

The Waseda University LGBTQ+ Student Life Support Guide

Version 9



Gender and Sexuality Center
Student Diversity Center, Waseda University

Revised: 2026.03

Introduction

The Waseda University Gender and Sexuality Center (the GS Center) was established in April 2017 as a safer space and resource center for LGBTQ+ students, as well as for everyone interested in issues related to gender and sexuality, including allies¹ of the LGBTQ+ community. In the same year, Waseda University issued its Promotion of Diversity Declaration, striving to create an environment where students of all genders and sexualities can fully demonstrate their individuality and abilities.

In line with the university's Promotion of Diversity Declaration and international trends, the GS Center provides various forms of support for LGBTQ+ students. These include counseling and support on gender and sexuality more broadly, as well as public awareness events.

The Center published the first edition of this guide in March 2018, marking the end of the academic year when the Center opened its doors. Since then, we have updated the content annually. This March 2026 edition marks the release of Version 9.

This guide organizes and summarizes the GS Center's support services, as well as the university's efforts, responses, and current status regarding support for LGBTQ+ students. It is designed to help LGBTQ+ students independently access the information and resources they need, while also serving as a practical resource for faculty and staff members who support LGBTQ+ students in their everyday work.

Version 9 includes an excerpt from a chapter "LEARN about Gender and Sexual Diversity," taken from *"A DE&I Guidebook for Promoting Inclusive Practices around Gender and Sexuality in Student Circles and Extracurricular Activities"* to serve as a glossary of terms.

We hope this guide helps alleviate obstacles or concerns that LGBTQ+ students may face over the course of their student lives, and also serves as a foundational resource for all members of Waseda University to learn, understand, and respect the diversity of gender and sexuality.

We will continue to promote cooperation with other departments and organizations across and beyond the university, and further enhance the scope and level of support provided by the university.

March 2026
The GS Center

¹ At the GS Center, an ally is understood as someone with a mindset of seeking to understand and empathize with LGBTQ+ people or who explicitly demonstrates such a stance. Other explanations of an ally exist as well.

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Waseda University Promotion of Diversity Declaration

“Respect each other, respect equality and diversity”

Waseda University has since its foundation opened its gates widely to a great variety of people, both domestic and foreign. Moreover, in advance of the 150th anniversary of our foundation, which will be celebrated in 2032, the University formulated Waseda Vision 150, with the aim of dramatically improving the quality of education and research, to keep contributing to the world.

Nonetheless, as far as the promotion of diversity in education, research, and employment at the University is concerned, much remains to be done. If we are to make our new vision a reality, we must create an environment in which all members of the University, their dignity and their diverse values and lifestyles being respected, can make the most of their individuality and abilities, regardless of sex, disability, sexual orientation and gender identity, nationality, ethnicity, creed, age, and so on.

In order to achieve this aim, Waseda University hereby declares that it will conduct innovative education and research activities by gathering a wealth of knowledge; that it believes that contributing to the development of society is the University’s mission; and that it will strive to respect and promote diversity.

Basic Policies for the Promotion of Diversity

1. Waseda University will raise awareness concerning the promotion of diversity, and will strive to ensure that in its decision-making processes, the variety of opinion among all members of the University is respected.
2. Waseda University will provide an educational, research, and working environment in which work-life balance can be achieved, so that all members of the University are able to make the most of their individuality and abilities.
3. Waseda University will provide support systems for those members of the University who need reasonable accommodation.
4. Waseda University will promote the building of the University community and staff development from a diversity perspective.

July 1, 2017 Waseda University

Chapter 1 Counseling and support system

01. Individual counseling services at the GS Center

Waseda University has established the GS Center within the Student Diversity Center (SDC*). At the GS Center, counseling services are provided by Gender and Sexuality Specialty Staff (the specialty staff) for students to address issues related to gender and sexuality, including addressing relevant questions and concerns, and fostering their current and future wellness. The services are provided both face-to-face at the GS Center and online, primarily for students enrolled at Waseda University, including those in the Art and Architecture School and other affiliated schools (*fuzoku-gakkou*). Consultations will be handled to the greatest extent possible, with strict respect for privacy and confidentiality. Depending on the nature of the consultation, and with the individual's consent, we may introduce appropriate on- and off-campus resources and collaborate with them to provide support.

While consultations are limited to student-related matters, we also accept consultation requests from family members (guardians, etc.) and faculty staff to help them better support their family members and students who attend Waseda University and its affiliated schools.

* What is the Waseda University Student Diversity Center (SDC)?

The Waseda University Student Diversity Center consists of four centers—the Intercultural Communication Center (ICC), the Accessibility Resource Center (ARC), the Gender and Sexuality Center (GS Center), and the Student Counseling Center (SCC).

Its purpose is to ensure an enriching student life environment for students from diverse backgrounds, regardless of race, ethnicity, nationality, gender, sexuality, disability, religion, or age, and to promote the development of a campus that embraces diverse values and ways of living.

| Gender and Sexuality Center (GS) Center at Student Diversity Center | |
|---|---|
| Locations | Toyama Campus, Building 30 (Student Center), First Floor |
| Hours | Weekdays, 10:00–16:00 (Check the website for details) |
| E-Mail | gscenter@list.waseda.jp |
| Website | https://www.waseda.jp/inst/gscenter/en/ |
| Instagram | https://www.instagram.com/gscenter.waseda/ |
| note (blog) | https://note.com/gscenter/ |

*Please see the GS Center website for detailed information on hours and operation status.

● 02. The GS Center counseling process

Generally, please request to make an appointment via “[The GS Center Individual Counseling Appointment Request Form](#)” on the GS Center website. We can also accept walk-in appointments, including same-day appointments, as long as a slot is available. Please feel free to visit or contact us.

| Example topics for individual counseling at the GS Center |
|--|
| Exploration of my own gender identity, gender expression, sexual orientation, romantic orientation, etc. |
| Deepening my understanding as an active ally of the LGBTQ+ community |
| Navigating and fighting against gender norms in society |
| Addressing a strained relationship I have within the LGBTQ+ community |
| Addressing issues related to/collecting information on gender transition, coming out, etc. |
| Addressing sexual violence and its lasting impact (including past experiences) |
| Collecting information on the GS Center, gender and sexuality, and SOGIE harassment |

▶ Making an appointment

An appointment can be made using the [Individual Counseling Services Appointment Request Form](#) online or by visiting the GS Center in person.

| Using the Appointment Request Form | Making an appointment in-person or having a walk-in session |
|---|--|
| You would be asked to please provide the following information: chosen name and pronouns, topics for the session (checkbox format), preferred dates and times for the appointment, session modality (remote or in-person session), language preference (Japanese or English), whether you prefer to be received in private instead of the community space reception, and your email address. Your appointment will be confirmed via email reply from the GS Center. | If you feel uncomfortable using the appointment request form, you can visit the GS Center in person and speak to the staff to make an appointment there and then. Additionally, if it is determined during your visit to the GS Center and while talking staff members that individual counseling would be appropriate, you can make an appointment on the spot. Depending on the staff availability, same-day appointment may also be possible. |

☑ The GS Center Individual Counseling Appointment Request Form:

https://my.waseda.jp/application/noauth/application-detail-noauth?param=VuaUHpbrJvHQWbVVFxR_6A

▶ Day of counseling session

❖ In-person session

- ◆ Please come to the GS Center and sign in with the reception staff. After sign-in, the assigned specialty staff will guide you to a meeting room.

- ◆ If you wish to sign in with the assigned specialty staff in another room instead of in the community space of the GS Center, please go directly to the location indicated in the confirmation email.

- ❖ Remote session online
 - ◆ Please prepare your counseling environment in advance and join the online session by clicking the meeting link included in the invitation email. You may choose whether to turn your video and audio on or off during the session.

- ❖ Session information
 - ◆ The specialty staff will work with you to the best of their ability, with strict protection of privacy and confidentiality. Depending on the counseling content, with your consent, the specialty staff will refer you to other appropriate programs and services inside and outside the university and will collaborate with them.
 - ◆ The counseling session will last for up to 50 minutes. You can end your counseling after one session, or make ongoing appointments as needed.
 - ◆ For more information, please visit “[Individual Counseling Services](#)” on the “Services” page of the GS Center website.

☑ Individual Counseling: <https://www.waseda.jp/inst/gscenter/en/more/consultation/>

▶ Counseling agreement

1. At the GS Center, you can address topics related to gender and sexuality, as well as indirect topics that are affecting matters pertaining to gender and sexuality.
2. The Gender and Sexuality Specialty Staff will listen closely to you and support you in achieving what you want to get out of the session (i.e., self-understanding, clarification of the issues, problem solving, self-actualization, etc.).
3. The counseling sessions are confidential, and the information discussed in the session will be kept between you and the GS Center’s staff team.
4. With your consent, the GS Center can collaborate with third-party agencies and programs both in and outside the university and coordinate care and support. Exceptions to confidentiality apply in the event that your life or the life of those around you is at risk, and the GS Center will contact or report to appropriate persons or agencies as an emergency response even if we are unable to obtain your consent.
 - If we assess that you are at increased risk for life-threatening conditions, we will conduct a separate process to confirm your information on student record and the

presence or absence of a primary care psychiatrist, and to obtain consent regarding the extent to which information can be exchanged with your psychiatrist or primary medical care provider.

➤ In order to protect your life and physical safety, 1) the GS Center will contact and collaborate with your primary medical care provider(s), your Waseda school, the Waseda University Health Support Center, and other relevant section(s) (e.g., Academic Affairs Section, Personnel Section, Student Affairs Section, Center for International Education, General Affairs Section); and 2) the GS Center will release relevant personal information on your student record, medical information, as well as your crisis information and the GS Center's response to it to date with the people and organizations with which we collaborate as described in 1).

5. The total number of individual counseling sessions will be included in the GS Center's annual activity report, but the data will be aggregated, and the content of the sessions and other personal information will not be disclosed.* At some of the university's internal meetings, we at times report on aggregated and anonymized data on topics brought up in sessions, and cases that involved other sections within the university. In particular, if there are instances of inappropriate or insufficient behaviors/responses by staff and faculty members, the GS Center may report them to the on-campus Office of Compliance and/or other relevant section(s) as a safety concern. You can choose not to include your personally identifiable information in the report, but the specific location where the incident occurred and the other party's information will be part of the report.
6. Unlike the Student Counseling Center, the GS Center does not offer psychotherapy and psychological testing.
7. While the staff members can provide basic information about gender, sexuality, and LGBTQ+ issues, we are unable to share extensive information or personal information such as our identities around SOGIE status. In cases where you need guidance or information for your class assignments and research, we will guide you to relevant books and other resources.
8. To ensure that the Gender and Sexuality Specialty Staff do not leak your privacy even unintentionally, if and when we see you outside the GS Center, we will not initiate a greeting.
9. The Gender and Sexuality Specialty Staff will not exchange personal contact information with you while you are receiving counseling sessions and/or while you are a student at Waseda University.

● **03. The GS Center counseling sessions in English or a combination of English and Japanese**

The [Individual Counseling Appointment Request Form](#) is written in both Japanese and English. Please specify either “Remote session using Microsoft Teams in English” or “In-person session in English” when selecting the counseling type and language. Please also refer to **Chapter 7: Support for students marginalized in multiple ways** (p. 38).

☑ The GS Center Counseling Appointment Request Form:

https://my.waseda.jp/application/noauth/application-detail-noauth?param=VuaUHpbRjvHQWbVVFxR_6A

● **04. Referral destinations on campus**

Worrying about issues related to gender and sexuality can take a significant mental toll on you. Depending on the counseling content, we may refer you to the Student Counseling Center, also known as the Student Counseling Room at the Health Support Center until May 2025, and we will work together to address your concerns. The Student Counseling Center has certified clinical counselors, with whom you can consult in depth.

If you would like to ask the university for a response or consultation on a case regarding [the Waseda University Guidelines for Harassment Prevention](#), we may refer you to the Compliance Consultation Desk.

For issues related to job search and workplaces, we may refer you to the Career Center.

☑ Guidelines for Harassment Prevention: <https://www.waseda.jp/inst/harassment/en/about/guideline>

| Student Counseling Center | |
|---------------------------|---|
| Location | Waseda Campus Building 25-2, Sixth Floor |
| Hours | Weekdays 9:15–13:00, 14:00–17:00 |
| Phone | 03-3203-4449 (reservations prioritized) |
| Website | https://www.waseda.jp/inst/scc/en |

| Compliance Consultation Desk * For more information, please check the website of each desk. | |
|---|---|
| ▶ The External Desk (NEC VALWAY, Ltd.) * Language availability: English, Japanese, Chinese | |
| Hours | Mon.–Fri., 8:30–19:00 / Sat., 8:30–17:00 |
| Phone | 0120-123-393 |
| Website | https://koueki-tsuhou.com/WFcxVtaEFdCd/en/ |
| ▶ The Internal Desk (The Office of Compliance) | |
| Hours | Mon.–Fri., 9:30–17:00 |
| Application form (Japanese text only) | https://my.waseda.jp/application/noauth/application-detail-noauth?param=UtKtMT7RhkKxc5J_GUat8g&subsessionWindowId= |
| Website | https://www.waseda.jp/inst/harassment/en (Harassment Prevention Committee Website) |

| Career Center | |
|---------------|---|
| Location | Toyama Campus Building 30 (Student Center), Third Floor |
| Hours | 10:00–16:00 |
| Phone | 03-3203-4332 |
| E-Mail | career-appt@list.waseda.jp |
| Website | https://www.waseda.jp/inst/career/en/ |

● 05. Events

The Center regularly holds events for students who are interested in issues of gender and sexuality to casually connect with each other. Examples include small gatherings for participants to chat on relatively free topics, and events featuring guest speakers and discussions on specific topics. Event information is available on the GS Center website as well as via GS Membership newsletters.

☑ GS Membership Registration Form:

https://my.waseda.jp/application/noauth/application-detail-noauth?param=A9iu0ouT3KVweua3Bgu_ig&subsessionWindowId=



Chapter 2

Personal information pertaining to gender, sex, and name

name

● 01. Managing personal information pertaining to gender and sex

▶ Managing information pertaining to gender and sex

At Waseda University, students' gender markers and information on legal sex are strictly managed. Information regarding legal sex in university records will not be disclosed in ways unintended by the individual*. The gender/sex marker section has been removed from various certificates, attendance records, and forms. If, by any chance, you have been affected by an outing incident (act of disclosing a person's gender identity, sexual orientation, romantic orientation, gender history [e.g., past information about a person's assigned sex at birth, name, enrollment and attendance in school for people of a particular gender, or other past information regarding gender transitions], and medical history [HIV status, etc.] without the individual's consent) or if you have any other concerns about your student life, please feel free to consult with the GS Center at any time.

*Currently, Waseda University maintains information on legal sex. However, the authorization to handle information on individual students, including sex and gender information, is granted only to staff and faculty who require this information for their work, such as office staff of the student's affiliated undergraduate or graduate schools, or faculty who oversee academic and student affairs.

Attendance record (course list)

There is no information on a student's gender or legal sex listed in attendance records for each course or on Waseda Moodle.

Gender description on certificate

Of the certificate-related documents issued by the university, depending on the application documents to related entities inside and outside the university, some documents may require gender marker or information on legal sex. If there are any questions or concerns regarding the procedure, please consult the GS Center.

▶ Reviewing the necessity of collecting personal information pertaining to gender and sex

Waseda University is working university-wide to minimize the collection of gender and sex information from students, faculty members, and staff members. Each program and section of the university has been asked to confirm whether the collection of gender and sex information on various forms is being done for rational reasons (see below), and consider editing the forms to the extent possible to make the gender/sex marker section optional, or so that the reasons for collecting such

information is clearly outlined in cases where it is deemed rational. Through this process, some of the forms with rational and reasonable reasons to compel the continued collection and entry of gender information were identified and are now listed in the “Student Life” section within MyWaseda (for Waseda students only).

—Cases where a rational reason exists for collecting gender and/or sex information—

1. For using facilities and equipment that are segregated by “men and women”
2. For medical purposes
3. When specified by external institutions
4. To correct existing gender discrimination (discrimination/imbalance between males and females) by first clarifying the gender ratio and then using the data to make changes and measure improvements
5. For academic research
6. For social surveys, creating statistical materials, etc.
7. Other circumstances deemed rational and appropriate

The Office for Promotion of Equality and Diversity is responsible for planning university-wide measures to promote diversity on campus, such as efforts related to the management of the above-mentioned gender and sex information; development of facilities such as the Restrooms for Everyone (*daredemo toire*) and the Changing Rooms for Everyone (*daredemo koui-shitsu*); provision of open courses on diversity, gender, and sexuality; issuance of A Faculty and Staff Guide to Inclusive Practices for Gender and Sexual Diversity; and the implementation of training and seminars (e.g., Diversity, Equity & Inclusion Seminar). In so doing, the Office collaborates with the GS Center.

☑ University policies and efforts regarding the collection of gender and sex information:

<https://www.waseda.jp/inst/diversity/en/support/sexual-minority/>

| Office for Promotion of Equality and Diversity | |
|--|---|
| Phone | 03-5286-9871 |
| E-Mail | diversity@list.waseda.jp |
| Website | https://www.waseda.jp/inst/diversity/en/ |

● 02. Changes of sex/gender marker in the school records (as of March 2026)

If your legal sex has changed, you will need to change your sex/gender marker in the school records. Please use the [Change of Name Request Form](#) and check “Sex/Gender” in the “Other changes along

with the change in the Family Register” section. Please use this form even if you do not have a Family Register, but have a passport, birth certificate, or other legal documents with which legal change of sex/gender marker is indicated. Prepare official document(s) that prove your legal sex change to attach to the form, contact your undergraduate or graduate school office, and go through the change application method. If you would like to consult about the process prior to the form submission, please contact your undergraduate or graduate school office, or the GS Center.

● 03. Changes in legal name

If your legal name has changed, please prepare the [Change of Name Request Form](#) and official document(s) that prove your legal name change to attach to the form, and go through an application method at the office of your undergraduate or graduate school.

1. Change of Name Request Form
https://wnpspt.waseda.jp/student_en/supportanywhere/2021/05/10/application/#7
2. Documents submitted with the form must meet the following criteria:
 - Issued by an official and public institution
 - Shows previous name and new nameExamples: Extract or transcript of the family register (*koseki*), driver’s license, residence record, and residence record entry certificate

● 04. Use of preferred (lived) name

Without changing your legal name, in the following cases, Waseda University may allow you to register a “preferred name” in the school records. You can choose to list your preferred (lived) name only, or both your legal and preferred (lived) names. The procedure requires the submission of the Request for Use of Preferred Name as well as appropriate documents indicated in the table below. Please prepare the necessary documents and complete the procedure at the office of your undergraduate or graduate school.

☑ Request Form for Use of Preferred Name: https://wnpspt.waseda.jp/student_en/supportanywhere/2021/05/10/application/#7

| Reason for request | Form | Required documents |
|--|--------|--|
| ① To use the name on the residence record (<i>jumin-hyo</i>) | Form A | Residence record |
| ② The legal family name has changed due to marriage or adoption, but wish to continue using the original family name for academic purposes | | Residence record, passport, or other legal documents |
| ③ To use a preferred name that affirms gender identity | Form B | Supplementary documents to demonstrate the legitimacy of the request |
| ④ Other (please provide the reason in writing) | | Examples: medical certificate, or an opinion letter from the GS Center |
| | | Materials that demonstrate the legitimacy of the request |

► **Applying to use a preferred (lived) name that affirms gender identity**

Transgender, non-binary, and other gender-expansive students who wish to use their preferred (lived) name that affirms their gender identity should complete the Request for Use of Preferred Name “Form B” as indicated in the table above. In this case, a letter from a medical professional or a letter from the GS Center that confirms that the student experiences gender dysphoria or gender incongruence can serve as documentation to support the request. Please consult the GS Center if you wish for the Center to write the letter. Once the use of the preferred (lived) name is approved, it will appear on various documents as shown in the table below.

| Documentation | Type of name listed |
|-------------------------|---|
| Student ID card | Preferred name |
| Attendance/grade record | |
| Certificates | Selected by individual at the time of issuance |
| Diploma | Selected by individual upon confirmation with office of their undergraduate or graduate school when expected graduation date is confirmed |

Additionally, when using a preferred (lived) name, you will be responsible for authenticating your preferred (lived) name and your legal name. For information on what to do after graduation, please refer to **05: Requesting certificates after graduation** (p. 15).

► **Things to know when applying for use of the preferred (lived) name**

- ❖ Once your request for use of a preferred (lived) name is approved, generally, all names used in your student life will be your preferred (lived) name of your choice, such as your name on a

student ID card and attendance record, and name displayed on Waseda Moodle and Waseda Mail. You can also choose to use your legal name, or both your legal and preferred (lived) names, on some certificates issued by the university.

- ❖ A signature or written consent of a parent, guardian, and other relevant individual (guardian, etc.) is not required at the time of the Request for Use of Preferred Name form submission. However, please be aware that in cases where the guardian, etc. does not know that the student is using a preferred (lived) name at the university, unexpected problems may occur, such as when a guardian, etc. visits the university on Parents Day or needs the student's name to participate in university events, when the university sends grade notifications and other notices to guardian, etc., and when an emergency response to an incident involving the student is required.
- ❖ The preferred (lived) name you submit in this request may not be approved for the following reasons: when the reading of the *kanji* in your name differs significantly from the common reading of the *kanji*, *kanji* that are extremely difficult to read, using only a given name with no surname, or using a surname that differs from the surname on your family register or your legal surname. In addition, if you are considering legal name change in Japan and are planning on submitting the university issued documents with your preferred name as support documents, please be aware that there is a possibility that the family court may not grant approval due to the same reasons. Please make sure to carefully check the requirements and procedures for legal name change before submitting this request.
- ❖ Please ensure that the verification between your preferred (lived) name and legal name is done at your own responsibility. Please note that when the name on certificates issued by the university (such as graduation certificates) differs from your legal name on identification document, or name used at a conference presentation or in academic journals, you may be required to submit additional documents for authentication.
- ❖ Generally, your application will be reviewed once all required documents have been submitted. Please note that even if you submit the required documents before enrollment, your preferred (lived) name may only be approved after enrollment.
- ❖ You will need to apply for a preferred (lived) name per student ID number; therefore, when your student ID number changes, such as when you are entering a graduate school at Waseda University after graduating from an undergraduate school at Waseda University, please be aware that you will need to submit another Application for Use of a Preferred Name.
- ❖ As a general rule, you can only apply for using a preferred (lived) name once per student ID number unless circumstances arise wherein the use of the second preferred (lived) name is deemed absolutely necessary and unavoidable.

Even if your circumstances do not allow you to request the use of a preferred (lived) name, you may be able to take some measures, such as requesting to be called by your preferred (lived) name during

the course by submitting a request to the instructor. Please contact the GS Center for details. Please also refer to **Chapter 3: Taking courses** (p. 16).

► **Transfers to your bank account when using preferred (lived) name**

After the use of a preferred (lived) name is approved, it is possible that the Waseda University Student Health Promotion Mutual Aid Association (Waseda Student Health Association) membership card, which is your student ID card, may not match the name on your insurance card, bank account, or receipt. In such cases, if you can confirm that both are the same individual, you can apply for medical expense benefits from the Waseda Student Health Association. The same also applies for on-campus student jobs (TA, RA, research assistant, temporary staff, student staff, exam proctors, outsourced work, etc.) and scholarships distributed by Waseda University. However, separate procedures may be required for scholarships administered by the Japan Student Services Organization and external organizations. Please contact the Scholarships and Financial Assistance Section for details and confirmation.

| Student Affairs Section: ① Waseda University Student Health Promotion Mutual Aid Association Office, ② Student Participation and Job Center | |
|---|--|
| Location | Toyama Campus Building 30 (Student Center), First Floor |
| Hours | Weekdays, 10:00–16:00 |
| Phone | 03-3203-4349 (shared) |
| E-Mail | ① gakusei-kenko@list.waseda.jp ② sic@list.waseda.jp |
| Website | ① https://www.waseda.jp/inst/student/en/support/studenthealth ② https://www.waseda.jp/inst/sic/ |

| Scholarships and Financial Assistance Section | |
|---|---|
| Location | Toyama Campus Building 30 (Student Center), First Floor |
| Hours | Weekdays, 10:00–16:00 |
| Phone | 03-3203-9701 |
| E-Mail | syogakukin@list.waseda.jp |
| Website | https://www.waseda.jp/inst/scholarship/en/ |

▶ **Name on Cooperative Association (CO-OP) membership card**

Generally, students are expected to use the name on their student ID card for the CO-OP membership. However, you can also choose to use a different name for the CO-OP membership. To change the name on your CO-OP membership, please visit the service counter at one of the CO-OP sites below:

- ❖ Waseda campus: the first basement floor in Building 17
- ❖ Nishi-Waseda campus: the first basement floor in Building 57
- ❖ Toyama campus: the first basement floor in Building 31
- ❖ Tokorozawa campus: the fourth floor in Building 100

For operating hours for each site, please see the [CO-OP website](#).

Additionally, if you are using a preferred (lived) name in the school records, and it is reflected in the CO-OP's "univcoop My Portal" but it is not reflected on your digital membership card, please complete the following steps: uninstall the university co-op application “大学生協アプリ（公式）” from your smartphone, restart your device, and then reinstall the application. This should ensure that the name displayed on your portal site also appears on your digital membership card.

☑ The CO-OP website: <https://www.wcoop.ne.jp/shop/index.html>

| Cooperative Association (CO-OP) | |
|---------------------------------|--|
| Location | ① Waseda Campus Building 17, the First Basement Floor ② Nishi-Waseda Campus Building 57, The First Basement Floor ③ Toyama Campus Building 31, The First Basement Floor ④ Tokorozawa Campus Building 100, the Fourth Floor |
| Hours | Check the calendar on the website |
| Phone | ① 0120-023-921/03-3207-8613 ② 03-3200-4206 ③ 03-3202-4204 ④ 04-2949-8613 |
| E-Mail | ① servicecenter@wcoop.ne.jp ② riko-all@wcoop.ne.jp ③ toyama@wcoop.ne.jp ④ 0201@wcoop.ne.jp |
| Website | https://www.wcoop.ne.jp/shop/index.html |

● **05. Requesting certificates after graduation**

▶ **If you want a certificate issued under a preferred (lived) name that you have registered within the university while in attendance**

When requesting a certificate under the name in the school records, no additional procedures or extra time will be required for its issuance. However, you are required to present an identification document that matches the preferred (lived) name in the school records, or the legal name if an identification document with your preferred (lived) name is not available.

▶ **Requesting certificates issued under a different name (including preferred name) than what you used as a student**

As a rule, Waseda University does not allow students to change their names on school records (including preferred names) after leaving the university, such as through graduation or withdrawal from the university. However, if not changing the name would cause a disadvantage to the individual, the university may approve the change after confirming the justification of the reason.

Even if the change is approved, it may take at least a week to change the school register and issue a certificate, so please inform the office of the undergraduate or graduate school that handles the certificate that you need as soon as possible. Additionally, when changing the name, if you have changed your legal name, you will need to submit official documents such as a family register copy. If you have not changed your legal name (i.e., requesting the use of a preferred name), you will need to submit documents described in **04: Use of preferred (lived) name** (p. 10).

● **06. Photographs for student ID card**

If you enter the university through the general undergraduate entrance examination, the photograph that you submitted with your application will generally be used on your student ID card. If you wish to change the photograph on your student ID card, for example due to a change in your gender expression, please contact the office of your undergraduate school. If you wish, the GS Center can cooperate with the undergraduate school office, so please consult us.

If you were admitted through a process other than the general undergraduate entrance examination, including graduate students and non-degree students, in some cases, there will be a different procedure for submitting a photograph for your student ID card. Please contact your undergraduate or graduate school office for details.

Chapter 3 Taking courses

● 01. Individualized action in courses and seminars

As described in **Chapter 2: Personal information pertaining to gender, sex, and name** (p. 8), if you are unable to apply for the use of a preferred name and wish to use a designated name or honorific in your courses, you may need to express your needs and requests individually in the course or seminar. Furthermore, recognizing that there are students with diverse sexual orientations, romantic orientations, gender identities, and gender expressions, including LGBTQ+ students, Waseda University has published "[A Faculty and Staff Guide to Inclusive Practices for Gender and Sexual Diversity](#)." The guide requests that faculty and staff operate under the assumption that there are always LGBTQ+ students in their midst and use gender neutral honorifics, ask for the individual's pronouns, ask about accommodations when lodging together, and so on. Students can also make individual requests directly to faculty members, but when there are concerns, worries, or difficulties, the GS Center can act as an intermediary with the administrative office and faculty member and help prepare the appropriate documents to convey the student's needs and requests. Please contact the GS Center for details.

☑ **A Faculty and Staff Guide to Inclusive Practices for Gender and Sexual Diversity:**

<https://www.waseda.jp/inst/diversity/en/support/sexual-minority/>

■ Consultation case examples

- I don't want the documents sent to my parents to use my preferred (lived) name, so I requested the use of a designated name only in courses.
- I requested that the use of non-binary inclusive honorifics and pronouns in my second foreign language course.
- I requested a room assignment according to my lived gender and a private room for bathing during a seminar camp.

▶ Accommodations for online courses

Although Waseda University generally conducts in-person courses, online courses are also provided. In this case, courses are expected to be managed based on the Six Articles Concerning the Examination and Management of Online and Hybrid Courses. Please consult the GS Center for any unexpected problems regarding the online course participation.

- ① Clarify course and evaluation methods in syllabus.
- ② Provide appropriate teaching materials according to the course format.
- ③ Provide effective feedback.
- ④ Proactively create opportunities for dialogue.
 - Inform students before course when conducting group work
 - Consider how to make it easier for students to participate in group work
- ⑤ Design assignments according to the learning goals.
- ⑥ Accommodate various learning environments.
 - Accommodate turning the camera on and off in real-time
 - Accommodate students' diversity

☑ **Six Articles Concerning the Examination and Management of Online and Hybrid Courses in Japanese** (Source: Waseda University Center for Higher Education Studies):

<https://waseda.box.com/s/co4if04ojwkrzfkwsy026wmh3m7k1g4>

■ Consultation case examples

- I'm having difficulties when I take a course on Waseda Moodle because it displays my name in the school records, which does not match my gender expression.
- I'm hesitant to participate in the course because I do not want to use my name in the school records as the name to display on Zoom since my gender expression and the name in the school records do not match, but the course requires the names to match.
- It's difficult for me to express my opinions on gender and sexuality because I live with my family who does not share the same values with me.
- I feel uneasy that my classmates and instructors might unintentionally find out that I live with my same-gender partner.
- I do not want to participate in online courses because I've become more concerned about my appearance and voice.

● 02. Nursing care experience and teaching practice

Nursing care experience and teaching practice sites are off-campus institutions. If a transgender or non-binary student wishes to participate in those practicum programs as a person of their gender identity, which does not match their gender marker in the school records, they can consult with the host institution in advance through the university. Consultation and coordination with host institutions may take time in some cases. In addition, as all host institutions are external to the university, it may not always be possible to accommodate your request due to limitations in their facilities and other conditions. Therefore, **please consult the Teacher Education Center as early as possible**, for example before pre-registration.

When preparing requests for accommodations to be communicated to host institutions, the GS Center will collaborate in the process. In such cases, the Teacher Education Center will inform

students about the GS Center’s individual counseling services, through which interviews and consultations will be conducted.

Please refer to the diagram on the following page (p. 19 and p. 20) for the flow of practicum experiences and training when applying for accommodations.

If you have any concerns prior to notifications regarding the nursing care experience or guidance sessions for teaching practice, please first consult the GS Center.

| Waseda University Teacher Education Center | |
|---|---|
| Location | Waseda Campus Building 16, Second Floor |
| Contact form | https://www.waseda.jp/fedu/tec/contact |
| Website | https://www.waseda.jp/fedu/tec/ |

The table below shows the schedule for completing the nursing care experience in the third year of undergraduate study and the teaching practicum in the fourth year.

► **Nursing care experience**

*Schedule for third-year students. Some may participate in the fourth year

| Period (approximate) | The GS Center | Student | Teacher Education Center | Action taken by student |
|---|---------------|---------------------------|--|--|
| By October, second year | | | Sharing information about the experience | Consider whether you would like to request accommodation based on the communication regarding the nursing care experience. ★If you wish to request accommodations, please begin consultations early. |
| December - January, second year | | Pre-registration | | Declare any desired accommodations in advance of the experience. |
| January - March, second year | | | Confirmation of requested content | Conduct an interview with GS Center specialty staff to clarify what specific accommodations are needed, and prepare a draft accommodation request. Decide on accommodations through a review of the original accommodation request draft by the student, the Teacher Education Center, and the GS Center. |
| | | Interview | | |
| | | Creation of accommodation | | |
| | | | Interview | |
| April - July, third year (up to two months before experience) | | | Update accommodation request | The Teacher Education Center will coordinate the process to determine any necessary accommodations during the experience. If necessary, the student, the Teacher Education Center, and the experience site will work together to determine appropriate accommodations during the experience. |
| | | | Accommodation application | |
| July - November, third year | | Experience | | Confirm emergency contact information and available consultation resources in advance, and contact them immediately if you encounter any problems or difficulties during the experience. |
| After end of experience, third year | | | | The student, the Teacher Education Center, and the GS Center conduct a feedback interview focusing primarily on the accommodations and the actual conditions during the experience. |

► Teaching practice

| Period (approximate) | The GS Center | Student | Teacher Education Center | Action taken by student |
|--|---------------|-----------------------------------|-----------------------------------|--|
| February, second year | | | Guidance | Consider whether you would like to request accommodation based on the communication regarding the teaching practice. ★If you wish to request accommodations, please begin consultations early. |
| July - August, Third year | | Pre-registration | | Declare any desired accommodations in advance of the practice. |
| September - November, third year | | | Confirmation of requested content | Conduct an interview with GS Center specialty staff to clarify what specific accommodations are needed, and prepare a draft accommodation request. Decide on accommodations through a review of the original accommodation request draft by the student, the Teacher Education Center, and the GS Center. |
| | | Interview | | |
| | | Creation of accommodation request | | |
| | | Interview | Update accommodation request | |
| December - March, third year (up to one month before practice) | | | Accommodation application | The Teacher Education Center will coordinate the process to determine any necessary accommodations during the practice. If necessary, the student, the Teacher Education Center, and the practice site will work together to determine appropriate accommodations during the practice. |
| Before practice, fourth year | | Pre-practice confirmation | | Confirm emergency contact information and available consultation resources in advance. |
| Practice, fourth year | | Practice | | Contact emergency contact or available consultation resources immediately if you encounter any problems or difficulties during the practice. |
| After end of practice, fourth year | | Feedback interview | | The student, the Teacher Education Center, and the GS Center conduct a feedback interview focusing primarily on the accommodations and the actual conditions during the practice. |

● 01. Waseda University Universal Design (UD) Map

Waseda University has created its own Universal Design (UD) Map, which provides information on barrier-free access, childcare-related facilities, Restrooms for Everyone (*daredemo toire*), and Changing Rooms for Everyone (*daredemo koui-shitsu*).

☑ Waseda University UD Map: https://www.waseda.jp/inst/diversity/en/support/accessibility_map/



▶ “All Genders” signs on restrooms

Some of the Restrooms for Everyone on campus have the “All Genders” sign, which was designed by Waseda University. The Restrooms for Everyone are restrooms that anybody can use. The gender of the user is not asked or questioned. Everybody should feel free to use these restrooms. Additionally, there is an ongoing effort to add “All Genders” sign to all the Restrooms for Everyone on campus.

● 02. Student regular health check-ups

Regular student health check-ups are conducted in accordance with the School Health and Safety Act to maintain your health, facilitate prevention and early detection of illness, such as tuberculosis. Regular health check-ups provide valuable data for managing your own health, so all regular students are required to have a check-up every year. The dates and times for the check-ups are by reservation on a first-come, first-served basis, and in most cases not specified by school, year, or gender. There is no separation by gender at the check-up sites, except for chest X-rays, which are for students in the designated year of enrollment, and those who have been instructed by the Health Support Center.

- ❖ The health questionnaire consists of two parts: a web-based questionnaire to be completed in advance, and another to be filled out onsite on the day of the appointment. There is no section to fill out your sex or gender on either of the questionnaires.
- ❖ Chest X-rays will be conducted in mobile X-ray units. Participants will be separated into women’s and men’s units based on either the sex/gender information on school records, or their lived gender. Changing will take place inside the mobile unit, or in a basic changing area, where multiple people will change at the same time. Changing to a plain T-shirt is recommended, but you may also change into examination clothes if you wish. If you prefer to have the chest X-ray test individually, please speak with the GS Center through requesting a consultation session by completing the Center’s counseling booking form.

Please note that when having the chest X-ray test individually, you will be asked to complete another form, which includes a section to answer your sex/gender on school records.

- ❖ For urine analysis, please collect urine samples prior to coming to the check-up sites, except for those who are participating in the check-up on Kitakyushu Campus.
- ❖ The Restrooms for Everyone are available at each health check-up site.
- ❖ For the doctor consultation, if you wish to specify the gender of the doctor, please check the posted information at the doctor's booth or speak with staff on site.

☑ Regular health check-up details <https://www.waseda.jp/inst/hsc/en/information/healthcare/checkup>

● 03. Seminar houses

Waseda University provides seminar houses that may be used for activities involving overnight stays by students and faculty/staff members of the University, including classes, seminars, student organizations, orientation camps, and private travel. The procedures from reservation to use are outlined in Steps ① through ⑤ below.

At each stage of the process, if you have any concerns related to gender and sexuality—such as reservations, room assignments, bathing, or restroom use—or if you wish to request individual accommodations, we will respond to the extent possible through prior consultation, without requiring you to go through the person making the reservation (e.g., the faculty member in charge or a student representative).

If you wish to request consultation or accommodations, please contact staff in charge of seminar houses at the Student Affairs Section, a trusted faculty or staff member, or the GS Center. Please note that, depending on the facilities and conditions of each seminar house, it may not always be possible to accommodate all requests. We appreciate your understanding in advance.

☑ Accommodations for using seminar houses: <https://www.waseda.jp/inst/student/en/facility/seminar/flow/consideration>

▶ Using a seminar house

STEP

1 Using the reservation system

A representative of the group (e.g., faculty in charge of the seminar or representative of a student organization) will make a reservation in the system*.

*Currently, rooms are separated based on the binary gender system, so reporting the number of men (*otoko*) and women (*onna*) using the seminar houses is required at the time of application.

STEP

2 The system allocates rooms from the registration

The reservation system allocates, for example, two rooms for women and three rooms for men, based on the numbers of women and men entered. Often, the person making the reservation enters the gender information as they perceive or assume it, so it is possible that you may be allocated to a room of an unintended gender.

STEP

3 The reservation representative creates the guest list and submits it to staff in charge of seminar houses at the Student Affairs Section

☑ Seminar House guest list format <https://www.waseda.jp/inst/student/assets/uploads/2020/08/shukuhakusha-meibo.xls>

↓ バスの運転手が寄泊する場合は、「教職員番号」の項目に「バス運転手」と入力してください。
↓ 「教職員番号」は、必ず入力してください。

| 教職員番号 | 氏名 | フリガナ | 性別 | 教職員番号 | 1泊目 | 2泊目 | 宿泊なし |
|-------|--------|---------|----|---------|-----|-----|------|
| 1 | 早稲田 香丹 | ワセダ アオニ | 男 | w123456 | ○ | ○ | |
| 2 | | | | | | | |
| 3 | | | | | | | |

↓ 名簿は男女別で入力してください。「学籍番号」は、必ず入力してください。

| 学生番号 | 氏名 | フリガナ | 性別 | 学籍番号 | 1泊目 | 2泊目 | 宿泊なし |
|------|--------|---------|----|----------|-----|-----|------|
| 1 | 早稲田 茜 | ワセダ アカネ | 男 | 1A000001 | | | |
| 2 | 早稲田 浅黄 | ワセダ アサギ | 男 | 1A000002 | ○ | | |
| 3 | 早稲田 葵 | ワセダ フジ | 男 | 1A000003 | | ○ | |
| 4 | 早稲田 萌黄 | ワセダ モエギ | 男 | 1A000004 | | | ○ |
| 5 | 早稲田 瑠璃 | ワセダ ルリ | 女 | 1A000005 | ○ | | |
| 6 | 早稲田 蘇芳 | ワセダ スオウ | 女 | 1A000006 | ○ | ○ | |
| 7 | 早稲田 朱鷺 | ワセダ トキ | 女 | 1A000007 | | ○ | |

*Due to room allocation, the gender of all guests must be listed.

STEP
4

Staff in charge of seminar houses at the Student Affairs Section confirms the details registered in the system

The staff in charge of seminar houses at the Student Affairs Section will confirm whether the information registered in the “reservation system” matches the details provided in the “guest list,” such as dates of use, purpose, and number of participants. If there is any discrepancy, the staff will contact the person who made the reservation for confirmation.

Please note that the seminar house staff at the Student Affairs Section do not cross-check the gender information listed in the “reservation system” or the “guest list” with the gender (legal sex) registered with the University and linked to the student ID number.

STEP
5

Arrive at and use the seminar house

►Accommodations for private rooms, bathing facilities, and restrooms in each seminar house

| | Rooms | | Bathing facilities | | | Restrooms | |
|---|---------------|---|--|---------------|--|---|--|
| | Private rooms | Universal design rooms | After-hours use of the men's and women's large public baths. | Shower booths | In-room unit bath/shower | Restrooms for Everyone | In-room restrooms |
| Karuizawa | ○ | ○ | ○ | ○ | △ (In BLDG 7 [cottages] and Green House only) | ○ | △ (In BLDG 6 [cottages], BLDG 7 [cottages], and Green House only) |
| Sugadaria | ○ | △ (Rooms with wheelchair-accessible restrooms) | ○ | ○ | — | △ (Rooms with wheelchair-accessible restrooms) | ○ |
| Izu-kawana | ○ | — | ○ | — | — | △ (Mixed, binary-gender, shared restrooms) | ○ |
| Kamogawa | ○ | — | ○ | — | — | ○ | ○ |
| Honjo | ○ | ○ | — | — | ○ | — | ○ |
| ○ : Available △ : Conditionally available — : Not available | | | | | | | |

☑ Seminar house floor plan, etc.: <https://www.waseda.jp/inst/student/en/facility/seminar>

*You can view the locations and interiors of the bathing facilities and bathrooms.

| Seminar House Office, Student Affairs Section | |
|---|---|
| Location | Toyama Campus Building 30 (Student Center), First Floor |
| Hours | Weekdays, 10:00–16:00 |
| Phone | 03-3203-4341 |
| E-Mail | seminar-house@list.waseda.jp |
| Website | https://www.waseda.jp/inst/student/en/facility/seminar |

● 04. Student dormitories--principally Waseda International Student House (WISH)

Waseda University has dormitories that are directly managed by the university as well as affiliated dormitories. For those with concerns about gender and sexuality, the Dormitory Desk at the Student Affairs Section will look into responses following consultation, so please contact them, whether you will be in a directly managed or an affiliated dormitory. If you have any concerns about contacting the Student Affairs Section, please contact the GS Center. Exchange student dormitories are described in “05. Exchange student dormitories (p. 29).

▶ Applying for dormitory residence (applicable to all dormitories)

New regular undergraduate or graduate school students who wish to reside in a student dormitory must submit their applications following the process shown below, after passing the Waseda University entrance examination. Please also refer to the student dormitory [digital brochure](#).

☑ Student dormitory digital brochure: https://wasedaarc.waseda.jp/eng/digital_brochure/English/index.html#page=1

STEP
1

Access the Student Dormitory Residence Application Form from the Dormitory Desk at the Student Affairs Section. After responding to the questions,

The screenshot shows the 'Student Dormitory Residence Application Form' (学生寮入寮申込フォーム) with a callout box stating: "All responses must be marked 'Yes' to proceed to the next". The form contains the following questions and options:

- 質問1: 貴方は早稲田大学の入試に合格し、2021年4月に学部・研究科に入学を予定していますか。 (Yes) はい
- 質問2: 貴方は正規学生として入学しますか。 ※正規学生とは、学位取得のために入学する学生を指し、科目等履修生・交換留学生・交流学生等は含まれません。 (Yes) はい
- 質問3: 貴方は単身者ですか。 ※単身者とは、「未婚者」ならびに「既婚者で、ご家族等との同居を希望しない学生」を指します。 (Yes) はい
- 質問4: 貴方は早稲田大学直営寮と早稲田大学提携寮の各契約先や特徴を理解していますか。 (Yes) はい

国籍: あなたの国籍は、以下のうちどちらにあてはまりますか。
 日本国籍 外国籍 日本と外国の多重国籍

STEP
2

Fill in resident information, guardian information, and desired student dormitory, confirm the contents, send the information, and obtain a reception number.

*The content can be sent only once, so please check carefully for any mistakes, and keep a copy of the entered data.

1. 入居者情報入力

メールアドレス (半角英数) ※
(携帯メールはお避け下さい)

メールアドレス (確認用) ※

お名前 (漢字) 姓) [] 名) []
例: 姓) 早稲田 名) 太郎
お名前を漢字で表記できる方は、必ず入力してください。

お名前 (アルファベット) ※ 姓) [] 名) []
例: 姓) WASEDA 名) Taro

お名前 (フリガナ) ※ 姓) [] 名) []
例: 姓) ワセダ 名) タロウ

性別 ※ 男性 女性
※男女フロアに分かれている居室割り当てのため性別情報を収集しています。

*Currently, floors are separated based on the binary gender system, so you will need to specify your legal sex either by "male" or "female." If you have any concerns about filling out the form, please consult with the Dormitory Desk at the Student Affairs Section or the GS Center.

STEP
3

Afterward, selection or lottery will be conducted for each dormitory, and applicants will be notified of the results. Students will be able to use the dormitory after signing a dormitory residence contract.

▶ **Student dormitory separation by the legal sex system**

Waseda University offers the following options among the university's directly managed and affiliated dormitories:

1. single-sex dormitories for individuals whose legal sexes are female;
2. single-sex dormitories for individuals whose legal sexes are male; and
3. mixed-sex dormitories based on legal sex classification for individuals whose legal sexes are female and male (some facilities are with floors separated by sex, while others are with floors that do not distinguish between sexes).

Please refer to the [digital brochure](#) for details of each dormitory. Additionally, if your legal sex is other than female or male and you have questions or concerns regarding the housing application process, please contact the Dormitory Desk at the Student Affairs Section in advance.

| Legal sex of the students accepted | Name of the dormitories |
|------------------------------------|---|
| 1. Female | WID Shimoigusa, WID Tokorozawa, Dormy (Kamishakuji/Hanakoganei 2, etc.), Shared House Dormy Shakuji Park |
| 2. Male | WID Hanakoganei 2, Wakeijuku, Shared House Dormy Hana Koganei |
| 3. Female and male | Floors are separated based on legal sex at: WISH, WID (Waseda/Kodaira/Nishi-Tokorozawa), Dormy (Otsuka/Nishi-Shinjuku/Higashi Nagasaki/Higashi Fushimi/Tokorozawa) |
| | All-gender floors are available at: Crevia Will Waseda (with some “female” only floors), Campus terrace Waseda, Campus terrace Shinjuku Hyakunincho (with some “female” only floors), Bransiesta Waseda (with some “female” only floors) |

☑ Student dormitory digital brochure: https://wasedarc.w.waseda.jp/eng/digital_brochure/English/index.html#page=1

Below, we explain the current conditions, with a focus on WISH, which has the largest number of rooms among the dormitories directly managed by the university.

▶ Room allocation and floors in WISH

The university determines the floor and room allocation based on the legal sex of the applicants. Each student has a private room that can be locked from the inside, but as a general rule, four people share a living room and washbasin. If you have any concerns about gender-sexuality in communal living, please consult with staff in charge of student dormitories at the Student Affairs Section or the GS Center.

The living floors (private rooms, communal living rooms, kitchens, showers, etc.) are separated for females and males, and the elevator used by the residents depends on to which floor the residents are going. Shared facilities regardless of legal sex, such as the management office, fitness gym, music room, lounge, study room, etc., are located on the first and second floors.

☑ Floor guide: <https://www.waseda.jp/inst/rlc/en/wish/facility/>

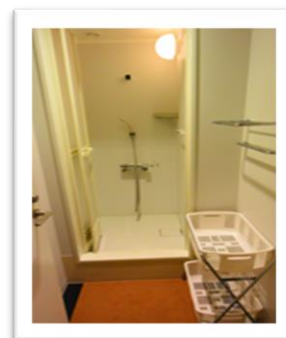
▶ **Restrooms in WISH**

As the living floors are separated by two legal sexes, women’s restrooms are in the female floors (7F-11F), and men’s restrooms are in the male floors (3F-6F). A Restroom for Everyone is available on the second floor.

▶ **Bathing in WISH**

Each floor has 16 private shower rooms, with a changing space, that are available 24 hours a day. There are two large communal baths for legal female residents and legal male residents on the second floor available from 5:00 p.m. to 0:00 a.m.

Shower room and changing space ▶



● **05. Exchange student dormitories**

There are three dormitories for exchange students: Waseda University International Student House (Waseda University House), Waseda University Hoshien International House (Hoshien), and Nishi Waseda International Student House (Nishi Waseda House). All three dormitories have all-gender floors.

☑ Exchange student dormitory website: https://www.waseda.jp/inst/rlc/en/student_dormitory/exchange/

The details are available on the Student Affairs Section website. Please submit your application using the form on the website during the application period. On the form, you will be asked to select your preferred dormitories. Residents will be selected by lottery. There is also a section on the form where you can write any questions or concerns regarding your gender identity and gender expression as they relate to living in an exchange student dormitory.

| Dormitory Desk, Student Affairs Section | |
|---|---|
| Location | Toyama Campus Building 30 (Student Center), First Floor |
| Hours | 10:00–16:00 |
| Phone | 03-3203-2634 |
| E-Mail | ryo-form@list.waseda.jp |
| Website | https://www.waseda.jp/inst/rlc/en/ |

● 06. Training Center

▶ Registration for use

Waseda University students, faculty, and staff can register to use the Training Center, which is located on the second basement (B2) floor of the Toyama Campus Student Center (Building 30). A Health Check-up Report is required for registration. See **Chapter 4. 02: Student regular health check-ups** (p. 21) for regular health check-ups conducted on campus. Please see the following website for details on registration and use of the Training Center.

☑ Using the Training Center: <https://www.waseda.jp/inst/student/en/facility/training>

▶ Changing room (locker room)

The changing rooms (locker rooms) are classified as women's, men's, and private. The private changing rooms can be used by anyone. There are only two private rooms, which are labeled as Training Center Room 1 and 2, so you may be asked to wait until either of the rooms is available. Additionally, only one person is permitted to use the private changing room at a time. Please see the process for using the private changing rooms below.



Request

- ① At the Training Center reception on the second basement (B2) floor of the Student Center, circle "private room" in the ledger. Please note that if someone else is using the private room, you may have to wait up to 20 minutes. Applications are accepted until 8:00 p.m.
- ② Receive a locker card and private room key from the reception staff and use the private room with the listed number.
- ③ Finish changing within 20 minutes. Use the lockers installed in the private rooms for managing clothes and other items.
- ④ Lock the private room and return the private room key to the reception staff. You are expected to manage the locker key by yourself.

After the training

- ① Tell the reception staff that you are a private room user and present your locker key. If someone else is using the private room, please note that you will have to wait up to 20 minutes.
- ② Receive the private room key and use the private room with the listed number.
- ③ Finish changing and take all your belongings out of the locker within 20 minutes.
- ④ Lock the private room and return the locker card and private room key to the reception staff.

Other

- The Training Center closes at 9:00 p.m., so private room users should finish training well in advance by around 8:20 p.m. and receive the private room key from the reception staff. Remember, you may have to wait up to 20 minutes to use the room.
- Please lock the door while inside the private room. If the private room key is not returned after over 20 minutes, a staff member may unlock the door (after confirming by knocking).
- You may be required to pay the replacement cost if you take the key home or lose it, regardless of the reason.
- You will not be able to enter the private room for any reason while other people are using it, even if you need to get something for class, your smartphone, wallet, etc.

● 07. Multipurpose Sports Arena

▶ Multipurpose Locker Rooms (all-gender changing rooms)

There are Multipurpose Locker Rooms in the Multipurpose Sports Arena, which is located on the first basement floor (B1) of the Waseda Arena on Toyama campus. The Multipurpose Locker Rooms are open to anyone who uses the Multipurpose Sports Arena.



Chapter 5 Job searching and career

● 01. Resume template

Waseda University has no prescribed resume format for students to use for job search, but the CO-OP sells a resume template with the university logo, which does not have a gender field.

● 02. Individual counseling for job searching and career planning

The Career Center offers individual counseling services in-person and remotely online to support students' future career planning and development. The Center's counselors have a basic knowledge of gender and sexuality issues. To access the counseling services, please make an appointment on Career Compass on MyWaseda. Please check the website below for details. If you have specific questions around issues related to gender and sexuality, such as whether to share your gender identity, sexual orientation, and/or romantic orientation, etc. with recruiters and interviewers during job searching or with your supervisors and colleagues after starting employment, what to do when there is a gender marker field on a resume form, and how to choose a place of employment, please see "Consultation on gender and sexuality, and job searching and career" section on the Career Center website and contact the Center by email.

☑ Career Center website: <https://www.waseda.jp/inst/career/en/students/consultation/>

☑ Inquiries: career-appt@list.waseda.jp (sent only to Career Center Diversity Office)

● 03. Alumni visits

The GS Center collaborates with the LGBTQ+ Tomonkai (the Waseda University LGBTQ+ and Ally Alumni Association) to arrange visits to Waseda University alumni who are LGBTQ+ members and allies. This is an opportunity to visit alumni working in industries and companies that you are interested in, and to speak with alumni of gender identity, sexual orientation, and/or romantic orientation with whom you would like to speak. Please contact the GS Center if you would like to use this service.

*When applying, please be sure to make your own judgment and act according to your own will. Please also note that Waseda University will not be involved after the application process, and the LGBTQ+ Tomonkai and the applicant will communicate directly.

● 04. Employer information

The GS Center and the Career Center provide resources such as books related to job hunting and employment, as well as information through individual consultations. In addition, on the company search pages for events such as the “Internship Fair” and “Joint Company Information Sessions” hosted by the Career Center, you can search for companies by filtering based on whether they have initiatives related to sexual minorities (e.g., LGBTQ+).

For information on “LGBTQ+-friendly companies,” please also refer to the organizations and resources listed below.

▶ Work with Pride

Work with Pride supports and promotes diversity management specifically focusing on LGBTQ+ inclusion in various organizations and companies. In 2016, it established Japan’s first Pride Index, which is an evaluation index related to LGBTQ+ initiatives in the workplace. Work with Pride presents annual awards for contributions to workplace LGBTQ+ inclusion.

☑ work with Pride <https://workwithpride.jp/>

▶ JobRainbow

The D&I job media platform “JobRainbow” not only operates the “JobRainbow Diversity Job Site,” but also evaluates companies through the DE&I AWARD using its original “Diversity Score,” which consists of five categories: “LGBTQ+,” “gender gap,” “disability,” “multicultural inclusion,” and “caregiving and childcare.” You can also access the “LGBT Job Change and Job Hunting Guide” from its website.

☑ JobRainbow: <https://jobrainbow.jp/>

▶ CSR Company Data Bank (Employment/Human Resources Edition)

Tokyo Keizai Inc. publishes this specialized magazine on corporate social responsibility (CSR). CSR has become an essential means of finding companies that are valued by society and can survive for a long period of time. The Employment/Human Resources Edition includes information about diversity, employment of people with disabilities, and work–life balance measures.

● 05. Events and social gatherings

Every year, the GS Center holds an event about job searching and working for LGBTQ+ people, inviting LGBTQ+ students who have completed job searching and LGBTQ+ working professionals. This is a

reservation-only, closed event for LGBTQ+ people. The event addresses topics such as “how to be completely yourself at work” and “how to search for jobs as an out candidate.” Watch for event information on the GS Center website.

| Career Center | |
|---------------|---|
| Location | Toyama Campus Building 30 (Student Center), Third Floor |
| Hours | 10:00–16:00 |
| Phone | 03-3203-4332 |
| E-Mail | career@list.waseda.jp |
| Website | https://www.waseda.jp/inst/career/ |

Chapter 6

Support for study abroad (outbound and inbound)

● 01. From Japan to overseas: outbound student support

▶ Collaboration with partner universities

Waseda University has agreements with approximately 600 universities overseas, and the Center for International Education (CIE) supports students in choosing the study abroad destination that best suits the needs and goals of each student. When considering a study abroad destination, but struggling to find the information you need, such as dormitories and university facilities, or having concerns and questions about the partner university's environment, please consult with the CIE. With the Center's support, you can also consult with the partner university and confirm their information.

☑ In-person and online consultation with the Center for International Education: <https://waseda-cie-online.resv.jp/>

Additionally, the legal status concerning one's sexual orientation and the protection of transgender and non-binary rights vary from country to country. The following information may be helpful when considering where to study abroad.

☑ Sexual Orientation World Map by NPO Nijiiro Diversity (in Japanese only): <https://nijibridge.jp/data/2421/>

☑ ILGA World Maps by the International Lesbian, Gay, Bisexual, Trans and Intersex Association (ILGA World): <https://ilga.org/ilga-world-maps/>

● 02. From overseas to Japan: inbound international student support

Waseda University supports international students to avoid isolation in Japan and at Waseda. English-speaking staff members provide consultations at the GS Center, but an interpreter may be required in some circumstances. For information regarding student dormitories that are particularly accommodating towards LGBTQ+ international students, please see **Chapter 4. 05: Exchange student dormitories** (p. 29).

☑ International Student Handbook by Waseda University (Japanese): <https://www.waseda.jp/inst/cie/life/other/handbook>

☑ International Student Handbook by Waseda University (English): <https://www.cie-waseda.jp/handbook/en/index.html>

▶ Support system for inbound transgender and non-binary students

Transgender and non-binary students, especially those who have gone through medical transition, should consult their doctor or prescriber prior to their arrival in Japan and make plans for continuing gender affirming hormone therapy and/or aftercare following gender affirming surgeries. Given the possibility of needing to see a medical professional while in Japan, it is advisable to bring a document from your physician explaining your medical condition and treatment status. When bringing

medicines prescribed by your physician to Japan, please prepare in advance in accordance with the rules and information published by the Japanese government.

☑ Information for those who are bringing medicines for personal use into Japan (Japanese)

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/iyakuhin/kojinyunyu/topics/tp010401-1.html

This page is available in Japanese only; however, an English version generated by machine translation can be displayed by selecting a language from the options at the top left of the page.

Please contact the Waseda University Medical Examination and Treatment Room about the handling of syringes and needles used for self-injection.

☑ Medical Examination and Treatment Room (Building 25-2, Third Floor): call 03-(5286)-3984

The GS Center provides information on gender clinics so that you can continue hormone therapy in Japan. Please remember that some medicines sold over the counter in other countries may be prohibited or require a prescription in Japan and could be confiscated at the border. Also, medications that are currently available in your home country may not be approved in Japan or may vary in price.

In terms of student life, such as the use of preferred (lived) names and dormitories, we will share relevant information and work with other programs on-campus as needed. Please feel free to consult with the GS Center if you decide to study abroad at Waseda University.

| Center for International Education | |
|------------------------------------|---|
| Location | Waseda Campus Building 22, First Floor |
| Hours | Weekdays, 10:00–17:00 |
| Phone | 03-3208-9602 |
| E-Mail | [Outbound from Waseda] out-cie@list.waseda.jp [Inbound to Waseda] ex-in-cie@list.waseda.jp |
| Website | https://www.waseda.jp/inst/cie/en |

► Introduction to community groups

The GS Center has specialty staff members who speak English. In addition, student staff members who speak English, Chinese, and Korean are available on certain days. The GS Center can provide

information on community gatherings and groups accessible to LGBTQ+ students and off-campus programs and services with multilingual support. Please feel free to visit or contact the GS Center or use the Center’s individual counseling services to collect information.

Additionally, ICC (Intercultural Communication Center) welcomes people from Japan and around the world, hosting 200 events annually where students take the lead in creating opportunities for interaction and learning. The friendly atmosphere of the ICC Lounge naturally attracts a diverse group of students for lunch and breaks. Come explore ICC events and the Lounge to meet students from various backgrounds and enjoy intercultural exchange!

☑ ICC event information : <https://www.waseda.jp/inst/icc/en/>

| Student Diversity Center: Intercultural Communication Center (ICC) | |
|--|---|
| Location | Waseda Campus Building 3, First Floor |
| Hours | Weekdays, 10:00-16:00 |
| Phone | 03-5286-3990 |
| Contact | https://forms.office.com/r/EDCf3ZUUhR |
| Website | https://www.waseda.jp/inst/icc/en/ |



Chapter 7

Support for students marginalized in multiple ways

At the GS Center, we support LGBTQ+ students with intersecting experiences of marginalization in Japan, in collaboration with related on-campus entities. We also hold themed talk events and provide information on off-campus support groups and communities to help students find a place where they can feel a sense of belonging. The GS Center is a place where you can learn, obtain information, and consult about gender identity, gender expression, sexuality, sexual orientation, and romantic orientation. The Center is here for anyone interested in issues of gender and sexuality, so please feel free to visit.

Examples

- A transgender student with developmental disabilities
- An international student who is aromantic

● 01. Using the GS Center

▶ Using a language other than Japanese (e.g., English)

In general, the GS Center uses Japanese, but we also use other languages, such as English, to the extent possible. The availability of the multilingual staff members is shown on [the GS Center website](#). When participating in an event, for seamless participation, please contact us in advance and let us know your linguistic needs. You can also bring your own interpreter. Regarding the language availability for individual counseling, please see **Chapter 1. Counseling and support system** (p. 2).

▶ Using a wheelchair or experiencing other mobility difficulties

The elevators are available in the Student Center in Building 30, where the GS Center is located. However, if you wish to have an in-person session with the GS Center specialty staff at another more accessible location, please contact us in advance. Remote counseling sessions and online events are available as well.

▶ **If you have any concerns about using the GS Center**

Please feel free to consult with the GS Center. The GS Center will work with relevant entities within the university as needed, such as the Accessibility Resource Center (ARC) and the Student Counseling Center, so that anyone, including students who are marginalized in multiple ways and have diverse needs, can take advantage of the GS Center.

| Accessibility Resource Center (ARC) | | |
|-------------------------------------|---|--|
| | Department of Physical Disabilities | Department of Mental/Developmental Disorders |
| Location | Waseda Campus Building 3, First Floor | Waseda Campus Building 19, Room102-10 |
| Hours | Weekdays 10:00-17:00 | Weekdays 10:00-17:00 |
| Phone | 03-5286-3747 | 03-3208-0587 |
| E-Mail | arc@list.waseda.jp | shien02@list.waseda.jp |
| Website | https://www.waseda.jp/inst/dsso/en/ | |

● **02. Accommodations for lectures or events hosted by the GS Center**

If you would like a guide in the venue, accommodations for seating, or accommodations for information processing and support, such as speech-text interpretation, please check the event website and contact the GS Center using [the Consultation Form for Accommodations at the GS Center's Events](#). These requests will be addressed to the extent possible.

Chapter 8 Consultations before admission and accommodations for

entrance examinations

● 01. Using a preferred (lived) name from the time of enrollment

At Waseda University, it is possible to use a preferred (lived) name from enrollment. However, it may take some time to process requests, so please consult with the undergraduate or graduate school that accepted you as soon as you decide to attend Waseda University. Please check **Chapter 2: Personal information pertaining to gender, sex, and name** (p. 8) for the procedure

● 02. Collecting legal sex information for entrance examination

Waseda University collects legal sex information for entrance examinations because it is deemed necessary for the entrance examinations and enrollment procedure. Additionally, as described in **Chapter 2. 01: Personal information pertaining to gender and sex** (p. 8), Waseda University limits the collection of gender and sex information to the minimum necessary for rational reasons, and gender and sex information has absolutely no effect on the university's decision-making on acceptance decisions.

● 03. Requesting accommodations for entrance examination

If you require accommodations when taking the exam or attending the university due to gender dysphoria or other related reasons, you may be able to receive them by requesting prior to admission. After confirming the requirements for the entrance examination, please request the accommodations by following the prescribed procedures and submitting documents (e.g., necessary medical certificate). At Waseda University, in accordance with the spirit of the Promotion of Diversity Declaration (p. 1), applicants will not be treated disadvantageously in the entrance examination due to their legal sex and gender identity not correlating, or because their legal sex does not align with the expectations imposed by the society based on that legal sex.

● 04. Consulting about student life pertaining to gender and sexuality

If LGBTQ+ applicants or prospective students, as well as their guardians, friends, or advocates, have any questions or concerns related to gender and sexuality in the context of applying to or enrolling at Waseda University, please contact the GS Center by email listed on [the GS Center website's contact](#)

[page](#). Inquiries are addressed via email, or, when necessary, through remote online consultations or in-person meetings at the GS Center.

☑ The GS Center's contact page: <https://www.waseda.jp/inst/gscenter/en/contact/>

Inquiries about this Guide

The information is current as of March 2026. If any content is unclear, or if you feel that there are discrepancies in the content, please contact the GS Center. We believe that there are many people who would find the information remains insufficient to ensure a safe environment for student life. We will continue to investigate topics not included in this guide, and to aim to further enhance the content.

List of contacts

| | | | |
|-------------------|---|-------------|---|
| General inquiries | The GS Center at Student Diversity Center | Location | Toyama Campus, Student Center, Building 30, First Floor |
| | | Hours | Weekdays, 10:00–16:00 *Please check the website for details |
| | | E-Mail | gswaseda@list.waseda.jp |
| | | Website | https://www.waseda.jp/inst/gscenter/en/ |
| | | Instagram | https://www.instagram.com/gscenter.waseda/ |
| | | note (blog) | https://note.com/gscenter/ |

| Overview | Point of contact | Details | | |
|--|---|--|---|--|
| Counseling | Student Counseling Center | Location | Waseda Campus Building 25-2, Sixth Floor | |
| | | Hours | Weekdays, 9:15–13:00, 14:00–17:00 | |
| | | Phone | 03-3203-4449 (reservations prioritized) | |
| | | Website | https://www.waseda.jp/inst/hsc/en/information/counseling | |
| Harassment | Compliance Consultation Desk | ▶ Off-campus desk (NEC VALWAY, Ltd) | | |
| | | Reception hours | Mon.–Fri., 8:30–19:00 / Sat., 8:30–17:00 | |
| | | Phone | 0120-123-393 *English and Chinese options also available | |
| | | Website | https://koueki-tsuhou.com/WFcxVtaEFdCd/en/ | |
| | | ▶ On-campus desk (The Office of Compliance) | | |
| | | Hours | Mon.–Fri., 9:30–17:00 | |
| | | Contact form | https://my.waseda.jp/application/noauth/application-detail-noauth?param=UtKtMT7RhkKxc5J_GUat8g&subsessionWindowId= | |
| Website | https://www.waseda.jp/inst/harassment/en | | | |
| Managing, collecting, and changing gender information and name | ▶Applying for use of preferred (lived) name | | | |
| | Your undergraduate or graduate school office | Please check the website of your undergraduate or graduate school for hours and other information. *If a medical certificate has not been issued, please first contact the GS Center. | | |
| | ▶ Transfer to your bank account when using preferred (lived) name | | | |
| | Student Affairs Section ① Waseda University Student Health | Location | Toyama Campus Building 30 (Student Center), First Floor | |
| | | Hours | Weekdays, 10:00–16:00 | |
| | | Phone | 03-3203-4349 (shared) | |
| E-Mail | | ① gakusei-kenko@list.waseda.jp ② sjc@list.waseda.jp | | |
| Website | ① https://www.waseda.jp/inst/student/en/support/studenthealth | | | |

| | | | |
|---|---|---------------|---|
| | Promotion Mutual Aid Association Office ② Student Participation and Job Center | | ② https://www.waseda.jp/inst/sjc/ |
| | ▶ Scholarship application | | |
| | Scholarships and Financial Assistance Section | Location | Toyama Campus Building 30 (Student Center), First Floor |
| | | Opening hours | Weekdays, 10:00–16:00 |
| | | Phone | 03-3203-9701 |
| | | E-Mail | syogakukin@list.waseda.jp |
| | | Website | https://www.waseda.jp/inst/scholarship/en/ |
| | ▶ Promoting awareness for faculty and staff members and Restrooms for Everyone | | |
| | Office for Promotion of Equality and Diversity | Phone | 03-5286-9871 |
| | | E-Mail | diversity@list.waseda.jp |
| | | Website | https://www.waseda.jp/inst/diversity/en/ |
| Teaching practice and nursing care experience | Teacher Education Center | Location | Waseda Campus Building 16, Second Floor |
| | | Phone | 03-3232-3599 |
| | | Contact | https://www.waseda.jp/fedu/tec/contact |
| | | Website | https://www.waseda.jp/fedu/tec/ |
| Student life | ▶ Seminar houses | | |
| | Student Affairs Section | Phone | 03-3203-4341 |
| | | E-Mail | seminar-house@list.waseda.jp |
| | | Website | https://www.waseda.jp/inst/student/en/facility/seminar |
| | ▶ Student dormitories | | |
| | Student Affairs Section | Location | Toyama Campus Building 30 (Student Center), First Floor |
| | | Hours | Weekdays, 10:00–16:00 |
| | | Phone | 03-3203-2634 |
| | | E-Mail | ryo-form@list.waseda.jp |
| | | Website | https://www.waseda.jp/inst/rlc/en/ |
| | ▶ Training Center, and Waseda Arena Multipurpose Sports Arena | | |
| | Student Affairs Section | Location | Toyama Campus Building 30 (Student Center), First Floor |
| | | Hours | Weekdays, 10:00–16:00 |
| | | Phone | 03-3202-0706 |
| | | E-Mail | trainingcenter@list.waseda.jp |
| | | Website | https://www.waseda.jp/inst/student/en/facility/training |

| | | | |
|--|---|---|---|
| Job searching and career planning | Career Center | Location | Toyama Campus Building 30 (Student Center), Third Floor |
| | | Hours | Weekdays, 10:00–16:00 |
| | | Phone | 03-3203-4332 |
| | | E-Mail | career-appt@list.waseda.jp |
| | | Website | https://www.waseda.jp/inst/career/en/ |
| Study abroad | ▶ Information about overseas partner universities | | |
| | Center for International Education | Location | Waseda Campus Building 22, First Floor |
| | | Hours | Weekdays, 10:00–17:00 |
| | | Phone | 03-3208-9602 |
| | | E-Mail | [Outbound from Waseda] out-cie@list.waseda.jp [Inbound to Waseda] ex-in-cie@list.waseda.jp |
| | | Website | https://www.waseda.jp/inst/cie/en |
| | ▶ Events for all students, including international students | | |
| | Student Diversity Center | Location | Waseda Campus Building 3, First Floor |
| | | Hours | Weekdays, 10:00–16:00 |
| | | Phone | 03-5286-3990 |
| | | E-Mail | icc@list.waseda.jp |
| Intercultural Communication Center (ICC) | Website | https://www.waseda.jp/inst/icc/en/ | |
| Accessibility Resource Center (ARC) | Department of Physical Disabilities | Location | Waseda Campus Building 3, First Floor |
| | | Hours | Weekdays 10:00-17:00 |
| | | Phone | 03-5286-3747 |
| | | E-Mail | arc@list.waseda.jp |
| | | Website | https://www.waseda.jp/inst/dsso/en/ |
| | Department of Mental/Developmental Disorders | Location | Waseda Campus Building 19, Room102-10 |
| | | Hours | Weekdays 10:00-17:00 |
| | | Phone | 03-3208-0587 |
| | | E-Mail | shien02@list.waseda.jp |
| | | Website | https://www.waseda.jp/inst/dsso/en/ |

Appendix: “LEARN about Gender and Sexual Diversity”

This section includes an excerpt titled “LEARN about Gender and Sexual Diversity” (pp. 5–6), drawn from "A DE&I Guidebook for Promoting Inclusive Practices around Gender and Sexuality in Student Circles and Extracurricular Activities", edited by the GS Center and published in March 2025.

☑ A DE&I Guidebook for Promoting Inclusive Practices around Gender and Sexuality in Student Circles and Extracurricular Activities:

https://www.waseda.jp/inst/gscenter/en/guide/document/#anc_5

LEARN about Gender and Sexual Diversity

To address the problems described on the previous page, it is important to learn about gender and sexual diversity. To help create an affirming environment for LGBTQ+ people, we invite you to start by learning some basic terms.

Elements of Gender and Sexuality

*In this section, "gender" does not refer to binary gender.

Gender identity:

One's inner understanding of who they are in terms of gender. Gender identity does not have to "match" one's sex assigned at birth.



Gender expression:

One's external presentation of gender, such as clothing, appearance, and behavior.



Sexual orientation:

One's sexual attraction, or the lack thereof, to others, based on aspects of gender, such as gender identity and gender expression.



Romantic orientation:

One's romantic attraction, or the lack thereof, to others, based on aspects of gender, such as gender identity and gender expression.

Sex assigned at birth:

The designation of one's sex by a doctor or midwife at birth, often based on visually recognizable physical sex characteristics, such as genitalia.



Want to learn more? Read an article on Waseda Weekly (in Japanese only):
All You Can Learn About Gender! Here's the Essential Knowledge You Need Now.



Basic terms

*Many other identities and experiences of gender and sexuality are present.
**The simple explanations are provided in this section.

◆ LGBTQ+:

A term used as a unifying umbrella by people who have experienced oppression and marginalization targeting their identities and conditions of gender and sexuality. It is an acronym that stands for Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning, with the plus symbol (“+”) representing the inclusion of many other non-normative identities and experiences of gender and sexuality.

◆ LGBTQ+ students' ally:

At the GS Center at Waseda University, an ally to LGBTQ+ students is understood as someone with a mindset of seeking to understand and empathize with LGBTQ+ people or who explicitly demonstrates such a stance.

◆ Queer:

An identity and experience of gender and sexuality outside the social norms.



◆ Progress Pride Flag:
It is a worldwide symbol of the LGBTQ+ community.

◆ Questioning:

A person who is uncertain about, or is reexamining, their identity and experience of gender and/or sexuality. Some may experience this as a stepping stone, while others choose to remain in this state or recognize it as a lasting part of their identity.

◆ Lesbian:

A person who identifies as a woman or feels connected to womanhood and is romantically and/or sexually attracted to other women.

◆ Gay:

A person who identifies as a man or feels connected to manhood and is romantically and/or sexually attracted to other men.

◆ Bisexual:

A person who is sexually attracted to two or more genders. A person who is romantically attracted to two or more genders is called “biromantic,” but some bi people use the term “bisexual” as an umbrella term for those who are attracted to two or more genders sexually and/or romantically.

◆ Asexual:

A person who is not or is infrequently attracted to others sexually.

◆ Allosexual:

A person who is attracted to others sexually.

◆ Heterosexual:

A person who typically identifies with a binary gender and is sexually attracted to another binary gender that differs from their own.

◆ Aromantic:

A person who is not or is infrequently attracted to others romantically.

◆ Alloromantic:

A person who is attracted to others romantically.

◆ Heteroromantic:

A person who typically identifies with a binary gender and is romantically attracted to another binary gender that differs from their own.

◆ Transgender:

A person whose gender identity is different from the sex assigned at birth.

◆ Non-binary:

A person whose gender identity is outside the gender binary system. “X-gender” is a similar concept and a term coined in Japan.

◆ Cisgender:

A person whose gender identity matches the sex assigned at birth.

NOTE

The Waseda University LGBTQ+ Student Life Support Guide, Version 9

Revised: 2026/03

Edited and published by Gender and Sexuality Center at Student Diversity Center, Waseda University

Contact: gswaseda@list.waseda.jp
Website: <https://www.waseda.jp/inst/gscenter/en/>

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