

# To Technical Tern Trainees

From this December it's starting to get freezing cold.

Dear, Intern trainees are you all doing good?

Although the infectious Coronavirus disease is still unpredictable, please take every preventive measure that is needed and take care of your health.

During the long holidays there are many cases such as expensive electric bills, etc.

Do not switch on the electric materials and leave your house for long period of time.

The following preventive measures are for the long holiday during New Year.

## 1. The novel corona virus prevention

Wear the face mask and avoid communicating with those people who are not wearing the mask.

Keep social distance over 1 meter when going out.

Don't go to crowded places and spend time for long period of time.

- Use ventilation when you are in your room.

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

[https://www.otit.go.jp/CoV2\\_jissyu\\_kansen/](https://www.otit.go.jp/CoV2_jissyu_kansen/)

## 2. Disease

To prevent disease, Influenza.

- Before you eat, or when you return from outside, wash your hands and gargle.
- Make yourself healthy by taking sufficient amount of sleep.
- 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 accident are as follows:

- a. Every time you go outside, you need to carry your Residence Card and contact number either of your company or Cooperative staff. And be sure to stay calm and contact us even in unforeseen circumstances.
- b. Be sure to follow Japanese traffic rules when you ride bicycle.

To follow the rules= To save yourself.

#### **4. About part time jobs**

Part-time work is prohibited for Technical Intern Trainees.

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 money at other offices or stores is regarded as a work activity and not only yourself but also the company / union is given penalty. In addition, it will be an off-training activity and might go back to your home country.

#### **5. About earthquake**

It is said that there are many earthquakes in Japan.

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 preventive manuals by the Fire and Disaster management Agency to acquire the correct knowledge daily)

[https://www.fdma.go.jp/relocation/bousai\\_manual/index.html](https://www.fdma.go.jp/relocation/bousai_manual/index.html)

#### **6. Others**

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

Criminal can be punished regardless of Japanese or foreigners.

Once you get criminal labels, it cannot be removed.

### **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 give 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!**