

Winter Holiday Notice

To All the Technical Interns,

It is now December, and the weather is getting colder and colder.

I hope all of you technical intern trainees are doing well.

Although the wearing masks has been eased according to the drop of the cases of COVID-19, please continue to take all possible infection control and welcome the New Year.

In addition, there are cases of using a large amount of electricity in the dormitories during long holidays.

Please try to save electricity and be careful not to go out with the heating switched on, etc.

Following sentences are for the long holiday during New Year.

1. Disease

To prevent from catching disease, flu COVID-19, etc.,

- Before you have food, or when you return from outside, wash your hands and gargle.
- Sleep enough.
- Try to have a nutritionally balanced diet.
- For more information, follow this link.

https://www.otit.go.jp/CoV2_jissyu_kansen/

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2. Traffic Accidents

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

If you encounter traffic accidents,

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

To follow the rules= To save yourself.

3. About part time jobs

Part-time work is **prohibited** for Technical Intern Trainees.

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.

4. 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

5. 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!