

TSUKUBA ALUMNI

Japan women's national
goalball team /
Corporate Planning Department,
SEKISHO CORPORATION

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Advantages of Studying at the University of Tsukuba in My Career and Life

I joined my current company to work while prioritizing my sports. As a person with a disability, I promote diversity and inclusion within and outside the company. I also present lectures and workshops on spreading awareness of goalball and understanding disabilities.

I went to the University of Tsukuba because I wanted to learn about disabilities from different perspectives and become a teacher at a special needs school. I took classes in other faculties, which expanded my perspective. The university provided the necessary support for my classes, and the campus was fully accessible. Thus, I spent my time in this institution without issues.

I also learned how to manage my schedule and change my mindset while balancing my studies and athletic career. This experience helped me realize that I want to create an environment in which I can balance work and athletic career after entering the workforce. I want to continue to spread the message that many opportunities await people with and without disabilities.

My Fondest Memories as a Student

I remember circumstances such as when I overslept, was late for class, and was embarrassed about being late or when I rode a train, dozed off, dreamed about goalball, and suddenly hit the person next to me with my arm. I should not have made the excuse that training was tough, but I have many memories similar to those I mentioned.

During my six years as a student, I



More Goalball for Everyone!

became familiar with puddles on campus and places where plants overhang walkways. I was able to avoid them properly, which is a strange skill. Moreover, the library and facilities department staff helped me enormously through the digitization of books and improvement of facilities in dormitories.

I also wanted to enhance the promotion of goalball at the university. Even if I was not able to establish a club, I intended to secure its inclusion as an event in Sports Day (an event on campus where students and faculty enjoy sports together). I have even suggested its inclusion in physical education classes. However, people continue to hold the impression that goalball is dangerous. Nevertheless, getting even a few students engaged in goalball would have been an achievement for me.

Message to Students of the University of Tsukuba

In my 6 years at the University of Tsukuba, I have encountered several new experiences. In addition to goalball, the academic environment fostered learning in various

fields, and I was able to establish connections with other students through interaction with students from other faculties.

The University of Tsukuba is a place where many endeavors can be pursued, so I hope you will take on many challenges.

PROFILE TAKAHASHI Rieko

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