

To all technical interns····.

Please accept our best greetings for the hot season !

Hot days are still going on, but are all trainee fine and spending their well days. Aren't you all feeling sick due to the temperature difference between the outside temperature and the air-conditioned room, or losing your appetite due to the heat? Is there anyone who kept the air condition on during bedtime and get caught with summer cold? Every year, there are also people who become ill and get injured during Bon holidays. Let's pay attention to health management and spend well without getting defeated by this hot summer!

By the way, we will notify you of the precautions when you arrive at the Bon holidays.

Please be careful about the following things.

1. About the water accident

According to JITCO, it seems that several technical interns die after drowning in rivers, oceans, ponds and waterways every year.

Basic precautions for prevention of "water accident"

- a. Please follow the instruction of guards in accordance to keep the manners of pool.
- b. You can swim in swimming beach only. The coast where swimming is prohibited is dangerous and you can not get into the sea.
- c. Please do not swim except in the places designated as swimming places.
- d. Rivers and ponds are very dangerous. Please do not swim.
- e. Please do never swim after drinking or when you are in poor health!

Swimming in a river that has flooded due to a heavy rain such as a typhoon or jumping from a bridge is very dangerous. Hence, prohibit to do it.

2. About the heat-stroke

If you get heat stroke, your body's temperature will not be controlled, resulting in dizziness, convulsions, blemishes, unconsciousness, and even death.

The following can be considered as preventive measures for heat stroke.

- a. Don't walk around or exercise outside in the heat when you're weak due to lack of sleep, overwork, or a cold.
- b. Wear airy, hygroscopic clothing and prepare a hat or parasol when you are out. Take a break in a room with cool shades and coolers.
- c. Do maintain frequent hydration and salinity.

If in case of unlikely event of heat stroke, it is important to lowered the temperature with a cold towel or fan. Hydration and salinity should be done after consciousness returned, and if still unconscious, it is better to leave it to medical personnel such as ambulances and hospitals.

3. About the diseases

If you get sick...

- Please do tell the symptoms to the instructor of life-living.
- Let's consult to your instructor if you need to go to the hospital.

Let's be careful about food poisoning!

4. About the traffic accident

Let's follow Japanese traffic rules and be careful not to meet a traffic accident.

In case of getting caught in accident...

Always carry a contact card with your residence card so that you can stay in touch with unions and expats in case of unforeseen situations.

5. About the part-time job

As for technical interns, part-time jobs and internal jobs are prohibited.

Although they are resident statuses, the apprentices are "Skill Intern 1" and "Skill 2".

Get paid at other companies or stores, will be a commercial working activity, hence not only the same person but also the union and accepting companies are subject to penalties or compensation. In addition, it will be the activity outside the training, and is subject to return to home-country.

6. About the earthquake

Japan is said to be a country with many earthquakes. If there is an earthquake, do you know what to do? Can you act to protect yourself? See the earthquake related materials (textbook of life guidance, disaster prevention manual of the Fire Department (http://www.fdma.go.jp/bousai_manual/index.html), etc.), Let's acquire correct knowledge on a daily basis after watching it.

7. Be sure to follow company rules, boarding rules, and Japanese laws and regulations.

Offenders will be punished of not caring either he or is Japanese or foreigner. Once a offender is labeled, it can't be peeled off.

- Staying overnight without any proper cause is prohibited. Do get permission accordingly to company and union's rule. (It also happens that you will not get permitted. In that case, do follow the instructions.)
- The instructor goes to check the dormitory. If there is a problem, the union will also be contacted. If there is a problem with the attitudes on immigration documents, it

will be difficult to update VISA.

It is a rule for everyone to live safely in Japan! Be sure to keep the rules in place to make sure you don't swing your life for a moment of fun or interest!

Picking up shoplifts, tobacco pipe and bicycles is a crime! It can't be forgiven!

Unfortunately, there are more cases where Chinese criminal organizations are involved in crime targeting all apprentices. Don't even take on sweet invitations! There is always a pitfall in sweet stories! Protect yourself by yourself.

Passports should not be handed except unions and companies!

You will not be asked to submit directly from Immigration!

Your passport is being targeted! be careful!