


ATHLETIC ACTIVITIES／スポーツ







Archery／アーチェリー

Club Code	Category	Club Name	SNS Website	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: 10-12 or 13-15
58	Athletic Activities Alliance	archery club		practice archery to win the league match and contribute to sophia university	sanadabori(sophia ground)	weekday 9:00-19:00 (exclude Wednesday) Saturday 9:00-13:00
1246	Unorganized	Sophia kyudo club		"Kyudo(弓道)" is a japanese traditional archery. We welcome people who are interested in it and would like to start it.	Fukagawa sports center(深川スポーツセンター), Komazawa Olympic park(駒沢オリンピック公園)	1~2/week. Mostly Saturday or Sunday. About 3~5 hours each.



Badminton／バドミントン



Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
55	Athletic Activities Alliance	Badminton Club		We practice and improve our ability to play badminton. Aim to winning in the league which is conducted two times in a year!	3rd Gym in Sophia university	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







Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
36	Athletic Activities Alliance	Sophia Baseball 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 lunch time (12:40~15:00)
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	Weekend
119	Hobby Club Alliance	Baseball club Firebirds		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 prix		It's a baseball club that's reasonably active.	Mainly Sotobori park	Every Wednesday from 16:00 to 18:00, Irregular weekends

Basketball／バスケットボール



Club Code	Category	Club Name	SNS Website	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.	Sophia University Arena	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 5 times a week with official tournaments	The third gymnasium	Tuesday&Friday 18:15-21:00, Wednesday 15:10-18:15, Saturday&Sunday are indefinite.
96	Hobby Club Alliance	APeS	—	We play basketball hard and have many events.	shinagawa-ku	19-21o'clock

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 gym at Shinkiba/ Kkitaku akabane gym at Akabane/Chiyoda-Kuritsu Sport Center at Kanda	18:00-22:00
387	Unorganized	Reindeers		Basketball	sophia university	once a week






Budo／武道







Club Code	Category	Club Name	SNS Website	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:
30	Athletic Activities Alliance	Karate Club		The karate club was established in 1953. We are so welcoming to begginers. 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,Fri day 17:20-19:00, Saturday 13:00-15:00
41	Athletic Activities Alliance	Shorinji-kempo Club		We improve skill of Shorinji-kempo which is one of Japanese martial arts.	Judo/Kendo Rooms	Tue・Thu 15:25-19:00/Sat 15:00-19:00
43	Athletic Activities Alliance	judo club		We practice judo in sophia university. Let's play judo together!	sophia university's dojo kodokan	Monday/Friday: 17:30 ~ 19:30, Wednesday/ Saturday 18:00~20:00
182	Unorganized	Sophia aiki-kai		Aikido(a traditional martial art in Japan)	Judojo(gym)	Thu15:25-17:05, Sat12:30-14:00

Cheerleading／チアリーディング







Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
29	Athletic Activities Alliance	Sophia Cheering Squad		We are consisted of three squad. Leaders, brass band and cheerleading team EAGLES. We cheer for sport teams in our University, and also perfoeme at school official events .	Gym	Monday, Thursday, Saturday and Sunday.
126	Hobby Club Alliance	Sophia university sophia cheerleaders Lollipopers		We practice for competitions and many events. Moreover, we go to the actual games of Sophia's American Football culb as exculsive cheerleaders and cheer for them.	Judo/Kendo hall the first gym	6 : 00 p m ~ 9 : 00 p m

Dance／ダンス



Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
32	Athletic Activities Alliance	Dance sport club		We practice ballroom dance and latin dance. Most of our members are beginners at first, so please feel free to come and see us practice!	11-704, Hoffmanhall conference room no.7	Every Tuesday (17:30-21:00) and Saturday (13:00-17:00)
84	Theatrical Activities Committee	Sophia Modern Dancers		jazz dance club	Gym No.1	4-5period
89	Theatrical Activities Committee	Alegrías		This is the flamenco club called "Alegrías" . Almost all students have had no experience of flamenco before the entrance of the University! Flamenco is the dancing everybody can dance and enjoy.	Stadio(Nisiogikubo)&Sophia University	Mon:17:30~21:00 Thu:17:30~20:00
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 have about 300 members, and have 6 genres,Hiphop, Jazz, Lock, House, Girls, and Break. We have 5 chances to perform in a year, such as Freshman Week and Sophia Festival.	11 Building and Hoffman Hall (6th and 7th conference room), or dance studio around yotsuya and Shinjuku.	Every Tuesday, Thursday and Saturday afternoon (5pm to 8pm).

794	Unorganized	SPH mellmuse		We perform dance of Japanese idol at the competition and events in Sophia university.	Hohuman Hall 6th or 7th meeting room in Sophia university	Monday,Wednesday: 18:00pm~21:00pm Saturday,Sunday: 9:00am~12:00am
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, 17:00-19:00) Thursday (9:00-12:15) Saturday (15: 00-19:00)
1149	Unorganized	Sophia Flash Mob		Our main goal is to make people smile and to create an amazing day they will never forget. We do that by organizing Flash Mobs to help celebrate a special event for our clients.	Sophia University Studios near Sophia University	Wednesdays and Fridays 17:00~21:00
1166	Unorganized	JESTY	—	We practice cheer dance. We participate in SOPHIA FESTIVAL and FRESHMAN WEEK etc...We go to a training camp in summer. We have two meetings in spring and winter.	Sports center and studio in Tokyo.	7 p.m.~10 p.m. (Subject to change of long vacation.)
1263	Unorganized	Lupine		We perform Kpop cover dance at Sophia festival and live music cafe. We also compete in some Kpop cover dance contests	Yotsuya campus, studio nearby Shinjuku and Ikebukuro.	Fri 5:30pm-9:00pm Sun 9:00am-1:00pm
1308	Unorganized	Sophia Awaodori Circle		We practice and perform "Awa odori" which is Japanese traditioanl dance.	The room in building 11 Waseda student center	Twice or three times a month





Football／フットボール

Club Code	Category	Club Name	SNS Website	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	Mon. Tue. Wed. Thu. Fri. and Sat. from 3pm to 8pm.
39	Athletic Activities Alliance	SOPHIA Univ. FOOTBALL TEAM		We practice soccer with our best friends. We are working hard every day to win the match. And we're having a great time with our football team.	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
133	Unorganized	Gokimaruzu F.C.		We are a soccer group and play futsal in the morning for practices.We also play league matches throughout the weeks, which is very competetive and rewarding. We also hold events and trips to enjoy soccer as well as to get closer with each other.	Gymanasium Various Soccer Fields nearby	Mon, Wed, Fri 8:00AM-9:00AM
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	—	Playing futsal at Sanadabori ground every Wednesday.Interact with other universities.	Sanadabori ground	every Wednesday 17:30~19:00
418	Unorganized	FUN-ta-SISTER		FUN-ta-SISTER is the most strongest soccer circle in Sophia. Our motto is "always fun and always strong". Final goal is to proceed to the final tournament at ATHOME CUP. We also keep winning SOPHIA CUP and achieve 5 consecutive victories. Please enjoy and grow up as circle member thorough soccer.	Sanadabori ground(next to Yotsuya campus)	2 days a week Tuesday and Saturday pm5~pm6:30
1062	Unorganized	NFL lovers society	—	Watching football games and analyzing plays, studying strategies of football and athlete's training.	Hohhman Hall B-221	Monday, Wednesday,Friday 15:00~18:00




Lacrosse/ラクロス

Club Code	Category	Club Name	SNS Website	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	Men's Lacrosse		We are a collegiate lacrosse team which currently plays in Division 2 out of 3, if you could come see our games, it will be a great help for us!!	sanadabori ground soccer field	Mon,Tue,Thu 7:00-9:00./Sat 8:00-12:00









Marine Sports/マリンスポーツ

Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
18	Unorganized	Sophia University Diving Club		The main activity of this circle is diving in one-day (@Izu Peninsula) and training camps (@Okinawa). There are also events such as BBQ and Sophia festival participation in activities other than diving.	Not only domestically but all sea areas on the earth.	Irregular
59	Athletic Activities Alliance	Sailing Team		To practice yacht	At Eno-shima	On Saturdays and Sundays
426	Athletic Activities Alliance	SOPHIA WINDSURFING TEAM		Windsurfing is a form of sailing, where board powered across the water by the wind. 99% of people start when they enter university; therefore, our senior members can be your great instructors and practice with you. Our team atmosphere is quite friendly, cheerful and lively.	Regular practices in Kamakura	Compulsory Sunday practices/9:00-18:00 Independent practice on any time any day
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 ressiian. 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













Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
42	Athletic Activities Alliance	Sophia University Motorsports Club		We take part in a gymkhana tournament of students. For the victory, we try to improve our driving techniche . 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		We build a car from scratch and participate in the Student Formula Japan, Its' the student version of the F1 team! If you are interested in being an engineer, managing a team or a driver, please get in touch.	Workshop on the second basement floor of the machine hall	Everyday
1240	Unorganized	SOPHIA DRIVING CIRCLE		We mainly go for driving around the city of Tokyo. We can take you to various beautiful places where you can never approach without a car. Also, planning to go to some events related to car (motorsports, motor show etc.) . Anyone that has a bit of interest towards cars can enjoy with us for sure.	We go for driving around Tokyo.	mainly on weekeds and on long vacation

Other Ball Game/その他球技




Club Code	Category	Club Name	SNS Website	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 15 members. Although it seems to be a small club, we won the last year's Spring Games. 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/24:30~
37	Athletic Activities Alliance	Golf Team		We aim to improve golf skills and achieve good results at each tournament.	Sanadabori Ground Golf Range. LINX-Shinkawasaki. Tokyo Jumbo Golf Center. Toho Chofu Sports Park. Funabori Golf.	Men : Tuesday 17:00-Women:Friday 17:00-
47	Athletic Activities Alliance	Table Tennis Club		Practicing 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. Preparing for the Kanto University Rugby competition, we are absorbed in practice.	Sanadabori ground	(Tue)(Wed)(Thu)15:30- 19:30(Sat)13:00-16:00
66	Athletic Activities Alliance	Sophia Field Hockey		Sophia Field Hockey has trainings 4 times in a week.The team set our sights on winning at the Knto University League Div.1.	Sanada-bori Ground	Mon/Wed/Fri: 8:00a.m.-9:00a.m. Sat: 11:00a.m.-2:00p.m.
170	Unorganized	Sophia Racquetball Club	—	We practice racquetball and enjoy many events!	SPA Shirokane	fri/p.m.5~p.m.7
1226	Unorganized	Grace	—	We practice table tennis once a week.And we lodge together twice a year.	The 2nd gymnasium	The lunch break
1260	Unorganized	Sophia Country Club		We practice golf on Wednesdays and Sundays at the golf rage near Sophia.Sometimes we go around the course. We play activities with the primary purpose of enjoying golf. Regardless of beginners or experienced players, each is playing golf with the aim of improving.	Golf range near Sophia	every Mondays and Sundays
1314	Unorganized	Sophia Squash Circle		We play squash after school mainly. Squash is similar to tennis and sport played indoors. Anyone can join us because most of the members are beginners. You just prepare sports-wear and shoes. The place we play is a court in Sasazuka, where is about 15 minutes from Yotsuya Station. If you are interested in us, please contact us and let's enjoy squash!!	Sasazuka	16:30~18:30

Other Sports/その他スポーツ


Club Code	Category	Club Name	SNS Website	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	Sophia University Boxing Club		Our purpose is to have fun, get strong and to achieve a place for students to vent their stress. We are recruiting new members 24/7 from all genders, countries and faculties. Students from other universities are welcome too! Please feel free to take a peek at The First Gym right beside the 8 piloti and take a punch at our sand bag (p.s. only if you don't mind bruised knuckles). Join us!	The First Gym	Weekdays: 17:00-20:00 Saturdays: 12:30-15:00
61	Athletic Activities Alliance	SophiaTrack 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 Field	Tuesday PM, Thursday PM, Saturday AM
93	Hobby Club Alliance	Sophia Walking Club		We walk around Tokyo with our club members. We are very close. We have fun conversations.	around Tokyo area	Twice a month on Saturday or Sunday / Daytime
111	Athletic Activities Alliance	FLYING DISC CLUB FREAKS		We play "ultimate frisbee."	Mon-Fri:Sanadabori ground	12:30-13:30
121	Hobby Club Alliance	Sophia figure skating club		We practice individuality. The skating rink will be different based on the coaches. We do not have group activities. Main collegiate competitions are on May, October and January.	we practice individual skating rink.	It is different based on the coaches.
187	Unorganized	Sophia Flying Turkeys		Participate the Bairdman Rally in Shiga	Hoffman Hall 231	Mon-Fri / 17-21 Weekend / 11-20 (17)
684	Unorganized	Q's		play pocket billiard	Sansui Billiard @ Takadanobaba	Thu18:00-20:00
1140	Unorganized	Eikenkai		We play <<sports chanbara>>. Sports chanbara is one of the traditional Japanese martial arts - Budo. It is an increasingly popular sport in Japan and abroad in which you try to whack your opponent using special air - filled soft sticks. We have activities twice a week - on Tuesday and Thursday. Our team members achieved great results in several competitions. We welcome international students and looking forward to playing sports chanbara together.	Around the Sophia University	every Tuesday and Thursday 19:00~21:00
1242	Unorganized	Sophia Yoga club Rati		Our lesson is 60 minutes long. The club members will be the instructor for most of the lessons. We also invite instructors from graduated students of Sophia. There are 25 yoga poses that we will be going to cover. We are also planning to practice in many yoga events outside of school.	Rental studio	after school
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
1280	Unorganized	ORBIS	—	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] http://www.wfdf.org/sports/our-disciplines	Park and riverbed in Tokyo.	Once or twice a week.
1295	Unorganized	Piscina	—	We do many kinds of sport.	Random	Random
1216	Unorganized	SOPHIA RUN CLUB		We run around the Imperial Palace once a week	Imperial Palace	Friday
1307	Unorganized	Our Youth		We play many kinds of sports. We take a questionnaire on how was the activity and use them as a reference to improve our later activities	Third gym	once per week










Outdoor/アウトドア









Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
19	Cultural /Academic Alliance	tankenbu		On weekend, we enjoy outdoor activities, such as climbing, rafting and so on.	Mountains Rivers	Weekends
62	Athletic Activities Alliance	WANDERVOGEL CLUB		hiking, trekking, bouldering, river trekking	outdoor place	weekdays,weekends, long vacations
1167	Unorganized	Sophia Adventure Club		Outdoor activities such as mountain climbing, fishing, barbecue, camping, going for a drive, staying over night at cottage...etc. Anyone can organize any activities that you would like to do, and you can feel free to join any of them.	Kanto area	2 or 3 times a month

Ski/Snowboarding/スキー・スノーボーディング


Club Code	Category	Club Name	SNS Website	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	—	In the on season, we enjoy training two times a week, in Wednesday and Saturday. When season comes, we go and ski in the ski field. we go to Hokkaido, especially Furano in December, and Togakushi and Hakuba, both in Nagano prefecture, in February. We all enjoy skiing. waiting for you to come and join ASPEN.	in front of mejijinnгу kaigakann	wed17-19, sat13-18

Tennis/テニス

Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
34	Athletic Activities Alliance	Girls tennis team		We play tennis four times a week and participate in several tennis tournaments. And practice practice	Sanadabori tennis court	Tue8:00-10:30, Thurs17:30-20:00, 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 9:00~13:30
49	Athletic Activities Alliance	Soft tennis club (men)		We practice in the morning of weekdays and Saturdays.	Sanada moat	Wednesday, Friday 17:00 ~19:00 Saturday, Sunday 9:00~16:00
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 maintaining and enforcing body and heart health and for improving communication skills through playing tennis.	tennis court near the university	usually 1 or 2 times from 5:00pm to 7:00pm on weekdays
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	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	16:00-20:00
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		Hello, We are Freeway Tennis Club. If you join us, you can enjoy not only tennis, but also many events! (ex. BBQ, Disney Sea, Halloween party, Christmas party) we will contact through SNS we play tennis or event every time after you join our club. Participation is not compulsory. You can join whenever you want. Our club member is very kind and can speak English, Spanish, Korean and Japanese! Let's enjoy your campus life with us!	Hibiya Park Kameido Chuo Park Sarue Onshi Park	Once a week/17:00~19:00
159	Unorganized	Balle Blanche T.T.		Thanks for watching. BalleBlanche is a tennis circle. Welcome anytime.	Kinshicho	Weekdays 17:00 to 19:00
160	Unorganized	Köln tennis team		We play tennis in sotobori park a couple of times a week. Sometimes we play tennis matces with other teams.	Sotobori park	16:00~18 : 00 / once or twice a week
162	Unorganized	Penguin Tennis Team	—	We hold tennis practice twice in 3 weeks. In addition, we hold training camps 3 times a year. In addition to tennis practice, we also have barbecues at the camp.	Sarueonshi Park Hibiya Park Yoyogi Park	About 2 times in 3 weeks
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
167	Unorganized	ACTIVE.TENNIS.TEAM		Aiming for the tournament held in August and September, we practice three times a week at a tennis court in Tokyo. In addition, by holding training camps four times a year, you can practice with more intense content. In addition, we regularly hold events to deepen interaction between students.	Kameido Chuo Park Sarue Onshi Park	3 times a week/17:00~19:00
169	Unorganized	sophia tennis association		Practice,Game and Residential Training	Yotsuya and Hadano	irregular
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


Club Code	Category	Club Name	SNS Website	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 volleball	the 3rd gym	Monday,Thursday 18:15-21:00 Suterday 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

Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
22	Cultural /Academic Alliance	Sophia Art Club		・creating art works by yourself ・having meetings of drawing ・holding art exhibitions with other schools ・exhibiting art works at school festival ・editing art books ・having workshops of art works ・going to see museum exhibitions ・lodging together twice a year	atelier in Hoffman hall	once or twice a week




Catholic／カトリック

Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
205	Unorganized	Sophia University Catholic Student's Association		We serve mass that is said in Sophia University. Also we study about Catholic, Bible and so on. We are enjoying our activities with the motto, "To pray, to study and to play "	meeting room in SJ house	Afterschool on Friday



Cooking・Food Culture／料理・食文化

Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
889	Unorganized	LACOOK		Cooking Activity	Sports center, Chiyoda-ku	Wed/17:00-21:00
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.
1319	Unorganized	Cooking Circle「MeEAT」		We work every Thursday under the concept of "cooking, learning, enjoying and eating". From "200 yen easy cooking" to "Making curry with 20 kinds of spices!" Sometimes Nabepa and Wagyu Black beef dismantling event ♪ People who can not cook, people who do not want to do are welcome ☺ "People who want to enjoy through cooking" ♪ To MeEAT	Tokyo Yotsuya/Nihonbashi Rental Kitchen Space	Every Thursday 18:00~21:00








Entertainment／エンターテイメント

Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
424	Unorganized	Sophia Magic Club		To practice the magic. (From Basic to Advance) To find the new magic. To perform at the school and restaurants etc. We have an exciting training camp!	Kiyoi Bldg. / Bldg.11	Every Tuesday 17:20~ Other days: Irregular
490	Unorganized	Sophia Comedy Society		We hold a Concert of Japanese comedy.	11th,1st Building	Meeting:Lunch time at Tuesday and Thursday / Comedy Concert: temporary
1268	Unorganized	Imagine Days		Hi, there! What do you think about stupid? Maybe you would say "What hell of this group!?". Well, I want to give you question what is the definition of stupid. Don't you think it is eternal question? Let's find out!!!	classroom in the campus	one day per a week (irregularly)





Game／ゲーム




Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
765	Unorganized	Sophia Chess Circle		We play chess.	Hoffman hall B206	17:00~
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 Ikanto, centering Tokyo, Saitama, Chiba, Kanagawa jonce a month,weekend	once a month, weekend

Japanese Culture/日本文化





Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
8	Cultural /Academic Alliance	Kioi Literature Club		Our main activities include holding book discussion/study sessions and publishing our writing three times a year. We also have summer camps during the break and invite authors for the Sophia Festival. Many members love creative writing and sell their works in the Kinokuniya Bookstore in Bldg. No. 2.	classroom, 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		We have lessons of Ikebana (the Japanese flower arrangement)	A room of the building 11th of Kioizaka building	Every Wednesday 5.p.m-7.p.m
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 HallB128	Weekday/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
792	Cultural /Academic Alliance	Calligraphy Club		We work hard toward the calligraphy exhibitions in April and November. During summer and spring break, we have calligraphy camp for 4 days in addition to the normal practices, to improve our skill. During school semester, we hold seasonal events such as Shochu-mimai(summer greeting cards) or Nengajo(New Year's card) mainly for exchange students from abroad. We introduce and share the beauty of the Japanese calligraphy as one of greatest cultures in Japan. We make title letters, certificates, and requests from other circle and clubs on campus.	Japanese-style room. (Hoffmann Hall 3F)	Wednesday, Friday, (Sunday) 15:00~20:00
1083	Unorganized	wagokoro.		We practice how to wear kimonos,which are Japanese traditional costumes.	和室(washitu)at Hoffman hall	Every other Tuesday 18:00- Every other Saturday 10:30-(1,000yen- for Saturday lesson)

Media/メディア









Club Code	Category	Club Name	SNS Website	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.
1304	Unorganized	Sophia Pictures		We make all kinds of films, such as films with original screenplay and soundtracks, music videos, promotion videos, and more!	Irregular	Irregular
23	Cultural /Academic Alliance	Sophia Broadcasting Circle		In SBC, we are learning about skills of creating short movies, announcing on broadcasts, and operating audio/visual equipments. These skills are utilized for independent works, shown in the screening events we hold 4 times in year. In Sophia Festival 2019, we provided "Escape room," the real-life adventure game, and more than 300 visitors had come to play the game.	Announce room in Hoffman hall	Lunchtime of Tuesday for club meeting and after school for workshops. Some extra activities (e.g. shooting movies) are on weekend.
123	Hobby Club Alliance	B-pro		We make original video vontents (music videos, dramas, comedy programs, animations etc..) for program orresentation .	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".	No.1 building or No.11 building	Monday and Wednesday 17:20-20:00
1306	Unorganized	Sophia Vtuber Club		We make movies by using motion capture.	class room,spots inTokyo	after school,weekend

Photography/写真


Club Code	Category	Club Name	SNS Website	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(Attendace 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		create fashion media or culture for students hold fahion event like flea market	sophia university	irregular
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




Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
124	Hobby Club Alliance	Sophia Comic Society		Hello! We are Sophia Comic Society (SCS)! We welcome everyone who is interested in comics, anime, video games and so on! Also, you can draw your own comics in this club if you want! Please join us!	classroom (usually in Bldg. No.1 or 11)	on Fridays/ 17:30~18:30
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 we watch many kinds of animation.	clubroom	Mon, Wed, Tue, Thu, Fri 12:35-13:25
1041	Unorganized	Sophia Tokusatsu Anime Club		We often talk about TOKUSATU and watch them.	Hofman hall	Friday
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, paticipating to an event or making Gundam models, please join our club and have fun!	On campus.	Not limited in paticular.
1163	Unorganized	Sophia Quiz Revivals		Sophia Quiz Revivals enjoy activities that playing quiz games. We are asked history, sports, lifestyle, politics and so on. In order to answer it, we make efforts everyday. Not only Fastest Finger First quiz, we play a variety of quizzes for example visual quiz. Let's enjoy quiz together!	Kioizaka Building	17:30~20:30

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
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". Cultivate friendship with "iDOLM@STER".	Schoolroom, Venue.	lunchbreak, afterschool, holiday

Travel/旅行


Club Code	Category	Club Name	SNS Website	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

Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
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
1312	Unorganized	Sophia Traffic Club		We research and enjoy railways. Things related to train, for example buses, are also our research topic. We think and discuss about them deeply with wide range of view. On the other hand, we enjoy sightseeing or drive model trains. Please contact us if you are interested in our activity! Anytime, anyone can join us!	Classroom or our meeting room in Hoffmann Hall	After the 4th period
1316	Unorganized	Beauty circle Belleza		Our circle's goal is to love ourselves by becoming more beautiful. As our activities, we are thinking about exchange beauty information and hold some events like visiting cosmetics factories.	Activities will be held in Tokyo.	Either Saturday or Sunday.



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

Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
130	Others	Sophia Freshmanweek Committee	—	Our main activity is to plan, prepare for, and carry out Freshmanweek, which is held for the interaction between freshmen and club members every year.	No particular place	irregular
310	Unorganized	Sophia Xpress		Sophia Xpress is the representative student body of the Faculty of Liberal Arts (FLA/国際教養学部国際教養学科) at Sophia University. Currently comprised of roughly 20 members, our role in the faculty is to support the students, professors, and administrative staff in any way we can.	On campus (meeting room is 10-405)	Weekly meeting every Mondays 12:45-13:30



620	Others	Sophia Festival Executive Committee		Running the sophia festival	6th Building	Friday/5th period
756	Others	executive committee of Jonan classic		The executive committee of Jonan classic offers every uni athletes and club members the opportunity of an interleague game with Nanzan University. Through the annual competition which is held on the 1st weekend of July, this tradition has been passed down since 1957.	Due to the COVID-19, we do the commission online.	20:00-21:00 on Tuesday and Thursday and our activity will be ended until the end of July.
904	Unorganized	The Committee of Foreign Language Theater Festival	—	Organizing Foreign Language Theater Festival at Sophia University	Departmental conference room	Irregularly
906	Unorganized	nexnect		We plan and manage some events such as Sophia Yukata Day, Autumn Freshman Week and Christmas Week. To plan those events, we hold regular meetings once or twice a week.	classrooms	lunch break 5th period
1317	Unorganized	TEDxSophia University		Several times a year, we hold events where we ask people who have [IDEAS WORTH SPREADING] to speak as a SPEAKER. We also hope to transform the theme of each event and share a lot of ideas.	Library and cafeteria	Once a week [except just before the event]

Recreation / レクリエーション・娯楽

Club Code	Category	Club Name	SNS Website	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 toger and you can know about Japan happily.	park, restaurant, leisure facility etc...	mainly on Sunday
1236	Unorganized	Q		something fun	it depends	it depends
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

Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
1	Others	Representative committee	—	We are checking to see if extracurricular activities are being done appropriately and are cracking down on them.	221	Irregular
25	Athletic Activities Alliance	STANDING COMMITTEE		・ Preparation of practice environment and improvement of performance for each club / ・ Creating systems and events that allows each department to deepen their understanding and respect for other clubs / ・ Notify the existence of Athlete Association inside and outside the university and cooperate with companies.	Athlete Association headquarters room	All year round
67	Music Activities Committee	MUSIC ACTIVITIES COMMITTEE		talk about music activities of music clubs.	class room of 11th building	lunch break
79	Theatrical Activities Committee	Theater Association Haedquarters	—	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

Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
100	Hobby Club Alliance	SISEC		A circle for English-speaking students and Japanese students to go out and have fun together.	1-408	Every Friday

344	Unorganized	SCSSA		Established in 2001, Chinese Student Exchange Association of Sophia University is an international student organization that conducts events by adhering to the activity policy of providing support to Chinese students for further study, studying at the university and living. At Sophia University, we worked on the theme of "supporting international students by international students," and we also carried out many projects for a long time.	The classrooms of campus or the conference rooms on loan outside the University	On weekdays or holidays
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 an international excgchge club. We talk and communicate over lunch on every Mon, Wed, and Fri. Moreover, we go camping, BBQ, and so on. Check out our Instagram!	Bld.11-704 (Depends on the season. Check the schedule on our IG.)	Lunch time on Mon, Wed, and Fri.
1053	Unorganized	Lingwave		lingwave aims to promote multicultural coexistence by deepening understanding of different cultures through interaction with international students.	in classroom	17:00~19:00
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
1191	Unorganized	Japan Russia Student Conference Sophia University Branch		We hold a conference every summer, and we discuss global issues with Russian Students. Our goal is to make Japan-Russia relation develop, to abandon preconceptions each other, and to deepen mutual understanding.	classroom of Sophia University, conference room	Saturday 13:30-16:30
1274	Unorganized	YIQI MUSIC		Lunch meeting(twice a week) Hang out(once a month) Teach languages to each other	Classroom in Sophia university	Lunch time






International Language／外国語

Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
5	Cultural /Academic Alliance	English Speaking Society	—	Our activity divided into 4 sections, such as Speech, Drama, Debate and Discussion. Although we usually attend each section you belong to, we offer some opportunity to enjoy with whole member of the club. Please check it out our social media! Twitter: @ess_sophia_ / Instagram: ess_sophia	Classroom in Sophia University building	12:40-13:20 weekday
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 blash up your English skills, speech ability and logical thinking through debate. We have a lot of comptitions 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,Thursd ay,FridayTIME:17:20- 21:00
723	Unorganized	Russian theatre club	—	We present a play in Russian. We usually hold workshops to improve our theatre skills. In addition, we all read the play script in Russian to improve our Russian language ability.	Sophia Univ.classroom, conference room and auditorium.	Monday, Wednesday and Friday /17:20~ 21:00
1082	Unorganized	Sophia University French Club		We will hold various events to deppen exchanges between departments.	classroom	12:35~13:30
1247	Unorganized	French Drama Club La Congère		Performing French drama at Foreign Language Theater Festival at Sophia University	conference room in French department	Iregular
1259	Unorganized	Sophia University English Department Acting Club		we perform in English every December at the Drama festival (語劇祭) .	irregular	once in two week except for the time before the festival.














MUSIC ACTIVITIES / 音楽

Chorus / コーラス

Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
70	Music Activities Committee	Sophia Glee Club		Singing and listening male choir songs with members regardless of whose gender, birthplace and grade.	Building No.11 (We usually use a classroom No.411.)	Every Tuesday (17:20 - 20:00) and 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.17:30-20:00 Thu.17:30-20:00 Mon.~Thu.: 12:35- 13:15
195	Unorganized	SAfro FAmily		SAfro Family is an intercollegiate gospel group which consists of circa 100 members. We hold live concerts twice a year. Come join and sing with us!	Sophia University	Every Mon. Wed. 17:20 - 20:20 / Ever Sat. 13:00 - 17:00
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	—	We sing gospel music at the Sofia Festival.	Sofia University	Tuesday,Thursday,Fri day,Sunday



Instrumental Music / 音楽


Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
3	Cultural /Academic Alliance	American Music Association		We play bands at venues and studios around Tokyo.	#6,#7,#10-C	5 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 17:20 to 20:00

20	Cultural /Academic Alliance	Brazilian Music Club		Our Latin American Study Group is a club that plays Brazilian music! We practice mainly to perform live on stage, but in the summer we also go to camps, and during university festivals in November we give presentations in small classrooms! Brazilian music isn't just flashy like Rio's Samba Carnival! There is also MPB, Brazilian pop music, and rhythmic bossa nova. Beginners are welcome as more than half of the members started music from college!!! We looking forward to seeing you!	music practice room in the B2 floor of the building No.11	Wednesday/17:30~20:30 and Saturday/13:30~17:30
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.	3rd music room of building 11	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, 17:20-20:10.
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 play jazz as a bigband. We join some joint concert held by other university. We play music at a Sophia festival, recital... etc. We enjoy it!!	Sophia univ Yotsuya campus Building No.11 B2F Music practice room No.1	Tuesday/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 No5, 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
506	Unorganized	Sophia Chamber Orchestra		You can play any kind of music what you want, with your favorite member. We accept any type of musical instrument.	Building 11	Depending your team.
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 instrument. We give a concert once every two months. You can play acoustic guitar, keyboard, cajon and so on.	Sophia university	Basically, 6 or 7 days in a week.


THEATRICAL ACTIVITIES / 演劇

Drama Performance / 演劇パフォーマンス

Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
80	Theatrical Activities Committee	Sophia Drama Club	—	We play theatrical performances and make the stage.	Auditorium of first building	after school
81	Theatrical Activities Committee	Gekidan Little Square		We do the drama performance three or four times a year.	1st building theatre or 11th building class room	9:00AM~9:00PM
82	Theatrical 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	Theatrical 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 perform Shakespearean plays twice a year, in summer and in winter, at a small theater in Asagaya, Tokyo. We normally do voice & acting training and scene practice at school. We practice for 3 months for each performance.	Bldg:11	3-4 times a week, during 17:20-21:00.
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Musical/ミュージカル









Club Code	Category	Club Name	SNS Website	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









Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
2	Cultural /Academic Alliance	Don Quixote		Playing with the students in the Bancho Elementary School.	Bancho Elementary School	Saturday / 13:30~15 : 30
10	Cultural /Academic Alliance	AIESEC 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 Club		We have a relationship with the special needs children at the elementary school in Meguro.	Wakatake class (the special needs class of Aburamen elementary school)	every Saturday, 10:00 to 16:00
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	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 twice a week during the lunchtime.
812	Unorganized	TFT Sophia		We try to reduce the imbalance on earth in food security by introducing TFT menu to the cafeterias.	classroom	twice a week/ lunch time







828	Unorganized	Sophia Rovers		We belong to the Boy Scouts in Japan. Outdoor activities(camping, hiking, climbing), Volunteer activities, Meeting (once a month)	outside the university	Holidays(Mainly)
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		HFH Sophia is an English-speaking volunteer circle. Since its foundation in 2011, HFH Sophia has quickly become one of the largest international circles at Sophia University, with over 80 dedicated members. The members from different backgrounds are bound together a common goal: a world where everyone has a decent place to live, as envisioned by Habitat for Humanity. Our activities include charity and volunteer-related work.	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 visit children in Cambodia once a year and aim to bring smiles to their faces. In Japan, we collect clothes, pens, and tooth brushes to hand out to the children. By visiting Cambodia we try to interact with the people there and understand their daily life, culture, and history.	Sophia University	every Thursday/17:15-19:45
955	Unorganized	Sophia Volunteer Network		Our club was established in 2011 following the Great East Japan earthquake. Our goal is spreading volunteer to every Sophians. We participate in volunteers in Iwate prefecture and in Kumamoto during summer vacation and spring vacation. And every Saturday we do the activity which distribute rice ball to street dwellers around Yotsuya station. Also, we perform various volunteer events. In October, we host the event which call out about disaster prevention. In November, we join Sophia festival and sell something related to Iwate and Kumamoto prefecture.	<ul style="list-style-type: none"> •classroom(meeting) •around Yotsuya station and St. Ignatius Church •Iwate prefecture •Kumamoto prefecture 	<ul style="list-style-type: none"> •every Wednesday •every Saturday •during summer vacation and spring vacation
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	Friday 17:00-19:00
1217	Unorganized	MLT kodomo project	—	We provide food education support and learning support for children who need welfare support.	Misakicho salon	Every Thursday night
1219	Unorganized	Student non-government organization		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)		Teaching children who have difficulties to go cram school as volunteer teachers. Taking part in the event which is cleaning up the city.	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 Tuesday/7:00pm
1277	Unorganized	Blood Donation Club		We are visiting blood donation rooms once or twice a month.	Somewhere around Tokyo.	Weekend. Once(or twice) a month.
1279	Unorganized	Speak Up Sophia		Our goal is to reduce sexual violence and discrimination.We hold events both inside and outside the university to promote correct knowledge of sexual consent.We also interview victims of sexual violence and discrimination and their supporters.We post their claims on Instagram and provide them with a safe place to share their opinions.	It's not fixed.	It's not fixed.
1281	Unorganized	odds		This circle was founded to nestle with poor children. The definition of poverty includes not only economic aspects but also psychological poverty. Nestling with children who are financially comfortable but who have to spend time alone because their parents go to work when they return from school, or who have no chance to play together or study together for one parent. It is a main object. The main activity is to cooperate with NPO corporation in Chiyoda-Ku to visit elementary school. We spend time with them such as playing outside and helping do their homework.	elementary school at Chiyoda	1~3 a week
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 from chimney sarter. SATOYAMA activities are like Boy's Scouts. We play with children from 3 years old to 6th grade 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!	Classroom	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 aBOND 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!t Ministry of Justice. We're looking forward to seeing you as our member!	Sophia University Yotsuya Campus schoolroom	Every Monday 18:00~20:00
1310	Unorganized	teraco		「teraco」is a volunteer group that teaches junior high school student at Sophia university.	class room	Twice a week 17:20(after fourth period)-19:30




STUDY ACTIVITIES / 学問

Academic study / 学術・学問

Club Code	Category	Club Name	SNS Website	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 simulating the actual UN conferences. During the conference, each of us act as each country's delegate. By deepening our understanding of global issues, we can develop our individual opinions toward the issues and think about what we can do as "National representatives" in the UN. As one of the delegates, we give a speech, negotiate and adopt a resolution in the 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 will learn international law through the activity of moot court. We participate in international law moot competitions, including the most famous Phillip C. Jessup Cup.	Hoffman Hall	Wednesday, Thursday, Friday
498	Unorganized	Chishinkan	—	Discussion/Study about business	B103@Hoffmann Hall /Meeting room @Library	2 hours every week
512	Unorganized	sophia christian fellowship		Bible Study(Japanese&English)/player meeting/christmas party/worship day/picnic/camp(spring&summer)/mornning devotion	meeting room/active commons	depends on the event
852	Unorganized	Sophia History Club		Discussing about each others history interpretation and learning more about history by experiencing activities among History studys.	Indeterminate	Indeterminate
869	Unorganized	Astronomical Observation Club		astronomical observations using a telescope or a camera	classroom	Friday/18:45~20:00
1173	Unorganized	Sophia Teaching Society	—	Teaching demonstration/Preparation for Teacher recruitment exam/Preparation for interview/Exchange meeting with junior high and high school teachers	Classroom in Sophia	Undecided (depend on students)
1186	Unorganized	Sophia Environmental Association		We are growing vegetables, fruits, and sometimes flowers in our rooftop farm on the 6th floor of building 2. Our goal is to establish a cycle of recycling food on Sophia campus by reusing some of food waste from dining halls as fertilizer for the soil, growing foods in the organically fertilized soil, and enjoying the harvest. Also, we are trying to raise some awareness of protecting the environment to Sophians by organizing events.	Room 428, Building 10	12:40-13:30 Evey Thursday
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	Classroom	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	irregular. at around 5 o'clock

1262	Unorganized	Community of Academic Diversity		In this club, members will discuss various topic in order to share their specialized expertises 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 discussions. Advanced leveled Japanese may be required to discuss.	In sophia Uvi.	Noticed each time
1267	Unorganized	Policy Making Contest for Students GEIL		Student organization GEIL, established in 1998, is an organization that holds policy making contests. The concept of this organization is "Change citizen and the society by policy making." We hold policy making contest for the students in summer for over 20 years. Members of the organization are the students at the University of Tokyo, Waseda University, Keio University, Hitotsubashi University, and Sophia University. We prepare for the contest through a year.	The University of Tokyo komaba campus 512	on Friday, from 7 to 9p.m.
1272	Unorganized	Estonian House	—	We aim to pursue bulding 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 Fukusima Prefecture and learn recovery from Great East Japan Earthquake.	classroom	18:00~ on last Monday in each month
1290	Unorganized	Horizon		Horizon is an idea incubator. We're students motivated to turn ideas into actions, comprehend complex problems, and develop innovative solutions. Our partners range from global corporations to NGOs, united in their passion for positive impact. Members work on various projects together. Topics vary from gender, refugee, environmental issues, innovation, self-development, and more.	Sophia University Yotsuya campus, Tokyo Central Business Districts	Friday lunchtime, and regular committee meetings
1311	Unorganized	SOMA		We study about software like AI, VR, Web and App in groups. Our aim is to share what we learned and achieve results in the competition.	Class room	2 or 3 days a week
1313	Unorganized	Green Sophia		We encourage each other to learn about environment problems, and take action for a better environment. We aim to grow not just as individuals but to also influence the people around us "to do what we can" as youth to create a bettther future for the earth!! We organize different events, workshops and learning experiences concerning bettering the environment.	we don't have room or facility. Most of our communication are done via LINE, Google Drive, and other SNS . weekly meeting will be held whenever is deemed most fit at the time.	No specific time or date is decided. We decide according to our members schedule. We make sure that if you cannot attend a specific meeting, you can catch uo via text.

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

Club Code	Category	Club Name	SNS Website	Activity	Place	Date/Time
1190	Unorganized	SVO(Sophia Vocational Opportunity)		Internship at 児童英語研究所 (Jidoeigokenkyujyo)	児童英語研究所 (Jidoeigokenkyujyo)	irregular
1264	Unorganized	Encourage Sophia		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
1318	Unorganized	Stock Investment Simulation Circle		<ul style="list-style-type: none"> Stock Investment Workshop Studying basic terms about stock investment, Analysis of individual brand(eg: Company analysis, Chart analysis), Discussion of the current topics. Stock Investment Simulation After the basic study, we make groups of 5 or 6 and discuss individual brand (Which to buy, How many buying or so). On the assumption of buying the stocks, groups compete which group can make biggest profit by a certain deadline.	Classroom, Learning-Commons, ZOOM or any other online services	INDEFINITE Decide to match member's Class-Schedule