

To All Technical Intern Trainees

Spring has arrived, and with it comes the sight of beautiful blooming flowers. I hope this message finds you all well.

This season also brings with it drastic temperature changes, where the mornings are colder and the days can become warmer like in summer, with some chilly days depending on the weather. Please take good care of yourselves so as not to fall sick.

As we approach Golden Week, let us take the time to reflect on whether we are taking enough preventive measures in our daily lives and maintaining good hygiene. Can any of us proudly say, "I can be a model for my juniors!"?

Please live with the pride that each one of you represents your home country by coming to Japan. Remember, if you violate the rules, the Japanese people may have a negative impression of your home country. The heartless behavior of just one person can reflect poorly on your entire nation. Please act with the consciousness and pride of being a representative of your home country. Do not betray the people who have shown you kindness and support daily, as once you lose their trust, it may be difficult to regain it.

Take care and stay safe.

1. Disease

To prevent catching diseases such as the flu, etc.,

- Wash your hands and gargle before eating or when returning from outside.
- Get enough sleep.
- Try to maintain a nutritionally balanced diet.

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

<https://www.bousai.go.jp/kyoiku/gensai/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!