building	after school
81	MUSIC ACTIVITIES COMMITTEE	Gekidan Sophia Little Square		We do the drama performance three or four times a year.	1st building theatre or any 11th building classroom available for	9:00AM~9:00PM
82	MUSIC ACTIVITIES COMMITTEE	Euphoria! Theatre Company		Supporting the performances of drama and dance which are given at first buildings auditorium in the role of lighting.	first buildings auditorium	time of extracurricular activities
83	MUSIC ACTIVITIES COMMITTEE	Theater company Kanransya		We play theater performances and make the stages.	Auditorium of the first building.	After school.
1010	UNORGANIZED	Sophia Shakespeare Company		We will perform Shakespearean plays in English twice a year, in summer and winter. Our group rent a theater in Asagaya for our performances. In ordinary practice days, we do exercises, voice training and scene practice.	Bldg.11	17:20-21:00










## Musical / ミュージカル








No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
580	UNORGANIZED	Masquerade		We play a musical show.	Mainly at Sophia University.	Mainly 17:20-20:20 on Wednesday, 10:00-17:00 on Sunday.




# VOLUNTEER ACTIVITIES / ボランティア

## Volunteer / ボランティア

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
2	CULTURAL/ ACADEMIC ALLIANCE	Don Quixote		Playing with the students in the Bancho Elementary School.	Bancho Elementary School	Saturday / 13:30
10	CULTURAL/ ACADEMIC ALLIANCE	AISEC in Sophia		We produce next-generation co-creative young leaders through making the overseas internship with the aim of realizing the society where peace and all people's potential are fully realized. We have the weekly meeting once a week. In addition to that, we also plan and manage overseas internships twice a week, for each project divided into social issues that we approach.	School classroom	About three times in a week
24	CULTURAL/ ACADEMIC ALLIANCE	Wakatake circle		Every Saturdays, we play with disabled children at Aburamen Elementary School (Wakatake Class-special class for handicapped children)	Aburamen Elementary School (Wakatake Class) in Meguro city	every Saturdays/10:00-16:00





No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
106	HOBBY CLUB ALLIANCE	Sophia Sign Language Club		Learning sign language in this university every day. We, sign language circle TENOHIRA (tenohira means the palm) are learning sign language to increase communication with deaf people. Every day on a lunch break (please come whenever you like!), we do activities such as learning sign language words and expressions, memorizing them through game playing or practicing songs and plays along with sign language to perform them in events. Most of members are beginners at sign language, so please feel free to join us!	We do activities in a classroom. Building 1 or Building 11	Day: Everyday on a lunch break Time: 12:50~13:10
125	HOBBY CLUB ALLIANCE	MEGUKO-Action for the Self-Reliance of Children in Asia		MEGUKO is NGO organized by the students of Sophia Univ. We support the fundamental education for the children in India and Philippines.	Sophia University	Fri 12:45-13:15
227	UNORGANIZED	STP(Summer Teaching Program)		Teaching English to the elementary or junior high school students.	Some place in Japan and Cambodia	Summer Vacation
446	UNORGANIZED	AshA		We collect PET bottle caps and exchange them for money, and participate in events such as flea markets and the Sophia Festival, selling Indian goods and food. The money we collect we hand over to CCD, an NGO based in Kolkata, India, for funding underprivileged children's education. Once a year, we go to Kolkata to hand CCD the money and observe the situation in the schools we fund.	Mainly at Sophia University	Meetings are on Mondays afterschool and Friday lunchtime.
755	UNORGANIZED	IAESTE@sophia		We support foreign graduate students coming to Japan.	Ochanomizu University	Friday
812	UNORGANIZED	TFT Sophia		We try to reduce the imbalance on earth in food security by introducing TFT menu to the cafeterias.	classroom	once a week/lunchtime
828	UNORGANIZED	Sophia Rovers		Outdoor activity like camping and volunteer	Outside the university	Saturday, Sunday
837	UNORGANIZED	Sophia Sustainable Coffee Movement		We try to spread the knowledge of sustainable coffee.	In the university	Lunchtime, weekends
898	UNORGANIZED	Habitat For Humanity - Sophia University		One of the Habitat campus chapters in Japan, HFH Sophia is an English-speaking circle at Sophia University consisting of students from diverse backgrounds. The circle was first founded in 2011 by a group of young and driven university students sharing a passion for charity and volunteer work. From its humble beginnings, HFH Sophia has quickly become one of the largest international circles at Sophia University. Within a span of just five years, its membership has expanded from twenty to over fifty dedicated individuals, including full-time and exchange students from various faculties.	Yotsuya Campus, Abroad, Tohoku, Tokyo	Meetings every Thursday Lunch, 1 bonding session a month, multiple volunteering opportunities (Tohoku, Tokyo build, etc.)
912	UNORGANIZED	HePaPa.JP		we gather parents and children and join activities as a volunteer team.	off-campus	Sat./Month, 14-16
936	UNORGANIZED	CeeK		We gather stationaries or clothes in Japan, and go to Cambodia once a year to give them to children living in Cambodia by ourselves. Through this activities, we try to interact with Cambodian people and also understand their culture or history.	Sophia University	on Thursdays/17:15-19:45





No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
955	UNORGANIZED	Sophia Volunteer Network		Volunteer and recommend volunteer for students	at school	on Wednesdays
1065	UNORGANIZED	Cross Arts		We are volunteer circle which makes a donation somewhere. We always decide where we donate by discussing with all members. We earn money by mediate between our university and a company which wants to advertise in our university.	no	irregular
1181	UNORGANIZED	Our summer project		Our aim is to realize the society which all children can spend their life with hope and keep smiling. If you are interested in interaction with children, visit our meeting any time!	Sophia University	Tuesday 17:20~20:00
1217	UNORGANIZED	MLT kodomo project		We provide food education support and learning support for children who need welfare support.	Misakicho salon	Every Thursday night
1218	UNORGANIZED	Momojiro		We are acting for Cambodian children who can't access to the education.	Sophia University and other universities in Tokyo.	Every Saturday daytime.
1219	UNORGANIZED	Student non-governmental organization HaLuz		We go to East-Timor every year. We make up our own projects and do them.	At Sophia University	Saturday , from 17:00
1248	UNORGANIZED	STEP UP! (Study Support)		We teach children who have difficulties to go cram school as volunteer teachers .	Yuttari-no	Every Thursday/6pm-10pm and the 2nd Saturday of each month
1233	UNORGANIZED	ASANTE PROJECT		hello,we are ASANTE PROJECT. Ever since our project has started by two students in 2016, we have been supporting pre-school education in Tanzania through the material aids and teaching English in kindergarten for the Tanzania children. We volunteer in Tanzania twice a year, in every spring and summer vacation. What we think most important in our project is "to always meet Tanzanians needs". Furthermore, our project has been supported by numbers of people, so we are constantly working hard! If you like children, their smiles or to challenge yourself, why not join us!	Sophia university	Every Monday/7:00pm
1270	UNORGANIZED	Sophia Refugee Support Group		Sophia Refugee Support Group supports asylum seekers in Japan and advocates their situation to the Japanese public. We hold Refugee cafés, teach Japanese to asylum seekers, and hold weekly detention center visits and fun fundraising events!!	We gather on campus. Usually at 10-301.	Every Friday at lunch time 12:40-13:30.
1277	UNORGANIZED	Blood Donation Club		In Japan, there are a lot of "blood-doner rooms". But now, most people don't know much about it. So we are going to make useful "tool" for people who are interested in donating blood.	Somewhere around Yotsuya station	Friday,15:30-17:30
1279	UNORGANIZED	Speak Up Sophia		To spread an idea of "sexual consent" in Sophia university,we hold workshops, pass out handbooks,and post articles about sexual consent on SNS.We are also bilingual circle of Japanese and English.	None(mainly on SNS)	None
1281	UNORGANIZED	odds		we will study to support classes at school and do recreation activities to improve communication skills twice a month with children who can't go to school or study because of troubles in personal relationship, home enviroment and development disorder.	rental meeting room in shinjyuku yoyogi shibuya	Studay or Sunday

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
1282	UNORGANIZED	OceanCleanUppers		We clean up the ocean and create arts from garbage we picked up through the activities.	the sea around Tokyo	on weekends. Once every two months.
1286	UNORGANIZED	sophia academy		We support student who wants to enter sophia university.	classroom	Irregularly
1287	UNORGANIZED	Enpentas		WE CULTIVATE THE SATOYAMA(A MOUNTAIN NEAR THE VILLAGE) TOGETHER WITH THE CHILDREN AND THE CHILDREN'S NURSING HOME. AND WE MAKE FOOD WITH CHILDREN WITHOUT USEFUL TOOLS, SO WE DO BY OURSELVES FEOM CHIMNER SARTER. SATOYAMA ACTIVITIES ARE LIKE BOY'S SCOUTS. WE PLEY WITH CHILDREN FROM 3 YEARS OLD TO 6TH GRAD ELEMENTARY SCHOOL AT CHILDREN'S NURSING HOME ACTIVITIES.	SOPHIA UNIVERSITY/HACHIOJI MOUNTAIN FOREST/CHILDREN'S NURSING HOMES IN TOKYO SO ON	MAINLY ON WEEKEND MORNING OR AFTERNOON
1293	UNORGANIZED	Kumanomi		Welcome to the LGBTQ+ circle, Kumanomi! This circle is a safe space where LGBTQ+ people can mingle and relax at Sophia university. We have one lunch meeting per week, and one study meeting per month where we learn and discuss LGBTQ+ culture. We look forward to seeing you at our meetings!	Clsroom	Lunch break on weekdays/Saturday/Sunday
1296	UNORGANIZED	BOND - Foreign Workers And Refugees Support Group - Sophia University Branch		BOND is the volunteering circle which supports refugees and undocumented migrants in Japan. Our assistance ranges from organizing workshops to make a protest at Ministry of Justice. We're looking forward to seeing you as our member!	Every Wednesday 17 : 30 – 19 : 30	Sophia University Yotsuya Campus schoolroom

## STUDY ACTIVITIES / 学問

### Academic study / 学術・学問


No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
110	HOBBY CLUB ALLIANCE	Sophia Jurist Club		Prepare for regular examinations and study for bar exam or public servant exam.	Each classroom	After school
231	UNORGANIZED	Model United Nations Yotsuya Branch		We debate on the current global issues by imitating the UN conferences.	11th Building or Kioi building	Every Thursday 18:00~20:00
236	UNORGANIZED	Tozaibunka study club		We are Tozaibunka study club, the community of SGI members in Sophia University. We enjoy talking SGI philosophy once a week in lunch time.	at Sophia University	once a week in lunch time
358	UNORGANIZED	Sophia International Law Club		We learn international law through the activity of mock trial. We participate in international law moot competitions, including famous Phillip C. Jessup Cup.	Hoffman Hall	Wednesday, Thursday, Friday
498	UNORGANIZED	Chishinkan		Chishinkan have some activities. For example, study-work of strategies, planning events and so on.	Meetingroom@LibraryB1	Friday/3hours
512	UNORGANIZED	Sophia Christian Fellowship		We are a Protestant Christian Fellowship. We hold "prayer meetings", where we gather during lunch three times a week to pray for each other. We also hold "bible studies", where we gather five times a week to learn and study the Bible together.	Club Room(Hoffmann Hall B2)	Prayer meetings are held during lunch times on Mon, Wed, & Fri, and bible studies are held during 2nd & 4th periods on Wed, 2nd & 3rd periods on Thurs, and 2nd period on Fri

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
869	UNORGANIZED	Astronomical Observation Club		We watch the stars in the camp.	Classroom in the university.	Fry.19:15~20:15
1173	UNORGANIZED	Sophia Teaching Society		We practice teaching each other for teacher recruitment exams. We exchange in-service teachers twice a year.	Learnig Commons (in Sophian Library)	Wednesday, Friday 12:40-13:25, 15:10-18:00
1202	UNORGANIZED	Sophian Study Club of Military History		We are military circle, and we are proud of searching about it. Anyone interested in history, strategy or military will be welcomed. We are waiting for your enrollment!	Wherever we are	Whenever we are
1222	UNORGANIZED	Verdure Law Circle		We organized a study-communication activity mainly for the Chinese students who major in law at this university.	Classrom	2nd Thursday
1258	UNORGANIZED	Sophia Electronics Lab		This is a community group for students who are interested in electricity and informational technology. Our purpose is to engage members to develop their own skills, in addition to spreading public information about our works through competition or public lectures while we educate children and beginners about technology.	class room	Wed,Fri,17:20~20:30
1262	UNORGANIZED	Community of Academic Diversity		In this club, members will discuss various topic in order to share their specialized expertise and to acquire broad knowledge and culture. Discussion will be carried out in Japanese. We would happy to welcome students who speak Japanese as a second language. You may be able to learn the speech acts of Japanese through discussion. Advanced leveled Japanese may be required to discuss.	In sophia Uvi.	Noticed each time
1267	UNORGANIZED	Policy Making Contest for Student GEIL		Student organization GEIL, established in 1998, is an organization that hold policy making contest. Our concept is "Change citizen and the society through policy." We hold policy making contest for the students by the students in summer over 20 years. Our quality, held period, and scale of contest is the same now as formarly. Members of the organization are the students of Tokyo University, Waseda University, Keio University, and Sophia University, and we are preparing for the contest through a year.	The University of Tokyo komaba campus 512	every Friday at 19:00
1272	UNORGANIZED	Estonia House		We aim to pursue building the sustainable society through studying a small nordic countries especially Estonia. We are planing to interact with Estonian people, learning estonian culture by watching movies, making dishes.	outside campus	irregular
1284	UNORGANIZED	Peacebuilding and International Cooperation		We study international relations and peacebuilding in region such as Afghanistan and South Sudan by reading UN and other reports under instructions of Prof. Daisaku Higashi. This year, we plan to visit South Korea to have a discussion with local students on how to support peacebuilding in the region.	classroom	17 : 30~ on last Monday in each month



No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
1290	UNORGANIZED	Horizon		"Changemakers are people who can see the patterns around them, identify the problems in any situation, figure out ways to solve the problem, organize fluid teams, lead collective action and then continually adapt as situations change"	Sophia University Yotsuya campus	Friday lunchtime

### Business Study & Career Development Support/ビジネス研究 & キャリア支援

No.	Category	Club Name	SNS HP	Activity	Place	Date/Time
1190	UNORGANIZED	SVO(Sophia Vocational Opportunity)		We offer chances to join an internship to our members.	at office	None
1243	UNORGANIZED	YOTSUYAKAI		We are helping mainly on Japanese junior students' job hunting in Sophia by introducing alumni, companies, internship opportunities, and so on.	on campus	it depends
1264	UNORGANIZED	en-courage sohia branch office		April-July: we're going to lecture the basic information about job interview. To do that so, we're going to organize some events and face-to-face talk in our branch. August-october: we support them to decide their priorities when selecting the company. November-January: We support them to choose a company which they should apply to with basing their priorities. and also, we're going to introduce "Senpai" and lecture how to pass the job exam.	uncertain(9cafe)	uncertain
1269	UNORGANIZED	Female Empowerment in Entrepreneurship		Aiming to empower students for their future career and aspirations through presentations and speaker lectures under a supporting environment.	Classroom	Lunch Break (12.40-13.25)
1285	UNORGANIZED	Cool ASSET		we will study about the financial of the major country.	empty classroom.	every fridy
1294	UNORGANIZED	Sophia University investment club Capital		The circle where the students who are interested in FX and a stock trading, finance gather. We perform each investment result or market price analysis in around two times a month of discussions. In addition, We give presentation about a field with the interest and share one's knowledge. We belong to student investment alliance Usic and it is irregular and participates in an event to sponsor of Usic	classroom,coworking space	Thursday/17:30~