

To all technical intern trainees

Summer Greetings,

I hope this message finds you well during the hot summer days. To all technical trainees, I hope you are in good health. As temperatures rise, please be mindful of the difference in temperature between outside and air-conditioned rooms, which can affect your health. You might experience health issues such as loss of appetite due to the heat. Every year during the Obon holiday, some people become ill or injured due to relaxed vigilance. Please take care of your health and stay energetic throughout this hot summer. As we approach the Obon holiday, here are some important points to keep in mind:

Please pay attention to the following:

1. About water-related accidents

According to JITCO, several technical intern trainees drown and lose their lives each year in rivers, seas, ponds, and irrigation canals.

Basic precautions to prevent "water-related accidents":

- (1) Follow the rules at the pool and obey the lifeguard's instructions.
- (2) You can only swim at designated swimming beaches in the sea. It is extremely dangerous to swim at prohibited beaches, so never enter the water there.
- (3) Never swim in places that are not designated swimming areas.
- (4) Rivers and ponds are very dangerous. Do not swim in them under any circumstances.
- (5) Never swim after drinking alcohol or if you are feeling unwell!
- (6) Swimming in swollen rivers or diving from bridges during typhoons or heavy rain is extremely dangerous, so never do it.

<https://www.otit.go.jp/files/user/24-001.pdf> ← Please also review this information.

2. About heatstroke

When experiencing heatstroke, your body can no longer regulate its temperature, leading to symptoms such as dizziness, seizures, nausea, and impaired consciousness, and in severe cases, it can be fatal.

Here are some preventive measures against heatstroke:

- (1) Do not walk around or exercise outdoors in hot weather if you are sleep-deprived, overworked, or have weakened physical strength due to a cold or other reasons.
- (2) Wear breathable and moisture-wicking clothing and prepare a hat or parasol when going

outside. Take breaks in cool, shaded areas or in air-conditioned rooms.

(3) Regularly hydrate and replenish salt.

In case you develop heatstroke, it is crucial to lower your body temperature as quickly as possible using a cold towel or fan. Rehydrate and replenish salt after regaining consciousness. If unconscious, it is best to leave the care to medical professionals, such as those in an ambulance or hospital.

<https://www.jitco.or.jp/ja/news/article/33995/>← Please also review this information.

3. About illness

Prevention of Novel Coronavirus, Seasonal Influenza, and Colds:

- Always wash hands with soap and water and gargle when returning from outside or before meals.
- Maintain a regular lifestyle (avoid staying up late).
- Aim for a balanced diet.

If you fall ill:

- Inform your life instructor about your symptoms.
- Consult with your life instructor if you need to go to the hospital.

Be very careful to avoid food poisoning!

4. About traffic accidents

Let's adhere strictly to Japan's traffic rules to avoid traffic accidents.

In case an accident occurs:

Always carry your contact card with your residence card so you can calmly contact your union or the expatriate when unexpected situations arise. Also, let's observe the traffic rules for bicycles. Observing the rules ensures your own safety.

5. About part-time jobs

Technical intern trainees are prohibited from engaging in part-time jobs or side jobs!

Regarding residency status, trainees are classified under "Technical Intern Training 1st category (□)", "Technical Intern Training 2nd category (□)", and "Technical Intern Training 3rd category (□)".

Receiving compensation from other businesses or shops constitutes employment activities. This is not only a violation by the individual but also subjects the company or union to penalties! It may also result in termination of the training program and repatriation.

6. About earthquakes

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Japan is known for frequent earthquakes. Do you know what to do if an earthquake happens? Are you able to take actions to protect yourself? Materials related to earthquakes.

(https://www.tfd.metro.tokyo.lg.jp/life/bou_topic/foreign/index.html)

Look at materials such as textbooks on daily guidance or the Fire and Disaster Management Agency's disaster prevention manuals, and acquire correct knowledge regularly!

7. Other

Let's strictly adhere to company rules, dormitory regulations, and Japanese laws.

Criminals, whether Japanese or foreign, will be punished. Once labeled a criminal, that label cannot be removed.

- Unauthorized overnight stays are prohibited. Obtain permission in accordance with company or union rules.

(Permission may not be granted in some cases. Follow instructions.)

- These rules are for everyone's safety while living in Japan! Always adhere to the rules to avoid jeopardizing your life for temporary enjoyment or curiosity!

Shoplifting, fare evasion, and riding a bicycle without permission are crimes! They will not be tolerated!

Unfortunately, there has been an increase in cases where criminal organizations target technical intern trainees for involvement in crime. Even among fellow nationals, do not fall for sweet temptations! There are always pitfalls behind sweet promises! Protect yourself and your own safety!

Do not hand your passport to anyone other than your union or company!

Immigration will not directly request your passport submission!

Your passport is being targeted! Please be careful!