

<YNU&YNU ALUMNI ASSOCIATION supports early risers>

Period : Monday, January 18 to Tuesday, February 9, 2016 (only on weekdays)

※This plan is available for a limited period. We'll see about implementing it on a regular basis depending on the outcome.

①Serving breakfast

Available at Cafeteria II(University CO-OP)

Time : 8:00 am to 9:30 am

Menu : Japanese-style breakfast for **200 yen**

Eligible person : Same as normal business hours
(available for faculty as well)

Breakfast menu (Japanese-style set menu)

- Rice, Miso soup
- Grilled fish (weekly special)
- Eggs (omelet or thick omelet)
- Side dishes

(seaweed, fried root vegetable,
green leafy vegetable to choose from)



②Central Library opens at 8:00am

※While self-study rooms are open,
some services are not available.

③Extra on-campus bus in the morning

Bus line & destination : West Exit of Yokohama sta. to Express · Kokudai-nishi

Schedule: The bus leaves West Exit of Yokohama sta. (No.10 platform)

at 7:38 am, and arrives at Kokudai-nishi at 8:00 am.

Benefits of eating breakfast!
• Increase body temperature → Good for diet
• Raise blood sugar level → Boost concentration level
• Help digestion → Relieve constipation
• Eat good food → Make parents happy, have a good time with friends

