# To Technical Tern Trainees

In December, the cold weather has become severe.

How are you everyone?

Influenza has become prevalent, same as last year. In addition, the novel corona virus has expanded now. Please pay attention to your health care, so that you can have a healthy New Year.

Also, during long holidays, there are cases where a large amount of electric power is wasted in the dormitory. Try to save electricity, and make sure to turn off the air-conditioner when you go out. Please keep in mind the precautions as follows.

#### 1. The novel corona virus prevention

Wear the face mask and avoid to communicating with those not wearing the mask.

Keep safe distances over 1 meter) between you and other people.

Don't come to crowded places and have meal for hours at restaurants.

Please open the door or window to ventilate, especially in the rooms not being used.

To get more information about corona virus prevention, click this link

https://www.otit.go.jp/CoV2\_jissyu\_Kansen/

## 2.Deseases

To prevent disease, Influenza.

- · Before you eat, or when you return from outside, wash your hands and gargle.
- To live a regular life (Be aware of staying overnight)
- Try to have a nutritionally balanced diet.

### 3 Traffic Accidents

Please keep in mind to follow Japanese traffic rules and avoid traffic accidents.

What you must to do if you encounter traffic accidents...

Every time you go outside, you need to carry Contact-Card with your Residence Card and be sure to stay calm and contact us expatriates even in unforeseen circumstances.

Be sure to follow Japanese traffic rules when you use bicycle.

To follow the rules= To save yourself.

#### 4. About part time jobs

Part-time work is prohibited for Technical Intern Trainee.

The first year of resident status is "Technical Intern Trainee No. 1", the second year and third year are "Technical Intern Trainee No. 2"

Receiving rewards at other offices or stores is regarded as a work activity and not only yourself but also the company / union is <u>subject to penalties</u>. In addition, it will be an off-training activity and will be <u>eligible for return home country</u>.

#### 5.About earthquake

It is said that there are many earthquakes in Japan.

Do you can imagen what would you do if you encounter the earthquake?

Can you protect yourself? Look at earthquake-related materials

(such as textbooks for life guidance and disaster prevention manuals by the Fire and Disaster management Agency

https://www.fdma.go.jp/relocation/bousai\_manual/index.html to

aquire the correct knowledge on a daily basis. Why don't you do it?

#### 6.0thers

Follow the company rules, dormitory rules, and Japanese Law.

Criminal can be punished regardless of Japanese or foreigners.

Once you get criminal labels, you cannot be removed at all.

# Shoplifting/Bicycling is a crime! You won't be allowed!

Unfortunately, foreign criminal organizations are increasingly involved in crime targeting Technical intern trainees. Do not ride sweet invitations even same country. There is always a pitfall in sweet invitations. Please protect yourself.

Do not leave your passport or residence card to others, except unity staffs and your workplace! You will not be asked to submit directly from Immigration! Your passport and residence card are targeted! Be aware!