

# Winter Holiday Precautions

To All the Technical Interns,

It is now December, and the weather is getting colder. I hope all of you are doing well. COVID-19 and the flu are spreading again this winter. Please take early precautions and be mindful of your health to ensure you welcome the New Year in good health.

Additionally, there have been cases of excessive electricity usage in the dormitories during long holidays. Please try to conserve electricity and be careful not to leave the heating on when going out, etc. The following information is for the long holiday during the New Year.

## 1. Disease

- To prevent catching diseases such as the flu, COVID-19, etc.,
- Wash your hands and gargle before eating or when returning from outside.
- Get enough sleep.
- Try to maintain a nutritionally balanced diet.
- For more information, follow this link.

## 2. Traffic Accidents

Please keep in mind to follow Japanese traffic rules and avoid traffic accidents. Every time you go outside, carry your Residence Card and a contact number for either your company or Cooperative staff with you. Be sure to stay calm and contact us, even in unforeseen circumstances. Be sure to follow Japanese traffic rules when riding a bicycle. To follow the rules is to protect yourself.

## 3. 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 will be given penalty. In addition, it will be an off-training activity and might go back to your home country.

## 4. Earthquakes

As you know, there are many earthquakes in Japan. What would you do if you encounter the earthquake? Can you protect yourself? Take a 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)

## 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, fare evasion, and riding someone else's bicycle are crimes! They are not allowed!**

Unfortunately, foreign criminal groups are increasingly involved in crime targeting technical intern trainees. Do not accept such invitations even if it's from 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!**